

# YOUTH DEVELOPMENT



## 10 WEEKS OF SUMMER FUN!

At **Freehold Family Y Day Camp** and **My Y Preschool Day Camp**, your kids experience an enriching summer of fun in a safe, nurturing environment.

### ACTIVITIES INCLUDE:

- > Archery
- > Arts & Crafts
- > Fresh Air Adventures
- > Friendships
- > Sports
- > Swimming

Enjoy the return of camp favorites: School Age Camp 6+ years, before care and after care, trips and special guests!

**KIDS 3-15 | JUN. 24-AUG. 29**  
**9 A.M.-4 P.M. | MONDAY > FRIDAY**



### SOCCER CAMP AGES 6-12 YRS.

Join the YMCA and Monmouth County's semi-pro men's team of players and coaches for a week of summer soccer! FC Monmouth is locally renowned for providing top-tier professional level training to our community of budding soccer stars. Camp welcomes players of all stages of development and will focus on the fundamental skills of the game – shooting, passing, dribbling, as well as technical footwork and tactical game strategy within small group instruction, skill stations, and games. Learn, play, and grow on the pitch this summer at the Y!

Presented by FC Monmouth



[ymcanj.org/fhcamp](http://ymcanj.org/fhcamp)

### BASKETBALL CAMP AGES 6-12 YRS.

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



### NEW BASEBALL CAMP AGES 6-12 YRS.

Presented by TIP Your Cap

The YMCA is excited to partner with former professional baseball player Ray Navarrete and Tip Your Cap coaches to provide our campers with an opportunity to receive professional level baseball training and instruction. The emphasis will be to build on the basic skills and fundamentals of baseball. The coaches will also provide motivational information on teamwork, sportsmanship, and the importance of chasing your dreams! There will be games, fun competitions, and free sponsor T-shirts for every camper.



### NEW SNAPOLOGY | LEGO® CAMP AGES 6-12 YRS.

Snapology Camp will be a fun, creative, hands-on camp that is all about building with LEGO® bricks, teamwork, and imagination. In this interactive camp, each day is a new adventure of building and learning all aspects of STEM education at the same time. Let's have a blast building, creating, and learning this summer.



### STEM | SECRET AGENT LAB AGES 6-12 YRS.

Presented by Mad Science

Step into the shoes of a detective—uncover the science involved in evidence gathering and analysis. Using your observational skills, collect evidence and analyze the clues left behind. Recreate the scene of a crime using schematics. Use science to connect the dots and help sniff out the suspects in this hands-on investigation into the science of sleuthing!



### STEM | SUPER SLIMY SMOKY SCIENCE AGES 6-12 YRS.

Presented by Mad Science

Dive into a variety of scientific fields as you help solve a mystery, stretch silly putty and slime, copper-plate nickels, tinker with circuits, and investigate optical illusions. Become captivated by lasers, dry ice, and hair-raising experiments! You will love what happens when you mix science and fun!





### BASKETBALL CLINIC

AGE GROUPS: 6-9 YRS. • 10-12 YRS.  
Spring 1 & 2

Participants will learn concepts of sportsmanship, team comradery, and acquire an overall IQ of the game of basketball. Our experienced trainers provide FUNdamental skill development and technique in dribbling, defense, passing, shooting, and lay-ups, while instilling an early love for the game!

### SCHOOL'S OUT SPRING BREAK VACATION CAMP

GRADES K-6  
March 29, April 1-5 & 22-23 • 8 A.M.-6 P.M.

School is out, but the Y is in. Join us for exciting activities in arts and crafts, sports, and open swim! Parents should provide lunch, and we'll provide the fun!

### STEAM | SILLY SCIENCE

AGES 6-12 YRS. | Spring 1 & 2

We'll explore the fascinating realm of physical and environmental science through a series of hands-on, interactive, and occasionally delightfully messy activities. We'll concoct bubbly, stretchy, gooey creations that will ignite your imagination and leave you in awe of the incredible potential of science and art.

### SPRING TRAINING

AGES 10-15 YRS. | Spring 1

Preseason conditioning allows athletes to gradually get their bodies accustomed to the physical workload their spring sport requires of them. This class will increase overall agility, endurance, and strength.



### NEW VOLLEYBALL BEGINNERS CLINIC

AGES 10-13 YRS. | Spring 1 & 2

Participants will develop basic skills such as serving, passing, hitting, advances, and setting that will build confidence on the court. They will also develop sportsmanship, team comradery and leadership.



LET'S CONNECT

Facebook.com/ymcaGMC

### PICKLEBALL | BEGINNERS

Spring 1 & 2

A great way for new players to learn 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.



### PICKLEBALL | IMPROVERS

Spring 1 & 2

These classes are for players who can serve and rally consistently but are looking to take their game to the next level. Targeted drills are designed to improve movement, shot selection, accuracy, power, and consistency.



### ADULT SPORTS

## 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](http://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](http://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](http://ymcanj.org).





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

2024  
SPRING/SUMMER  
PROGRAMS

# STRENGTHENING LIVES FOR 150 YEARS

## AT THE FREEHOLD 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.



**CHEERS to 150 years**  
for the YMCA of Greater  
Monmouth County! Founded  
March 16, 1874, we've been  
welcoming all for good health,  
community connection, and  
social good for generations.

Celebrate with us!  
[ymcanj.org/events](https://ymcanj.org/events)

- > Build Swim Skills
- > Explore Freehold Summer Camp
- > Improve Wellness



YMCA  
FITNESS APP



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



Cover photo has been  
named *Camping Magazine*  
2024 Golden Lens Winner

YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA  
470 East Freehold Road  
Freehold, NJ 07721

732.462.0464  
[membership@ymcanj.org](mailto:membership@ymcanj.org)

YMCA NJ.org

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

232-7165.03-FHY

# 2024 SPRING/SUMMER SESSIONS

## SPRING 1

Feb. 26 » April 21

Family Member registration | Feb. 12

All Member registration | Feb. 15

Non-Member registration | Feb. 19

## SPRING 2

April 22 » June 16

Family Member registration | April 8

All Member registration | April 11

Non-Member registration | April 15

## SUMMER

June 24 » Aug. 18

Family Member registration | June 3

All Member registration | June 6

Non-Member registration | June 10

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

» [ymcanj.org/register](https://ymcanj.org/register)

### HOURS OF OPERATION

Visit » [ymcanj.org/freehold-family-YMCA](https://ymcanj.org/freehold-family-YMCA) for latest hours.

Monday–Friday 5 a.m.–9 p.m.

Saturday & Sunday 7 a.m.–5 p.m.

\* Pools close 15 minutes before facility closes.

### KIDS CLUB HOURS | » [ymcanj.org/kidsclub](https://ymcanj.org/kidsclub)

AGES 6 MOS. – 8 YRS.

Monday–Thursday 8:30 a.m.–12 p.m.

Monday–Wednesday 5–8 p.m.

Saturday 8:30 a.m.–12 p.m.

\* Included with Family Memberships

### HOLIDAY HOURS | FREE & OPEN DAYS

#### President's Day

Feb., 19, 2024 Regular Hours

#### Easter Sunday

March 31, 2024 Closed

#### Mother's Day

May 12, 2024 Early Closing 3 p.m.

#### Memorial Day

May 27, 2024 Early Closing 3 p.m.

#### Father's Day

June 16, 2024 Early Closing 3 p.m.

#### Independence Day

July 4, 2024 Early Closing 3 p.m.

#### Labor Day

Sept., 2, 2024 Early Closing 3 p.m.

### Outdoor swim club hours coming soon!

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](https://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](https://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](https://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](https://ymcanj.org/employment). We are proud to celebrate our 2022, 2023 and 2024 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 weather, members will be notified via our Mobile App, Text Alerts, and at » [ymcanj.org/weather](https://ymcanj.org/weather). Members may also call 732.462.0464 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 two (2) 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 Mobile Fitness App!

Register Today: » [ymcanj.org/register](https://ymcanj.org/register)

# HEALTHY LIVING



## FITNESS & WELLNESS

### GROUP EXERCISE CLASSES AGES 14 YRS. & Up

The Y offers a wide variety of classes from aerobics to yoga to Zumba and all are included with membership. Explore classes and schedules by visiting the website, the Y mobile app, or at your local branch.

### PERSONAL TRAINING

Personal training is an investment in yourself. Whether you're looking to lose weight, tone your muscles, build strength or get back into shape, personal training can help you reach your goals. Our YMCA personal trainers will expertly design workouts tailored to your needs and abilities. They will work with you one-on-one to come up with the best plan for achieving your goals and then help you stick to it.

## STRENGTHENING LIVES THROUGH CHRONIC DISEASE

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.

### LIVESTRONG 12 WKS.

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.



## SAFETY AND CERTIFICATION PROGRAMS

KEEPING COMMUNITY SAFE

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

Visit [ymcanj.org/lifeguard-certification](https://ymcanj.org/lifeguard-certification) for class availability.

### 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/child-care](https://ymcanj.org/child-care) or e-mail [childcare@ymcanj.org](mailto:childcare@ymcanj.org)



## FREEHOLD CHILD CARE

The Freehold YMCA Preschool plays a transformational role in the lives of families. Our licensed child care center provides a safe, nurturing early-learning environment infants, toddlers, pre-school and pre-K (ages 3 months to 5 years) incorporating the YMCA core values and social emotional learning. Programs focus on holistic development with opportunities for additional enrichment through age-appropriate swim lessons, movement and dance, outdoor discovery, and educational technology.

## COMMUNITY OUTREACH

The Y's Community Outreach programs nurture the full potential of children and teens, address critical social issues in the community, and support positive outcomes for all. Civic Engagement programs like Model UN and Youth and Government, help teens discover world cultures and issues of local to global importance through hands-on learning with peers. Y Achievers develops academic achievement, college readiness, career development, and leadership skills. One Circle Groups encourage the personal development of strength, courage, confidence, honesty, and communication. STEAM CLUBS spark imaginations with an experimental approach to interactive learning.

Registration starts in September 2023



Visit [ymcanj.org/communityoutreach](https://ymcanj.org/communityoutreach) or e-mail [jroutree@ymcanj.org](mailto:jroutree@ymcanj.org)



## JUMP IN FOR FAMILY FUN at Freehold Y Summer Swim Club!

Swim, lounge by the pool, pack a picnic lunch, and enjoy summer at the Y with family and friends. Swim Club is available to all current and active members of YMCA of Greater Monmouth County! Visit [ymcanj.org/swimclub](https://ymcanj.org/swimclub) for more information and hours of operation.



### SWIM SKILLS & SAFETY

#### STRONG SWIMMERS ARE CONFIDENT KIDS!

For over 115 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. Training includes CPR, AED, First Aid, and Oxygen Administration, with safety as our highest priority.

#### 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.

#### 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.

#### TEEN & ADULT SWIM LESSONS AGES 13 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.

To view our full swim lesson curriculum, stage descriptions, & schedules, [ymcanj.org/swim](https://ymcanj.org/swim)

#### ADAPTIVE SWIM LESSONS AGES 4-7 YRS.

Opportunity for diverse learners to explore the water in a safe and supportive environment. These small group classes are available for students of all swim abilities. Lessons are tailored to meet each student's unique needs. Individual swim lessons are offered to students 13 years & Up and are scheduled through the Aquatics Director.

#### COMPETITIVE PATHWAYS AGES 10-15 YRS.

Introducing our new Competitive Pathways swim lessons for children who have completed the school age swim lesson program through stage 6. There are 3 stages for advanced and competitive swimmer with a focus on stroke endurance, stroke conditioning, and preparing for the challenges of a competitive team environment.



### 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](https://www.ygreatermonmouthswimteam.com).

- > Summer Rockets & Freehold Sharks Swim Teams | Summer 2024, Starts on or about June 24
- > GMNY Competitive Swim Camp | Tentative dates August 26-29



## CELEBRATE YOUR SPECIAL DAY AT THE Y!



### BIRTHDAY PARTIES & SPECIAL EVENTS

Make your child's birthday memorable with a gym or pool party at the Y! We'll even help you plan the party! Kids will enjoy time in the gym or pool followed by time in our party room! Our tiered packages give you flexible options for # of guests, food, favors, and more. Party locations include our branches and our summer camp location. You bring the guests, we'll bring the birthday fun! Visit [ymcanj.org/birthdays](https://ymcanj.org/birthdays)

