

YOUTH DEVELOPMENT



10 WEEKS OF SUMMER FUN!



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

ACTIVITIES INCLUDE:

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



Enjoy the return of camp favorites:

Pre-K Camp 3+ years, before care and after care, RMIT ages 13-15, trips, and special guests!

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



SPORTS & SPECIALTY CAMPS

JULY 8-AUG. 9 | 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 8-13 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!



STEM | LEGO BRIXOLOGY AGES 6-12 YRS.

Presented by Mad Science

Our LEGO™ BRIXOLOGY camp was developed in partnership with LEGO™ Master Builders! Team up to build exclusive creations that will test your engineering abilities! Build carnival rides, paddle boats, mechanical animals, and even a vehicle that moves. Try your hand at nautical, structural, and even biomechanical engineering! Let the tinkering begin!



STEM | MAD SCIENCE AGES 6-12 YRS.

Presented by NASA STEM Explorers

Developed in partnership with NASA, our campers will think and act like NASA innovators during this hands-on program inspired by the NASA OPTIMUS PRIME Research Challenge (NASA OPSPARC). Use creative and collaborative skills to design a mission patch, train like an astronaut, build a Mars rover and solve real-world engineering problems. How could you use space suit cooling tubes be used to solve a problem here on Earth?



ymcanj.org/rbcamp



YOUTH SPORTS & ENRICHMENT

MARTIAL ARTS AGES 4-12 YRS.

Our Kenpo Karate classes are offered as skill and development progressions for children ages 4-12. The pillars of our program aim to build technique and awareness in 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.

YOUTH FUTSAL LEAGUE AGES 6-12 YRS.

Join us for our futsal league this Spring. This league combines training and soccer skills, along with small-sided games in a fun and fast-paced atmosphere. Futsal offers unique ball control, technical skill, and a high-energy environment that will keep your player active and engaged!

SCHOOL'S OUT CAMP AGES 5-12 YRS. | Spring 1 & 2

When school is out, the Y! 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.

LIVE Y'ERS CLINICS

Participants will learn concepts of sportsmanship, team comradery, 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 4-12 YRS. | Spring 1 & 2

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

T-BALL | INTRO TO BASEBALL AGES 4-7 YRS. | Spring 2

Skill development in throwing, catching, and hitting.



YOUTH SPORTS PRIVATE TRAINING AGES 9 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 Spring 1 & 2

SPORTS AGES 5-18 YRS.

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



For more information, e-mail sportsenrichment@ymcanj.org



ADULT SPORTS

PICKLEBALL | SMALL GROUP TRAINING Spring 2

Take your game to the next level! Small group and 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 athletes unlock their potential and work toward their athletic goals within a personally tailored curriculum of development.



PICKLEBALL Spring 1, 2 & Summer (moves outdoors)

BEGINNER

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.

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.

ADVANCED

These classes are for players who have a strong understanding of the rules and strategy of pickleball and have great command over all shots on the court, while limiting unforced errors.

LEAGUE PLAY Spring & Summer

Our adult and young adult sports leagues provide the opportunity to improve health, stay fit, explore new hobbies, and enjoy a social environment of friendly competition.

OPEN BASKETBALL LEAGUE Competitive AGES 18 & Up

CO-ED VOLLEYBALL Competitive AGES 18 & Up



For more information, e-mail bjohnson@ymcanj.org



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 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.



CHEERS to 150 years for the YMCA of Greater Monmouth County! Founded March 16, 1874 in Red Bank, we've been welcoming all for good health, community connection, and social good for generations. Celebrate with us! » ymcanj.org/events



» REGISTER ONLINE

» YMCA FITNESS APP

- > Build Swim Skills
- > Explore Red Bank Summer Camp
- > Improve Wellness

» ymcanj.org/register

YMCA OF GREATER MONMOUTH COUNTY

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

732.741.2504
membership@ymcanj.org



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

232-7165.01-RBY

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

Spring & Summer

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.

» SPRING HOURS through June 24, 2024

Monday–Sunday 8:30–11:30 a.m.

Monday–Thursday 3:30–7:30 p.m.

» SUMMER HOURS effective June 24, 2024

Monday–Sunday 8:30–11 a.m.

Monday–Thursday 4–7 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.

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 732.741.2504 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 Mobile
Fitness App!

Register Today: » ymcanj.org/register

HEALTHY LIVING



FITNESS & WELLNESS

FITNESS CENTER ORIENTATION

If you're new to the Y or are unsure about how to use some of the equipment in our fitness centers, we're here to help. During your complimentary fitness center orientation, you will meet with a Fitness Associate 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 to schedule an appointment.

AGES 10-12 YRS. » are permitted to use the fitness center when accompanied by an adult.

PERSONAL TRAINING

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.

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

SMALL GROUP TRAINING

Work with a personal trainer and receive personalized attention in a small group format. Small group training is a fun, effective and affordable way to reach your fitness goals. Our certified trainers lead these groups focusing on individual strengths, goals, and fitness levels of the participants.

Group Size » Minimum 2 & Maximum 4 participants

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



COUCH TO 5K

AGES 13 YRS. & Up

Train for our main event, the Red Bank Classic 5K on June 15, 2024. Led by Y Fitness Director, triathlete & 5K runner Jessica MacDonald, this program gradually trains beginners to run 3 miles over an 8-week period and aims to transform a sedentary lifestyle into an active one. Come once/week to practice the intervals, build stamina, and acquire custom training regimens to follow outside of class.



CHRONIC DISEASE PROGRAMMING

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.

LIVESTRONG

12 WKS. | Two » 1-HR sessions / WK

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. Program registration includes 12 weeks of complimentary membership to the YMCA allowing for additional amenity usage outside of scheduled group classes.

Medical clearance required. Financial assistance available. **Registration Opens this Summer**

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.



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 5 and older can choose from exciting themes like Sports Mania, Splash Bash, or you can BYOB - Build Your Own Birthday, with activities like Laser Tag, Nerf Tag, Field Day, Dance Party, Tie-Dying, or a special request. Our tiered packages give you flexible options for # of guests, food, favors, and more. Party locations include Red Bank and Camp Zehnder.

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

Visit » ymcanj.org/birthday
E-mail sportsenrichment@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 aquatics environments. Y swim instructors are nationally certified. Training includes CPR, AED, First Aid, and Oxygen Administration, with safety as our highest priority.

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.

YOUTH & PRESCHOOL 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.

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.

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.

To view our full swim lesson curriculum, stage descriptions, & schedules,

» ymcanj.org/swim

For questions,

e-mail azschack@ymcanj.org



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