



# OLD BRIDGE FAMILY YMCA SPORTS, ENRICHMENT, WELLNESS FALL II: OCTOBER 28 – DECEMBER 22, 2024



**LEARN MORE &  
REGISTER TODAY**

**PROGRAM REGISTRATION BEGINS:**

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

## YOUTH SPORTS

PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY NO CLASS 10/31, 11/28	FRIDAY NO CLASS 11/29	SATURDAY NO CLASS 11/30	SUNDAY
<b>INTO TO SOCCER</b> \$100 MEMBER/\$130 NON MEMBER						<b>9:30 AM</b> (AGES 5-7)	
<b>BASKETBALL DEVELOPMENT</b> \$80 MEMBER/\$100 NON-MEMBER			<b>5:00 PM</b> (AGES 6-8) <b>6:00 PM</b> (AGES 9-12) <b>7:00 PM</b> (AGES 11-14)				

## YOUTH ENRICHMENT

<b>HOMESCHOOL P.E. &amp; ENRICHMENT</b> \$85 MEMBER/\$105 NON-MEMBER		<b>1:00 PM</b> (AGES 6-12)					
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## YOUTH HEALTH & WELLNESS

<b>INTRO TO WEIGHT ROOM</b> \$50 MEMBERS ONLY		<b>5:45 AM</b> (AGES 15+) <b>6:00 PM</b> (AGES 15+)					<b>1:00 PM</b> (AGES 10-14)
<b>ADVANCED INTO TO WEIGHT ROOM</b> \$50 MEMBERS ONLY							<b>12:00 PM</b> (AGES 10+)

1024-6563-FHY

### OLD BRIDGE FAMILY YMCA

YMCA OF GREATER MONMOUTH COUNTY

1 Mannino Park Drive  
Old Bridge, NJ 08857

732.727.0704

oldbridge@ymcanj.org

YMCA NJ.org



**Here for all.**

Financial assistance is offered based on availability of funds.



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## ADULT HEALTH & WELLNESS

PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>INTRO TO WEIGHT ROOM \$50 MEMBERS ONLY</b>		<b>5:45 AM (AGES 15+) 6:00 PM (AGES 15+)</b>					
<b>ADVANCED INTO TO WEIGHT ROOM \$50 MEMBERS ONLY</b>							<b>12:00 PM (AGES 10+)</b>
<b>ADULT RUNNING CLUB \$10 MEMBERS ONLY</b>					<b>8:00 AM (AGES 13+)</b>		<b>8:00 AM (AGES 13+)</b>
<b>NEW! INTRO TO GOLF \$199 MBR/\$258 NON MBR MEETS 2X/WEEK</b>			<b>7:30 AM</b>			<b>7:30 AM</b>	
<b>NEW! DIABETES PREVENTION FREE TO ALL</b>				<b>1:00 PM</b>			

## PERSONAL TRAINING PROGRAMS

**MUSCLE BUILDING PROGRAM  
WEIGHT LOSS PROGRAM  
\$199 MEMBERS ONLY, AGES 15+  
SCHEDULE VARIES BASED ON TRAINER & MEMBER AVAILABILITY**

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