

YOUTH DEVELOPMENT



10 WEEKS OF SUMMER FUN!



At **Old Bridge Family Y Day Camp**, your kids experience an enriching summer of fun in a safe, nurturing environment.

ACTIVITIES INCLUDE:

- > 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 6-12 | JUN. 24-AUG. 29
9 A.M.-4 P.M. | MONDAY > FRIDAY



SPORTS & SPECIALTY CAMPS

JULY 15-AUG. 16 | 9 A.M.-12 P.M.

SOCCER CAMP AGES 7-12 YRS.

Presented by FC Monmouth

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!



BASKETBALL CAMP AGES 8-12 YRS.

Presented by YMCA of Greater Monmouth County AAU

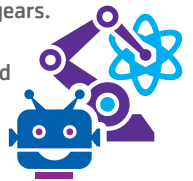
Did you know the Y invented the sport of basketball? Spend this summer where the game began! Camp welcomes players of all stages of development and will focus on the foundational elements of the game – shooting, passing, dribbling, and defense. Our AAU staff of current and former collegiate players and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



ROBOTS • PATHS TO POWER AGES 6-12 YRS.

Presented by Mad Science

Explore the discoveries and inventions that have made robots possible. From learning how robots light up to getting them moving with gears. After learning the fundamentals, we will experiment with different sources of energy and even get to take a hand-powered generator home. We will see how these energy sources affect the environment and how they compare with sustainable energy while thinking about future energy sources!



EUREKA FLIGHT TO THE FUTURE AGES 6-12 YRS.

Presented by Mad Science

Use your imagination and creativity to escape the dangers of an island and make it back into space! Explore technological advances: submarines, boats, stomp rockets, and spacecraft. Discover science fiction through the works of Jules Verne and Isaac Asimov. All campers will build and take home their own sci-fi inspired light sabers!



ymcanj.org/obcamp



YOUTH SPORTS & ENRICHMENT

SPORTS SAMPLER

AGES 5-7 YRS. | Spring 1 & 2

It can take time to figure out what sports hold your passion. Our new multi-sport clinic is the perfect way for children to participate in sports such as basketball, soccer, and football while improving athleticism and motor skills.



INTRO TO SOCCER

AGES 4-7 YRS. | Spring 1 & 2

New players learn the basics of dribbling, passing, shooting, and teamwork in this class that walks you through the basics of soccer.

BASKETBALL DEVELOPMENT CLINIC

AGE GROUPS: 6-8 YRS. • 9-11 YRS. • 12-14 YRS. Spring 1 & 2

Further develop fundamental skills such as dribbling, defense, shooting, and lay ups. Participants will also develop sportsmanship, team comradery, and leadership.

MIGHTY KIDZ

AGES 3-6 YRS. | Spring 1 & 2

Get fit like a superhero! Mighty Kidz is a fitness program that includes: fitness, intro to sport skills such as kicking, throwing, running, catching etc., social interaction, and most of all fun! All activities will be age-appropriate and non-competitive.

HOMESCHOOL PE

AGES 6-13 YRS. | Spring 1 & 2

This program uses physical education related activities to work on motor skill development. The class is 8-week session, meeting once per week.

For more information, contact Kelsi Acer at 732.727.0704, ext. 317 or e-mail kacer@ymcanj.org



ADULT SPORTS

OPEN PICKLEBALL

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players. A fun sport that combines many elements of tennis, badminton, and ping-pong.



LET'S CONNECT
[Facebook.com/ymcaGMC](https://www.facebook.com/ymcaGMC)





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**2024
SPRING/SUMMER
PROGRAMS**

STRENGTHENING LIVES FOR 150 YEARS

AT THE OLD BRIDGE 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



**YMCA
FITNESS APP**



ymcanj.org/register

- > Build Swim Skills
- > Explore Old Bridge Summer Camp
- > Improve Wellness

YMCA OF GREATER MONMOUTH COUNTY

Old Bridge Family YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857

732.727.0704
membership@ymcanj.org



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

232-7165.02-0BY

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

HOURS OF OPERATION

Visit » ymcanj.org/old-bridge-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

AGES 3 MOS. – 9 YRS.

Monday–Sunday 9 a.m.–12:30 p.m.

Monday–Wednesday 5–8 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 Regular Hours

Memorial Day

May 27, 2024 Early Closing 3 p.m.

Father's Day

June 16, 2024 Regular Hours

Independence Day

July 4, 2024 Early Closing 3 p.m.

Labor Day

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

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, 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

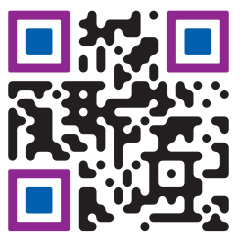
If the Y closes due to weather, members will be notified via our Mobile App, Text Alerts, and at » ymcanj.org/weather. Members may also call 732.727.0704 for a recorded message.

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 Mobile Fitness App!

Register Today: » ymcanj.org/register

HEALTHY LIVING



FITNESS & WELLNESS

GROUP EXERCISE CLASSES

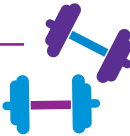
AGES 14 YRS. & Up

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

INTRO TO THE WEIGHT ROOM | YOUTH & ADULT

AGES 10 YRS. & Up

You want to learn to use the fitness center to maximize your efforts and we want to help you achieve your goals. This small group class is designed to help teach you exercise techniques, including cardio and strength training techniques to safely and effectively maximize your workouts.



ADVANCED INTRO TO THE WEIGHT ROOM | YOUTH & ADULT

4 WKS. • AGES 10 YRS. & Up

Prerequisite: Intro to the Weight Room. For those who want to continue to learn more advanced exercise techniques, this small group class is designed to help you take your exercise techniques, cardio, and strength training to the next level.

For more information, contact Val Cottone at 732.727.0704, ext. 310 or e-mail vcottone@ymcanj.org

PERSONAL TRAINING

AGES 10 YRS. & Up

Take your fitness routine to the next level and get the guidance you need to attain your goals with the help of a Certified Personal Trainer. Through individualized programming our trainers will help you achieve and maintain your fitness goals. Train alone or with a small group of friends or family.

FITNESS CENTER ORIENTATION

If you're new to the Y or are unsure about how to use some or all of the equipment in our fitness centers, we're here to help. During your complimentary fitness center orientation, you will meet with a trainer or instructor who will show you the basics of how to use the fitness equipment and provide guidance on your path to reaching your fitness goals. Contact the Welcome Desk or talk with a fitness floor attendant to schedule an appointment.

AGES 10 YRS. & Up » are permitted to use the fitness center.

AGES 10-13 YRS. » are permitted to use cardio equipment and strength machines only after completing an orientation with a parent/guardian present. Lanyards will be provided and must be worn when using the fitness center.

ADULT RUNNING CLUB

AGES 13 YRS. & Up

Whether you are interested in running for the first time or want to refine your skills, our running club gathers adults interested in group training and motivation through fellow runners.

KIDS RUNNING CLUB

AGES 5-12 YRS.

This inclusive, youth running experience inspires children to be active and build healthy habits through the sport of running. All levels of running experience are welcome.



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.

PEDALING FOR PARKINSON'S

8 WKS.

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



LIVESTRONG

12 WKS.

LIVESTRONG at the YMCA is a small-group physical activity and well-being program which meets twice a week for 12 weeks for 90 minutes each session. Led by trained Y staff, this evidence-based program creates a welcoming community in which cancer survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

BLOOD PRESSURE SELF-MONITORING

16 WKS.

The Blood Pressure Self-Monitoring (BPSM) Program supports adults with hypertension in lowering and managing their blood pressure. The four-month evidence-based program focuses on practicing regular self-monitoring of one's blood pressure using proper measuring techniques, one-on-one consultations with a trained Y Healthy Heart Ambassador, individualized support and group-based nutrition education for better blood pressure management.

For more information, contact Val Cottone at 732.727.0704, ext. 310 or e-mail vcottone@ymcanj.org

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 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.

For more information, contact Melia Parchman at 732.727.0704, ext. 178 or e-mail mparchman@ymcanj.org





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 aquatic 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 3 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.

COMPETITIVE STROKE AGES 7-10 YRS. | Spring 2

Swim team try-out preparation. For our younger swimmers who are least in Stage 4. Emphasis on racing starts, flip turns, finishes. Work on both speed and endurance.

AGES 10-15 YRS.

For swimmers who have achieved at least stage 7. 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.

To view our full swim lesson curriculum, stage descriptions, & schedules, ymcanj.org/swim
For questions, e-mail mparchman@ymcanj.org

PARENT/CHILD & YOUTH SWIM LESSONS AGES 3 YRS. & Up

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.



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.

- > Spring Tryouts | March 2 • Freehold Y & March 23 • Old Bridge Y » 1-4 P.M.
- > Summer Rockets & Freehold Sharks Swim Teams | Summer 2024, Starts on or about June 24
- > GMNY Competitive Swim Camp | Tentative dates August 26-29

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.

