



FREEHOLD FAMILY YMCA

SPORTS, ENRICHMENT, WELLNESS

FALL II: OCTOBER 28 – DECEMBER 22, 2024



PROGRAM REGISTRATION BEGINS:

Family Members – Oct. 14 | All Other Members – Oct. 17 | Non-Members – Oct. 21

**LEARN MORE &
REGISTER TODAY**

YOUTH SPORTS

PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY NO CLASS 11/28	FRIDAY NO CLASS 11/29	SATURDAY NO CLASS 11/30	SUNDAY NO CLASS 12/1
BASKETBALL DEVELOPMENT \$105 MEMBER/\$137 NON-MEMBER				5:00 PM (AGES 6–9)			
SOCCER BEGINNERS \$105 MEMBER/\$137 NON-MEMBER						10:10 AM (AGES 7–10)	
SPORTS SAMPLER \$89 MEMBER/\$121 NON-MEMBER						9:15 AM (AGES 4–6)	
PICKLEBALL LESSONS \$105 MEMBER/\$137 NON-MEMBER							9:00 AM (AGES 7–10)
VOLLEYBALL BEGINNERS \$105 MEMBER/\$137 NON-MEMBER	5:00 PM (AGES 10–13)						

YOUTH ENRICHMENT

NEW! COLORFUL CREATIONS				5:15 PM (AGES 6–8)			
NEW! FOOD ADVENTURES				6:15 PM			
NEW! TINY BUILDERS				4:15 PM			

YOUTH HEALTH & WELLNESS

NEW! HIIT THE TRACK \$105 MEMBER/\$137 NON-MEMBER		4:30 PM (AGES 10–14)				10:00 AM (AGES 10–14)	
NEW! INTRO TO BODY BUILDING \$105 MEMBER/\$137 NON-MEMBER			5:00 PM (AGES 13–17)			8:30 AM (AGES 13–17)	
NEW! JUNIOR FITNESS CLUB \$105 MEMBER/\$137 NON-MEMBER	4:30 PM (AGES 10–12)		4:30 PM (AGES 10–12)				
NEW! YOGA: STRIKE A POSE \$105 MEMBER/\$137 NON-MEMBER	4:30 PM (AGES 6–9)						

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

732.462.0464
 info@ymcanj.org

YMCA.NJ.org

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

1122-6563-FHY



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ADULT SPORTS

PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY NO CLASS 11/28	FRIDAY NO CLASS 11/29	SATURDAY NO CLASS 11/30	SUNDAY NO CLASS 12/1
BEGINNER PICKLEBALL LESSONS \$85 MEMBER/\$94 NON-MEMBER			7:00 PM				10:00 AM
IMPROVER PICKLEBALL LESSONS \$85 MEMBER/\$94 NON-MEMBER			6:00 PM				11:00 AM
ADAPTIVE BASKETBALL \$105 MEMBER/\$137 NON-MEMBER				6:00 PM			

ADULT WELLNESS

MEDITATION & REIKI \$42.50 MEMBER/\$47 NON-MEMBER						10:00 AM (AGES 18+)	
WOMEN ON WEIGHTS \$85 MEMBER/\$94 NON-MEMBER		11:00 AM (AGES 18+)				8:30 AM (AGES 18+)	

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