FOR A BETTER COMMUNITY

OLD BRIDGE YMCA
A Branch of YMCA of Western Monmouth County

WINTER 2016
January 4 – February 28

Registration: December 14, 8am
FAC members can register for Freehold classes starting Dec. 14*
(*online registration not available)
SMOKING CESSATION SEMINAR

By Meridian Health

4 week program
Wednesdays, January 6, 13, 20 and 27
Sessions are 10:30am-12:30pm

The decision to quit smoking is a fresh start to a new life. Come join one of the Meridian Health facilitators and participate in the American Cancer Society’s Fresh Start® program.

Fresh Start® consists of four, two-hour sessions, taking place over a four-week period. It is based on the two biggest challenges: how to stop and how to stay stopped. Sessions will teach you how to cope with urges, withdrawal, medication options, and many other helpful topics to help you quit.

Registration required by calling 1-800-560-9990 or visit MeridianHealth.com

GO RED SPINNING

February 5
9:30am-11:00am

READ ACROSS AMERICA

March 2
4:30-5:30pm

Join us for Dr. Seuss stories and craft

VALENTINE’S DAY FAMILY PAINT NIGHT

Friday, February 12
7:00-9:00pm
$35.00 pp
Pre-registration required by Fri., Jan. 29th
OUR MISSION
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE
At the Y, strengthening communities is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why we focus our work in three areas: youth development, healthy living and social responsibility.

NEW!
HOURS OF OPERATION
Mon., Wed., Fri.
5:00am to 10:30pm
Tue., Thurs.
5:00am to 10:00pm
Saturday
6:00am to 7:00pm
Sunday
8:00am to 6:00pm

CONDUCT CODE
Photos may NOT be taken with any cellphones, cameras, or smart devices without the approval or consent of staff or members. Violators will be subject to membership termination.

All individuals are accepted into Y activities, programs & facilities based on their agreement to abide by the rules and regulations of the association. Anyone who does not abide by the rules or who behaves in an inappropriate manner may be suspended, or expelled upon approval of the YMCA Executive Staff.

PERSONAL ARTICLES
The Y is not responsible for any personal articles brought to the facility. For your convenience, courtesy cell phone lockers are available to safeguard your belongings. Please see the Welcome Desk for a key.

CURRENT MEMBERSHIP RATES

FULL FACILITY MEMBERSHIP

<table>
<thead>
<tr>
<th>TYPE</th>
<th>MONTHLY</th>
<th>YEARLY</th>
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<tbody>
<tr>
<td>Family</td>
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<tr>
<td>Young Adult (18-29 YRS)</td>
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<tr>
<td>Teen (14-17 YRS)</td>
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<td>$204</td>
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<tr>
<td>Youth (0-13 YRS)</td>
<td>$15</td>
<td>$180</td>
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Notes: • Family = 2 Adults + their children in household up to 23 yrs.  • Senior - age 62+  • Persons on membership must share residence.

PROGRAM MEMBERSHIP – YOUTH (0-13 YRS)

<table>
<thead>
<tr>
<th>TYPE</th>
<th>YEARLY</th>
<th>SUMMER CAMP</th>
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<tbody>
<tr>
<td>Old Bridge Resident</td>
<td>$60.00</td>
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<td>Middlesex County Resident</td>
<td>67.00</td>
<td>30.00</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>71.00</td>
<td>35.00</td>
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</table>

NEW! 2 for 1 All Access:
Facility members have access to both Freehold and Old Bridge Y branches, included class registration

NEW! "Lite" Membership
Valid for Mon, Wed, Fri workouts
12:00-2:30pm
Only $20/month!

EMERGENCY CLOSINGS
When the YMCA is closed due to inclement weather, an emergency, a delayed opening or closing call the Y at 732-727-0704, for the latest information.

EMERGENCY PHONE: In the event of an emergency and the YMCA phones become disabled, we can be reached at 732-598-3810.

FACILITY AGE REQUIREMENTS
Though we encourage parents and guardians to accompany their children to the Y, children ages 9-12 years old may be in the building without parental supervision with a signed Parent Statement of Understanding on file.

GYM 2-8 years old with parent, 9 years old without parent.
No children under 2 years old are permitted

POOL See Youth Water Safety Policy, Page 2.

LOCKER ROOMS
Opposite sex children ages 6 and older may not accompany a parent in the Adult Locker Room. Family Changing Room must be used.

ADULT SPA, STEAMROOM & SAUNA
18 years old and older.

COED WELLNESS CENTER
14 years old with an introduction by an instructor.

NEW! YOUTH WELLNESS CENTER 9-13 years old with a staff member present.

Children under the age of 3 and any child not toilet trained must wear a swim diaper as well as plastic pants with tight fitting elastic at the waist and legs.

All swimmers with hair longer than the jaw line must wear a swim cap.
PROGRAM CANCELLATION & CHANGES
The Y reserves the right to cancel a class and to make schedule changes and fee changes when necessary. Classes may be cancelled or combined due to low enrollment.

SWITCHING CLASSES
After a member has registered for a specific class and wishes to switch classes, please contact the program director for approval of the switch. Limit 1 change per session.

CREDITS/REFUNDS
No refunds will be issued after classes start. Credits will be issued for youth sports and fitness classes after classes start only when accompanied by a doctor’s note dated within the current session. The Y reserves the right to cancel programs, credits or refunds will be issued accordingly. If credit is requested prior to the start of a class, full credit will be given toward a later program. Credits may be used toward programs, membership or merchandise. Credits are valid for one year from date of issue. Please allow 3 weeks for credits or refunds to be processed.

ON-LINE REGISTRATION POLICY
You must be an active member to register on-line. Registration begins at 8:00am on-line and in the building the day of registration. On-line registration ends the day before classes begin. Registration for Freehold classes must be done in person.

RETURNED CHECK FEE
Returned checks and returned membership drafts will incur a $25 service charge.

MEMBERSHIP CARDS
Membership cards are not transferable. If a card is lost, a $5.00 fee will be charged to replace it. Membership cards MUST be scanned upon entering the facility.

GUEST PASSES
Guest passes may only be purchased by facility members ages 18 and older to bring in a person as their guest. Only one guest per member is permitted. They must remain with their guest throughout their visit.
GUEST FEES: Adults – $12 Youth (under 18) – $7 Senior/College – $9

MEMBERSHIP CANCELLATION & SUSPENSION POLICY
Facility members may freeze their membership one time during the calendar year. Requests to freeze or cancel membership must be made either in writing, by letter or email to the Membership Director, or by filling out a Freeze/Cancellation Form at the Front Desk. ALL REQUESTS MUST BE RECEIVED BY THE 20th OF THE MONTH IN ORDER FOR CHARGES NOT TO BE APPLIED FOR THE NEXT MONTH.

KIDS CLUB BABYSITTING PEANUT FREE
The Y of Old Bridge offers FREE babysitting of children ages 6 wks. to 9 yrs. old for Facility Members while you are utilizing Y facilities and/or programs. First come, first serve basis and limited to two hours per day.
KIDS CLUB HOURS (Max Capacity: 25 Children)
Mon–Fri: 9:00am–1:00pm & 4:00pm–8:30pm
Saturday & Sunday: 8:30am–12:30pm

MEMBERS may not use adult lap lanes to teach swim lessons. All swim lessons must be sanctioned and scheduled through the Old Bridge YMCA Aquatics Dept.

SWIM LESSON MAKE UP POLICY
Make up swim lessons for medical absences will be offered during regular swim lesson times subject to available space and are not guaranteed. Please note that a doctor’s note must be provided. Credits will no longer be offered. Make up must be completed within the same session. Please call Teresa Boydstun, ext. 304, or Bridgid Rothenberg, ext. 315, to schedule an appointment.

MAKE UP CLASSES
We do not offer make up classes for missed youth sports and fitness classes. If a class is missed because of illness, a credit for the missed class will be given with a doctor’s note.

YOUTH WATER SAFETY:
POLICIES AND PROCEDURES
As a leading non-profit organization focused on youth development, healthy living and social responsibility, the Old Bridge YMCA strives to provide a safe environment for children and their families. Research shows that 75% of beginner-swimmer drowning injuries happen in the shallow end of the pool. Therefore, we will be performing MANDATORY swim tests for all children (members and guests) under the age of 14.

WHAT ARE THE AGE GUIDELINES FOR CHILDREN?
• Ages 9 and under: A parent or guardian, 18 years or older, must be on the pool deck AT ALL TIMES.
• If ANY CHILD REQUIRES A FLOTATION DEVICE, AN ADULT 18 YEARS OR OLDER MUST BE IN THE WATER WITHIN ARMS REACH AT ALL TIMES.

SWIM TEST POLICY
All swimmers under the age of 14 must complete a swim test before being allowed access to the swimming pool. The swim test consists of:
• Jumping into the deep end of the pool
• Treading water for 30 seconds
• Swimming the length of the deep end
*All swim tests will be administered by a certified lifeguard and it is at their discretion whether or not child passes or fails.*

SWIM BAND POLICIES
RED BAND (UNABLE TO PASS SWIM TEST)
• Swimmers who do not meet the height requirement, must stay in the SHALLOW END pool area.
• If child requires a flotation device, he or she must be accompanied by an adult 18 years or older in the water at all times. (Children that do not have an adult 18 years or older in the water will not be permitted to swim.)

YELLOW BAND (UNABLE TO PASS SWIM TEST)
• Swimmers must stay in the SHALLOW END pool area.
• This is for children that are unable to pass the swim test, but do NOT require a flotation device to swim.

GREEN BAND (ABLE TO PASS SWIM TEST)
• Swimmers are able to swim in all accessible pool areas.

POOL INCLEMENT WEATHER POLICY
At the Old Bridge Y the safety of members, program participants and staff is our highest priority. Therefore, in the event of thunder & lightning, pool activity will be suspended and the pool and pool deck will be evacuated until 30 minutes after the last sign of thunder & lightning.
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

AQUATICS
The Y is the nation’s #1 swim instructor because progressive swim lessons are taught by caring, skilled staff who use a guided-discovery teaching approach in a positive environment. All kids learn to swim at their own pace and progress to the next level once they have mastered the current level. Please visit www.ymcanj.org, Old Bridge, Aquatics, to read our Parent’s Guide to YMCA Swim Lessons and our Pool Rules.

SWIM LESSON PRICES

<table>
<thead>
<tr>
<th>Duration</th>
<th>FAC Price</th>
<th>PRO Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$76</td>
<td>$90</td>
</tr>
<tr>
<td>45 min</td>
<td>$90</td>
<td>$105</td>
</tr>
<tr>
<td>1 hour</td>
<td>$100</td>
<td>$115</td>
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</tbody>
</table>

NEW! LITTLE MERMAID & MER-MAN SWIM CLASS (4-8 YRS.)
Designed to teach children to bring out their “inner mermaid”. This unique class combines swimming and diving skills, fitness, breath control, diving for sea treasure, safety in and around water as well as environmental events related to our seas. Budding mermaids take away a Mermaid Swim Diploma at the completion of each session. Children must be a Ray/Guppy level or above, not hesitant to jump or submerge under water and do not need a floatation device. Must be shoe size 2-7 for proper fit.

Wednesdays 9:30-10:00am
4:15-4:45pm

PARENT CHILD SWIM LESSONS
Lessons are 30 minutes in length
• To adjust parent and child to the water.
• To develop the ability to enter and exit the pool safely.
• To develop the child’s breath control, balance and locomotion.
• To enjoy the group environment and network with other parents.
• To understand the issues of health and safety for parent and child around the water.

SHRIMP/KIPPER (6-18 MTHS.)
Tuesday 10:00
Saturday 11:00

INIA/PERCH (19-36 MTHS.)
Tuesday 9:30
Saturday 10:30

JELLYFISH (3-5 YRS.)
For children who are reluctant to take swim lessons without a parent or guardian. Spend quality time and share in the experience of learning to swim. Parent or guardian will work with a swim instructor teaching the child to work towards our Pike lessons. Including putting face in water, swim without assistance and being safe in and around water.
Saturday 10:30, 11:30

If you are not able to get your child into a class, please put their name on a wait list. We reserve Friday afternoon to add classes that have the greatest demand. We will call names on the wait list if classes are added.

If you have been out of swim lessons for a session or you’re not sure which level to register your child? Schedule an evaluation by contacting Bridgid Rothenberg, Asst. Aquatics Director, ext. 315.

• Preschool & Beginner Swim Student/Teacher ratio is 6:1
• We reserve the right to move children to a different level based on ability.
• Same swim instructors are not guaranteed.
• Please observe your child in the bleacher area or behind the white railing, not on pool deck.

PIKE (3-5 YRS.)
This class is for the reluctant or fearful child who has no experience in a swim program.

Goals:
• To understand basic pool rules.
• To know personal safety and basic boating safety.
• To adjust to group situations and explore the environment.
• To put face in water and comfortably submerge.
• To paddle 10 yards front and back with floatation and 5 feet without.
• To jump in the pool and return to the side with assistance.

Monday 10:00, 4:15, 6:00
Tuesday 9:30, 4:15, 4:45, 6:00
Saturday 8:30, 9:00, 9:30, 10:00

RAY (3-5 YRS.)
Child must be able to swim 5 yards on the front with rhythmic breathing and do rudimentary backstroke. This class is taught without a floatation device.

Goals:
• To do rhythmic breathing on the front and backstroke for 15 yards.
• To know 4 diving safety rules and recognize dangerous diving situations.
• To perform a standing dive from the side of the pool.
• To perform basic reaching rescue from the side of the pool.
• To tread water for 10 seconds.
• To practice personal safety and basic boating safety.

Tuesday 4:15
Wednesday 4:15
Thursday 9:30
Saturday 9:00, 9:30

STARFISH (3-5 YRS.)
Child must be able to swim 15 yards on the front with rudimentary side breathing and do basic backstroke. This class is taught without a floatation device.

Goals:
• To do rotary breathing for 15 yards.
• To do a somersault.
• To dive from side of the pool.
• To tread water for 10 seconds.
• To practice personal safety and basic boating safety.

Monday 4:45
Wednesday 4:45
Thursday 2:00

Enter to win a Family YMCA membership & pass your child towards their best year yet. Winter is the time to register! Register today!
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

**YOUTH BEGINNER SWIM LESSONS**
(6+ yrs. at time of registration)
Lessons are 30 min. in length.

**POLLIWOG (6-12 yrs.)**
(See Teen Beginner/Polliwog 2, for Ages 12+)
Beginning level for 6-12 years old, students in this class may wear a floatation device.

- To know pool and class rules.
- To swim 5 yards of freestyle without floatation with rhythmic breathing.
- To swim 5 yards of backstroke without floatation.
- To front and back float for 10 seconds.
- To know the basics of water safety and basic boating safety.

**Monday** 4:45
**Tuesday** 4:45, 6:00
**Wednesday** 4:45
**Saturday** 8:30, 9:00, 9:30, 10:00

**GUPPY (6+ yrs.)**
To enter the class the child must swim 5 yards with rhythmic breathing without a floatation belt and 5 yards of backstroke without a belt. This class is taught without the use of a floatation device.

- To swim 25 yards of front crawl with rudimentary breathing and 25 yards of backstroke.
- To perform a standing dive from the side of the pool and jump from the starting block.
- To tread water for one minute.
- To perform basic reaching and throwing water rescues.
- To practice personal safety and basic boating safety.
- To choose a lifejacket, put it on and swim 25 yards on the front and back.

**Monday** 4:15, 4:45
**Tuesday** 4:15
**Wednesday** 4:15, 4:45, 6:00
**Saturday** 8:30, 8:30, 9:00, 9:30, 10:00

**MINNOW (6+ yrs.)**
The child must swim 25 yards of front crawl with rudimentary rotary breathing and 25 yards of backstroke, and be able to dive off of the side of the pool.

- To swim 25 yards of front crawl with bilateral breathing and 25 yards of backstroke.
- To dive off of the side of the pool.
- To perform butterfly kick for 15 yards.
- To perform a surface dive.
- To swim 25 yards rudimentary breaststroke
- To perform water rescues.
- To tread water for 1 minute.
- To practice personal safety and basic boating safety.
- To choose a lifejacket, put it on and swim 25 yards on the front and back.

**Monday** 5:15, 6:00
**Tuesday** 5:15
**Wednesday** 5:15, 6:00
**Saturday** 8:30, 9:15, 10:00, 10:00

**YOUTH INTERMEDIATE & ADVANCED SWIM LESSONS**
(6+ yrs. at time of registration.)
Lessons are 45 minutes in length

**FLYING FISH (6+ yrs.)**
The child must swim 50 yards of front and back crawl with open turns, swim 50 yards of breaststroke and kick 15 yards of butterfly.

- To swim 100 yards of front and back crawl and to perform a flip turn.
- To swim 100 yards of breaststroke and swim 25 yards of butterfly.
- To work on a competitive dive.
- To understand backyard pool safety.
- To tread water for 5 minutes and treat cramps in the water.

**Monday** 5:15
**Wednesday** 5:15
**Saturday** 8:30, 10:00

**SHARK (6+ yrs.)**
The child must swim 100 yards front and back crawl, perform a flip turn, swim 100 yards of breaststroke and 25 yards of butterfly.

- To swim 100 yards of front and back crawl with flip turns, 100 yards of breaststroke and 50 yards of butterfly maintaining good technique.
- To perform starts and turns for all 4 competitive strokes.
- To perform the Help position for 5 minutes, and to understand how to treat heat and cold disorders and how to perform an ice rescue.

**Tuesday** 5:15
*Thursday 6:00 FAC $57 PRO $65
**Saturday** 9:15
*No class 1/7, 1/14 & 2/4 due to swim meets.

**SWIM LESSON PRICES**
- 30 min $76 FAC $90 PRO
- 45 min $90 FAC $105 PRO
- 1 hour $100 FAC $115 PRO

**FOR YOUTH DEVELOPMENT**
Nurturing the potential of every child and teen.

- Preschool & Beginner Swim student/teacher ratio is 6:1
- Youth Intermediate & Advanced student/teacher ratio is 8:1
- We reserve the right to move children to a different level based on ability.
- Same swim instructors are not guaranteed.
- Please observe your child in the bleacher area or behind the white railing, not on pool deck.

(33) 727-0704 www.ymcanj.org
**FOR YOUTH DEVELOPMENT**

Nurturing the potential of every child and teen.

**SPORTS & FITNESS**

The Y youth sports programs teach children skills needed for various athletic activities, as well as stress that there is more involved than just playing a game. Under the supervision and guidance of our sports staff and volunteers, children will learn new skills and the importance of teamwork. Children participate in organized games, where everyone gets an equal chance to play and grow! (Min. of 6 participants required, unless otherwise specified.)

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**PRIVATE SWIM LESSONS (5+ YRS.)**
- Private: $140/4 lessons
- Semi-Private: $220/4 lessons
- FAC members only.
- Contact Bridgid Rothenberg, ext. 315 or brothenberg@ymcanj.org before purchasing lessons.
- Private half-hour, one-on-one swim lessons. Children 5+, adults & teens from beginners to advanced stroke development.

**CHALLENGER SWIM LESSONS**
- FAC $76 PRO $90
- Children with special needs will have the opportunity to explore the water as a therapeutic medium to strengthen muscles, normalize muscle tone, provide sensory input, stretch tight muscles, body in space awareness and more. There is 1 instructor for 3 students. Caretaker/parent may need to be in the pool with the student. **Limit one class per session.**
  - Thursday 4:00-4:30
  - Thursday 4:30-5:00

**COMPETITIVE STROKE (6–18 YRS.)**
- FAC $100 PRO $115 (Saturday)
- This class is for the student who can perform the Shark goals and is interested in preparing for competitive swimming.
- The course will focus on the continuing development of all 4 competitive strokes, starts, turns, and competitive training techniques.
- *Thursday 5:00-6:00 FAC $63 PRO $72
- *No class 1/7, 1/14 & 2/4 due to swim meet.
- Saturday 11:00-12:00

**NEW & REVAMPED! SOCCER (5–12 YRS.)**
- Designed to develop fundamental soccer skills while learning teamwork, strategy and sportsmanship. Children will learn basic fundamentals, strategies, rules of the game and much more! Our advanced class will offer a more competitive and fast-paced class for more experienced soccer player looking to advance their game.
- Tuesday
  - 4:30-5:15 (5-7 YRS.)
  - 5:15-6:00 (8-12 YRS.) Beginner
  - FAC $40 PRO $56
- 6:00-7:00 (8-12 YRS.) Advanced
  - FAC $44 PRO $60

**NEW! FLOOR HOCKEY (8–12 YRS.)**
- FAC $44 PRO $60
- Come burn some energy in our brand new Floor Hockey program! Children will be taught the basics of floor hockey with fun and exciting drills, and play games every week. All children will be using padded sticks and balls to prevent injuries.
- Saturday
  - 11:00am-12:00pm
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

INSTRUCTIONAL BASKETBALL
Enhance gross motor movement; develop hand eye coordination and a sense of teamwork through learning the skills of basketball.
Friday 4:30-5:15 (5-6 YRS.)
FAC $40   PRO $56
Friday 5:15-6:00 (7-9 YRS.)
FAC $40   PRO $56
Friday 6:00-7:00 (10-13 YRS.)
FAC $44   PRO $60

ADVANCED BASKETBALL (7-13 YRS.)
FAC $44   PRO $60
Take your game to the next level! This class is designed for the child who is serious about basketball and wants to learn the fundamentals of the game. We will focus on dribbling, shooting, passing and most importantly, teamwork. Participants will take part in drills to help improve on skills in all areas of the game. Must register in person and tryout required. Contact Ken Cardullo, ext. 305.
Wednesday 5:00-6:00 (7-9 YRS.)
Wednesday 6:00-7:00 (10-13 YRS.)

PRIVATE BASKETBALL (7-13 YRS.)
$80 for 4 lessons (must be purchased in blocks of 4)
Players will work on shooting form, ball-handling, footwork, and much more. Workouts are customized to each player to target specific areas for improvement!
Contact Ken Cardullo, Program Director, at ext. 305 for more information.

Y ROOKIES (4-5 YRS.)
FAC $40   PRO $56
Y Rookies is a pre-competitive instructional program to teach fundamentals, rules, teamwork, sportsmanship, strengthen individual motor skills and enhance self esteem. This class is a great opportunity for boys and girls to participate in a variety of popular sports. Each class starts with a warm up and stretching period followed by a focus on different sports each week.
Monday 4:15-5:00

HOMEWORK HELPERS
FREE (FAC members only)
Our Y staff will help your child complete homework, study for tests, help with a project, organize work, and teach those skills for school success going forward. A fun and educational program to keep your child busy while you get a work out in.
Tues 5:15-6:15pm

INSTRUCTIONAL VOLLEYBALL
FAC $44   PRO $60
Youth volleyball is an exciting sport combining team play and individual skills. You child will learn how to bump, set and spike correctly, along with positions of the game. Every child will learn new techniques as well as make friends and have fun in the process!
Thursday 5-6pm (7-9 YRS)
Thursday 6-7pm (10-13 YRS)

ESCRIMEUR FENCING CLUB (10-16 YRS.)
FAC $56   PRO $80
Fencing class for beginners! Learn the basics of one of the oldest martial arts and Olympic sport. These one hour classes are designed to help students to improve balance, coordination, speed, precision, mental concentration as well as to develop endurance and flexibility. The coolest aspect of fencing is the game: outsmart your opponent to win!
Sunday 2-3pm

Dance Korner is bringing the exciting world of DANCE! to your child here at the Y. Dance is an excellent and enjoyable way to teach children grace through movement. It also teaches discipline and self-confidence, all while working with others to produce award-winning performances.

PRE BALLET/TAP (3 & 4 YRS.)
$117
45 minute class
Thursday 5:00-5:45
Saturday 9:45-10:30

HIP HOP BOP (4-6 YRS.)
$117
45 minute class.
Tuesday 4:30-5:15

Visit for description of classes and attire at www.dancekorneronline.com or call Mrs. Janet at 732-679-5400
JOIN THE LEADERS CLUB
The Y is counting on you to lead the way in our community!
The goal of Leaders Club is to promote and enhance the personal growth and skill development of youth in Grades 6–12. Leaders Club will provide opportunities for leadership training, personal growth, service to others and social development.
Members & Non members are welcome!
Weekly Meetings: Thursdays, 5:30pm
For more information, contact: Ken Cardullo, Program Director ext. 305, or kcardullo@ymcanj.org

JUNIOR FITNESS CLUB
(10–13 YRS.)
$72 FAC ONLY
(Fitness class included)
Club meets 2X a week. Tween’s will learn how to follow Fitness Center rules and procedures, how to stretch before and after a workout, how to exercise properly on the treadmills, bikes, and how to move around and workout safely.
**At the end of the 8 week session each child receives a special lanyard which he or she must wear when using the Fitness Center.
**After completion, Tweens (ages 10-13) will be able to use the Fitness Center without parental supervision, Mon. through Fri. 3–5pm AND Sat. & Sun. from 12-2pm.
Tuesday & Thursday 4:00-5:00

BIRTHDAY PARTIES (5+ YRS)
FAC $225.00  PRO $275.00
Saturdays 2-4pm in the gym
Choice of: Soccer, Basketball, Hockey, Kickball, T-ball, Flag Football, Relay Races, and Obstacle Courses and much more. (Max. 30 children).
Includes: 30 party invitations, paper products, Sundae Bar and assorted juices, Party "Pro" to set up and help run the party. Bring your own cake.
Contact: Brenda Werneiwskei, ext 310 or email bwerneiwskei@ymcanj.org

FREE CLASSES
FACILITY MEMBERS ONLY
15 child max per class on a first-come basis

Youth Fitness Classes!
GAMERCISE (7–9 YRS.)
Stay in shape while learning new experiences, drills and games.
Monday 4:30-5:15

YOGA CIRCUS (6–8 YRS.)
Through fun obstacle courses, children will move swiftly from one station to another while incorporating both yoga and cardio techniques. Class will conclude with partner poses to enhance flexibility and working together.
Friday 4:15-5:00

YOUTH BOXING (10–13 YRS.)
This non-contact class is designed to keep you focused on fitness. Learn the fundamentals of boxing. Take a swing at our class today! Gloves are required. Min. 10 children.
Wednesday 5:00-5:45

SUMMER CAMP 2016 Pre-K – Gr. 8
Our Summer Camp Program consists of daily swim instruction and recreational swim, sports instruction, special events, games, arts & crafts, science and much more. NEW TRIPS FOR 2016! Trips to Camp Topanemus, Six Flags, Medieval Times, iPlay America & more!
Options/Pricing

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<th>FULL DAY</th>
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<th>HALF DAY</th>
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<tbody>
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<td>9:30am-4:30pm</td>
<td>9:30am-1:30pm</td>
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<tr>
<td>5 Days</td>
<td>$261 per week</td>
<td>$157 per week</td>
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<td>4 Days</td>
<td>$229 per week</td>
<td>$146 per week</td>
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<td>3 Days</td>
<td>$187 per week</td>
<td>$125 per week</td>
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<td>2 Days</td>
<td>$136 per week</td>
<td>$94 per week</td>
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<tr>
<td>1 Day</td>
<td>$86 per week</td>
<td>$50 per week</td>
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Extended Care: 7:00 am to 9:30 am and/or 4:30 pm to 6:30 pm
$10.00 ea. per day or $15.00 per day for both AM and PM
Lunch Option: $6 per day, catered and includes bottle of water and snack
$150 non refundable deposit per child due at Registration
Valid membership is required through the camp session.
See Page 1 for Camp Program Membership prices.
FOR HEALTHY LIVING
Improving the nation’s health and well-being.

ADULT FITNESS & WELLNESS
Check out our website for the most up-to-date fitness schedules, special events, special classes etc.

NEW! ADULT VOLLEYBALL LEAGUE (18+ YRS.)
4 on 4 format
$200 per team
Registration deadline: January 24
Season begins January 27
Wednesdays 7:00-10:00pm

ADULT MEN’S BASKETBALL LEAGUE (18+ YRS.)
Season Begins: February 7
Registration Deadline: January 24
$800 per team • 10 games + playoffs
10 max (1 reserve) players. Games on Sundays
Contact Ken Cardullo, Program Director extension 305

ADULT AQUATICS
Please visit our website to view our schedule and description of Water Fitness classes.

PRIVATE SWIM LESSONS/AQUATIC PERSONAL TRAINING
30 mins. FAC members only
Private: $140/4 lessons
Semi-Private: $220/4 lessons
Contact Bridgid Rothenberg, ext. 315, before purchasing lessons.
Private half-hour, one-on-one swim lessons. Children 5+, adults & teens from beginners to advanced stroke development. Weekends only until summer.

ADULT SWIM LESSON (14+ YRS.)
$90
Beginner: For the fearful or inexperienced swimmer.
Saturday 7:30-8:15am
Intermediate: For the swimmer who is comfortable in deep water and can swim the length of the pool.
Saturday 7:30-8:15am

ADULT ADVANCED/STROKE DEVELOPMENT CLASS
$90
Class focus is on continuing development of all 4 strokes, starts and turns.
Saturday 7:30-8:15am
Contact: Teresa Boydston, ext. 304, or tboydston@ymcanj.org

YOUTH WELLNESS CENTER
(9-13 YRS.)
Special designed cardio equipment for kids: elliptical, recumbent bike, treadmills.
Hours: Mon.-Fri. 4:00-8:00pm
Sat. & Sun. 9:00am-12:00pm

YOUTH WELLNESS CENTER
January 11–March 29
$80, 8 weeks

PICKLEBALL
Monday 10:30am–12:00pm
Tuesday 10:00am–12:00pm
Thursday 10:30am–12:00pm

BOOK CLUB
12:30–1:30pm
Meets 1st Thurs. of the month
FREE, registration required.
January: The Chaperone by Laura Moriarty
February: Gray Mountain by John Grisham
March: The Shoemaker’s Wife by Adriana Trigani

PERSONAL TRAINING SESSIONS
(dryland & aquatic)
1x=$40 5x=$175 10x=$300

COUPLES PERSONAL TRAINING
1x=$70 5x=$300 10x=$520

YOUTH PERSONAL TRAINING
3=$85

No Refunds • 24-hour cancellation policy
(See Personal Training Agreement)

For more information, contact: Brenda Werneiwskei, ext. 310 or bwerneiwskei@ymcanj.org

(732) 727-0704  www.ymcanj.org  | 8
FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors.

MEMBERSHIP DISCOUNTS
Active military, clergy, first aid, police and fire personnel are entitled to a 10% discount on membership only with presentation of proper I.D. Only one discount given per membership. Discounts do not apply to enrollment fee. Due to capacity restrictions, the Y of Old Bridge is unable to participate in any insurance company membership promotions.

YCARES FINANCIAL ASSISTANCE
YCares is a confidential financial assistance program that helps those needing support to participate in YMCA programs and services. Our annual Strong Kids Campaign and special events fund the YCares Financial assistance program.

ANNUAL CAMPAIGN
Each year YMCAs across the country embark the Annual Support Campaign to support the YCares Financial Assistance Program. To support this cause, the YMCA of Western Monmouth County has designated May as our “Month of Caring”. The funds raised through this campaign will enable us to continue to provide quality programs and services to those who cannot afford to pay our board approved fees through our YCares Financial Assistance Program. We welcome donations year round and ask you to please consider a contribution to this very worthwhile cause.

PRE LIFEGUARD TRAINING (15+ yrs.)
(Recommended prior to taking full ARC Lifeguarding certification course.)
Members $36  Non-Members $50
For swimmers interested in entering the American Red Cross Certification class. Will cover swim endurance training, basic rescues and lifeguard drills.
Sunday, January 10, 12:00pm-2:00pm

AMERICAN RED CROSS
LIFEGUARDING/FIRST AID/CPR/AED 2 YR. CERT.
(Pre Lifeguard Training recommended)
Members $260  Non-Members $350
NO REFUNDS ONCE CLASS STARTS
Trains candidates to certify in Red Cross lifeguarding, CPR, First Aid, AED and Oxygen administration. Must be 15 yrs. old before the end of the class and be able to swim 300 yards continuously with a combination of freestyle and breaststroke.
Must attend all classes. No makeup or refunds for missed and/or failed classes.
Sundays, January 17, 24, 31 & February 7, 21 12:00pm-5:00pm

LIFEGUARD RECERTIFICATION
Members $130  Non-Members $175
January 2 & 3, 8am-5pm. (must attend both days)

EAST COAST DIVING CLASSES
Please contact Bill Cleary at East Coast Diving for information and registration, (732) 591-9374, EDCSsplash@eastcoastdivingcenter.com

SOUPER BOWL!
Tackle Hunger!
Jan. 11 – Feb. 7
Canned soup donations for the Old Bridge Food Bank

Save the Date
Annual Gala
Saturday, March 12
at Battleground Country Club
More info to come.
ALWAYS HERE FOR YOU!

ADMINISTRATION
Cynthia Joy
President/CEO
cjoy@ymcanj.org
Denise Bucciero
Branch Executive Director
dbucciero@ymcanj.org Ext. 307

AQUATICS
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Bridgid Rothenberg
Assistant Aquatics Director
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FOBY Head Coach
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Steve Smith
FOBY Head Coach
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Program & Camp Director
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MEMBER SERVICES
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Carol Perrotta
Asst. Membership Director
cperrotta@ymcanj.org Ext. 302

Old Bridge YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857
Phone: (732) 727-0704
Fax: (732) 727-0708
www.ymcanj.org

SPRING 1 SESSION
February 29–May 1
Registration: February 15, 8 am
*Old Bridge FAC members may register for Freehold classes in person beginning February 22
(*online registration not available)

We sincerely thank our sponsors for their support!
Encon Mechanical Corp.
Spire Group, CPA’s & Consultants
Industrial Cooling Corp.
The County Woman

Participating Provider in HorizonbFit
HorizonbFit.com

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