



FREEHOLD FAMILY YMCA SPORTS, ENRICHMENT, WELLNESS



FALL I • SEPTEMBER 3–OCTOBER 27, 2024

PROGRAM REGISTRATION BEGINS:

Family – Aug. 5 | All Other – Aug. 8 | Non-Members – Aug. 12

LEARN MORE & REGISTER TODAY

YOUTH SPORTS | 4–15 YEARS | GYMNASIUM
*8/45MIN. CLASSES | MEMBER \$89, NON-MEMBER \$121
8/50 MIN. CLASSES | MEMBER \$105, NON-MEMBER \$137

PROGRAM NAME	MONDAY STARTS 9/9	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPORTS SAMPLER* (AGES 4–9)			4:15 PM (AGES 7–9)			9:15 AM (AGES 4–6)	
SOCCER BEGINNERS (AGES 7–12)						10:10 AM (AGES 7–9) 11:10 AM (AGES 10–12)	
VOLLEYBALL BEGINNERS (AGES 10–15), 2X/WEEK	5:00 PM (AGES 10–12) 6:00 PM (AGES 13–15)		5:00 PM (AGES 10–12) 6:00 PM (AGES 13–15)				
BASKETBALL DEVELOPMENT (AGES 6–12)				5:00 PM (AGES 6–8) 6:00 PM (AGES 9–12)			
BASKETBALL ADVANCED (AGES 9–15)				5:00 PM (AGES 9–12) 6:00 PM (AGES 13–15)			
NEW: YOUTH PICKLEBALL (AGES 7–10)							9:00 AM

YOUTH ENRICHMENT | 4–12 YEARS | 8/45 MIN. CLASSES | MEMBER \$89, NON-MEMBER \$121 | CONFERENCE ROOM

TINY BUILDERS (AGES 4–6)		4:15 PM					
NEW: YOUTH CHESS CLUB (AGES 7–9)		5:00 PM					
NEW: COLORFUL CREATIONS (AGES 6–8)				4:15 PM			
NEW: FOOD ADVENTURES (AGES 8–12)				5:15 PM			

FREEHOLD FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
470 East Freehold Road
Freehold, NJ 07728

732.462.0464
info@ymcanj.org

YMCA NJ.org
f t i n y t u b

1122-6563-FHY

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



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**YOUTH/TEEN HEALTH & WELLNESS | 6–17 YEARS | 8/1 HR. CLASSES | STUDIO 2 (S2), TRACK (T) & WELLNESS FLOOR(W)
MEMBER \$105, NON-MEMBER \$137**

PROGRAM NAME	MONDAY STARTS 9/9	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW: INTRO TO BODY BUILDING (AGES 13–17)			5:00 PM (W)			8:30 AM (W)	
NEW: JUNIOR FITNESS CLUB (AGES 10–12)	4:30 PM (W)		4:30 PM (W)				
NEW: HIIT THE TRACK (AGES 14–17)		4:30 PM (T)				10:00 AM (T)	
YOGA: STRIKE A POSE (AGES 6–9)	4:30 PM (S2)						

**ADULT HEALTH & WELLNESS | 13+ YEARS | 8/1 HOUR CLASSES | STUDIO 1 (S1) & WELLNESS FLOOR (W)
MEMBER \$85, NON-MEMBER 94**

WOMEN ON WEIGHTS		11:00 AM (W)				8:30 AM (W)	
MEDITATION & REIKI (4 WEEKS)						10:00 AM (S1)	
COUNTRY LINE DANCING					6:30 PM		

**ADULT SPORTS | 18+ YEARS | 8/1 HOUR CLASSES | GYMNASIUM | MEMBER \$85, NON-MEMBER \$94
ADAPTIVE BASKETBALL | MEMBER \$105, NON-MEMBER \$137**

PICKLEBALL: BEGINNER							10:00 AM
PICKLEBALL: IMPROVER							11:00 AM
ADAPTIVE BASKETBALL				7:00 PM			

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