



OLD BRIDGE FAMILY YMCA SPORTS, ENRICHMENT, WELLNESS WINTER: JANUARY 6 – MARCH 2, 2025



**LEARN MORE &
REGISTER TODAY**

PROGRAM REGISTRATION BEGINS:

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

YOUTH SPORTS

PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INTO TO SOCCER AGES 5-7 \$100 MBR/\$130 NON MBR						9:30 AM	
BASKETBALL DEVELOPMENT AGES 6-13 \$80 MBR/\$100 NON MBR			5:00 PM (AGES 6-8) 6:00 PM (AGES 9-11) 7:00 PM (AGES 11-13)				

YOUTH ENRICHMENT

HOMESCHOOL P.E. & ENRICHMENT AGES 6-12 \$85 MBR/\$105 NON MBR					1:00 PM		
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YOUTH HEALTH & WELLNESS

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

ADULT SPORTS

ADULT PICKUP FUTSAL LEAGUE AGES 35+ \$200 MBR/\$230 NON MBR							5:00 PM
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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

1024-6563-FHY

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
INTRO TO WEIGHT ROOM AGES 15+ \$50 MEMBERS ONLY		5:45 AM 6:00 PM					
ADVANCED INTO TO WEIGHT ROOM AGES 15+ \$50 MEMBERS ONLY							12:00 PM
ADULT RUNNING CLUB AGES 13+ \$10 MEMBERS ONLY					8:00 AM		8:00 AM
INTRO TO GOLF AGES 18+ \$199 MBR/\$258 NON MBR MEETS 2X/WEEK			7:30 AM		7:30 AM		
LIVESTRONG 1/06/25–03/26/25 MEETS 2X/WEEK \$360 MBR & NON MBR	12:00 PM		12:00 PM				

PERSONAL TRAINING PROGRAMS

WEIGHT LOSS PROGRAM
\$199 MEMBERS ONLY, AGES 15+

Get ready to get shredded! This 8-week session will give you the foundation to transform yourself from the inside out with small, sustainable changes to your health and fitness routine. You will be split into teams and work with the same trainer throughout the duration of the program. Includes weekly check ins and nutritional guidance.

SCHEDULE VARIES BASED ON TRAINER & MEMBER AVAILABILITY

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