



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**BE HAPPY  
BE HEALTHY  
BELONG**

**Winter 1 Session  
October 31<sup>st</sup> through December 18<sup>th</sup>**

**Winter 2 Session  
January 2<sup>nd</sup> through February 26<sup>th</sup>**

**1088 W Whitty Road,  
Toms River, NJ 08755  
732 341 9622 (P)  
732 341 1629 (F)  
ocymca.org**

## FIND OUT MORE

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# ONLINE REGISTRATION IS NOW AVAILABLE AT 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

Ass't Youth Development Director 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

#### Marta Dobrovic

Finance Director ext 2254 or  
mdobrovic@ocymca.org

#### David Eldridge

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

#### Jennifer Friedhoff

Youth Development Director ext 2217 or  
jfriedhoff@ocymca.org

#### Jean Hickman

Aquatic Fitness ext 2277 or  
jhickman@ocymca.org

#### JoAnn Kermick

Membership & Marketing Director ext 4255 or  
jkermick@ocymca.org

#### Corey Matthews

Head Age Group Coach ext 2222  
cmatthews@ocymca.org or  
coachcorey@ocytigersharks.org

#### Kirsten Bowker

YKids Coordinator ext 2215 or  
kmontanye@ocymca.org

#### Rafael Ramos

Building Superintendent ext 2213 or  
rramos@ocymca.org

#### Peter T. Rosario

President & CEO ext 2202 or  
prosarior@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, 10/31 - Monday, 12/18

### REGISTRATION BEGINS

Online Registration 10/15

Annual Member 10/16

Program Member 10/19

## WINTER SESSION 2

Tuesday, 1/2 - Monday, 2/26

### REGISTRATION BEGINS

Online Registration 12/10

Annual Member 12/11

Program Member 12/14

## ANNUAL MEMBERSHIP

Member has full use of Y facility including use of two indoor pools, gymnasium, both wellness centers — cardio & strength, locker rooms, 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. Also available is Teen and Tween Fitness Center orientation.

## 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 (2 adults and all children through age 29)	\$150	\$69
Senior Couple (2 adults 62+)	\$135	\$58
Single Adult Family (1 adult and all children through age 29)	\$130	\$56
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 (2 adults and all children through age 29)	\$199
Senior Couple (2 adults 62+)	\$169
Adult (30 & older)	\$129
Senior Adult (62+)	\$109
Young Adult (16-29 years)	\$ 79

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

## SMART AND SWIM START NEW MEMBER ORIENTATION

With your Y Annual 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.

## 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)	\$75

## 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

## GUEST FEES

All guests must visit with a Member.  
Adult \$14, Family \$24, Children (under 18) \$7

## FACILITY HOURS

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

# Y FOR ALL



## BECOME A MEMBER

### 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 Annual Membership rate and the Joiner's Fee.

### VETERANS

Receive 20% off your Annual Membership and Joiner's Fee or 10% off your Family Annual Membership and Joiner's Fee.

### 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](mailto:edimiele@ocymca.org)

### 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](http://ocymca.org)

Like us on Facebook [Ocean County YMCA](https://www.facebook.com/OceanCountyYMCA)  
Twitter.com/[ocymca](https://twitter.com/ocymca)

Follow us on Instagram [ocymca](https://www.instagram.com/ocymca)

Follow us Pinterest [ocymca](https://www.pinterest.com/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.

### 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](http://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 Y BOARD OF DIRECTORS

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

Ann Marie Baker  
 James Buffum  
 John Coleman  
 Roger Doty  
 Lynne A. Dunn, Esq.  
 Laura Grunin, RN  
 Brian Klohn  
 Joseph A. LaDuca  
 Victoria Magliacane  
 John Maguire  
 Jennifer R. Safeer  
 Mary Alice Smith  
 Russell Whitman

## 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.**

Y FOR ALL

# US... IS A PROMISE

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them achieve our individual and collective promise.

**An extraordinary opportunity has been presented to our Y!**

The Jay and Linda Grunin Foundation have generously issued a \$50,000 challenge grant to the Ocean County YMCA. This opportunity will have donations matched/doubled, dollar for dollar, from Staff, Y Members and Community Partners made through December 31, 2017.

**We can't do it alone...  
We need your support to meet  
this challenge!**

**THIS HOLIDAY SEASON,  
DONATE FOR A BETTER US.**

\$25.00    \$50.00    \$100.00    Other \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Visit our Y today to make your donation or enclose a check and mail to:  
Ocean County YMCA, 1088 W Whitty Road, Toms River, NJ 08755

MAKING A  
DIFFERENCE FOR  
OVER  
**47** YEARS  
OCEAN COUNTY  
YMCA

The Ocean County YMCA is a vibrant and growing movement of 10,000 members united by our promise to strengthen the foundations of community through a shared commitment to nurturing the potential of children, promoting healthy living and fostering a sense of social responsibility.

**The Ocean County YMCA has a rich history of service...**

**1970** – Five volunteers who saw the need for healthy recreational program in the community founded the Toms River Family YMCA. Our YMCA began out of an office space with approximately 500 members.

**1974** – As community needs grew, a Board of thirty supported acquiring land and building a facility with a pool that opened on West Whitty Road.

**1983** – Our State-licensed YMCA Preschool (Mulberry Bush) and Before/After School (YKids) programs began in several local schools.

**1992** – As our building, pool space, outreach and school based programs grew, we were renamed the Ocean County YMCA

**2001** – The YMCA opened its 12-lane Aquatic Center, which is home to YMCA’s 300-member OCY Tigersharks Swim Team, hosts 7 local high school swim teams, and hold several county, regional, and state-wide Championship Meets.

**2016** – The Robert Wood Johnson Foundation awards the Ocean County YMCA a 4-year \$200,000 grant for the Toms River Family Health and Support Coalition. The YMCA and the Jay and Linda Grunin Foundation serve as Co-Directors of the coalition.



Y FOR ALL

# THE Y....

More than a building and a pool.

We are a cause.

We transform lives.



WHETHER YOU COME TO THE OCEAN COUNTY YMCA TO WORK, VOLUNTEER, PLAY OR GIVE, WHETHER YOU ARE 5 OR 85. WE WANT TO KNOW WHAT THE Y MEANS TO YOU.

## This is Lisa Mayer's Y Story....

While our family has been going to the Y for the last 20 years for various children's programs and exercise workouts, it wasn't until this past year, that I realized the true scope of what the YMCA has to offer its members. After a serious back injury, the Y has been a true saving grace for me! When my physical therapy sessions ran out and I still had a long way to go, the Y helped me to move forward. I began with a regimen of classes to help with my range of motion and have advanced from using a walker, to a cane and now walking unassisted, for the most part. I continue to participate in pool classes, as well as chair classes for core strength, tai chi and therapeutic yoga. The encouragement and genuine concern from both instructors and fellow classmates has made all the difference in my resolve to push myself to each new level of recovery. The members and staff that I see on a daily basis, have become an extended family of sorts.

Most of us take our mobility for granted. Fortunately for me, the Y has my back, literally!

My name is Lisa Mayer and that is MY Y Story!



## Have fun, learn new skills and build confidence that lasts a lifetime!

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.

## 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 water. Therefore, we perform 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.

## 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:

### FALL SESSION

**Saturday**  
10/14 & 10/21  
1:00PM

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

## 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. Must wear swim diapers.

W 10:35-11:05AM 6LP  
W 5:45-6:15PM 6LP  
\*SA 9:40-10:10AM 6LP no class 12/9 & 2/24

- 1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**
- 2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**

### 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. Must wear swim diapers

W 11:15-11:45AM 6LP  
\*SA 10:15-10:45AM 6LP no class 12/9 & 2/24

- 1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**
- 2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**

### 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. Must wear swim diaper.

W 10:00-10:30AM 6LP  
W 5:10-5:40PM 6LP  
\*SA 9:05-9:30AM 6LP no class 12/9 & 2/24

- 1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**
- 2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**



# 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



M 4:35-5:05PM 6LP  
M 5:45-6:15PM 6LP  
TU 10:00-10:30AM 6LP  
\*TH 4:35-5:05PM 6LP no class 11/23  
\*F 12:25-12:55PM 6LP no class 2/23  
\*SA 9:05-9:35AM 6LP no class 12/9 & 2/24  
\*SA 10:15-10:45AM 6LP no class 12/9 & 2/24  
\*SA 11:25-11:55AM 6LP no class 2/24

1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**  
2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**

### 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

M 4:00- 4:30PM 6LP  
M 5:10-5:40PM 6LP  
TU 10:35-11:05AM 6LP  
TU 5:10-5:40PM 6LP  
W 6:35-7:05PM 6LP  
\*TH 5:45-6:15PM 6LP no class 11/23  
\*SA 8:30-9:00AM 6LP no class 12/9 & 2/24  
\*SA 9:40-10:10AM 6LP no class 12/9 & 2/24  
\*SA 10:50-11:20AM 6LP no class 12/9 & 2/24  
\*SU 10:10-10:40AM 6LP no class 2/25

1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**  
2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**

### 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



M 4:00-4:30PM 6LP  
TU 11:10-11:40AM 6LP  
W 5:10-5:40PM 6LP  
\*TH 4:00-4:30PM 6LP no class 11/23  
\*TH 5:45-6:15PM 6LP no class 11/23  
\*SA 8:30-9:00AM 6LP no class 12/9 & 2/24  
\*SA 10:50-11:20AM 6LP no class 12/9 & 2/24  
\*SU 9:00-9:30AM 6LP no class 2/25

1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**  
2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**

### 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

M 5:10-5:40PM 6LP  
TU 4:00-4:30PM 6LP  
W 4:35-5:05PM 6LP  
\*TH 5:10-5:40PM 6LP no class 11/23  
\*SA 9:40-10:10AM 6LP no class 12/9 & 2/24

1) Annual Member **\$70**, Program Member **\$109**  
\*Annual Member **\$60**, Program Member **\$93**  
2) Annual Member **\$80**, Program Member **\$124**  
\*Annual Member **\$70**, Program Member **\$109**

### SKATE /STARFISH COMBO (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
- Introduced to breaststroke and butterfly

W 5:45-6:30PM 6LP

1) Annual Member **\$84**, Program Member **\$133**  
2) Annual Member **\$96**, Program Member **\$152**

Contact Jamie at [jbeers@ocymca.org](mailto:jbeers@ocymca.org) if this time or day does not work for your schedule.



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 contact our Aquatics Department at 732 341 9622 ext 2277.

10 • [ocymca.org](http://ocymca.org)

## 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

M 4:35-5:05PM 6LP

M 5:45-6:15PM 6LP

TU 5:45-6:15PM 6LP

\*TH 5:10-5:40PM 6LP no class 11/23

\*SA 9:05-9:35AM 6LP no class 12/9 & 2/24

\*SA 10:15-10:45AM 6LP no class 12/9 & 2/24

\*SU 9:35-10:05AM 6LP no class 2/25

1) Annual Member **\$70**, Program Member **\$109**

\*Annual Member **\$60**, Program Member **\$93**

2) Annual Member **\$80**, Program Member **\$124**

\*Annual Member **\$70**, Program Member **\$109**

### 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

M 6:20-7:05PM 6LP

TU 4:15-5:00PM 12LP

TU 6:20-7:05PM 6LP

W 4:30-5:15PM 12LP

W 6:20-7:05PM 6LP

\*TH 6:20-7:05PM 6LP no class 11/23

\*SA 8:30-9:15AM 12LP no class 12/9 & 2/24

\*SA 10:15-11:00AM 6LP no class 12/9 & 2/24

\*SU 10:45-11:30AM 6LP no class 12/10 & 2/25

1) Annual Member **\$84**, Program Member **\$133**

\*Annual Member **\$72**, Program Member **\$114**

2) Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

### 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)

M 6:20-7:05PM 6LP

TU 5:20-6:05PM 12LP

W 4:15-5:00PM 12LP

W 6:10-6:55PM 12LP

\*SA 9:20-10:05AM 12LP no class 12/9 & 2/24

1) Annual Member **\$84**, Program Member **\$133**

\*Annual Member **\$72**, Program Member **\$114**

2) Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

### 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

TU 4:30-5:15PM 12LP

W 5:20-6:05PM 12LP

\*SA 8:30-9:15AM 12LP no class 12/9 & 2/24

1) Annual Member **\$84**, Program Member **\$133**

\*Annual Member **\$72**, Program Member **\$114**

2) Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

### 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

TU 6:10-6:55PM 12LP

W 5:05-5:50PM 12LP

1) Annual Member **\$84**, Program Member **\$133**

2) Annual Member **\$96**, Program Member **\$152**

### PORPOISE CLUB (Ages 8 & up)

Speak with Jamie for approval before registering for this level of swim lessons @ 732 341 9622 ext 2277



\*SA 10:10-11:10AM 12LP no class 12/9 & 2/24

1) Annual Member **\$72**, Program Member **\$114**

2) Annual Member **\$84**, Program Member **\$133**

### SHARK CLINIC (Ages 8 & up)

Speak with Jamie for approval before registering for this level of swim lessons @ 732 341 9622 ext 2277  
Thresher's are exempt from approval.



W 5:55-6:55PM 12LP

\*S 11:15-12:15PM 12LP no class 12/9 & 2/24

1) Annual Member **\$84**, Program Member **\$133**

\*Annual Member **\$72**, Program Member **\$114**

2) Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

### THRESHER CLINIC (Ages 8 - 11)

Thresher Sharks only

TU 5:05-6:05PM 12LP

\*F 7:15-8:15PM 12LP no class 2/23

1) Annual Member **\$84**, Program Member **\$133**

2) Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

### TEEN (Ages 11 - 17)

This class is designed to meet individual goals.

TU 6:10-6:55PM 12LP

\*SA 12:00-12:45PM 12LP no class 12/9 & 2/24

1) Annual Member **\$84**, Program Member **\$133**

\*Annual Member **\$72**, Program Member **\$114**

2) Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

# AQUATICS

## 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 Annual or Program Members by appointment only

4 half hour lessons

Annual Member **\$125**, Program Member **\$196**

9 half hour lessons

Annual Member **\$235**, Program Member **\$368**

## SEMI PRIVATE SWIM LESSON

For those who have two family members or friends at the same ability level that would like a 30 minute one on semi private session with a Swim Instructor .

Annual Member **\$28 per person**

Program Member **\$44 per person**

## SEMI PRIVATE SWIM LESSON BUNDLE

Available to Annual or Program Members by appointment only.

8 half hour lessons

Annual Member **\$160 per person**

Program Member **\$250 per person**

## 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.



## 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 for everyone.

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

LIFEGUARD TRAINING RED CROSS -- 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.

December 2017 (NO WATERFRONT)

Class time 10:00AM-4:00PM 12/26, 12/27, 12/28, 12/29, & 12/30

January 2018

Class time F 6:00-9:00PM SA 11:00AM-5:00PM

1/5, 1/6, 1/12, 1/13, 1/19, 1/20, 1/26 & 1/27

Lifeguard Course Annual Member \$300, Program Member \$385, Public \$410

Lifeguard Recertification Course Annual Member \$150, Program Member \$193, Public \$205 -- 1/5, 1/13, 1/20, (If waterfront recert is needed come 1/27)

CPR Course Annual Member \$80, Program Member \$110, Public \$120 -- 1/12 & 1/13

CPR Recertification Annual Member \$80, Program Member \$110, Public \$120 -- 1/13

Waterfront Only Annual Member \$80, Program Member \$110, Public \$120 -- 1/27

February Course – Call for more information

Classes need at least four participants to run

# TIGER SHARKS 2017 FALL/WINTER SWIM TEAM

## TIGER SHARKS SWIM TEAM

Team Website:  
[ocytigersharks.org](http://ocytigersharks.org)

### David Eldridge, Head Coach

732 341 9622 ext 2221  
deldridge@ocymca.org or  
coachdave@ocytigersharks.org

### Corey Matthews, Head Age Group Coach

732 341 9622 ext 2222  
cmatthews@ocymca.org or  
coachcorey@ocytigersharks.org

**Evaluations ARE MANDATORY FOR ALL NEW SWIMMERS. Visit the swim team website at [ocytigersharks.org](http://ocytigersharks.org) for all registration and try-out dates.**

**Annual memberships are required for all members of the Tiger Shark Team**

**\*\*Membership must be valid through**

**April 2018\*\***

The following groups:

LEM, SAN, MKO, THR, REF, BUL

Their season will end on Thursday,

February 22nd unless you qualify for

NJ USA Junior Olympics

The following groups:

HMH, WTP, GWT, SRS, SRG, SRN

Their season will end on Thursday, March 15th

unless you qualify for YMCA Nationals

## AGE GROUP PROGRAMS:

### LEMON SHARKS (Ages 6-9)

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.** Swimmers will be offered a few meets during the season.

Practices one time per week plus are required to be enrolled in one lesson each session throughout the season: There are three sessions of lessons required during the season.

Saturday 8:45-9:45AM

Annual Member \$150

### SAND SHARKS (Ages 6-9)

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.**

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).

Practices two times per week:

TU, TH 5:00-6:00 PM (6 Lane Pool)

Annual Member \$325 plus \*Activity Fee

### MAKOS (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.**

M 5:45-7:00PM

W, F 5:30-6:45PM (6 Lane Pool)

Annual Member \$579 plus \*Activity Fee

### THRESHER SHARKS (Ages 8-11)

For the swimmers who are interested in a **competitive program and have completed a previous Tiger Shark group or one session of advanced 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. Practices two times per week plus swimmers are required to be enrolled in one Clinic each session throughout the season. There are three sessions of lessons required during the season.

M 5:45-7:00PM (6 Lane Pool)

TH 6:00-7:15PM (6 Lane Pool)

Annual Member \$360 plus \*Activity Fee

**Clinic options:** Each of the following clinics will have a smaller group to allow increased focus and feedback for technical stroke mechanics.

Clinics will be scheduled at the Welcome Center. Please email Aquatics Coordinator Jamie Beers at [jbeers@ocymca.org](mailto:jbeers@ocymca.org) with any clinic questions.

### Must pick one clinic:

Thresher Clinic TU 5:05-6:05PM

Shark Clinic W 5:55-6:55PM

Thresher Clinic: F 7:15-8:15PM

Annual Member Clinic \$96 per session

# BELIEVE



# TIGER SHARKS 2017 FALL/WINTER SWIM TEAM

## 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.**

M, TU, TH, F 5:45-7:15PM  
(TU 6 Lane Pool)

Annual Member \$950 Plus USA Swimming  
Registration \$64 and \*Activity Fee

## HAMMERHEADS (Ages 10-13)

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.**

M 6:30-8:30PM includes dryland before  
T 5:45-7:30PM  
W, F 5:30-7:30PM includes dryland  
SA 7:00-9:00AM

Annual Member \$1,149 Plus USA Swimming  
Registration \$64 and \*Activity Fee

## BULL SHARKS (Ages 11-14)

For the swimmers who are interested in a competitive program. **Swimmers must have strong technique in Freestyle 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, Plus YMCA Invitational meets, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships. Stroke technique and racing skills are emphasized.

M 7:00-8:45PM (6 Lane Pool)  
W, F 6:30-8:15PM (6 Lane Pool)  
TH 5:45-7:30PM

Annual Member \$975 and \*Activity Fee

## WHITETIP SHARKS (Ages 11-14)

For the competitive swimmers who need continued work on technique and training ability **as well as completed one of the younger tiger shark age group programs or equivalent. Swimmers must have strong competitive background in all four competitive strokes.** Practice times include dry land and practice attendance recommendation is 70% or more. Group members will be registered as YMCA and USA swimmers, compete in the NJ YMCA dual meet league, and must attend three closed YMCA meets during the season. Swimmers will be required to compete in the highest YMCA & USA championship meet for which they qualify. Stroke technique and racing skills are emphasized. Practice times include dryland

M, W, F 5:30-7:45PM including dryland  
Tu, Th 5:45-7:45PM  
SU 7:00-9:15AM

Annual Member \$1,275 Plus USA Swimming  
Registration \$64 and \*Activity Fee

## GREAT WHITES (Ages 11-14)

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 be required to 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.**

M, W, F 5:30-7:45PM including dryland  
TU, TH 5:45-7:45PM  
SU 7:00-9:15AM

Annual Member \$1,275 Plus USA Swimming  
Registration \$64 and \*Activity Fee



**BUILDING CONFIDENCE  
AND CHARACTER**

# TIGER SHARKS 2017 FALL/WINTER SWIM TEAM

## SENIOR GROUP PROGRAMS:

### 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 compete in the NJ YMCA dual meet league and will be required to 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 at least one YMCA Silver Qualifying Times in order to join this group. Swimmers can also join this group based on coaches decision and training ability.**

**All swimmers in this group must have desire and ability to train.**

As a general guideline for this group, swimmers must be able to train and hold a pace of 1:25 for a minimum 10 x 100's.

All practice times include dry land training and practice attendance requirement is 75%.

M, W, F 3:45-6:45PM including dryland.  
TU, TH 3:45-6:00PM  
SU 7:00-9:30AM

Annual Member \$1,299 Plus USA Swimming Registration \$64 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 be required to 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. As a general guideline for this group, swimmers must be able to train and hold a pace of 1:15 for a minimum 10 x 100's.

Any swimmer in this group who achieves a new National standard is welcome to attend Nationals.

All Practice times include dry land training and practice attendance requirement is 80%.

M, W, F 3:45-6:45PM including dryland.  
TU, TH 3:45-6:00PM  
SU 7:00-9:30AM

Annual Member \$1,299 Plus USA Swimming Registration \$64 and \*Activity Fee

### NATIONAL (Girls age 13 and up, Boys age 14 and 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 be required to 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). As a general guideline for this group, swimmers must be able to train and hold a pace of 1:10 to 1:15 or faster for a minimum 10 x 100's.

Practice attendance requirement is 80%.

M, W, F 3:45-6:45PM including dryland.  
TU, TH 3:45-6:00PM  
SU 7:00-9:30AM

Annual Member \$1,325 Plus USA Swimming Registration \$64 and \*Activity Fee

### USA Swimming Fee: \$64

For all swimmers in the Reef, Hammerhead, Whitetip, Great White, National, Gold, and Silver groups

### \*Activity Fee

There will be fundraising opportunities offered through STAC to help pay these fees

These fees are to help subsidize coaches' travel and banquet fees

Payable in full or will be charged half on 12/15/16 and remaining balance on 2/15/17  
Sand - \$50; Mako - \$50; Thresher - \$50;  
Reef - \$75; Hammerhead - \$100, Bull - \$50;  
Whitetip - \$150; Great White - \$150;  
Gold, Silver - \$200; National - \$250

See page 27 for Masters Swim Team Information



# YOUTH DEVELOPMENT

## PRESCHOOL

### BUSY BODIES (Ages 18 months - 3)

#### Mommy & Me Class

Gym class focusing on large motor groups. Play, explore, sing and more. Children will participate in circle time and discover themselves.

W 10:30-11:00AM

- 1) Annual Member \$25, Program Member \$42
- 2) Annual Member \$28, Program Member \$48

### LIL DOODLERS (Ages 4 - 6)

Develop new skills and talents while designing unique creations using a variety of materials.

\*TH 5:05-5:35PM no class 11/23

- 1) Annual Member \$21, Program Member \$36
- 2) Annual Member \$28, Program Member \$48

### 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!

\*TH 11:05-11:35AM no class 11/23

- 1) Annual Member FREE, Program Member \$36
- 2) Annual Member FREE, Program Member \$48

### LIL CHEFS (Ages 3 - 5)

Fun with food isn't only about eating but creating it to. Learn simple techniques to prepare tasty and delicious treats.

W 11:15-12:00PM

- 1) Annual Member \$37, Program Member \$54
- 2) Annual Member \$42, Program Member \$62

### LIL SPRINGERS (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.

\*TH 10:30-11:00AM no class 11/23

- 1) Annual Member \$21, Program Member \$36
- 2) Annual Member \$28, Program Member \$48

### SING A SONG, SING ALONG (Ages 4 - 6)

Children learn to sing in tune, keep a beat and participate with confidence.

\*TH 4:30-5:00PM no class 11/23

- 1) Annual Member \$21, Program Member \$36
- 2) Annual Member \$28, Program Member \$48

## YOUTH

### FOOD FIESTA (Ages 6 & up)

Learn how to create simple dishes from other cultures. See and taste yummy foods from around the world.

TU 4:30-5:15PM

- 1) Annual Member \$37, Program Member \$54
- 2) Annual Member \$42, Program Member \$62

### POWER KIDS (Ages 5 - 8)

Children will develop the understanding and fundamentals of gymnastics. Beam, bar, various rolls and tumblers will help condition the child both mentally and physically.

\*SA 10:15-11:00AM no class 2/24

- 1) Annual Member \$37, Program Member \$54
- 2) Annual Member \$37, Program Member \$54

### REBOUNDERS (Ages 9 - 12)

Whether your child is new to gymnastics or rebounding back this class is designed to incorporate various skills at their own learning pace. A variety of equipment will be used.

\*SA 11:00-11:45AM no class 2/24

- 1) Annual Member \$37, Program Member \$54
- 2) Annual Member \$37, Program Member \$54

# FLIP

# JUMP

# TWIST



**CONFIDENT  
KIDS TODAY,  
ENGAGED ADULTS  
TOMORROW**





## YOUTH DEVELOPMENT

### YOUTH OPEN GYM

Drop in and participate in pick-up games of various sports such as, basketball, volleyball, pickleball and kickball

M 4:00-5:00PM (8 & 9 year olds)

\*SA 12:00-2:00PM (10-13 year olds) no class 2/24

Annual Member **FREE**, Program Member **FREE**

### KARATE (Ages 4 - 7)

Increase confidence, hand-eye coordination, discipline, concentration and self-control

Learn self-defense, Kata, sparring and theory of Martial Arts. Gi's required for belt testing.

Speak with instructor prior to purchasing.



TU 4:00-4:45PM Beginner Class

\*F 4:30-5:15PM Beginner Class no class 2/23

Yellow, Orange & Green Belt

(Students must have taken at least 3 sessions)

TU 4:45-5:30PM

\*F 5:15-6:00PM no class 2/23

1) Annual Member **\$37**, Program Member **\$56**

2) Annual Member **\$42**, Program Member **\$62**

\*Annual Member **\$37**, Program Member **\$56**

### KARATE (Ages 8 & up) Mixed Level

Increase confidence, hand-eye coordination, discipline, concentration and self-control. Learn self-defense, Kata, sparring and theory of Martial Arts. Gi's required for belt testing. Speak with instructor prior to purchasing.

TU 5:30-6:15PM

1) Annual Member **\$37**, Program Member **\$56**

2) Annual Member **\$42**, Program Member **\$62**

### 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

\*F 7:00-8:00PM no class 2/23

\*SA 9:30-10:30AM no class 2/24

1) Annual Member **\$49**, Program Member **\$67**

2) Annual Member **\$56**, Program Member **\$76**

\*Annual Member **\$49**, Program Member **\$67**

## 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!**



# Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

## 2017/2018 SCHOOL YEAR

Jennifer Friedhoff, Youth Development Director  
732 341 9622 ext 2217, [jfriedhoff@ocymca.org](mailto:jfriedhoff@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, Manchester & Toms River.

### GRADES BY SCHOOL DISTRICT

- K-8 Toms River School District
- K-6 Berkeley School District
- K-5 Manchester School District
- 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.
- South Toms River students attend Pine Beach Elementary for YKids

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.

Our Y-Kids program includes an Annual 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, 2018 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 1<sup>st</sup> week of school.

Email schedule changes to: [ykids@ocymca.org](mailto:ykids@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](http://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.

**Y Cares Financial Assistance applications are considered and accepted throughout the year.**

**We accept all State Subsidy Assistance, with valid contracts.**

**For students at the intermediate level our Y-Kids program will be held at the following schools:**

- Intermediate East will attend Silver Bay Elementary
- Intermediate North will attend Walnut Street Elementary
- Intermediate South will attend Beachwood Elementary

### Y-KIDS REGISTRATION

**\$80 registration and 1<sup>st</sup> month's payment fee is due at enrollment.**

#### 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

## 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

## 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 in person at the Y 48 hours in advance. Limited space available.

**Holiday Camp Hours - 6:30AM-6:00PM**

**November 6 – November 10 (Monday – Friday)**

**December 26 –December 29 (Tuesday – Friday)**

**Monday January 15 (2018)**

**Monday February 19 (2018)**

**Friday March 30 (2018)**

**April 2 – April 6 (Monday – Friday) 2018**

Annual Member **\$45/day**, Program Member **\$55/day**

Non-Member rate now available **\$65/day**

## 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**



## FREE

**7<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> grade year.**



# MULBERRY BUSH PRESCHOOL PROGRAM

## 2017/2018 SCHOOL YEAR

Jennifer Friedhoff, 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
- 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, 2017

**\$250 per month**



**Program is  
filled  
for 2017/2018.**

**Watch for  
registration  
information for  
September 2018**



# EDUCATING

# ENRICHING

# EXPLORING

LOOKING  
FORWARD  
TO  
SUMMER  
2018



Contact Ken Ames,  
Ass't Youth Development Director  
at 732 341 9622 ext 2212 or  
[kames@ocymca.org](mailto:kames@ocymca.org) for more information.

Y Summer Camp 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.

Join us for one week or all summer long. We offer a full day camp experience with before and after care options for campers entering Kindergarten through 8th grade. We utilize the acres of land at the YMCA, along with the Olympic size swimming pools. . 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, CATCH and more. Staff consists of full time teachers, full time students, professional child care workers, and our Y Kids before and after school staff.

**FRIENDSHIP**

**ACCOMPLISHMENT**

**BELONGING**

# HEALTH & AQUATIC FITNESS

## PERSONAL TRAINING FOR YOUTH AND ADULTS

### DEDICATION

### MOTIVATION

### ACCOUNTABILITY

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](mailto:PersonalTrainers@ocymca.org) to make your appointment.

### Use of Fitness & Cardio Areas

Annual Members only.

### 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**
- (8) Half hour Sessions Annual Member **\$150**
- (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

### 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 Member **\$49**
- (3) One hour sessions Annual Member **\$99**

### 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.

CAROLINA ANNE NANCY REGINA  
ELSA NICHOLAS MARYANN LORI PETER  
RENEE YOUR HEALTH, JACQUI  
LOIS OUR MISSION. SARAH  
MEREDITH JEAN RENEE REBECCA MICHAEL  
DONNELL JENNA TERRY MARY LOU  
JESSICA MEGHAN

# HEALTH & AQUATIC FITNESS

## 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.

### AB ATTACK (Beginner/Intermediate)

A quick warm up, followed by a lot of exercises to target your tummy.

W 6:20-6:50PM

- 1) Annual Member **FREE**, Program Member **\$21**
- 2) Annual Member **FREE**, Program Member **\$24**

### 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

\*F 7:15-8:15AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**
- \* Annual Member **FREE**, Program Member **\$42**

### 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.

\*F 8:20-9:20AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$42**

### 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 8:00-8:45AM no class 11/23

- 1)\*Annual Member **FREE**, Program Member **\$27**
- 2) Annual Member **FREE**, Program Member **\$36**

### AQUA BALLROOM (6 Lane/ Intermediate)

Join us at the pool for some fun with a professional Ballroom Dance Teacher and practice the Waltz, Swing, Foxtrot and Latin Dances.

\*F 9:30-10:15AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) 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.

TU 7:00-8:00AM

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**

### 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 2/23

- 1) Annual Member **FREE**, Program Member **\$32**
- 2)\*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. Power packed workout in both shallow and deep water.

\*F 10:15-11:15AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$42**
- 2)\*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

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$36**

### 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

- 1) Annual Member **FREE**, Program Member **\$21**
- 2) 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 7:45-8:45AM no class 11/23

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**
- \*Annual Member **FREE**, Program Member **\$42**

**Respect fellow members...**  
**Locker rooms are a**  
**no phone zone.**



# HEALTH & AQUATIC FITNESS

## AQUA/LAND BOOT CAMP

(12 Lane, Intermediate/Advanced)

Attention Weekend Warriors!!!

Be prepared for the ultimate CrossTraining of land and water.

TU 8:00-8:45PM

1) Annual Member **FREE**, Program Member **\$32**

2) Annual Member **FREE**, Program Member **\$36**

## 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

1) Annual Member **FREE**, Program Member **\$32**

2) Annual Member **FREE**, Program Member **\$36**

## 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

1) Annual Member **FREE**, Program Member **\$42**

2) 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

1) Annual Member **FREE**, Program Member **\$32**

2) Annual Member **FREE**, Program Member **\$36**

## ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP) (6 Lane, Intermediate)

### Deep Water Aquatic Program

For participants who are comfortable exercising in **deep-water** wearing a flotation belt. Deep-water provides a non-impact environment for exercise to reduce risk of injury and discomfort.

\*F 8:45-9:30AM no class 2/23

1) Annual Member **FREE**, Program Member **\$32**

2) \*Annual Member **FREE**, Program Member **\$32**

## 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.

W 9:00-9:45AM

1) Annual Member **FREE**, Program Member **\$32**

2) 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

1) Annual Member **FREE**, Program Member **\$42**

2) 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.

TU 8:30-9:30AM

1) Annual Member **FREE**, Program Member **\$42**

2) Annual Member **FREE**, Program Member **\$48**

## 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 10:30-11:00AM 30 minute class no class 2/23

F 6:00-7:00PM no class 2/23

1) Annual Member **FREE**, Program Member **\$42**

\*Annual Member **FREE**, Program Member **\$21**

2) Annual Member **FREE**, Program Member **\$42**

\*Annual Member **FREE**, Program Member **\$21**

## 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

1) Annual Member **FREE**, Program Member **\$42**

2) Annual Member **FREE**, Program Member **\$48**

## BOTH SIDES UP -- BOSU (All Levels)

Allows you to train for multiple components of fitness, balance stability and strengthening the core. 10 participant max

TU 10:30-11:00AM

\*TH 5:15-5:45PM no class 11/23

\*SA 9:30-10:00AM no class 2/24

1) Annual Member **FREE**, Program Member **\$21**

\*Annual Member **FREE**, Program Member **\$18**

2) Annual Member **FREE**, Program Member **\$24**

\*Annual Member **FREE**, Program Member **\$21**

## 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 9:45-10:30AM

M 5:30-6:15PM

\*TH 8:30-9:15AM no class 11/23

1) Annual Member **FREE**, Program Member **\$32**

\*Annual Member **FREE**, Program Member **\$27**

2) Annual Member **FREE**, Program Member **\$36**



# HEALTH & AQUATIC FITNESS

## CHAIR CORE (Beginner)

Strengthen low back and abdominal muscles without having to get on the floor. Decrease low back pain through a combination of postural, flexibility and strengthening exercises.

M 8:30-9:15AM  
W 8:15-9:00AM  
\*F 9:30-10:15AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$36**
- \*Annual Member **FREE**, Program Member **\$32**

## DRUMS ALIVE (All Levels)

Drums Alive combines movement and rhythms of drumming for an amazing brain and body movement.

\*F 9:45-10:15AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$21**
- 2) \*Annual Member **FREE**, Program Member **\$21**

## IMPACT KICKBOXING (Intermediate/Advanced)

This class is based on the principles of martial arts. Learn proper form and technique. Full body core based workout.

\*TH 9:30-10:30AM no class 11/23  
\*SU 9:45-10:45AM no class 2/25

- 1) Annual Member **FREE**, Program Member **\$42**
- \*Annual Member **FREE**, Program Member **\$36**
- 2) Annual Member **FREE**, Program Member **\$48**
- \*Annual Member **FREE**, Program Member **\$42**

## KETTLEBELL CONDITIONING (All Levels)

This specialized class will increase strength, cardiovascular fitness & burn calories

M 6:30-7:30PM  
TU 9:35-10:20AM  
\*SA 8:30-9:30AM no class 2/24



- 1) Annual Member **FREE**, Program Member **\$42**
- 2) 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.

W 8:15-9:15AM

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**

## MEGA MIX (All Levels)

Not sure which class to take? This class will give you a taste of each class using various equipment and a full body workout.

\*TH 6:35-7:20PM no class 11/23

- 1) \*Annual Member **FREE**, Program Member **\$27**
- 2) Annual Member **FREE**, Program Member **\$36**

## PICKLEBALL (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  
W 1:00-3:00PM  
\*TH 6:45-8:00AM no class 11/23

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.

M 10:45-11:30AM  
TU 4:45-5:30PM

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$36**

## PLYOGA (All Levels)

Combine the fitness essentials of strength and endurance with those of balance and flexibility. PLYOGA merges two fitness worlds while bringing athleticism together with body awareness and breath control. Modifiable to every fitness level. \*

**YOUR BODY IS POWER \***

M 5:30-6:15PM

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$36**

## POUND (All levels)

Pound is inspired by infectious energizing and sweat dripping fun of playing the drums. Become the music in this exhilarating full body workout.

M 9:45-10:30AM  
W 5:30-6:15PM

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$36**

## SILVERSNEAKERS CLASSIC (Beginner)

Exercises are 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

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) 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 11:15-12:00PM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$32**

**ONLINE REGISTRATION  
IS NOW AVAILABLE  
AT OCYMCA.ORG**



# HEALTH & AQUATIC FITNESS

## 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 11/23

- 1) Annual Member **FREE**, Program Member **\$32**
- \*Annual Member **FREE**, Program Member **\$28**
- 2) Annual Member **FREE**, Program Member **\$36**

## SIMPLE COOKING WITH HEART (everyone is welcome)

Will teach fundamental nutrition and culinary skills while having fun in the kitchen. We will finish with a cooking challenge

W 9:15-10:00AM

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$36**

## 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 exercisers 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  
\*W 9:30-10:15AM 45 minutes

- 1) Annual Member **FREE**, Program Member **\$42**
- \*Annual Member **FREE**, Program Member **\$32**
- 2) Annual Member **FREE**, Program Member **\$48**
- \*Annual Member **FREE**, Program Member **\$36**

## 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

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) 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 5:45-6:30PM no class 11/23

- 1) \*Annual Member **FREE**, Program Member **\$28**
- 2) Annual Member **FREE**, Program Member **\$36**

## YOGA LEVEL 1 (Beginner)

A traditional Hatha Yoga program designed to increase flexibility and strengthen the body. This class combines breathing techniques, yoga postures and relaxation to reduce stress and balance the body, mind and spirit.

M 6:30-7:30PM  
W 9:30-10:30AM

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**

## 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. This 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 11/23  
\*TH 6:30-7:30PM no class 11/23

- 1) Annual Member **FREE**, Program Member **\$42**
- \*Annual Member **FREE**, Program Member **\$36**
- 2) Annual Member **FREE**, Program Member **\$48**

## YOGA (Intermediate/Advanced)

Extended class for students who have completed Yoga Levels 1 & 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

- 1) Annual Member **FREE**, Program Member **\$53**
- 2) Annual Member **FREE**, Program Member **\$60**

## 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 11/23

- 1) Annual Member **FREE**, Program Member **\$32**
- \*Annual Member **FREE**, Program Member **\$28**
- 2) Annual Member **FREE**, Program Member **\$36**

**Respect fellow members...  
Locker rooms are a no  
phone zone...**



**Schedule is subject  
to change.**

# HEALTH & AQUATIC FITNESS

## 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 2/23

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$42**

## 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.

TU 11:45-12:45PM

W 10:40-11:40AM

\*F 8:15-9:15AM no class 2/23

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**
- \*Annual Member **FREE**, Program Member **\$42**

## ZUMBA, AQUA (12 Lane, Intermediate)

Feel the heat as you dance to the beat of Zumba! The water is there for resistance and to cool off as you burn the calories away.

\*TH 10:00-10:45AM no class 11/23

- 1) Annual Member **FREE**, Program Member **\$28**
- 2) Annual Member **FREE**, Program Member **\$36**

## 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.

M 8:30-9:30AM

W 6:00-7:00PM

- 1) Annual Member **FREE**, Program Member **\$42**
- 2) Annual Member **FREE**, Program Member **\$48**

## SPECIAL NEEDS

### SPECIAL NEEDS RECREATION SWIM

Sponsored in part by

**Toms River Elks Lodge #1875**

Children & Adults with special needs enjoy pool time. Interested participants or their caretakers must first call our Aquatics Dept. @ 732 341 9622 ext 2277 to schedule an appointment to be evaluated for this program.

Every Monday & Friday, 11:15AM-12:00PM

**FREE & OPEN TO THE PUBLIC**

### SWIM INC.

The mission of Swim, Inc. is to provide a safe and supportive environment for adults with impaired mobility. Aquatic exercise emphasizes

faculties of body, mind, and spirit in a social gathering of caring and respect. Contact our Aquatics Dept. @ 732 341 9622 ext 2277 to be evaluated for this program.

W 1:00-2:00PM 6LP Social 2:00-3:00PM

**FREE & OPEN TO THE PUBLIC**

## ADULT PROGRESSIVE SWIM

ADULT SWIM LESSONS – (Ages 18 & up)

Course is designed for beginner swimmer. Emphasis is placed on getting comfortable in the water and building confidence.

\*SA 7:45-8:30AM 6LP No class 12/9 & 2/24

- 1) Annual Member **\$72**, Program Member **\$1114**
- 2) Annual Member **\$84**, Program Member **\$133**

## ADULT PRIVATE SWIM LESSONS (Ages 18 & up)

Contact our Aquatics Department at 732 341 9622 ext 2277 to arrange an appointment.

Annual Member **\$37**, Program Member **\$58**

### Private swim lesson bundles

4 half hour lessons

Annual Member **\$125**, Program Member **\$196**

9 half hour lessons

Annual Member **\$235**, Program Member **\$368**

### 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

- 1) Annual Member **FREE**, Program Member **\$32**
- 2) 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

TH 9:15-10:00AM

- 1) Annual Member **FREE**, Program Member **\$50**
- 2) Annual Member **FREE**, Program Member **\$56**

## MASTERS SWIM TEAM (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](mailto:masterscoach@ocytigersharks.org)

TU 12:30-1:30PM

TU 7:45-8:45PM

TH 12:30-1:30PM

TH 7:45-8:45PM

SA 7:15-8:15AM

Annual Member **\$50**, Program Member **\$100**

## 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 and

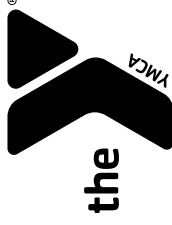
TH 7:00-8:00AM

Annual Member **\$48**, Program Member **\$75**



**Y GIVE  
ANYTHING  
ELSE?**

\*Gift cards can be used for YMCA Programs,  
Personal Training, or Membership.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**This holiday season why would you  
give anything else?**

**Our health and well-being effort redefine  
STRONG to include strong friendships, strong  
habits, and strong community. We are so much  
more than pumping iron and aerobics, we launch  
wellness journeys. We help our friends prepare  
for marathons AND to race after their children.  
Measuring wellness not by the number of reps  
but by the number of friends and milestones  
reached. We are more than a fitness center, we  
are a launching pad.**

**GIVE THE GIFT OF GOOD HEALTH THIS SEASON!**

**OCYMCA.ORG**

**OCEAN COUNTY YMCA  
1088 W WHITTY ROAD  
TOMS RIVER, NJ 08755**