



# FREEHOLD FAMILY YMCA SPORTS, ENRICHMENT, WELLNESS WINTER: JANUARY 6 – MARCH 2, 2025



**PROGRAM REGISTRATION BEGINS:**

**Family Members – Dec. 9 | All Other Members – Dec. 12 | Non-Members – Dec. 16**

**LEARN MORE &  
REGISTER TODAY**

## YOUTH SPORTS | \$105 MEMBER, \$137 NON-MEMBER

PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BASKETBALL DEVELOPMENT AGES 6-9</b>				<b>5:00 PM</b>			
<b>SOCCER BEGINNERS AGES 7-9</b>						<b>10:10 AM</b>	
<b>SPORTS SAMPLER AGES 4-6 \$89 MBR/\$121 NON MBR</b>						<b>9:15 AM</b>	
<b>VOLLEYBALL – BEGINNERS AGES 10-13</b>	<b>5:00 PM</b>						
<b>VOLLEYBALL – INTERMEDIATE AGES 10-14</b>	<b>6:00 PM</b>						
<b>PICKLEBALL LESSONS AGES 7-10</b>							<b>9:00 AM</b>
<b>NEW! WINTER WIFFLEBALL AGES 10-15</b>			<b>4:10 PM (AGES 13-15)</b>			<b>11:10 AM (AGES 10-12)</b>	

## YOUTH ENRICHMENT | \$89 MEMBER, \$121 NON-MEMBER

<b>NEW! UNDER THE SEA (ARTS) AGES 6-8</b>							
<b>FOOD ADVENTURES AGES 8-12</b>				<b>5:15 PM</b>			
<b>TINY BUILDERS AGES 4-6</b>				<b>6:15 PM</b>			
<b>NEW! TODDLING AROUND AGES 2-4</b>			<b>4:15 PM</b>				
			<b>11:15 AM</b>				

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

732.462.0464  
 info@ymcanj.org

**YMCANJ.org**

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

1122-6563-FHY



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HIIT THE TRACK AGES 10-14		4:30 PM					
<b>NEW!</b> FAMILY BOOTCAMP w/ PARENT Ages 8+ \$85 MEMBERS ONLY						10:00 AM	
INTRO TO BODY BUILDING AGES 13-17			5:00 PM				
<b>NEW!</b> HIIT THE BAG AGES 8-14				4:30 PM			
<b>NEW!</b> YOGA: MOMMY & ME AGES 6-9 MONTHS \$89 MBR/\$120 NON MBR							10:00 AM

## ADULT SPORTS | AGES 18+ | \$85 MEMBER, \$106 NON-MEMBER

BEGINNER PICKLEBALL			7:00 PM				10:00 AM
IMPROVER PICKLEBALL			6:00 PM				11:00 AM
<b>NEW!</b> ADULT BASKETBALL AGES 40+		9:30 AM					
ADAPTIVE BASKETBALL				6:00 PM			

## ADULT WELLNESS | AGES 18+ | \$85 MEMBER, \$106 NON-MEMBER

MEDITATION & REIKI \$42.50 MBR/\$53 NON MBR						9:00 AM	
COUNTRY LINE DANCING				6:30 PM			
WOMEN ON WEIGHTS		11:00 AM				8:30 AM	

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