BUILD MORE THAN MUSCLE.

Membership & Program Guide
Winter Session 1
November 1st through December 19th

Winter Session 2
January 2nd through February 26th

1088 W Whitty Road,
Toms River, NJ 08755
732 341 9622
ocymca.org
FIND OUT MORE

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ONLINE REGISTRATION
IS NOW AVAILABLE
AT WWW.OCYMCA.ORG

OUR CAUSE DRIVEN Y LEADERSHIP TEAM
We welcome your feedback regarding any aspect of our Y by calling 732 341 9622 using our direct extensions or by email.

Ken Ames
Y-Kids Coordinator ext 2212 or kames@ocymca.org

Jamie Beers
Aquatics Coordinator ext 2277 or jbeers@ocymca.org

Cheryl Braden
Staff Accountant ext 2210 or cbraden@ocymca.org

Elsa DiMiele
Healthy Living Coordinator ext 2236 or edimiele@ocymca.org

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David Eldridge
Head Swim Team Coach ext 2221 or coachdave@ocytigersharks.org or deldridge@ocymca.org

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President & CEO ext 2202 or prosario@ocymca.org

Janet Sellitto
Director of Administrative Services ext 2214 or jsellitto@ocymca.org

Barbara Serpi
Welcome Center Supervisor ext 2400 or bserpi@ocymca.org

Gretchen Surette
Senior Program Director ext 2208 or gsurette@ocymca.org
WINTER SESSION 1  
Tuesday, 11/1 – Monday, 12/19  
REGISTRATION BEGINS  
Online Registration 10/16  
Annual Member 10/17  
Program Member 10/20  

WINTER SESSION 2  
Monday, 1/2 – Sunday, 2/26  
REGISTRATION BEGINS  
Online Registration 12/11  
Annual Member 12/12  
Program Member 12/15  

ANNUAL MEMBERSHIP  
Member has full use of Y facility including use of two indoor pools, gymnasium, both wellness centers — cardio & strength, locker rooms, adult’s sauna and steam room, free child watch while using facility, advanced class registration and free or reduced class fees. You must be 16+ years of age to use wellness areas. Youth may enroll in our Strength Training Class for future use of wellness areas while Floor Trainer is on duty.

ANNUAL MEMBERSHIP WITH MONTHLY ELECTRONIC DRAFT  
Electronic bank draft provides continuous membership privileges without annual renewal. 
A 30 day termination notice must be submitted in writing in order to process. First payment is calculated on enrollment date. Enrollment is a one-time, non-refundable fee included in your first payment to help maintain the Y facility for all.

Annual Membership Type     Enroll     Monthly
Family in same household  $150  $69
(2 adults and all children through age 29)
Senior Couple (2 adults 62+) $135  $58
Single Adult Family        $130  $56
(1 adult and all children through age 29)
Adult (30 & older)          $120  $44
Senior Adult (62+)          $110  $39
Young Adult (18-29 years)   $70  $28
Student (6-17 years)        $30  $22
Primary (Newborn—5 years)  $30  $16

90 Day Membership Type     Cost
Family in same household  $199
(2 adults and all children through age 29)
Senior Couple (2 adults 62+) $169
Adult (30 & older)          $129
Senior Adult (62+)          $109
Young Adult (18-29 years)   $ 79

*Adult Annual Membership includes all programs except Swim Lessons & Personal Training Options.

SMART AND SWIM START  
NEW MEMBER ORIENTATION  
With your Y Full Privilege membership you receive three complimentary Smart Start Sessions with a Nationally Certified Personal Trainer. Discuss your health & fitness level along with goals at this customized introduction to our Health and Wellness Department. Call 732 341 9622 ext 2223 to make your one-on-one appointment. See page 21 for more information.

PROGRAM MEMBERSHIP  
Membership entitles member to register for programs or classes for one year at basic rates. Use of locker rooms and free child watch while participating in programs are included.

Family (2 adults/children through age 29) $130
Adult (30 & older)                         $80
Youth (Newborn — 29 years)                $ 80

CHILD WATCH (AGES 10 & UNDER)  
FREE babysitting service available to all members while you use the facility. Children are allowed to stay up to 2 hours. No food or drink, except baby bottles and sippy cups. Children must use bathroom prior to being signed in and parent must remain available at Y Facility.

CHILD WATCH HOURS
M 8:00AM-12:30PM & 4:30-7:45PM
TU 8:00AM-12:30PM & 4:30-7:45PM
W 8:00AM-12:30PM & 4:30-7:45PM
TH 8:00AM-12:30PM & 4:30-7:45PM
F 8:00AM-12:30PM & 4:30-7:45PM
SA 8:00AM-1:00PM

DROP & GO (AGES 6WKS-10YRS)  
Drop off your child for safe, age-appropriate play in our Kidz Zone room. Run errands or take time for yourself, enjoying the peace of mind that comes from knowing your child is happy & well cared for.

Minimum 2 hours
Full Privilege $15, Basic $18
Additional children Full Privilege $6, Basic $8

3rd Hour Full Privilege $7, Basic $9
3rd Hour Additional children Full Privilege $3, Basic $4

GUEST FEES  
All guests must visit with a Member. 
Adult $14, Family $24, Children (under 18) $7
BECOME A MEMBER

FACILITY HOURS
M-F 5:45AM-9:00PM
SA 7:00AM-5:00PM
SU 8:00AM-5:00PM

CORPORATE & NON-PROFIT GROUP RATES
For more information, please contact our Membership & Marketing Director, JoAnn Kermick at 732 341 9622 ext 4255.

ACTIVE MILITARY
Receive 50% off any membership rate.

VETERANS
Receive 20% off your adult membership rate or 10% off your family membership.

OPTION 2 STUDENTS
If you are a Junior or Senior in Toms River Regional Schools, the Y can help you meet your program requirements. Call 732 341 9622 ext 2236 or email edimiele@ocymca.org

FREE SILVERSNEAKERS OR SILVER & FIT MEMBERSHIPS
Find out if your health plan offers one of these award-winning programs.

CREDIT POLICY
A credit request may be granted for an extended illness/emergency of 3 weeks or more. A detailed doctor’s note that includes illness and dates is required along with the credit request. Credits expire one year from date of issue.

Please be aware that Child Care Programs and the Tiger Shark Swim Team have extended credit policies.

Should the Y find it necessary to cancel a class due to safety, weather, etc., a full credit will be issued for the missed class.

There may be situations in which a refund is requested. Refunds are at the discretion of the Directors with a processing fee of 10% of the refund amount up to a maximum of $25.00.

It usually takes 4-6 weeks for refunds to be processed and paid out. Credits are available within 10 days upon approval from Department Director.

REGISTRATION/PAYMENTS
Registration for classes and payments for programs at the Y may be made until 8PM Monday through Friday and 4PM on Saturday and Sunday.

RETURNED CHECKS/ DRAFT
Returned checks, Bank/Credit Card Draft will incur a $25 return fee. Returned checks submitted to our Check Recovery Service will be electronically debited for the full face value of the check plus a state allowable service fee of up to $30.

SOCIAL MEDIA
ocymca.org
Like us on Facebook Ocean County YMCA
Twitter.com/ocymca
Follow us on Instagram ocymca
Follow us Pinterest ocymca

AWAY POLICY
The Ocean County YMCA participates in the AWAY (Always Welcome At YMCAs) which allows members traveling outside of their Association to utilize other Y facilities across the country with a current YMCA membership. A reduced fee may apply, so consult the facility you are visiting.

MY Y YOUR Y
Now in New Jersey, the Ocean County YMCA participates in the new AWAY Plus program. Many YMCA Associations in our state will welcome your membership. Restrictions may apply. Please ask Member Services for a list of participating Ys.

Y CARES
FINANCIAL ASSISTANCE
The Y is one of Ocean County’s leading nonprofits strengthening community through youth development, healthy living and social responsibility. Y Cares financial assistance applications may be found in the lobby or at ocymca.org.
GIVE, JOIN & SUPPORT OUR Y

VOLUNTEER AT THE Y
The Y is a nonprofit like no other. Community advocates, parents, teens and individuals who want to give back and support their neighbors volunteer at the Y. This is one of the essential ways the Y engages people and helps them to be healthy, confident, and connected to others. The role of volunteers distinguishes the Y as a place where everyone can take an active role in bringing about meaningful, enduring change in the community.

People in all age groups benefit mentally, physically and emotionally from volunteering. Join us by contacting –

Barbara Serpi, Volunteer Coordinator
732 341 9622 ext 2400 or bserpi@ocymca.org

VOLUNTEER LEADERSHIP TEAM
Jared Rhine, MBA, CPA, Chair
Brian J. Tramontano, 1st Vice Chair
Michael P. Ritacco, 2nd Vice Chair
Peter Singagliese, CPA, Treasurer
John N. Ernst, Secretary
Jonathan Z. Petro, Esq. Immediate Past Chair

YMCA MISSION
To put Judeo Christian principles into practice through programs that build healthy spirit, mind and body for all.

The Y is made up of people of all ages and every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of ability, faith, gender, income, sexual orientation or cultural background has the opportunity to live life to its fullest.

We share our values of caring, honesty, respect and responsibility – everything we do stems from them.
Have fun, learn new skills and build confidence that lasts a lifetime!

The Y has a long rich history in swimming, teaching generations of families how to swim. The expertise and leadership of our swim instructors sets us apart, and our warm, patient approach to teaching sets you at ease.

No child is too young to learn how to swim. Not only does swimming help prevent drowning accidents; it gives them a life-long skill that builds self-esteem and confidence. Parents also benefit from learning water safety principles and develop a sense of security.

AQUATIC POLICY
Proper attire for swim classes includes bathing suits or swim trunks. As per Board of Health, infants and toddlers who are not toilet trained must wear swim diapers with rubber pants over top of swim diaper and rubber pants under bathing suits. All members are required to enter the pool area through the locker rooms and shower off before entering the water.

FREE SWIM EVALUATIONS
Not sure what class level your child belongs in? Children ages 3 & up may come to any open evaluation time. No appointment is necessary. Simply show up on the 6 lane pool deck at one of the following times:

If you cannot make a scheduled evaluation time please call our Aquatics Department to schedule an appointment 732 341 9622 ext 2277.

WINTER SESSION 1
Tuesday
10/18 & 10/25
4:00PM

Saturday
10/15, 10/22 & 10/29
12:30PM

WINTER SESSION 2
Saturday
12/17 & 1/7
12:30PM

PARENT/CHILD CLASSES
SHRIMP AND KIPPER Parent/Child
(Ages 6 - 23 months)
The focus of this class will be to promote an enjoyable aquatic experience between parent and child in their water exploration while teaching basic water skills and safety. No evaluation needed for this level.

TU 11:10-11:40AM 6LP
*TH 5:30-6:00PM 6LP no class 11/24
*SA 9:40-10:10AM 6LP no class 12/10, 2/25

Annual Member $78, Program Member $125
*Annual Member $68, Program Member $110

INIA Parent/Child
(Ages 18 months – 3 years)
The focus of this class will be helping the child gain confidence and the ability to move through water independently, wearing a flotation device. No evaluation needed for this level.

TU 10:35-11:05AM 6LP
*SA 9:05-9:35AM 6LP no class 12/10, 2/25

Annual Member $78, Program Member $125
*Annual Member $68, Program Member $110

PERCH Parent/Child
(Ages 2 - 3)
This class is for the child who is independent of parent and has confidence in the water but not yet 3 years old. Must be recommended for this level.

TU 10:00-10:30AM 6LP
*TH 6:05-6:35PM 6LP no class 11/24
*SA 10:15-10:45AM 6LP no class 12/10, 2/25

Annual Member $78, Program Member $125
*Annual Member $68, Program Member $110

If you register for Swim Lessons twice a week you will receive a 20% discount on the 2nd lesson.

6LP – 6 Lane Pool
12LP – 12 Lane Pool

POOL INCLEMENT WEATHER POLICY
Safety of our members, program participants and staff is our highest priority. Therefore, in the event of thunder and lightning, all pool activity will be suspended and the pool deck will be cleared until 30 minutes after the last sign of thunder and lightning.
The Ocean County YMCA offers a range of specialized swim programs for children at any age, ability or level. For more information on any of our special needs swim programs please contact our Aquatics Department at 732 341 9622 ext 2277.

**AQUATICS**

**PRESCHOOL**

**PIKE (Ages 3 – 5)**
Child must be independent of parent and at least three years old before the first day of class. This class is great for water adjustment for the beginner swimmer, who may have little or no water experience. No evaluation needed for this level. Children will learn to:
- Blow bubbles with their face in the water
- Paddle and Kick with flotation
- Be comfortable on their back

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**SAILFISH (Ages 3 – 5)**
Child must be evaluated for this level. They must have already adjusted to group instruction and mastered Pike skills.
Child will learn to:
- Swim 5’ w/o flotation on front and back
- Kick and blow bubbles with face in water
- Roll over from front to back

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**EEL LEVEL (Ages 3 – 5)**
Child must be evaluated for this level and mastered Sailfish skills. Children will learn to:
- Kick 25 yards with a kickboard front & back w/o flotation
- Swim 15 yards on front & back w/o flotation
- Back float without flotation or assistance

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**RAY (Ages 3 – 5)**
Child must be evaluated for this level and mastered Eel skills. Children will learn to:
- Swim 15 yards on front with rotary breathing
- Swim 15 yards of backstroke
- Build endurance to swim 25 yards with rhythmic breathing

| TU    | 4:45-5:15PM 6LP |
| W     | 6:00-6:30PM 6LP |
| *TH   | 4:55-5:25PM 6LP no class 11/24 |
| *SA   | 9:05-9:35AM 6LP no class 12/10, 2/25 |

Annual Member $78, Program Member $125
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**SKATE (Ages 3 – 5)**
Child must have been evaluated for this level and mastered Ray skills. Child will learn to:
- Swim 25 yds front crawl with rotary breathing
- Swim 25 yds backstroke
- Swim 25 yds elementary backstroke

| M     | 6:15-7:00PM 6LP |
| *SA   | 11:15-12:00PM 6LP Skate/Starfish combo no class 12/10, 2/25 |

Annual Member $94, Program Member $153
*Annual Member $82, Program Member $134

**STARFISH (Ages 3 – 5)**
Child must have been evaluated for this level and mastered Skate skills. Child will learn to:
- Learn breaststroke & butterfly
- Continue to improve freestyle, backstroke, and elementary backstroke, gain endurance

| W     | 5:30-6:15PM 6LP |
| *SA   | 11:15-12:00AM 6LP Skate/Starfish combo no class 12/10, 2/25 |

Annual Member $94, Program Member $153
*Annual Member $82, Program Member $134

**STRONG SWIMMERS CONFIDENT KIDS**

The Ocean County YMCA offers a range of specialized swim programs for children at any age, ability or level. For more information on any of our special needs swim programs please contact our Aquatics Department at 732 341 9622 ext 2277.
## AQUATICS

### YOUTH

#### POLLIWOG (Ages 6 -12)

This class is designed for the beginner swimmer to focus on their confidence and comfort level in the water. No evaluation needed for this level.

Child will learn to:
- Swim horizontal 15 yds on front and back
- Be comfortable putting face in the water
- Float on back

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#### GUPPY (Ages 6 – 12)

Child must have been evaluated for this level and mastered Polliwog skills. Child will learn to:
- Swim 25 yards (Freestyle) with rhythmic breathing
- Swim 25 yards horizontally on back
- Tread water for 30 seconds

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#### MINNOW (Ages 6 – 12)

Child must have been evaluated for this level and mastered Guppy skills. Child will learn to:
- Swim 50 yards front crawl (Freestyle) with rotary breathing
- Swim 50 yards backstroke
- Open turn (Touch and Go)

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*Annual Member $82, Program Member $134

### MARLIN (Ages 6 – 12)

Child must have been evaluated for this level and mastered Minnow skills. Child will learn to:
- Swim 75 yards freestyle with rotary breathing
- Swim 75 yards backstroke
- Swim 50 yards elementary backstroke

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Annual Member $94, Program Member $153

*Annual Member $82, Program Member $134

### FISH (Ages 6 – 12)

Child must have been evaluated for this level and mastered Marlin skills. Child will learn to:
- Swim 100 yards freestyle and backstroke
- Swim 50 yards breaststroke
- Be introduced to butterfly

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<td>*SA</td>
<td>9:20-10:05AM</td>
<td>12LP no class 12/10, 2/25</td>
</tr>
</tbody>
</table>

Annual Member $94, Program Member $153

*Annual Member $82, Program Member $134

### SHARK (Ages 6 – 12)

Child must have been evaluated for this level and mastered Fish skills. Child will learn to:
- Swim 200 yards freestyle and backstroke
- Learn to use flip-turns
- Swim 50 yards butterfly & 200 IM

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>M</td>
<td>5:30-6:15PM</td>
<td>12LP</td>
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<tr>
<td>W</td>
<td>6:25-7:10PM</td>
<td>12LP</td>
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<tr>
<td>*SA</td>
<td>8:30-9:15AM</td>
<td>12LP no class 12/10, 2/25</td>
</tr>
</tbody>
</table>

Annual Member $94, Program Member $153

*Annual Member $82, Program Member $134

### PORPOISE (Ages 6 & up)

This class is for the student who loves to swim, but doesn’t have the time to commit to a competitive team.

<table>
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<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>*SA</td>
<td>10:10-11:10AM</td>
<td>12LP no class 12/10, 2/25</td>
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Annual Member $94, Program Member $153

*Annual Member $82, Program Member $134

### TEEN

#### TEEN (Ages 11 – 17)

This class is designed to meet individual goals.

<table>
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<th>Day</th>
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<tr>
<td>*SA</td>
<td>12:00-12:45PM</td>
<td>6LP no class 12/10</td>
</tr>
</tbody>
</table>

Annual Member $94, Program Member $153

*Annual Member $82, Program Member $134

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ADULT SWIM LESSON INFORMATION CAN BE FOUND ON PAGE 27

8 • www.ocymca.org
PRIVATE SWIM LESSONS
For those who need extra attention or would like a 30 minute one on one session with a Swim Instructor
Annual Member $37, Program Member $58

PRIVATE SWIM LESSON BUNDLE
Available to Basic or Full Privilege Members by appointment only
4 half hour lessons
Annual Member $125, Program Member $196
9 half hour lessons
Annual Member $235, Program Member $368

YOUTH WATER SAFETY POLICIES AND PROCEDURES
As a leading non-profit organization, focused on youth development, healthy living, and social responsibility, the Ocean County YMCA strives to provide a safe environment for children and their families. Research shows that 75% of beginner-swim 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 18.

WHAT ARE THE AGE GUIDELINES FOR CHILDREN?
• Ages 8 and under: a parent or guardian age 18 or older must be in the pool at all times.
• Swimmers 9-11 years old must have a parent or guardian on pool deck while swimming. Non swimmers of all ages must have a parent or guardian ages 18 or older in the pool at all times.
• Children 12 and older may not be left at the Y for more than 2 hours at a time.

SWIM TEST POLICY
All swimmers under the age of 18 must complete a swim test before allowed access to the swimming pool. The swim test consists of:

Shallow end
• Swimming the length of the shallow end on front and back

Deep end
• Swimming the length of the deep end on front and back
• Treading water for 15 seconds and float on back for 5 seconds
• After passing the deep end swim test, child wears a red wrist band, and their membership card is punched for future visits. If a child does not have their membership card, they will be required to retest each visit.
• All swim tests will be completed by a certified lifeguard and it is their discretion if the child passes or fails.

RED CROSS LIFEGUARD COURSES (Ages 15 & up)
Everyone interested in registering for an American Red Cross Lifeguard Course must complete and pass the Mandatory Pre-Test. Competitive swimmers are exempt

Mandatory Pre-Test done by appointment - Call 732 341 9622 ext 2277.

LIFEGUARD TRAINING RED CROSS (Ages 15 & up) 2 year certification
• The Professional Lifeguard Course includes First Aid and CPR/AED for the Professional Rescuer.
• All candidates are required to bring legal documentation for proof of age to the first day of class.
• Females must wear one piece swimsuit.

Course 1:
10/28, 10/29, 11/4, 11/5, 11/11, 11/12, 11/18, 11/19

Course 2:
1/6, 1/7, 1/13, 1/14, 1/20, 1/21, 1/27, 1/28

Course 3: Call for February dates

Annual Member $300, Program Member $385, Public $410

Classes need at least four participants to run.

Looking for CPR for the Professional Rescuer, Waterfront, or Recertification please call the Aquatics Department at 732 341 9622 ext 2277.
TIGER SHARKS SWIM TEAM  
www.ocytigersharks.org  

David Eldridge, Head Coach  
732 341 9622 ext 2221  
deldridge@ocymca.org or coachdave@ocytigersharks.org  

Will Murphy, Head Age Group Coach  
732 341 9622 ext 2222  
wmurphy@ocymca.org or coachwill@ocytigersharks.org  

EVALUATIONS ARE MANDATORY FOR ALL NEW SWIMMERS. YMCA Annual Membership is required for all members of Swim Team.

Visit the swim team website at www.OCYTigersharks.org for all registration and try-out dates.

AGE GROUP PROGRAMS:  
LEMON SHARKS (Ages 6-8)  
For swimmers who wish to start in our competitive program but have yet to complete or need continued lessons. Swimmers must be able to swim Freestyle with lateral breathing and Backstroke. These swimmers will be offered a few meets during the season.  
Practices one times per week plus be enrolled in lessons program throughout the season:  
Annual Member $150  

SAND SHARKS (Ages 6-8)  
For swimmers who wish to start in our competitive program and have completed at least one session of Fish lessons or equivalent. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. These swimmers will be offered a few meets during the season.  
Annual Member $325 plus *Activity fee  

MAKO SHARKS (Ages 7-10)  
For swimmers 7-10 who have a strong background in all four competitive strokes and are ready to learn more advanced stroke skills and technique. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships (if qualified). Stroke technique and racing skills are emphasized. Swimmers must be able to legally complete a 25 of each competitive stroke as well as a 50 Free to join this group.  
Annual Member $649 plus *Activity fee  

THRESHER SHARKS (Ages 8-10)  
For the swimmers ages 8-10 who are interested in joining a competitive team and have completed Sand Sharks or one session of Fish lessons or equivalent. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships (if qualified). Stroke technique and racing skills are emphasized.  
Annual Member $649 and *Activity fee  

REEF SHARKS (Ages 9-12)  
Competitive training is introduced, but the emphasis is still on stroke technique and proper skills. Practice includes dry land. Group members will be registered as YMCA and USA swimmers and will compete in the NJ YMCA dual meet league, USA invitational meets, and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers must be able to legally complete a 50 of each competitive stroke as well as the 100 IM and 100 Free in order to join this group.  
Annual Member $949 Plus USA Swimming Registration $62 and *Activity fee  

BUILDING CONFIDENCE AND CHARACTER
Senior Group Programs:

Bronze (Ages 13+)
This group will be for swimmers in eighth grade and High School, who wish to join a competitive team throughout the season. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships (if qualified). Stroke technique and racing skills are emphasized. Swimmers in this group are working to achieve YMCA Silver times.

Annual Member $945 and *Activity fee
Registration $62 and *Activity fee

Silver (Ages 13+)
This group will be for swimmers in eighth grade and high school who have the desire and ability to train and compete regularly. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers in this group are working to achieve USA Gold and or YMCA State times. Swimmers must have completed a 100 of each competitive stroke as well as the 200 IM and 200 Free legally in order to join this group.

Annual Member $1,299 Plus USA Swimming Registration $62 and *Activity fee

Gold (Ages 14+)
This group will be for swimmers in High School or going to High School in the fall. Swimmers in this group will have the desire and ability to train and compete at the highest level. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers must have USA Gold or YMCA State qualifying times in order to train in this group, or by training ability based on coach approval. Any swimmer in this group who achieves a new National standard welcome to attend Nationals. All Practice times include dry land training and practice attendance requirement is 80%.

Annual Member $1,299 Plus USA Swimming Registration $62 and *Activity fee

Hammerheads (Ages 10-12)
Transitional level where swimmers move from primarily stroke instruction to actual competitive training.

Swimmers are motivated and committed to be their best and to practice consistently. Emphasis is on preparation for higher levels of training and competition, with technical efficiency of utmost important. Practice times include dry land and practice attendance recommendation is 70% or more. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers must have completed a 100 of each competitive stroke as well as the 200 IM and 200 Free legally in order to join this group.

In addition, 11-12 swimmers must have achieved at least two YMCA Silver Qualifying Times and 10&Unders must have achieved at least two Junior Olympic Qualifying Times in prior season.

Annual Member $1,149 Plus USA Swimming Registration $62 and *Activity fee

Bull Sharks (Ages 11-13)
For the swimmers ages 11-13 who are interested in joining a competitive team and have completed Cadet or one session of Fish lessons or equivalent. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships (if qualified). Stroke technique and racing skills are emphasized.

Annual Member $849 and *Activity fee

Great Whites (Ages 12-14)
For athletes with desire and ability to train and compete at the highest levels. Swimmers will train to compete at the local and regional level with goals of competing at the YMCA National Level. Practice times include dry land and practice attendance recommendation is 70% or more. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers who have completed a 200 of each competitive stroke as well as the 400 IM and 500 Free are given preference to join this group. In addition, 13-14 swimmers must have achieved at least two YMCA Silver Qualifying Times and 11-12 swimmers must have achieved at least two Junior Olympic Qualifying Times in prior season, or by training ability based on coach approval.

Annual Member $1,275 Plus USA Swimming Registration $62 and *Activity fee

Senior Group Programs:

Silver (Ages 13+)
This group will be for swimmers in eighth grade and High School, who wish to join a competitive team throughout the season. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships (if qualified). Stroke technique and racing skills are emphasized. Swimmers in this group are working to achieve YMCA Silver times.

Annual Member $945 and *Activity fee
Registration $62 and *Activity fee

Gold (Ages 14+)
This group will be for swimmers in High School or going to High School in the fall. Swimmers in this group will have the desire and ability to train and compete at the highest level. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers must have USA Gold or YMCA State qualifying times in order to train in this group, or by training ability based on coach approval. Any swimmer in this group who achieves a new National standard welcome to attend Nationals. All Practice times include dry land training and practice attendance requirement is 80%.

Annual Member $1,299 Plus USA Swimming Registration $62 and *Activity fee

Bronze (Ages 13+)
This group will be for swimmers in eighth grade and High School, who wish to join a competitive team throughout the season. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships (if qualified). Stroke technique and racing skills are emphasized. Swimmers in this group are working to achieve YMCA Silver times.

Annual Member $945 and *Activity fee
Registration $62 and *Activity fee
SWIM TEAM

NATIONAL
(Girls age 13 & up, Boys ages 14 & up)
This group will be for swimmers in High School or going to High School in the fall with the desire and ability to train and compete at the Regional and National level. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers must have a SC National time and/or have participated in the previous SC or LC Nationals season to be considered for the group. Swimmers in this group must attend and be committed to YMCA Nationals as their priority as well as other high level meets (USA Jr. Nationals, Nationals, etc). Practice attendance requirement is 80%. Note: There is a yearly payment option available every fall for swimmers who would like to commit to all sessions (Fall/Winter, Spring and Summer)

Annual Member $1,299 Plus USA Swimming Registration $62 and *Activity fee

ADDITIONAL COMPETITIVE OPPORTUNITIES

HS CLINIC (Ages 14 and up)
Clinics are designed to help your high school swimmers gain the competitive knowledge to compete on a higher level and get them in better physical condition before your season starts.
Our Coaches will work closely with the swimmers to develop their technique in all four competitive strokes. They will also have a strong focus on improving their starts and turns!

Annual Member $200, Program Member $240

MASTERS SWIM TEAM (Ages 18 & up)
Masters is an adult competitive swim team for ages 18 & up. If you enjoy swimming laps, join our Masters Swim Team. Members may choose to compete in swim meets, or swim laps for fun with the group. Register for each program session. For more information contact masterscoach@ocytigersharks.org

Monday/Wednesday 6:00-7:00AM
Tuesday/Thursday 12:30-1:30PM
Tuesday/Thursday 7:45-8:45PM
Saturday 7:15-8:15AM

Annual Member $25, Program Member $36
PRESCHOOL

FANTASTIC FUN FITNESS (Ages 3 – 5)
High energy class, improved coordination, flexibility and agility skills. Circuits, jump rope, fitness obstacle courses, relays and games. Fitness is FUN!
M 11:45-12:15PM
Annual Member FREE, Program Member $25

INTRO TO GYMNASTICS (Ages 3 – 5)
Students will be focusing on improving their strength and flexibility through various stretches and skills. Class will be working on a forward roll, backward roll, handstand, cartwheel and variations of each.
W 4:00-4:30PM
*SA 10:00-10:30AM no class 2/25
Annual Member $30, Program Member $45
*Annual Member $26, Program Member $39

JUMP ROPE AND HULA HOOP (Ages 3 – 5)
Learn different techniques of jump rope and hula hoop. Targeted to increase coordination and cardiovascular fitness.
M 12:15-12:45PM
Annual Member FREE, Program Member $25

KIDS IN THE KITCHEN (Ages 3½ – 5)
Participants share in all stages of preparing kid-friendly dishes—especially the tasting stage. Supplies included. At the end of the session children will receive a cookbook of all recipes prepared in class.
M 4:15-5:00PM
Annual Member $55, Program Member $75

LIL’ NINJA’S (Ages 3 – 4)
Increase toddlers’ independence, fine motor skills, social development, pre-school readiness & preparation and coordination. Your child will be introduced to Kata and theory of Marital Arts.
TU 4:00-4:30PM
Annual Member $30, Program Member $45

YOUTH

GYMNASTICS (Ages 5 – 8)
Designed for children at the beginner level in gymnastics. Focus will be on improving strength and flexibility through stretching skills. This class will work on forward roll, backward roll, handstand, cartwheel, bridge, bridge kick over and variations of each.
W 4:30-5:15PM
*SA 10:30-11:15AM no class 2/25
Annual Member $40, Program Member $55
*Annual Member $35, Program Member $47

GYMNASTICS INTERMEDIATE (Ages 5 – 9)
Designed for children who are at the intermediate level in gymnastics. Participants should already know how to perform a forward roll, backward roll, handstand, cartwheel, bridge, and bridge kick over. These prerequisite skills will be used to work dive roll, back extension roll, handstand to a bridge, front limber, front walkover, back bend, back limber, back walkover, and round off.
*SA 11:15-12:00PM no class 2/25
Annual Member $40, Program Member $55
*Annual Member $35, Program Member $47

GYMNASTICS (Ages 8 & up)
For Preteen’s at the beginner level in gymnastics. Focus will be on improving their strength and flexibility. Participants will work on forward roll, backward roll, handstand, cartwheel, bridge, bridge kick over and variations of each.
*SA 12:00-12:45PM no class 2/25
Annual Member $40, Program Member $55
*Annual Member $35, Program Member $47
YOUTH DEVELOPMENT

KARATE (Ages 4 – 7)

White & Yellow Belt
TU 4:30-5:15PM
F 4:00-4:45PM
Yellow & Orange Belt
F 4:45-5:30PM

Annual Member $55, Program Member $85

KARATE (Ages 7 & up) Mixed Level

TU 5:15-6:00PM
Annual Member $55, Program Member $85

KIDS IN THE KITCHEN (Ages 6 & up)
Learn to cook some of your favorite foods with a new kitchen lesson each week. Participants will share in all stages of preparing kid-friendly dishes—especially the tasting stage. Supplies included. All children receive a cookbook of all recipes prepared in class.

M 5:00-5:45PM
Annual Member $55, Program Member $75

STRENGTH & CONDITIONING (Ages 10-15)
Enhance overall fitness level of an adolescent. A combination of strength training & cardio exercises. Train once a week with a certified Y trainer. Free to Ocean County 7th grade students.

TU 7:00-8:00PM
W 4:00-5:00PM
*TH 7:00-8:00PM no class 11/24
*SA 9:30-10:30AM no class 2/24

Annual Member $45, Program Member $65

CHECK OUT OUR NEW
TEEN AND TWEEN FITNESS CENTER ORIENTATION

• Annual Members, ages 8 & 9, accompanied by an adult, 21 years and older, attend short orientation on the use of cardio equipment and procedures. *Obtain name tag from trainer’s office.
• Annual Members, ages 10-13, must complete Youth Strength Training Course to use Health and Wellness Center. *Obtain wrist band from trainer’s office.
• Annual Members, ages 14-16, start your Smart Start Sessions with a Personal Trainer.

Start Strong, Stay Strong!
BIRTHDAY PARTIES/RENTAL OPTIONS

PRESCHOOL & YOUTH BIRTHDAY PARTIES

The Y offers a fun filled birthday party that your child will never forget. We make it easy, enjoyable and affordable.

Kid’s birthday parties range from $199 to $399, depending on your party selection. The fee covers up to 15 children in a private party space, custom cake & juice box, party decorations and a dedicated staff to make your event the best ever. Optional extras can include pizza and $10 for each additional guest. We offer gymnasium, swim or best of both parties at the Y. Party games can be customized based on your child’s age. Face Painting is also available at an extra cost.

For more information contact:
Nancy Walsh, Birthday Party Supervisor
732 341 9622 ext 2229
or nwalsh@ocymca.org

SOCIAL RENTAL SPACES

Building rentals are available for group activities. Plan your own event or meeting tailored to your needs.

Basketball Gym,
$50 per hour

Multipurpose Room,
$50 per hour

Pool lanes, (3 lane minimum)
$50 per hour or
$75 per hour for one lane

Lifeguards at the Y,
$20 per hour

Swim or Physical Fitness Instructor
$30 per hour

Renters are responsible for their own supplies, equipment and clean up. There is a set up fee of $20 per 20 guests, additional fees apply if over 20 guests.
MULBERRY BUSH PRESCHOOL PROGRAM

2016/2017 SCHOOL YEAR
Jennifer Friedhoff, Asst. Youth Development Director
732 341 9622 ext 2217 - jfriedhoff@ocymca.org

Registration must be done in person at the YMCA and is ongoing. State law requires a completed medical information form to be on file for all children enrolled in any child care program. Staff is First Aid and CPR certified.

A non-refundable $75 registration fee is due at time of registration. Y membership required.

Our State of New Jersey licensed Mulberry Bush Preschool, is designed for children ages 3 – 5 and who are toilet trained. We follow a structured learning curriculum focusing on:

- A structured learning curriculum
- Focusing on socialization
- Interaction with literature through independent reading and story times.
- Sensory development with manipulative and group activities.
- Language development using handwriting focused activities.

Children are introduced to:

- Math and science with hands on learning with experiments and activities.
- Physical education
- Nutrition through our Healthy U physical fitness program
- Number and letter recognition
- Hand and eye coordination
- Fine motor and gross motor skills are worked on with both individual and group activities, with games, activities and structured programming.
- Weekly swim lessons

PROGRAM RUNS FROM 1:00PM – 4:00PM.
3 DAYS PER WEEK
M, W, F 1:00 – 4:00PM
3 years old by October 1, 2016
$250 per month
Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

2016/2017 SCHOOL YEAR
Veanna Knoeller, Youth Development Director
732 341 9622 ext 2215, vknoeller@ocymca.org

With so many demands on today’s families, parents need all the support they can get. Child care at the Y is about more than looking after kids. It’s about nurturing their development and providing a safe place to learn. For almost 30 years, the Y has been offering Before and After School Care. Y-Kids is a School Based State Licensed Child Care Program designed to help families build self sufficiency by providing safe, affordable, high quality childcare.

Y-Kids sites for children grades K-8 are located in the following partnering school districts of Berkeley, Lakewood, Manchester & Toms River.

- Berkeley AM Program is held at Potter Elementary School. All children are bused to their assigned schools for the start of the school day.
- Berkeley PM program is held at the school they attend.

Curriculum for the Y-Kids program:
- Homework help.
- Program focuses on arts and humanities, literacy, science and technology.
- Anti-bullying & social competence.
- Conflict resolution & character development.
- Health & Wellness through the Healthy U initiative.
- Core Values of caring, honesty, respect & responsibility.

For students at the intermediate level our Y-Kids program will be held at the following schools:
- Intermediate East will attend Hooper Avenue Elementary
- Intermediate North will attend Walnut Street Elementary
- Intermediate South will attend Beachwood Elementary

Y-Kids registration must be done in person at the YMCA and is ongoing. An $80 registration and 1st month payment fee is due at enrollment.

Our school day AM program begins at 6:30AM to the start of school. Our PM program begins when school ends and goes until 6:00PM.

Families can choose either a 3, 4 or 5 day per week program throughout the school year.

If you are enrolled in both the AM & PM session, your monthly fee will be reduced by $23. Our Y-Kids program includes a Full Privilege membership for your child at the Y. If necessary, transportation is provided between the Y-Kids site and your child’s school. Check our Youth Arts & Enrichment and Health & Fitness Sections for additional exciting programs your child may participate in. All fees are valid thru August 31, 2017 and will be renewed each September.

Registration, payment and family schedule changes must be completed by the Wednesday prior to the week you plan to start, with the exception of the 1st week of school.

Email schedule changes to: Jaclyn Rodemann at jrodemann@ocymca.org.

No credits will be issued for absences, or for snow days, delayed openings or early dismissals. Emergency closings or late openings will be posted on ocymca.org and on Facebook. Delayed school openings cancels AM Y-Kids.

A 10% sibling discount is applicable when two or more siblings are enrolled.

TIER ONE DISTRICT SCHOOLS:
Berkeley Schools, Manchester Schools
Beachwood, Hooper Ave, Pine Beach, (South Toms River students attend Pine Beach)
Silver Bay and Walnut

AM PROGRAMS - 6:30AM to start of school
3 days AM, $135/mo
4 days AM, $170/mo
5 days AM, $185/mo

PM PROGRAMS - end of school to 6:00PM
3 days PM, $180/mo
4 days PM, $225/mo
5 days PM, $250/mo

TIER TWO DISTRICT SCHOOLS:
Citta, Cedar Grove, East Dover, North Dover
Washington Street and West Dover Schools

AM PROGRAMS - 6:30AM to start of school
3 days AM, $180/mo
4 days AM, $225/mo
5 days AM, $250/mo

PM PROGRAMS - end of school to 6:00PM
3 days PM, $135/mo
4 days PM, $170/mo
5 days PM, $185/mo
Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

HOLIDAY CAMP (Grades K-8)
Need an option when school is out?
Send your child to Holiday Camp for a day at the Y.
The day includes recreational swimming, sports, group games and more!
Bring a bagged lunch, swim suit, towel and come ready for a full day of fun!
To confirm child’s spot & ensure proper staffing registration must be done 48 hours in advance.
Limited space available.

Holiday Camp Hours – 6:30AM-6:00PM
Nov. 7th - 11th
Dec. 26th - 30th
January 16th
February 20th
April 10th - April 14th
April 17th

Annual Member $45/day, Program Member $55/day
Non-Member rate now available $65/day

Y Cares Financial Assistance applications are considered and accepted throughout the year.
We accept all State Subsidy Assistance, with valid contracts.

THE DROP ZONE
Don’t need Y-Kids every week, but have an appointment, staying late at work or just need childcare – you’re in luck. Try The Drop Zone at our Y-Kids program. Valid for use on 10 AM and/or PM drop off days at any of our Y-Kids programs. Your 10 trip pass is only $175 and is valid throughout the current school year.

*$80 Registration fee
**Rate not applicable for half days

STRONG BEGINNINGS, BRIGHT FUTURES.

FREE
7th GRADE MEMBERSHIP FOR OCEAN COUNTY STUDENTS
AT THE Y WE BELIEVE ALL KIDS HAVE ENORMOUS POTENTIAL.

We work every day to help teens set and achieve goals in settings where they can have a sense of belonging and feel comfortable exploring new interests and passions.
Enjoy fun fitness classes and swimming all year round. The 7th Grade Membership Initiative also includes our Youth Strength Training class.
Participation in this program provides youth younger than 16 access to the Cardio Room & Weight Training area when a trainer is on duty.
Valid September 1 through August 31 of your 7th grade year.
MAKE IT THE BEST SUMMER EVER

At the Ocean County YMCA, we make summer safe and fun every day. The Y provides a welcoming environment for campers to express themselves, try new activities, learn new skills, be creative, make lasting friendships and have a great time! Our camp program features an array of traditional games and sports, arts and crafts, outdoor fun, swim lessons, recreational swimming and so much more. From swimming and sports activities, to arts and crafts, music and more, our camp days are filled with fun and engaging experiences that encourage self confidence, leadership and team work.

Join us for one session or all summer long. We offer a full day camp experience, with before and after care options for campers entering Kindergarten through 8th grade. Located in Toms River, we utilize the acres of land at the YMCA, along with the Olympic size swimming pools. Local trips are included in our cost, in which we explore Ocean County Parks, local bowling alleys, ice skating rinks, movie theaters, and beaches, along with special guests and much more. Local community leaders are invited to share with our campers to enhance our day to day programming. We follow all state and local standards for health, safety and program quality, governed through the Ocean County Health Department.

The Y camp curriculum is structured and delivered to promote teamwork, self esteem and build lifelong skills. We incorporate the Y core values of caring, honesty, respect and responsibility into our activities. Every member of our camp staff is trained in our pre-camp training, including First Aid and CPR. We train in anti-bullying, behavior management, curriculum, Healthy U and more. Staff consists of full time teachers, full time students, professional child care workers, and our Y Kids before and after school staff. Each staff must pass a background check, a reference check and goes through a complete screening process. Our lifeguards and swim instructors are all American Red Cross Lifeguard certified.

Contact
Jennifer Friedhoff,
Asst. Youth Development Director,
at 732 341 9622
ext 2217 or
jfriedhoff@ocymca.org
for more information.
We are the Midili Family and this is our Y Story!

“Our eldest son, Max, started swimming at 6 months of age. At 8 years old, he joined the Zoomers, which is a part of the OCY Tiger Shark Swim Team. We have seen his desire to improve and his self-confidence grow with the guidance of his exceptional swim instructor, Dolores, and his swim coaches. Our youngest son, Ethan who is 5, just started swim lessons one year ago. The first lesson he did not want to go in the water. With patience from his instructor, Jamie, he not only felt comfortable in the water but now wants to follow in his brother’s footsteps and join the swim team!

During the summer, we enrolled the boys into summer camp at the Y. Max was able to show some leadership qualities by demonstrating to his peers how to do flip turns with the approval and guidance of his camp counselors. Ethan, who is a natural, learned how to open himself up and played with his fellow campers. The counselors helped him navigate through social interactions by teaching him through play. My husband and I also take up the Y’s challenge to stay fit by taking the boys when there aren’t any practices or lessons and either do some laps or utilize the gym. We really enjoy the YMCA and the staff!

Our names are Sandy, Carlton, Maximilian & Ethan Midili and that’s our Y story!”

Y members are a community like no other. Together, we achieve our healthy goals through a sense of camaraderie, commitment to healthy living, and building an environment that welcomes all people. At the Y, we meet you where you are and help take you to levels of health and wellness that leads to lasting change and a new way of life.
PERSONAL TRAINING FOR YOUTH AND ADULTS
Let our Health and Wellness Department help you achieve your goals for strength, weight loss and special health considerations.

Call 732 341 9622 ext 2223 or email PersonalTrainers@ocymca.org to make your appointment.

Use of Fitness & Cardio Areas
Annual Members only.

INCLUDED WITH EVERY ANNUAL MEMBERSHIP

THREE FREE SMART START SESSIONS, A CUSTOMIZED INTRODUCTION TO OUR HEALTH AND WELLNESS DEPARTMENT.

Session 1: Personal Goals, Health History Evaluation and Health Screening that includes:

- Resting Heart Rate
- Blood Pressure
- Body Fat Analysis
- Training Heart Rate
- Flexibility

Session 2: Fitness assessment, Cardio and Weight room equipment orientation.
Session 3: Overview of personally designed fitness program.

SWIM START SESSIONS
Swim Start will help to develop an exercise routine in the Aquatic environment so that you can make progress with your health and well-being.

Session 1: Personal Goals, Health History and Screening (See Above), Pool Etiquette and Water Safety Skills.

Session 2: Aquatic fitness assessment, aquatic equipment use and swim skills will be discussed.

Session 3: Overview of the beginning of a personally designed Aquatic Fitness Program.

Let’s Get Fit Together
PERSONAL TRAINING – ONE ON ONE

DEDICATION MOTIVATION ACCOUNTABILITY

Individual one hour session by appointment with a certified trainer for your personally designed fitness program, focusing on future goals, and assisting you in maximizing your results.

By appointment:
(1) One hour session Annual Member $49
(3) One hour sessions Annual Member $99
(10) One hour sessions Annual Member $300

SEMI PRIVATE TRAINING

Strength Training & Conditioning for individuals,
(10) one hour sessions 2-3 people
Annual Member $170 per person

AQUATIC PERSONAL TRAINING – ONE ON ONE

Let our Certified Trainers get you started to begin to learn about how to get a water workout on your own with the use of various tools and techniques.

By appointment:
(1) One hour session Annual $49

PERSONAL TRAINING – ONE ON ONE

Individual one hour session by appointment with a certified trainer for your personally designed fitness program, focusing on future goals, and assisting you in maximizing your results.

By appointment:
(1) One hour session Annual Member $49
(3) One hour sessions Annual Member $99
(10) One hour sessions Annual Member $300

SEMI PRIVATE TRAINING

Strength Training & Conditioning for individuals, friends, family and parent/child.
(10) one hour sessions 2-3 people
Annual Member $170 per person

Paid appointment cancellation and late policy.
24 hours notice required to cancel paid appointment. If notice is less than 24 hours it will be considered a paid appointment. Late arrival will not constitute additional time on your appointment.

YOUR HEALTH, OUR MISSION.
ADULT

FITNESS LEVELS

**Beginner** – Includes gentle range of motion, strengthening and flexibility exercises with little impact.

**Intermediate** – Moderate exercises with some impact and use of resistance equipment, modifications are demonstrated.

**Advanced** – Vigorous class, medium to high intensity, may include all levels of impact and resistance equipment.

**AGELESS AEROBICS (Beginner/Intermediate)**
This progressive low to moderate impact cardio and strength training class is a great way to start off your day. Get fit and have fun by learning the basics of group exercise.

- **M** 7:15–8:15AM
- **W** 7:15–8:15AM
- **F** 7:15–8:15AM no class 2/24

Annual Member **FREE**, Program Member **$50**
*Annual Member **FREE**, Program Member **$44**

**AGELESS BOOT CAMP (Beginner/Intermediate)**
Achieve all-around physical fitness by combining strength, aerobic, balance, agility, and flexibility activities in a circuit format. Exercises are designed specifically to enhance the daily living of the adult. All ages are welcome and will benefit from this class.

- **W** 8:20–9:20AM

Annual Member **FREE**, Program Member **$50**

**AI - CHI (6 Lane - All levels)**
Based upon the principles of Qigong Tai-Chi, participants incorporate a combination of deep restorative breathing and slow broad movements while feeling the relaxation of the water. Ai-Chi is an exercise of both mind and body.

- **TH** 8:10–8:50AM no class 11/24

Annual Member **FREE**, Program Member **$36**
*Annual Member **FREE**, Program Member **$32**

**AQUA COMBO (6 Lane/Intermediate)**
Want a great start for your day? You can come out and have fun while getting fit with exercising in the water. This class combines aerobics, flexibility, and balance with AQUA BARRE, KICKBOXING AND MAYBE EVEN SOME AQUA ZUMBA.

- **TU** 7:00–8:00AM

Annual Member **FREE**, Program Member **$36**

**AQUAFLEX (6 Lane, Beginner-Intermediate)**
This class is a combination of muscle toning, conditioning and strengthening in both the shallow and deep end using a buoyancy belt for resistance.

- **F** 7:00–7:45AM no class 2/24

Annual Member **FREE**, Program Member **$36**
*Annual Member **FREE**, Program Member **$32**

**AQUA POWER HOUR (12 Lane, Intermediate-Advanced)**
Increase intensity using the resistance of the water without impact to joints. No swimming skills needed class is in the shallow end of the pool.

- **F** 10:00–11:00AM no class 2/24

Annual Member **FREE**, Program Member **$48**
*Annual Member **FREE**, Program Member **$42**

**AQUA POWER JOG (12 Lane, Intermediate-Advanced)**
Add a new level of fitness to your exercise regimen. The jogging belt worn in this class allows the participant both added buoyancy and resistance to increase core strength by keeping the jogging position in the deep end of the pool.

- **M** 8:45–9:30AM

Annual Member **FREE**, Program Member **$32**

**AQUAJOG DEEP (6 Lane, Intermediate)**
Join us in the deep end of pool & strengthen core muscles with the use of a jogging belt. Learn how water exercise is a great way to start your day.

- **W** 7:45–8:15AM

Annual Member **FREE**, Program Member **$24**

**AQUA FIT (6 Lane, Intermediate-Advanced)**
Challenge yourself with water fitness! This class is invigorating and fun while you help your body get strong using the principles of aerobic combinations.

- **M** 7:45–8:45AM
- **F** 8:00–9:00AM no class 2/24

Annual Member **FREE**, Program Member **$36**
*Annual Member **FREE**, Program Member **$32**

**AQUA LITE (6 Lane, Beginner-Intermediate)**
Designed to improve cardiovascular endurance, strengthen muscles and improve flexibility and balance. No swimming skills required program is held in the shallow end of pool.

- **W** 8:15–9:00AM

Annual Member **FREE**, Program Member **$36**

Respect fellow members... Locker rooms are a no phone zone.
HEALTH & FITNESS

AQUA PILATES/KICKBOXING (6 Lane/BEGINNER-INTERMEDIATE)
Pilates is a great way to strengthen your core. With the right technique you can benefit even more in the water.
M 9:30-10:30AM
Annual Member FREE, Program Member $48

AQUA STEP (6 Lane, Intermediate)
Looking to increase intensity in your aquatic classes? This class will enhance muscle strengthening, balance, and most importantly is a challenge to your coordination. No swimming skills required program is held in the shallow end of pool.
TU 8:15-9:00AM
Annual Member FREE, Program Member $36

AQUATIC TRAINING & CONDITIONING FOR TRIATHLETE (AGES 13 & UP)
For the beginner and intermediate triathlete with focus on refining swim techniques, body position, breathing, kicking, pace clock and endurance.
TU 7:00-8:00AM
Annual Member $29, Program Member $48
*Annual Member $25, Program Member $42

ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP) (6 Lane, All Levels)
Shallow Water Aquatic Program
The Arthritis Foundation YMCA Aquatic Program (AFYAP) is a water exercise program designed for persons with limited mobility to help relieve the pain and stiffness by giving participants the opportunity to do gentle range of motion. This exercise program is lead by an Arthritis Foundation trained & certified instructor.
M 12:30-1:15PM
W 9:00-9:45AM
Annual Member FREE, Program Member $36

BALLS, BANDS & BARS (BEGINNER/INTERMEDIATE)
Increase core strength and muscle definition with this low impact exercise class. The class is designed using stability balls for balance and coordination, bands for definition, and bars for strength!
TU 6:45-7:45PM
Annual Member FREE, Program Member $48

BALLROOM DANCING (All Levels)
Nationally ranked dance instructor
Partners not needed
Join us in some of the most elegant, beautiful and dramatic dances, each with its own characteristic style. Dances include: Swing, Fox Trot & Latin.
M 8:30-9:30AM
*F 8:30-9:30AM no class 2/24
Annual Member $20, Program Member $25
*Annual Member $18, Program Member $22

BODY BLAST (Intermediate/Advanced)
This is an intense weight training workout that targets all upper and lower body muscle groups using various resistance tools
*F 6:00-7:00PM no class 2/24
Annual Member FREE, Program Member $48
*Annual Member FREE, Program Member $42

BOOT CAMP (Intermediate/Advanced)
Circuit training with a high level of conditioning and ballistic movements to tone, reshape and strengthen your entire body.
W 7:00-8:00PM
Annual Member FREE, Program Member $48

CARDIO BLAST (All Levels)
Held in the Cardio Room leads you through efficient precisely designed intervals on the treadmill, cross trainer, row machine and bikes Increase endurance and cardiovascular strength.
M 5:30-6:15PM
*TH 8:30-9:15AM No class 11/24
Annual Member FREE, Program Member $36
*Annual Member FREE, Program Member $32

CHAIR CORE (BEGINNER)
Exercise to strengthen your core for better performance.
*TH 5:00-5:30PM no class 11/24
Annual Member FREE, Program Member $36
*Annual Member FREE, Program Member $32

DRUMS ALIVE (All Levels)
Discover the drummer in you! Drums Alive combines movement with powerful beat and rhythms of drumming for an amazing brain and body movement.
*F 9:30-10:15AM no class 2/24
Annual Member FREE, Program Member $36
*Annual Member FREE, Program Member $32

KETTLEBELL CONDITIONING (All Levels)
This specialized class will increase your strength, cardiovascular fitness and burn lots of calories to get a strong lean body.
*SA 8:30-9:30AM no class 2/25
Annual Member FREE, Program Member $48
*Annual Member FREE, Program Member $42

Schedule is subject to change

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KETTLEBELL MIX (All Levels)
Class begins with basic movements flexible enough for all fitness levels. Last 30 minutes will transition to more advanced challenging movements to help you advance your kettlebell skill.
M 6:30-7:30PM
Annual Member FREE, Program Member $48

KICKBOXING BOOTCAMP (Intermediate/Advanced)
You will kick, punch, jab, upper cut then squat, burpee, plank and pushup to get your full body calorie burning workout!
M 9:30-10:30AM  
*SU 9:45-10:45AM no class 2/26
Annual Member FREE, Program Member $48  
*Annual Member FREE, Program Member $42

LITE & FIT (Beginner/Intermediate)
Low-impact aerobics are combined with intervals of strength and balance moves for a complete workout.
TU 8:15-9:15AM  
*TH 8:15-9:15AM no class 11/24
Annual Member FREE, Program Member $43  
*Annual Member FREE, Program Member $39

PICKELBALL (Beginner/Intermediate)
Fun game that is played on a badminton court with net lowered to 34 inches at the center. Have some fun while you are getting a great workout. Two, three, or four players are sufficient to have a game.
TU 6:45-8:00AM  
*TH 6:45-8:00AM no class 11/24
Annual Member FREE, Program Member FREE

PILATES (Intermediate)
This workout will focus on strengthening, stretching the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles conditioning the core and total body.
TU 4:45-5:30PM  
*TH 4:45-5:30PM no class 11/24
Annual Member FREE, Program Member $36  
*Annual Member FREE, Program Member $32

SILVERSNEAKERS CLASSIC (Beginner)
Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, exercise ball, elastic tubing with handles for resistance are used. Chair used for sitting/standing support.
M 10:45-11:30AM
Annual Member FREE, Program Member $36

SILVERSNEAKERS CIRCUIT (Intermediate)
Take the next step from SilverSneakers Classic. Low-impact cardiovascular conditioning class designed in a circuit format using resistance tools. A chair is used for standing support.
*F 10:20-11:05AM no class 2/24
Annual Member FREE, Program Member $36  
*Annual Member FREE, Program Member $32

SILVERSNEAKERS SPLASH (6 Lane, All Levels)
SilverSneakers Splash is an aquatic fitness class designed to enhance each individual’s quality of life. Kick boards used to develop strength, balance and coordination.
TU 9:00-9:45AM  
W 12:00-12:45PM  
*TH 9:00-9:45AM no class 11/24
Annual Member FREE, Program Member $36  
*Annual Member FREE, Program Member $32

STEP, POWER INTERVAL (All Levels)
Sweat yourself to a fit body! This class includes non-stop calorie burning step choreography to increase your cardiovascular fitness level and stamina. The instructor will offer various options during class to meet every exerciser's needs. Lower impact step moves will be provided beginners, while high-level plyometric options are offered for advanced exercisers. All levels welcome!
TU 5:30-6:30PM
Annual Member FREE, Program Member $48

SWIM FIT LITE (Beginner)
12 Lane Pool
Learn to swim in a class setting combining beginner techniques to start to develop strokes and with water aerobics to develop endurance in the water.
W 8:15-9:00AM
Annual Member FREE, Program Member $36

SWIM FIT (Intermediate) 12 Lane Pool
Learning how to swim is FUN and quite a workout! Class focuses on the techniques & principles of swimming. Swim cap and goggles recommended.
TU 9:15-10:00AM  
W 9:15-10:00AM
Annual Member FREE, Program Member $36

TABATA MAX INTERVAL (Advanced)
A high intensity timed-interval training class using body weight and a variety of equipment. Tabata is a fat-burning workout that will bring all participants to new aerobic and anaerobic fitness levels.
*TH 5:30-6:15PM no class 11/24
Annual Member FREE, Program Member $48  
*Annual Member FREE, Program Member $42
HEALTH & FITNESS

TAI CHI QIGONG (All Levels)
All levels of fitness can benefit!
Based on the principles of Qigong Tai Chi, participants learn to incorporate deep restorative breathing with slow and mindful movement. The slow and mindful pace will help to increase balance, flexibility, and increased relaxation. Tai Chi is an exercise of both body and mind.
TU 8:00-8:45AM
Annual Member FREE, Program Member $36

TIGERSHARK XTREME (All Levels)
TigerShark Extreme Fitness is a high intensity program that incorporates functional fitness, strength, core and cardio to help unleash the beast within...
M 9:00-10:00AM
T 6:00-7:00AM
T 7:00-8:00PM
W 6:00-7:00AM SWIM WOD
W 9:00-10:00AM
W 7:00-8:00PM
*TH 6:00-7:00PM no class 11/24
*TH 7:00-8:00PM no class 11/24
*F 9:00-10:00AM no class 2/24
*SA 8:00-9:00AM no class 2/25
*SA 9:00-10:00AM SWIM WOD no class 2/25
Annual Member 2X A WEEK $75.00
3X A WEEK $99.00
UNLIMITED $129.00

TRIPLE THREAT CARDIO (All Levels)
Through cardio, core and strength exercises this result driven class will help you reach your goals. A great fitness class for all levels.
TU 9:30-10:30AM
*TH 6:30-7:30PM no class 11/24
Annual Member FREE, Program Member $36
*Annual Member FREE, Program Member $32

YOGA LEVEL 1 (Beginner)
A traditional Hatha Yoga program designed to increase flexibility and strengthen the body. One hour class combines breathing techniques, yoga postures and relaxation to reduce stress and balance the body, mind and spirit.
M 11:30-12:30PM
M 6:30-7:30PM
W 9:30-10:30AM
*SA 9:30-10:30AM no class 2/25
Annual Member FREE, Program Member $84
*Annual Member FREE, Program Member $76

YOGA LEVEL 2 (Beginner/Intermediate)
For students who have completed Yoga Level I. New yoga postures and breathing techniques to prepare students for transition to Intermediate/Advanced. One hour class combines breathing techniques, yoga postures and relaxation to reduce stress, increase flexibility and balance the body, mind and spirit.
TU 9:30–10:30AM
*TH 9:30–10:30AM no class 11/24
*TH 6:30–7:30PM no class 11/24
Annual Member FREE, Program Member $84
*Annual Member FREE, Program Member $74

YOGA (Intermediate/Advanced)
Extended class for students who have completed Yoga Levels I & 2. More advanced yoga postures & variations that can be tailored to each student’s abilities. Class types might include Power (yang), Restorative, Balance & Meditative, Vinyasa Flow and Hip Opener (yin). Extended class combines breathing techniques, yoga postures & relaxation, with increased emphasis on form & alignment.
TU 6:45-8:00PM
Annual Member FREE, Program Member $84

YOGA, GENTLE (Beginner)
Improve range of motion, strength, balance, and flexibility with foundational yoga postures. Class moves at a slow and mindful pace to assure proper body alignment and emphasizes mental relaxation through a series of breathing instructions.
TU 10:40-11:25AM
*TH 10:40-11:25AM no class 11/24
Annual Member FREE, Program Member $75
*Annual Member FREE, Program Member $69

YOGA POLICY
Annual Members are offered two FREE Yoga classes per session. Each additional class will have a $20 fee.
YOGA, FRIDAY FLOW (For Students who completed Yoga Levels 1 & 2)
This class will have a continuous Sun-Salutation flow, weaving postures throughout the flow. Class will begin with breathing techniques and will end with a relaxation and short meditation.
*F 9:30-10:30AM no class 2/24
Annual Member FREE, Program Member $84
*Annual Member FREE, Program Member $76

YOGA, THERAPEUTIC CHAIR (Beginner)
Hatha Yoga program developed for students with limited mobility, disabilities, wheelchair-bound, arthritis and those not comfortable getting on the floor. All postures are done sitting in a chair.
W 10:40-11:40AM
*F 8:15-9:15AM no class 2/24
Annual Member FREE, Program Member $84
*Annual Member FREE, Program Member $76

ZUMBA, AQUA (12 Lane, Intermediate)
Come join the fun! Dance to the beat of hip-hop, samba, merengue, salsa and belly dance while the water gives resistance. Silver and Fit recommended.
*TH 10:00-10:45AM no class 11/24
*F 9:00-9:45AM no class 2/24
Annual Member FREE, Program Member $39
*Annual Member FREE, Program Member $34

ZUMBA (All Levels)
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Energize your body and achieve long-term benefits while experiencing an absolute blast.
W 6:00-7:00PM
Annual Member FREE, Program Member $48

Respect fellow members...
Locker rooms are a no phone zone...
THE GIFT IS JUST THE BEGINNING...

When you join the Y, you’re committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

The 90 Day Membership is a great value and gives individuals and families the opportunity to try the Y. Visit our website at ocymca.org for more information.

For more than a workout. For a better us.