



RED BANK 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

STAGE/PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BASKETBALL BEGINNER \$90 MEMBER/\$115 NON-MEMBER	4:00 PM (AGES 4–6)					
	4:45 PM (AGES 7–10)					
BASKETBALL INTERMEDIATE \$90 MEMBER/\$115 NON-MEMBER	5:30 PM (AGES 9–12)					
MARTIAL ARTS – LITTLE SAMURAI AGES 4–7 \$90 MEMBER/\$115 NON-MEMBER		3:45 PM		3:45 PM		10:15 AM
MARTIAL ARTS – YOUTH SAMURAI AGES 8–12 \$90 MEMBER/\$115 NON-MEMBER		4:30 PM		4:30 PM		11:15 AM

YOUTH ENRICHMENT

NEW! YOGA FOR KIDS! – PARENT & ME AGES 4–12					11:00 AM	
NEW! YOGA FOR KIDS! AGES 4–12			5:00 PM			
SCHOOL’S OUT CAMP \$80 MEMBER/\$100 NON-MEMBER	<u>FULL DAYS (8:00 AM–5:30 PM)</u> DECEMBER 23–30 FEBRUARY 10, 17 MARCH 14					

RED BANK FAMILY YMCA
 YMCA OF GREATER MONMOUTH COUNTY
 166 Maple Avenue
 Red Bank, NJ 07701

732.741.2504
 membership@ymcanj.org

YMCANJ.org

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

1122-6563-RBY



RED BANK 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**

ADULT SPORTS – AGES 18+

STAGE/PROGRAM NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PICKLEBALL – LEVEL 1 \$60 MBR/\$75 NON MBR							9:00 AM
PICKLEBALL– LEVEL 1 & 2 \$60 MBR/\$75 NON MBR	12:00 PM	12:00 PM	12:00 PM				10:00 AM
PICKLEBALL – LEVEL 2&3 \$60 MBR/\$75 NON MBR		11:00 AM	11:00 AM				11:00 AM
PICKLEBALL – LEVEL 3 \$60 MBR/\$75 NON MBR	11:00 AM						

ADULT HEALTH & WELLNESS – AGES 18+

INDOOR CARDIO CLUB \$150 MEMBERS ONLY		10:00 AM					
INTRO TO THE WEIGHT ROOM STARTS 2/6/25 \$75 MEMBERS ONLY				10:00 AM			
WORKING ON WEIGHTS \$250 MEMBERS ONLY MEETS 2X/WEEK		8:00 AM		8:00 AM			

FIT TOGETHER B-I-N-G-O!

FREE, MEMBERS ONLY, STARTS 2/1/25

Break outside of your usual routine and start the new year trying something new!

- Complete 5 squares in a row to win a BINGO prize.
- Complete all 25 squares and **win 1 free Personal Training Session.**
- The challenge must be completed in within the month of February.

To sign up, contact jmacdonald@ymcanj.org or visit our welcome desk.

RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
166 Maple Avenue
Red Bank, NJ 07701

732.741.2504
membership@ymcanj.org

YMCANJ.org
f t i n y

1122-6563-RBY

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