



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET MOVING WITH THE Y WHERE EVERYONE LEARNS



FALL 1 & FALL 2 PROGRAM GUIDE

FALL 1 September 8 – October 25 | FALL 2 November 2 – December 27

THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue
Red Bank, NJ 07701

P. 732.741.2504

membership@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered
based on availability of funds.

WELCOME

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Youth Development



There's always something new happening at the Y! This fall, in addition to our sports and enrichment programming, the Y is also offering school-age clubs and sports leagues, highlighting games such as kickball, volleyball and basketball. See page 5 for more details.

Healthy Living



Keep yourself on track with your fitness routine with the Y's Buddy Up for Fitness program. Working out with a buddy can help keep you accountable and empower you both to achieve common goals. For more information see page 12.

Social Responsibility



With nearly 27 million Americans living with diabetes and another 57 million at risk, the Y is running a diabetes prevention program for people at risk for prediabetes this September. The program addresses the need for lifestyle changes, and guides participants in making those changes. Page 14 describes the program in detail.

SPRING SESSION DATES

FALL 1: SEPTEMBER 8 – OCTOBER 25

FALL 2: NOVEMBER 2 – DECEMBER 27



FALL REGISTRATION

FALL 1

Y Members: August 10

Program Participants: August 17

FALL 2

Y Members: October 19

Program Participants: October 26

Online Registration: For your convenience, members with a valid e-mail address on file may register for classes online at TheCommunityYMCA.org.

HOURS OF OPERATION

Monday – Friday 5:00 a.m. – 10:00 p.m.
Saturday 6:00 a.m. – 8:00 p.m.
Sunday 8:00 a.m. – 7:00 p.m.

*Pools close 15 minutes before facility closes.

HOLIDAY HOURS

- > **Thanksgiving Thursday, November 26**
8:00 a.m. – 12:00 p.m.
- > **Christmas Eve Thursday, December 24**
Close at 3:00 p.m.
- > **Christmas Day Friday, December 25**
Closed
- > **New Year's Eve Thursday, December 31**
Close at 5:00 p.m.
- > **New Year's Day Friday, January 1**
8:00 a.m. – 12:00 p.m.

YOUTH SUPERVISION POLICY

Children under the age of 10 must be under the direct supervision of an adult over the age of 18 at all times when in the YMCA facility.

Please note: Parent/caregiver must remain in the facility at all times unless otherwise specified in the class description.

PRE-TEEN HOURS

Ages 10 – 13

Monday – Friday 3:00 p.m. – 8:00 p.m.

Saturday – Sunday 12:00 p.m. – 7:00 p.m.

TEEN HOURS

Ages 14 – 17

Monday – Friday 2:30 p.m. – 10:00 p.m.

Saturday – Sunday 9:00 a.m. – 7:00 p.m.

Pre-teen and teen hours may be adjusted for school closings and holidays according to the Red Bank Public School calendar. Check our Web site for these adjustments.

CHILD WATCH

Ages 3 months – 7 years

For the convenience of parents while on the premises, your child may spend some fun time in our Child Watch room.

Available on a walk-in basis for up to 2 hours per visit.

Y Healthy Family Members: Free

All others: \$ 4.00 for one visit
\$17.50 for five visits
\$35.00 for ten visits

CHILD WATCH HOURS

Monday – Friday 8:00 a.m. – 1:00 p.m.
3:00 p.m. – 8:00 p.m.

Saturday 7:45 a.m. – 2:00 p.m.

Sunday 8:00 a.m. – 11:30 a.m.

THE ZONE

Ages 8 & up

Kids ages 8 – 9 need to have a parent sign them in and out.

With a focus on health and wellness specifically designed for tweens, the Zone is equipped with age-appropriate cardio, strength, table tennis and foosball, and fitness technology including Wii.

THE ZONE HOURS:

Monday – Friday 3:00 p.m. – 8:00 p.m.

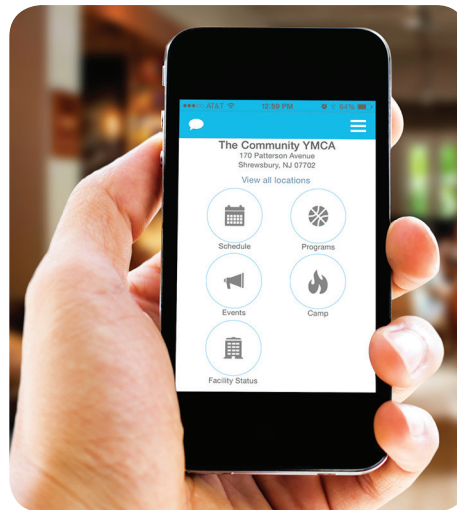
Saturday 9:00 a.m. – 2:00 p.m.

Sunday 10:00 a.m. – 1:00 p.m.

The Zone hours may be adjusted for school closings and holidays according to the Red Bank Public School calendar. Check our Web site for these adjustments.

PROGRAM CREDIT POLICY

Program credits will only be given if the program enrollee is unable to participate in that program due to a serious injury or illness that will cause them to miss three (3) or more consecutive classes during a session. Credit requests must be accompanied by a doctor's note and submitted to the program director prior to the end of the session in which you are requesting a credit. Credits will be posted to your account and must be used within one year.



STAY CONNECTED TO THE Y!

Remember to give us your updated e-mail address and emergency contact information. We use your e-mail to keep you informed of news, special events, closures and other important information. Connect with us for important updates on social media and download our Mobile App for class schedules and notifications.

RedBankYMCA

CommunityYMCA

cymca_nj

CommunityYMCA

TheCommunityYMCA



iPhone/iPad App



Droid App

JOIN HERE

IT'S GOOD FOR THE HEART.

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, encourage healthy living, and provide opportunities to give back and support our neighbors. Join our cause and create meaningful change, not just for you, but for your community.

BECOME A MEMBER & ENJOY:

- > A beautiful modern facility
- > State-of-the art equipment
- > Welcoming lobby with coffee bar
- > Free group fitness classes
- > Free babysitting with Healthy Family Membership

MEMBERSHIP

- > Wellness orientation
- > Member savings on programs
- > Priority registration
- > Guest passes for friends and family

FACILITY FEATURES:

- > 2 indoor pools
6-lane lap swimming (Bodman)
Warm therapeutic 4 ft. pool (Huber)
- > Whirlpool spa and hot tub
- > Indoor running/walking track
- > Full gymnasium with SportWall
- > Stillwell-Larkin Youth & Teen Center
(The Zone - an interactive space for kids ages 8 & up)
- > State-of-the-art exercise studios
- > Dedicated wellness space for Health Seekers
- > Member Lounge
- > Interactive Child Watch area
- > Outdoor sports complex including KaBOOM! playground

ADDED BENEFITS FOR ADULTS:

- > Adult locker rooms with amenities
- > Steam room
- > Sauna
- > Towel service
- > Buddy-up for Fitness program
- > Over 100 free group fitness classes including cardio, strength, yoga, Pilates, indoor cycling, Les Mills™ and aquatics classes.



MEMBERSHIP FEES

CATEGORY	JOINER'S FEE**	MONTHLY FEE
Healthy Family*	\$130	\$93
Healthy Adult (25 - 61)	\$75	\$69
Healthy Senior (62 & older)	\$75	\$56
Healthy Senior Couple	\$125	\$83
Young Adult (19 - 24)	\$30	\$45
Teens (14 - 18 years)	\$30	\$21
Youth (3 mos. - 13 yrs.)	\$30	\$175 annual

PROGRAM PARTICIPANT FEES

Youth: \$75 annual

Adults: \$125 annual

* Healthy Family- Two adults and all dependents under 25 living within the home.

**Joiner's fees and membership fees are non-refundable.

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

FALL 1 & 2 YOUTH SPORTS AND ENRICHMENT PROGRAMS

YOUTH SPORTS AND ENRICHMENT WITH PARENT/CAREGIVER

18 months – 3 years old

45 minutes

Members \$43

Program participants \$65

PAINT AND PLAY

Explore, paint, glue, collage and create with play dough while making new friends. Great for fine motor skills, social and creative development.

Monday 9:30 a.m. Friday 9:30 a.m.

Thursday 4:00 p.m.

TODDLER TIME

Enjoy time together learning and playing games with tunnels, parachute time and more.

Tuesday 10:30 a.m. Wednesday 1:45 p.m.

SPORTS FUSION JR.

Introduction to a variety of team sports with emphasis on team work, motor skills, personal growth and confidence building. Siblings up to age 6 welcome)

Wednesday 9:30 a.m. Saturday 8:30 a.m.

YOUTH SPORTS AND ENRICHMENT ON MY OWN

3 – 6 years old

45 minutes

Members \$43

Program participants \$65

PICASSO PRESCHOOLERS

Young artists will love exploring this hands-on art experience. Create a masterpiece, learn about texture, color, collage and drawing while using age appropriate art tools and materials.

Monday 3:30 p.m. Tuesday 10:30 a.m.

FOOD AND FUN

Healthy choices can be fun. Try healthy recipes, games and activities.

Tuesday 4:00 p.m.

SPORTS FUSION (formerly Y-Rookies)

Non-competitive instruction program designed to teach fundamentals, rules, teamwork and sportsmanship. Combines variety of sports and games while enhancing child's self-esteem.

Tuesday 5:30 p.m. Wednesday 3:30 p.m.

Thursday 1:45 p.m.

GRAND SLAM T-BALL

Enjoy a favorite pastime during this non-competitive class that teaches the rules of the game as well as catching, throwing, and hitting using the tee.

Friday 3:30 p.m.

YOUTH SPORTS AND ENRICHMENT ON MY OWN

3 – 6 years old (parent may leave building)

1 Hour 30 minutes

Members \$70

Program participants \$100

KALEIDOSCOPE KIDS

Perfect addition to your child's preschool program or a great introduction to a classroom setting. Activities to ignite your child's imagination and love of learning.

Thursday 10:30 a.m.

Fall 1: Around the World through music

Fall 2: Fairy tales

Friday 10:30 a.m.

Fall 1: Dinosaurs

Fall 2: Community Superheroes

SCHOOL-AGE SPORTS LEAGUES

1 Hour

Members \$50

Program participants \$70

YOUTH BASKETBALL

Emphasizes team play and fun while continuing skill development through weekly games.

Saturday 10:30 a.m. Ages 5 – 8

Saturday 11:30 a.m. Ages 9 – 12

SPORTS MANIA

Multi-sport league. Weekly games include floor hockey, soccer, basketball and whiffle ball.

Wednesday 4:15 p.m.

SCHOOL-AGE CLUBS

Ages 7 – 13

1 Hour

Members \$25 per session

Program participants \$30 per session

Fit Kids

Fall 1 or Fall 2 Thursday 4:30 p.m.

Kickball

Fall 1 Thursday 5:30 p.m.

Volleyball

Fall 2 Thursday 5:30 p.m.



SCHOOL-AGE SPORTS AND ENRICHMENT

1 Hour

Members \$50

Program participants \$70

LEGO CREATORS

Ages 5 – 10

Bring your imagination for both team and individual building projects from inventor inspired themes to race tracks.

Wednesday 4:15 p.m.

YOGA

Ages 5 – 10

Increase focus, develop strong healthy bodies and learn new techniques to deal with stress, relax and sleep better. Kids who practice yoga build self-esteem and self-respect.

Friday 3:30 p.m.

GAME TIME

Ages 5 – 10

Join us for your favorite organized games, activities and playground time. Just like summer camp!

Saturday 1:30 p.m.

HOOPS SKILLS

Learn the fundamentals of the game while developing ball handling, passing, shooting, offense and teamwork skills.

Thursday 3:30 p.m. Ages 5 – 8

Thursday 4:30 p.m. Ages 9 – 12

Y-ATHLETES

Ages 6 – 10

Learn fundamentals, rules, and sportsmanship while practicing and playing favorite sports. A new sport every 4 weeks offers opportunity to build on existing skills and learn something new.

Tuesday 3:45 p.m. Friday 4:30 p.m.

Saturday 9:15 a.m.

WILLPOWER FOR GIRLPOWER

Ages 7 – 13

Teaches girls a balanced approach to getting fit, enabling them to work "Smarter, Not Harder". The mission is to educate, inspire, and move young women while developing positive philosophies along the way.

Tuesday 4:00 p.m.



BIRTHDAY PARTIES LIKE NEVER BEFORE

Children ages 4 and up can choose from a variety of themes including sports, arts and crafts Lego or dance followed by time in the party room for more fun. For information on hours and pricing please contact The Welcome Center.

BOOT CAMP

Ages 7 – 13

Focus on improving strength, speed and agility. Stay active while having fun.
Tuesday 5:30 p.m.

KID-SAFE KARATE

Ages 5 – 15

This program is designed to enhance self-esteem, self-discipline and safety awareness, as well as teach basic self-defense skills. Classes are conducted by Kid-Safe Karate. Please note: Registration for this program does not take place through the YMCA; registration is conducted through Kid-Safe Karate. For more information contact Kid-Safe Karate directly at 732.396.3371.

MOVIE NIGHT

For Kids and Parent/Caregiver

6:30 – 8:00 p.m.

Second Friday of each month come together in Studio 1 to view a fun movie on the "Big Screen."

Y Members: Free

Program Participants: \$4 each

FAMILY NIGHTS

Suitable for children ages 5 & up with parents/caregivers.

6:30 – 8:00 p.m.

Third Friday of the month, bring the whole family. Different activities each month.

Y Members: Free

Program Participants: \$4 each



Y TEEN ACHIEVERS

Grades 9 – 12

Wednesdays 6:00 – 7:30 p.m.

(Shrewsbury location)

Y Teen Achievers is a youth development program for students between the ages of 14 – 18. This program serves as a platform for college readiness, with objectives that are based on the five pillars for College and Career Readiness; Academic Prep, College Knowledge, Life Skills, Caring Adult Relationship and Identity Development. Students will have the opportunity to work closely with YMCA mentors, a diverse array of professionals and embark on in/out of state trips. Below is a sample list of topics, events and opportunities the Teen Achievers program provide.

- > College survival skills
- > Career/workplace readiness
- > Financial Responsibility
- > Social Responsibility
- > Cultural Awareness
- > SAT/ACT prep sessions*
- > Attend the National College Fair*
- > Attend Teen Leadership Retreat*
- > Attend College Tour*
- > Work with Y professionals/mentors

Information Session:

Wednesday, September 16, 2015

For more information about Y Teen Achievers, please call Jo Ann Rountree at 732.671.5505, ext. 116.

Program Fee: \$45

*Additional fees may apply

WINTER BREAK CAMP

December 28 – December 31

When school is out, the Y is in! Enjoy swim time and activities including music, art, Legos, games and sports. For your convenience the Y is offering full day and half day options.

Full day: 9:00 a.m. – 5:00 p.m.

Half-day morning: 9:00 a.m. – 1:00 p.m.

Half day afternoon: 1:00 – 5:00 p.m.

	4 Full Day option	4 Half Day option	Single Full day option
Y Members	\$215	\$136	\$60
Program Participants	\$255	\$176	\$70
Community Participants	\$330	\$232	\$90

The Y also offers before and after care.

Due to early closing of the facility on Thursday, December 31, there will be no after care.

Before care: 7:30 – 9:00 a.m.: \$28

After care: 5:00 – 6:00 p.m.: \$21

Before/After care: \$40

AQUATICS

The National Y program is a progression of sessions based on accomplishing a certain skill set for each level. A child will advance to the next level after completing the appropriate skill evaluation. During program session week six, children will be evaluated and guardians informed of recommended level for next session. Swimming is a skill building activity; most children will remain in a swim level for three to four sessions while they master the required skills.

Choosing the right swim Class/Level: If you cannot determine the right class, or think your child has moved up since his/her last class, bring your swimmer in to be tested. Testing will ensure your child will be in the appropriate class. The Y strives to provide consistent instruction; however, the Y reserves the right to substitute instructors during a session.

PROGRESSIVE SWIM LESSONS AGES 6 MONTHS – 17 YEARS

PARENT CHILD

Shrimp & Kipper — Ages: 6 – 18 months.
Inia & Perch — Ages: 19 – 36 months.

This is your first opportunity to expose your infant or toddler to the wonderful world of water and safety. The focus for this class is to ensure your baby's first experience is a positive one by guiding both the parent and the child in basic water orientation. You and your child will experience a class filled with games, songs, personal safety skills, beginner swimming techniques and basic water adjustment all while having a great time together.

PARENT PIKE

Age 2

For the toddler who can jump in unassisted and paddle around with flotation on their own, but because of their age cannot enroll in Pike. In this class, the instructor will work on Pike and Eel skills with the parents' help, along with reviewing pool rules and safety, so when the child turns three, he/she will be able to move in the appropriate skill level class.

SWIM WITH ME

Ages: 3 – 6 years

For the child who is not quite ready to swim independently of a parent. This level combines fun, water adjustment, basic water skills and core Pike/Polliwog 1 development with the parent assistance.

PRESCHOOL

Ages: 3 – 5 years

PIKE:

For beginning swimmers who are being exposed to water for the first time or are moving up from the parent/child class. Children who are concerned about getting their face wet or being submerged are best placed in this level. In these classes the instructor will help children gain comfort in the water while working on basic swimming skills and safety.

EEL:

Children must be comfortable in the water. They can jump in with or without flotation, submerge and get their face wet without being concerned. The instructor will work with the child to move from vertical swim position to horizontal swim position.

RAY 1:

At this level children are able to swim independently on their front and back at least 5 yards in the Huber pool without any flotation device. In this level the instructor will work to improve stroke form and endurance in both front crawl and backstroke.

RAY 2:

Children move up to the lap pool (Bodman) to work on improving the strokes and building endurance to swim 25 yards continuously in front crawl and backstroke.

STARFISH:

The most advanced preschool level, the starfish is for the child who can swim 25 yards without assistance. Children will refine their primary strokes and begin to learn the skills for more advanced swimming strokes.

YOUTH - TEEN

6 – 17 years

POLLIWOG 1 — AGES: 6 – 8

YOUTH BEGINNER — AGES: 9 – 12

TEEN BEGINNER — AGES: 13 – 17

This level is for the beginner swimmer in the Huber pool. Participants who are being exposed to lessons for the first time, have a concern of getting their face wet or of being submerged are best placed in this level. In these classes the instructor will help them gain comfort in the water while working on basic swimming skills and safety.

POLLIWOG 2:

Child moves up to the lap pool to work on improving the strokes and building endurance to swim 25 yards continuously in front crawl and backstroke.

GUPPY:

Children should be able to swim 25 yards of front crawl. They will refine their primary strokes and begin to learn the skills for more advanced swimming strokes.

MINNOW:

This level is for the intermediate swimmer. Child must be able to swim 50 yards front crawl and backstroke with refined rotary breathing. We will begin to teach sidestroke, breaststroke and elementary backstroke, as well as teaching how to use a dolphin kick.

FISH:

Children must be able to swim 75 yards on front and back with a refined rotary breathing using open turns. They will finalize their competency for sidestroke, breaststroke and elementary backstroke, as well as being introduced to butterfly stroke.

FLYING FISH:

Child must be able to swim front and backstroke 100 yards, and elementary backstroke and sidestroke 50 yards. Instructors will work on finalizing butterfly stroke.

SHARK:

Child must be able to swim front, back and breaststroke 100 yards, and butterfly 25 yards. All strokes will be refined. Swimmers will be introduced to junior lifeguarding skills.

SPLASH CLUB

Ages 7 – 11

Splash Club is a one hour class for your young, proficient, non-competitive swimmer who is looking to broaden their horizons in the aquatic world. With a combination of stroke refinement, safety skills, and team-building activities, this is the perfect option for a child looking for fun outside of competitive swimming.

Fall 1: Wednesday, 5:20 p.m.

Y Members: \$110

Program Participants: \$165

PORPOISE CLUB

Ages 13 and up

The porpoise club is a one-hour class designed specifically for the active teen who enjoys the water, but wants a more casual, non-competitive experience. The Porpoise Club combines fitness Boot Camp class along with swim lessons, aqua fitness, and junior lifesaving training!

Fall 2: 2 days per week

Tuesday 5:30 p.m. — Fitness Boot Camp

Wednesday 5:20 p.m. — Water activities

Y members: \$175

Program Participants: \$225

PARENT & CHILD CLASSES

HUBER POOL | 30 MINUTES | Members: \$75 | Program Participants: \$115

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	SHRIMP & KIPPER 6 – 18 MONTHS	10:05 a.m.		10:05 a.m.		10:05 a.m.	8:00 a.m.	8:50 a.m.
	INIA & PERCH 19 – 36 MONTHS		10:05 a.m.		10:05 a.m.	10:05 a.m.	8:35 a.m.	8:15 a.m.
	SWIM WITH ME 3 – 7 YEARS		1:30 p.m.		6:30 p.m.			9:25 a.m.
A	PARENT PIKE 2 YEARS		11:45 a.m.	11:15 a.m.		1:30 p.m.	9:10 a.m.	
SN	JUMP RIGHT IN 3 – 6 YEARS							10:00 a.m.
	LOOK, I'M SWIMMING 7 – 1 YEARS							10:00 a.m.

PRESCHOOL PROGRESSION LEVELS

HUBER POOL or BODMAN POOL | 30 MINUTES | Members: \$75 | Program Participants: \$115

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	PIKE 3 – 5 YEARS	10:40 a.m. 4:05 p.m. 5:15 p.m.	10:40 a.m. 3:30 p.m. 4:40 p.m.	10:40 a.m. 4:05 p.m. 4:40 p.m.	11:15 a.m. 3:30 p.m. 4:05 p.m.	10:40 a.m.	9:45 a.m. 10:20 a.m. 10:55 p.m. 12:05 p.m.	10:35 p.m.
	EEL 3 – 5 YEARS	11:15 a.m. 5:15 p.m.	10:40 a.m. 11:15 a.m. 3:30 p.m. 4:40 p.m.	11:45 a.m. 3:30 p.m. 4:40 p.m.	10:40 a.m. 3:30 p.m. 4:05 p.m.	10:40 a.m.	9:45 a.m. 10:20 a.m. 10:55 p.m. 12:05 p.m.	11:10 a.m.
I	RAY 1 3 – 5 YEARS	10:40 a.m. 4:40 p.m.	10:40 a.m. 4:05 p.m. 5:15 p.m.	10:40 a.m. 4:05 p.m. 5:15 p.m.	11:15 a.m. 4:40 p.m.	11:15 a.m.	9:45 a.m. 10:20 a.m. 10:55 a.m. 12:05 p.m.	11:45 a.m.
	RAY 2 3 – 5 YEARS		11:15 a.m. 4:05 p.m.	3:30 p.m.	11:45 a.m. 3:30 p.m. 5:50 p.m.	11:45 a.m. 12:55 p.m.	9:45 a.m. 10:55 a.m.	
A	STARFISH 3 – 5 YEARS	11:15 a.m.	10:00 a.m. 3:30 p.m.	4:05 p.m.		12:20 p.m.	10:20 a.m. 11:30 a.m.	

YOUTH PROGRESSION LEVELS — BEGINNER

HUBER POOL or BODMAN POOL | 30 MINUTES | Members: \$75 | Program Participants: \$115

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	POLLIWOG 1 6 – 8 YEARS	4:40 p.m.	4:05 p.m. 5:15 p.m.	3:30 p.m. 5:15 p.m.	4:40 p.m.		8:00 a.m. 11:30 a.m.	
	POLLIWOG 2 6 – 8 YEARS	3:30 p.m. 4:05 p.m. 4:05 p.m.	4:40 p.m. 5:10 p.m.		5:15 p.m.		8:35 a.m. 9:10 a.m. 12:05 p.m.	
	YOUTH BEGINNER 9 – 12 YEARS				5:15 p.m.		12:40 p.m.	
	TEEN BEGINNER 13 – 17 YEARS			.	6:00 p.m.		12:40 p.m.	

YOUTH PROGRESSION LEVELS — INTERMEDIATE

BODMAN POOL | 45 MINUTES | Members: \$100 | Program Participants: \$150

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I	GUPPY 6 – 10 YEARS	3:45 p.m.	3:45 p.m.	4:30 p.m.			8:30 a.m. 10:10 a.m.	
	MINNOW 6 – 10 YEARS		3:45 p.m.	4:30 p.m.			8:30 a.m. 10:10 a.m.	
	YOUTH INTERMEDIATE 11 – 12 YEARS			3:45 p.m.			7:45 a.m.	
	TEEN INTERMEDIATE 13 – 17 YEARS			.	4:05 p.m.		8:35 a.m.	

B=Beginner | I = Intermediate | A = Advanced | SN = Special Needs

The Community YMCA | Red Bank Family Health & Wellness Center | 732.741.2504 | TheCommunityYMCA.org

YOUTH PROGRESSION LEVELS — ADVANCED

BODMAN POOL | 45 MINUTES | Members: \$100 | Program Participants: \$150

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A	FISH 6 - 10 YEARS		4:35 p.m.	3:45 p.m.			9:20 a.m. 11:00 a.m.	
	FLYING FISH 6 - 10 YEARS		4:35 p.m.	5:20 p.m.			9:20 a.m. 11:00 a.m.	
	SHARK 6 - 10 YEARS			5:20 p.m.			11:45 a.m.	
	YOUTH & TEEN ADVANCED 11 - 17 YEARS			4:30 p.m.			9:20 a.m.	

BODMAN POOL | 60 MINUTES | Members: \$145 | Program Participants: \$220

A	SPLASH CLUB 7 - 12 YEARS			Fall 1 5:20 p.m.				
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BODMAN POOL | 60 MINUTES | Members: \$175 | Program Participants: \$225

A	PORPOISE CLUB 13 - 17 YEARS			Fall 2 5:20 p.m.				
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PRE-TEAM LEVELS — COMPETITIVE

BODMAN POOL | 45 MINUTES | Members: \$110 | Program Participants: \$165

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A	MINI PART 1 5 - 8 YEARS	4:30 p.m.					8:30 a.m.	
	MINI PART 2 5 - 8 YEARS	5:30 p.m.					9:20 a.m.	

BODMAN POOL | 60 MINUTES | Members: \$145 | Program Participants: \$220

A	COMPETITIVE STROKE PART 1 8 - 11 YEARS		5:20 p.m.		5:00 p.m.		10:10 a.m.	8:30 a.m.
	COMPETITIVE STROKE PART 2 12 - 17 YEARS		6:25 p.m.		6:00 p.m.		11:15 a.m.	9:35 a.m.

ADULT LESSONS

BODMAN POOL | 45 MINUTES | Members: \$110 | Program Participants: \$165

	CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	ADULT BEGINNER 18+ YEARS			7:10 a.m.	7:00 p.m.			
I	ADULT INTERMEDIATE 18+ YEARS			9:15 a.m.	9:15 a.m.			
	ADULT PRE-MASTER 18+ YEARS							10:40 a.m.
A	Y-TRI SWIMMING 18+ YEARS				8:30 p.m.			

BODMAN POOL | 90 MINUTES | Members: \$75 | See pricing on page 10

A	ADULT MASTER 18+ YEARS				7:00 p.m.		7:00 a.m.	
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B=Beginner | I = Intermediate | A = Advanced | SN = Special Needs



COMPETITIVE SWIM LESSONS

Competitive swim lessons help train swimmers to develop skills needed to move onto a seasonal or year round swim team. Swimmers will work with a competitive stroke coach to refine all four competitive strokes and the knowledge of competitive rules.

Call to set up an evaluation appointment to place your swimmer in the appropriate lesson.

MINI COMPETITIVE PART 1 & 2

Ages 5 - 7

Build endurance to swim longer distances while maintaining solid fundamental stroke technique. Swimmers work toward swimming freestyle and backstroke 100 yards, breaststroke 50 yards, butterfly 25 yards and a medley with proper starts and turns. Must be able to swim two continuous pool lengths of freestyle and show a commitment to develop all four competitive strokes.

COMPETITIVE STROKE PART 1 & 2

Ages 8 - 17

Prepare for the challenges of a competitive team environment. Great for those not ready to swim a full competitive schedule, but want more than just a swim lesson. The focus is on advanced competitive techniques to maintain endurance while increasing speed by adding power to each stroke, start and turn. Must be able to swim two continuous pool lengths of freestyle and backstroke and show a commitment to develop all four competitive strokes.

ADULT SWIM LESSONS

Ages 18 and up

ADULT BEGINNER SWIM LESSONS

Don't put off learning to swim for one more day! The Y's Aquatics staff will help you gain the confidence you need to learn the strokes to swim into a healthier lifestyle. This class is for the non-swimmer and is taught in the Huber Pool.

ADULT INTERMEDIATE SWIM LESSONS

This class focuses on increasing endurance in front crawl and backstroke. Adults will learn proper breaststroke and basic turns at the wall. During this class the instructor will introduce swimming with pace clock and encourage how to use water for fitness swimming.

ADULT PRE MASTERS

The Pre Masters Swim training program is a great way to get back into swimming. This workout is a non-weight bearing way to improve your cardiovascular system and stay fit. Our coaches help swimmers refine stroke techniques, improve endurance, and encourage a healthy and safe swim routine. There is no need to be an extraordinary swimmer; you just need to enjoy swimming.

Y TRI-SWIMMING

For beginners or advanced swimmers interested in trying their first triathlon and want a swim clinic to complement their training. Build your skills, technique, confidence and endurance for your next triathlon or open-water experience with this class.

Y-MASTERS

Class length: 1½ hours

For the adult swimmer who can swim all four competitive strokes. The Y-Masters Coach will work on individual progress and goals while focusing on stroke development. Program has ongoing enrollment and participants are welcome to join at any time. Prices will be prorated for remainder of session dates.
Thursday 7:00 p.m. Saturday 7:00 a.m.
No swim Thursday, November 26.

One-Day, 8-Week session

Thursday or Saturday

Y Members: \$75

Program Participants: \$115

Two-Day, 8-Week session

Thursday or Saturday

Y Members: \$87.50

Program Participants: \$175

One-Day, 16-Week session

Thursday or Saturday

Y Members: \$87.50

Program Participants: \$175

Two-Day, 16-Week session

Thursday and Saturday

Y Members: \$155

Program Participants: \$230

PRIVATE LESSONS

PRIVATE SWIM LESSONS - HUBER POOL

Ages 3 to Adult beginner

Learn to master a swimming skill or overcome fear of the water.

Single session

Y Members: \$30

Program Participants: \$55

Set of 4 sessions

Y Members: \$110

Program Participants: \$200

Set of 8 sessions

Y Members: \$200

Program Participants: \$380

COMPETITIVE PRIVATE LESSONS - BODMAN POOL

Ages 7 and up

Refine your strokes, get faster racing starts or improve your flip turns.

Single session

Y Members: \$35

Program Participants: \$70

Set of 4 sessions

Y Members: \$128

Program Participants: \$230

Set of 8 sessions

Y Members: \$250

Program Participants: \$455

CURRENT

AQUAROCKETS TEAM MEMBERS

Single Session: \$30

Set of 4 sessions: \$115

Set of 8 sessions: \$225

MAKE YOUR OWN CLASS

This is a perfect option for families or friends who want their children in the same class with a maximum of four (4) participants.

Eight 30-minute sessions

Y Members: \$400

Program Participants: \$600

PLEASE NOTE: There is a 24-hour cancellation policy on all private swim lessons. Services will be charged if an appointment is not cancelled 24 hours in advance.

FOR ALL PRIVATE LESSON INQUIRIES, PLEASE CALL THE WELCOME CENTER.

SPECIAL POPULATION PROGRAMS

GROUP SWIM LESSONS FOR SPECIAL PEOPLE

Class length: 30 minutes

Y Members: \$75

Program Participants: \$115

JUMP RIGHT IN FOR YOUNGSTERS

Ages 3 – 6 with Parent/Adult

Designed for little splashers with special needs and their parent/caretaker. Children will have the opportunity to explore the water as a therapeutic medium for strengthening weak muscles, normalizing muscle tone, providing sensory input, stretching tight muscles, motor planning, body in space awareness and more.

Sunday 10:00 a.m.

“LOOK, I’M SWIMMING”

Ages 7 – 10 with Parent/Adult

This class helps special needs children progress at their own rate in a social atmosphere. Independent swimming with or without a float of some kind is the long-term goal. (Please note that this goal may not be reached within the session.) Comfort with their bodies in the water while working on important therapeutic components is the primary short-term goal. Parents/caretakers are required to assist in the water during class.

Sunday 10:00 a.m.

PRIVATE SWIM LESSONS FOR SPECIAL PEOPLE

All ages

These one-on-one 30-minute lessons are adapted to each child’s specific needs and limitations. For more information, please contact The Welcome Center.

Single session

Y Members: \$30

Program Participants: \$55

Set of 4 sessions

Y Members: \$110

Program Participants: \$200

Set of 8 sessions

Y Members: \$200

Program Participants: \$380

PLEASE NOTE: There is a 24-hour cancellation policy on private swim lessons. Services will be charged if an appointment is not cancelled 24 hours in advance.



FITNESS FOR SPECIAL POPULATIONS

Ages 11 and up

Class length: 1 hour

This class offers participants a challenging range of activities including strength training and cardiovascular exercise. Participants will focus on all-around fitness and will help improve coordination, attention and self-esteem. This class will be taught by a certified Personal Trainer with a background in special needs. Parent participation is welcome.

Wednesday 5:15 p.m.

Y Members: \$80

Program Participants: \$120

SPECIAL POPULATIONS FAMILY NIGHT

All Ages

5:00–7:00 p.m.

**Third Saturday of the month,
September – May.**

Enjoy a fun-filled night with family and friends. Games, activities, movies swimming and more. Open to all.

\$5 per family.



WELLNESS

WELLNESS ORIENTATIONS

Starting a new wellness routine isn't easy, but at the Y we want to help you achieve your goals. We strongly recommend a Wellness Orientation, for all of our members to get better acquainted with our facility and ease back into, or expand upon, an exercise regimen. Your wellness coach will tailor a personal fitness program designed to meet your needs. Together, you will establish your fitness goals. You will learn and discover effective exercises and wellness tools to guide you and hold you accountable along your fitness journey. Call or stop by the Welcome Center to schedule your appointment today!

INTERCHANGEABLE HEALTH AND WELLNESS CLASSES

Ages 14 and over

The Y offers a variety of over 100 group fitness classes that are fun, motivating and challenging ways to fit exercise into your daily routine. Classes include indoor cycling, yoga, Pilates, aqua classes and Zumba®. Classes are free to all members of the Y, ages 14 and over. Members 14 - 17 are allowed to participate in classes during teen hours. Sign-up sheets are available in designated areas on the day of the class. Class space is limited, so please sign up prior to attending class. Schedules of all classes are available at the Welcome Center and on our Web site at TheCommunityYMCA.org, or download The Community YMCA's Mobile app using the appropriate QR code on the back cover.

PERSONAL TRAINING

If you need motivation or need to fine-tune your workout routine, our Personal Training Program may be the answer. Training sessions focus on teaching the fundamentals of proper exercise and the correct use of equipment. Personal training is also available for teen members who wish to improve their athletic/sports performance or just get in shape. Each session lasts one hour. For more information, please contact the Welcome Center. There is a 24-hour cancellation policy on personal training sessions. Services will be charged if an appointment is not cancelled 24 hours in advance.

1 session: \$60
5 sessions: \$275
10 sessions: \$525
20 sessions: \$1050



LUNCH BREAK BASKETBALL

Ages 18 and over

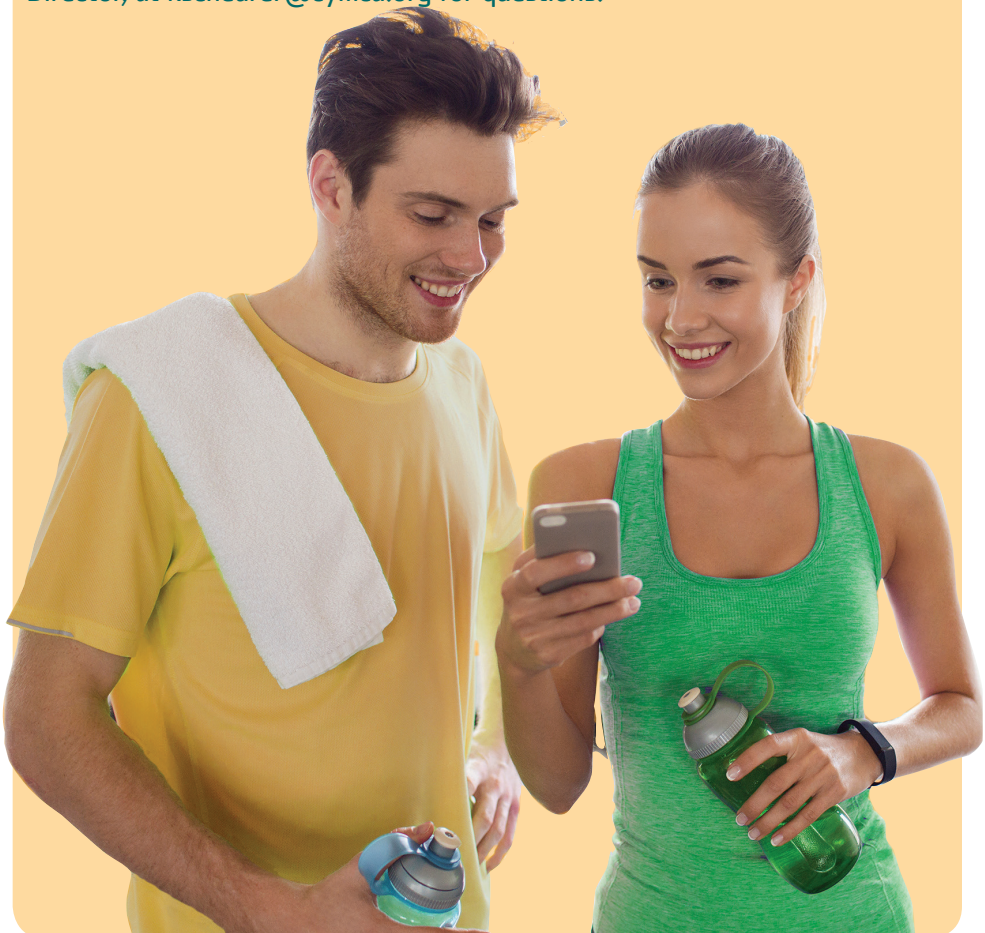
Full Court pick-up games.
Monday, Wednesday & Friday
Noon – 1:30 p.m.
Y Members only.
Please sign up at the Welcome Center no earlier than 30 minutes prior to play.

BUDDY-UP FOR FITNESS

Achieve health and wellness with the help of a buddy!

A great way to keep you accountable for your workouts, empower one another and achieve common goals.

Please complete Buddy Inquiry form available at the Welcome Center and you will be contacted with your Fitness Buddy match. Contact the Healthy Living Director, at kscheurer@cymca.org for questions.





ACTIVE OLDER ADULTS WELLNESS

ARTHRITIS FOUNDATION EXERCISE CLASS

Class length: 45 minutes

Led by a certified Arthritis Foundation instructor, class emphasis is on improving range of motion in joints, strength and balance.
Tuesday 12:30 p.m.

Y Members: Free

Program Participants: \$40

CHAIR YOGA

Class length: 45 minutes

For those looking to do yoga but cannot lie on the floor. Improve your flexibility, strength, coordination and balance along with some relaxation.

Tuesday 11:30 a.m. Thursday 11:30 a.m.

One day per week

Y Members: Free

Program Participants: \$40

Two days per week

Y Members: Free

Program Participants: \$70

LIVESTRONG[®] AT THE YMCA



LIVESTRONG[®] FOUNDATION

The Community YMCA's Family Health & Wellness Center offers the YMCA's national LIVESTRONG program for cancer survivors including anyone who has had surgery, chemo or radiation related to cancer.

LIVESTRONG at the YMCA is a free twelve-week, small group exercise program designed for cancer survivors 18 years and older who want to regain their health after having become de-conditioned and fatigued from treatment. Program participants must receive medical clearance to participate.

Open to the community. Next session begins September 14. For more information on participating in the LIVESTRONG program at The Community YMCA call Jodi Kondracki at 732.741.2504 ext. 216 or e-mail LiveSTRONG@cymca.org.

THERAPEUTIC FITNESS

Class length: 45 minutes

Designed for people with movement disorders such as Parkinson's, arthritis and MS.

This class uses large random movements of arms and legs to help combat the symptoms of tremors, stiffness, falling and rigid arms and legs.

Wednesday 12:00 p.m.

Y Members: Free

Program Participants: \$40

AQUA FITNESS

The Y provides many opportunities to get fit in one of our pools. These free classes include water Tai Chi, Aqua Boot Camp and Aqua Yoga. Please check the Welcome Center for schedules.

ACTIVE OLDER ADULTS ACTIVITIES

Join us for a variety of social activities including theater shows, volunteer opportunities, guest speakers, health discussions, luncheons and more. Be sure to check our calendar of events posted in the Y or e-mail Holly Haines at hhaines@cymca.org for event information.



The Community YMCA | Red Bank Family Health & Wellness Center | 732.741.2504 | TheCommunityYMCA.org

1 OUT OF 3 U.S. ADULTS HAS PREDIABETES. DO YOU?

ARE YOU AT RISK FOR DEVELOPING DIABETES?

Please check each box that is true:

- ☐ My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
- ☐ I have been told that my cholesterol levels are elevated
- ☐ I am fairly inactive. I am NOT physically active more than two times a week
- ☐ I have or had a parent or sibling with diabetes
- ☐ I have had gestational diabetes (diabetes during pregnancy) or have given birth to a baby weighing more than 9 pounds
- ☐ I am 45 years of age or older

If two or more boxes above are checked, then you may be at risk for prediabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.

DID YOU KNOW?

- > About 79 million American adults have prediabetes.
- > People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay the disease.
- > Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease, and nerve disease.
- > Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease.



YOU CAN TAKE CONTROL

DIABETES PREVENTION PROGRAM AT THE COMMUNITY YMCA

YOU CAN REDUCE YOUR RISK FOR TYPE 2 DIABETES AND GAIN TOOLS FOR HEALTHY LIVING.

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles. By eating healthier, increasing physical activity and losing a modest amount of weight you can reduce your chance of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

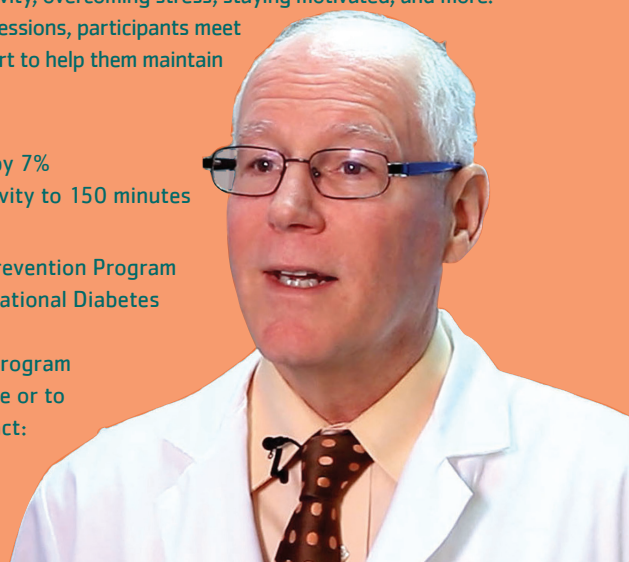
In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavioral changes over the course of 16 one-hour sessions. Topics covered include: healthier eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

Program Goals:

- > Reduce body weight by 7%
- > Increase physical activity to 150 minutes per week

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program.

For information about program fees, financial assistance or to see if you qualify. Contact: DPP@cymca.org



SAFETY AND CERTIFICATION PROGRAMS



MEDICAL EMERGENCY SAFETY PROGRAMS **NEW!**

**First Tuesday of the Month
6:00 – 7:00 p.m.**

Non-certification class to help individuals learn how to feel comfortable in providing care to a family member in a medical emergency until help arrives. Topics vary monthly to include diabetes, allergic reactions, stroke and more.

Y Members: \$5 per session

Program Participants: \$10 per session

Community Members: \$20 per session



SAFE SITTER®

Ages 11 and up

The Y is a Registered Safe Sitter® teaching site and offers the comprehensive babysitting training program for young teens. Nationally, more than 600,000 graduates have completed the course and are able to stay home alone safely and handle emergencies when caring for young children. Classes typically run during school breaks. Group rates are available. For information, please contact hhaines@cymca.org.



JUNIOR LIFEGUARDING

Ages 11 – 14

Junior Lifeguarding from the American Red Cross gives a sneak peek into what it takes to become a great lifeguard. The curriculum contains five categories: prevention, fitness, leadership, responses, and professionalism. Participants will be in a classroom setting for 45 – 50 minutes covering lifeguard topics and book work. The remainder of the class will be in the pool doing swim drills and mentoring with our YMCA Aquatics team on the deck.

Course 1: Sundays, September 13, 20, 27 & October 4
Noon – 3:00 p.m.

Course 2: Monday, December 28 – Thursday, December 31
9:00 a.m. – Noon

Y Members: \$190

Program Participants: \$240

Community Participants: \$310

LIFEGUARD PRETEST

Ages 15 and up

A mandatory pretest for all participants 15 and older who would like to take part in the American Red Cross Lifeguard Training Course. Swimmers must successfully complete the following swimming prerequisites to sign up for the Red Cross Lifeguard Training Course:

- (1) Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
- (2) Tread water for 2 minutes using only the legs.
- (3) Complete the following timed event within 1 minute and 40 seconds: Start in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 – 10 feet to retrieve a 10-pound brick, return to the surface and swim 20 yards on their back to return to the starting point with both hands holding the brick at all times. Exit the water without using a ladder or steps.

Once participants pass the pretest, they may sign up for the training that best fits their schedule. If a participant fails a pretest they have the option of registering for the Lifeguard Swim Training Course so they may retake the Lifeguard Pretest.

- > Sunday, September 27 at 11:00 a.m.
- > Wednesday, September 30 at 3:30 p.m.
- > Wednesday, October 28 at 3:30 p.m.
- > Wednesday, November 25 at 3:30 p.m.
- > Sunday, December 20 at 12:00 p.m.

Y Members: \$10

Program Participants: \$15

Community Participants: \$25

LIFEGUARD SWIM TEST TRAINING COURSE

This class is geared for swimmers who are interested in becoming lifeguards in the near future but need some help brushing up on their strokes and endurance. Participants will gain the confidence and skills needed to pass the American Red Cross (ARC) lifeguard training pretest.

Prerequisites: Swimmers must have basic swim skills in freestyle to enter this course. It is highly recommended that participants swim on their own to work on skills and endurance between classes.

Wednesday 3:30 – 4:15 p.m.

Course 1: September 9, 16 & 23,

Course 2: October 7, 14 & 21

Course 3: November 4, 11 & 18

Course 4: December 2, 9 & 16

Y Members: \$30

Program Participants: \$40

Community Participants: \$45

LIFEGUARD CERTIFICATION COURSE

Ages 15 and up

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) and other skills you need to work as a professional lifeguard. You will receive a 2-year First Aid and CPR/AED certification as well as a 2-year Lifeguarding certification.

Course includes resuscitation mask ONLY.

A student manual can be downloaded on our Web site or can be purchased at the Y for an additional fee, while supplies last. Participants must pass the lifeguard pretest before signing up for lifeguard training courses.

Class attendance is mandatory on all scheduled dates. There are no make-ups.

Course 1: Tuesdays, October 6, 13, 20, 27, November 10, 17, 24 & December 1
5:45 – 9:45 p.m.

Course 2: Sunday, November 1 – Thursday, November 5
9:30 a.m. – 4:00 p.m.

Course 3: Sundays, December 20 & 27
Noon – 4:00 p.m.,
Monday – Wednesday,
December 28–30,
10:30 a.m. – 4:30 p.m.

Y Members: \$345

Program Participants: \$365

Community Participants: \$395

WATER SAFETY INSTRUCTOR TRAINING

NEW!

American Red Cross Water Safety instructor certification program for ages 16 and up. Learn how to teach swimming lessons, help children and adults refine their strokes or diving safety techniques. This blended learning class includes hands-on training in actual swimming lessons in addition to gaining experience to become an aquatics professional. Includes Fundamentals of Instructor Training.

Prerequisites: Must be able to complete 25 yards of each: Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, and Sidestroke. 15 yards of Butterfly as well as maintain position on back for 1 minute in deep water (floating or sculling) and ability to tread water for one minute.

Class attendance is mandatory on all scheduled dates. There are no make-ups.

Saturdays, October 10, 17, 24, 31
9:00 a.m. – 4:00 p.m.

Members: \$345

Program Participants: \$365

Community Participant: \$395

VISIT OUR WEB SITE FOR ADDITIONAL
CERTIFICATION TRAININGS AT
THECOMMUNITYYMCA.ORG/LIFEGUARDING





OUR MISSION

TO PUT JUDEO-CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS
THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

Y CARES FINANCIAL ASSISTANCE

Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Financial assistance is available for individuals and families based on need. Our Annual Campaign and special events fund the YCares financial assistance program. Applying for YCares is a simple and confidential process. For more information, please contact the Welcome Center, 732.741.2504, ext. 210, or download the application at TheCommunityYMCA.org.

ANNUAL CAMPAIGN

The Community YMCA makes a very special promise that no one is turned away because of an inability to pay the full price for our programs and services. Thanks to your generous support, we are able to keep this promise. Please give today. For more information, visit TheCommunityYMCA.org and select "Donate" or stop by the Welcome Center.

BE MORE THAN A MEMBER GIVE, JOIN AND VOLUNTEER

One of the YMCA's greatest assets is the people we bring together. The Y is more than a gym — we're a movement dedicated to improving the quality of lives in our community by developing youth, encouraging social responsibility, and promoting healthy living. We don't do it alone. We are so grateful to all of our volunteers for joining hands, opening their hearts and lending their strength. For more information contact the Welcome Center.



The Community YMCA | Red Bank Family Health & Wellness Center | 732.741.2504 | TheCommunityYMCA.org



OUR TEAM

PRESIDENT & CEO

RHONDA ANDERSON

LEADERSHIP TEAM

The Family Health & Wellness team is here to help you stay healthy in spirit, mind and body. Feel free to contact us directly with any questions or concerns.

DEBRA BOWLER

Support Services Coordinator
dbowler@cymca.org

JACK CAUCINO

Head of Competitive Swimming
jcaucino@cymca.org

BARBARA FREEMAN

Associate Aquatics Director
bfreeman@cymca.org

HOLLY HAINES

Programs Director
hhaines@cymca.org

JIM MICHAELS

Associate Aquatics Director
jmicahels@cymca.org

CARLY MORESCO

Membership Director
cmoresco@cymca.org

REBECCA RIVERA

Aquatics Director
rrivera@cymca.org

CRYSTAL RUBINS

Associate Director Member Services
crubins@cymca.org

KELLY SCHEURER


Healthy Living Director
kscheurer@cymca.org

ISAIAH SANTIAGO

Sports and Recreation Director
isantiago@cymca.org

TERRELL WILSON

Associate Membership Director
twilson@cymca.org



At the Y, we exist to **strengthen community**. Together with people like you, we nurture the potential of kids, **encourage healthy living**, and provide opportunities to give back and **support our neighbors**. So join our cause and **create meaningful change**, not just for you, but also **for your community**.

OUR LOCATIONS

YOUTH DEVELOPMENT

CAMP ARROWHEAD

Outdoor Recreation Center
521 County Road 520
Marlboro, NJ 07746
732.946.4598

CAMP ZEHNDER

Outdoor Recreation Center and Lass Family
Aquatics Center
3911 Herbertsville Road
Wall, NJ 08724
732.836.9177

MATAWAN

CHILDREN'S ACHIEVEMENT CENTER

201 Broad Street
Matawan, NJ 07747
732.566.9266

Y ARTS & OUTREACH

170 Patterson Avenue
Shrewsbury, NJ 07702
732.671.5505, ext. 123

HEALTHY LIVING

**RED BANK FAMILY HEALTH
& WELLNESS CENTER**

166 Maple Avenue
Red Bank, NJ 07701
732.741.2504

LASS FAMILY AQUATICS CENTER

Camp Zehnder
3911 Herbertsville Road
Wall, NJ 08724
732.836.9177

SOCIAL RESPONSIBILITY

COUNSELING & SOCIAL SERVICES

Outpatient Office
166 Main Street
Matawan, NJ 07747
732.290.9040

Outreach Office

613 Hope Road, Bldg. 4, 2nd Floor
Eatontown, NJ 07724
732.544.4544

BAYSHORE FAMILY SUCCESS CENTER

Henry Hudson Trail Activity Center
945 State Highway 36
Leonardo, NJ 07737
732.497.3811

ADMINISTRATIVE OFFICE

170 Patterson Avenue
Shrewsbury, NJ 07702
732.671.5505

STRENGTHENING COMMUNITY WITH THE LATEST IN CARDIO EXERCISE EQUIPMENT TO BUILD A HEALTHIER YOU!

NEW CARDIO EQUIPMENT IN RED BANK ADDS TO MEMBER EXPERIENCE!

Members at our Family Health & Wellness Center are enjoying new high-tech cardio equipment. The new line of Precor equipment offers a high-quality fitness experience to help members achieve their individual goals. Touch screens with Preva technology make it easy to set goals, create custom workouts, monitor your heart rate, listen to music, browse the latest headlines and more.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue | P. 732.741.2504
Red Bank, NJ 07701 | membership@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered
based on availability of funds.

715-2236-FHW