



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATE YOUR OWN SUCCESS STORY

Mid-Winter 2012

Membership & Program Guide

January 23 - April 1



TRY THE Y

1/2-1/9

See page 26



**FIND
NEW**

PROGRAMS

See pages

16, 17, 21, 26, 29, 32

OCEAN COUNTY YMCA
1088 W Whitty Road
Toms River, NJ 08755
732 341 9622
www.ocymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME

Dear Members & Friends,

The Y is the unparalleled cause for strengthening community because we are the community. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Please take a look at all your Y has to offer, and as always, we invite you to share your thoughts with us.

Best regards,

Rodger D. Koerber, President & CEO

L to R: Lynne A. Dunn, Esq.,
Y Board Chair and Rodger
Koerber at 2011 Red
Triangle Reception that
honored Hering, Dupignac,
Stanzione, Dunn & Beck, P.C.



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MID-WINTER SESSION

Monday, 1/23 to Sunday, 4/1

MID-WINTER REGISTRATION

DATES

1/2 Full Privilege Members
1/9 Basic Members
www.ocymca.org
732 341 9622

FACILITY HOURS

M-F 5:45AM-10:00PM
SA 7:00AM-6:00PM
SU 8:00AM-6:00PM

CHILD WATCH HOURS

M 8:30AM-12:00PM & 4:00-8:30PM
TU 8:30AM-12:00PM & 5:30-8:30PM
W 8:30AM-12:30PM & 4:00-8:30PM
TH 8:30AM-12:30PM & 5:30-8:30PM
F 8:30AM-12:00PM & 5:30-8:00PM
SA 9:00AM-12:00PM
SU Closed

FLOOR TRAINER HOURS

M-F 9:30AM-1:00PM & 4:30-8:00PM
SA 7:00AM-6:00PM
SU 8:00AM-6:00PM

FITNESS CENTER OFFICE

732 341 9622 ext 2223
Call to schedule New Member Orientations or
Personal Training

2012 FACILITY CLOSINGS

SU, 1/1 New Year's Day
SU, 4/8 Easter
TH, 11/22, Thanksgiving
TU, 12/25, Christmas

UPCOMING PROGRAM SESSIONS

Spring 4/2/12 – 6/17/12
Summer 6/18/12 – 8/26/12

QUESTIONS

Please call Member Services at 732 341 9622 ext 0
or email MemberServices@ocymca.org

Y MANAGEMENT TEAM

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

- Jasmin Almonte**, Camp Director
ext 2217 or jalmonte@ocymca.org
- Lisa Bierly**, Development Director
ext 4250 or lbierly@ocymca.org
- Marta Dobrovic**, Finance Director
ext 2254 or mdobrovic@ocymca.org
- Ruth Hausvater**, VP of Youth Development
ext 2211 or rhausvater@ocymca.org
- Veanna Knoeller**, School Age Child Care Director
ext 2215 or vknoeller@ocymca.org
- Rodger Koerber**, President & CEO
ext 2202 or rkoerber@ocymca.org
- Ginny McClain**, Non-Competitive Aquatic Director
ext 2216 or gmcclain@ocymca.org
- John Moy**, Property Manager
ext 2213 or jmoy@ocymca.org
- Louis Petto**, Competitive Aquatic Director &
Head Coach
ext 2222 or lpetto@ocymca.org
- Janet Sellitto**, Administrative Assistant &
Special Events Director
ext 2214 or jsellitto@ocymca.org
- Gretchen Surette**, Member Services Director
ext 2208 or gsurette@ocymca.org

BECOME A MEMBER

FULL PRIVILEGE MEMBERSHIP

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

ANNUAL FULL PRIVILEGE WITH MONTHLY ELECTRONIC DRAFT

Electronic bank draft provides continuous membership privileges without annual renewal. Membership continues until you wish to cancel after a one year period. A 30 day termination notice must be submitted in writing in order to process. First payment is calculated on enrollment date. Enrollment fee is a one-time, non-refundable fee included in your first payment to help maintain the Y facility for all.

Membership Type	Enroll	Monthly
Family in same household (2 adults and all children up to age 22)	\$150	\$61
Senior Family (2 adults 62+)	\$135	\$52
Adult (22 & older)	\$120	\$39
Senior Adult (62+)	\$110	\$34
Young Adult (18-21 years)	\$70	\$24
Student (6-17 years)	\$30	\$18
Primary (Newborn—5 years)	\$30	\$14

6 MONTH FULL PRIVILEGE

Membership entitles use of the Y facilities and all benefits of a Full Privilege membership. 6 Month memberships are valid for 6 consecutive months.

Family (2 adults/children up to age 22)	\$516
Senior Family (2 adults 62+)	\$447
Adult (22 & older)	\$354
Senior Adult (62+)	\$314

BASIC 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 up to age 22)	\$119
Senior Family (2 adults 62+)	\$114
Adult (22 & older)	\$79
Senior Adult (62+)	\$74
Young Adult (18-21 years)	\$69
Student (6-17 years)	\$59
Primary (Newborn—5 years)	\$59

TEN TRIP PASS

Pass allows you use of the facility, lockers, pools, fitness centers and open gym for 10 visits, but no classes. Ten Trip Pass \$100

GUEST FEES

All guests must visit with a Member.
Adult \$12, Family \$22, Children (under 18) \$6

CORPORATE & NON-PROFIT GROUP RATES

For more information, please call Member Services Director Gretchen Surette at 732 341 9622 ext 2208.

FREE 7TH GRADE Y MEMBERSHIP

Every Ocean County 7th Grader can belong to the Y. Sign up for fun fitness classes in Basic Step, Boot Camp, Cardio Circuit, Cardio Kickboxing, Judo, Mega Mix and More 4 Core. Enjoy swimming all year round and playing basketball with your 7th grade friends. Valid September 1 through August 31 of your 7th grade year.

FREE SILVERSNEAKERS MEMBERSHIP

Find out if your health plan offers this award-winning program by calling 888 423 4632 or visit www.silversneakers.com.

ACTIVE MILITARY

Receive 50% off selected membership rate

COLLEGE MEMBERSHIPS

Full privilege memberships for students home for breaks.

Summer Break (May 1-Labor Day)	\$95
Winter Break (Dec.1-Jan. 15)	\$75

CLERGY

Receive 50% off selected membership rate

SENIOR MEMBERS

Receive 20% off classes

SPECIAL NEEDS

Persons of all abilities are welcome in all our programs. Please contact the appropriate department director if you would like help selecting a program or would like to bring an aide to assist in a program.

CHILD WATCH (Ages 8 & under)

FREE babysitting service available to all members while you use the facility. Children are allowed to stay up to 1½ 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. Hours are listed on page 3.

AWAY POLICY

The Ocean County YMCA participates in the AWAY (Always Welcome At YMCAs) program which allows members traveling outside of their Association to utilize other YMCA facilities across the country with a current YMCA membership. A reduced guest fee may apply, so consult the facility you are visiting to find out what policies and guidelines they have for the AWAY Program.

MY Y IS EVERY Y

Now in New Jersey, The Ocean County YMCA participates in the new AWAY Plus program. Over 30 YMCA Associations in our state will welcome your membership. Restrictions may apply. Please ask Member Services for a list of participating Ys.

Y CARES FINANCIAL ASSISTANCE

The Y is one of Ocean County's leading nonprofits strengthening community through youth development, healthy living and social responsibility. Currently, more than 9,300 Ocean County residents are members of the Y, with more than half being youth members. Children and families have the opportunity to participate in Y membership and programs regardless of age, income or background. Y Cares Financial Assistance applications may be found in the lobby or at www.ocymca.org.

CREDIT AND REFUND POLICY

PROGRAM/CLASSES/CAMP – Credits, Refunds, or Make-Up classes will not be issued for classes missed due to personal reasons. Please take into account all vacations, holidays, religious observances and other personal activities prior to registering for classes. Credits, Make-ups, Refunds must be requested within 2 weeks of excused absence. Please allow 4-6 weeks for processing credits and refunds. Credits are good for one year. The YMCA reserves the right to cancel classes if necessary. Camp deposits are non-refundable and can only be transferred to another session of camp. Prior to the start of class - Credits are available for a program at full rate as paid by participant. Refunds are available less a 10% deduction for processing fees. After the start of class- Credits/Make-ups will only be issued for illnesses as certified by a doctor. Credits will be prorated for only those classes missed as per the doctor's note.

SWITCHING CLASSES

After a member has registered for a specific class and wishes to switch to another class or camp session, a \$10 processing fee will be charged. If the switch is due to an aquatic class promotion, there will be no charge.

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.



WHY GIVE

VOLUNTEER

Volunteers are essential to the Ocean County YMCA. Young or young at heart, we need your help to continue making a difference in Ocean County. Every hour you spend translates into the caring attention a neighbor needs to remain healthy and active. Your time and talent can help us go a long way and we are counting on it!

Tell us what you are good at, or here are some of the ways we could use your help: Administrative Assistance, Building/Grounds Expertise, Camp Assistance, Community Development, Data Collection, Facility Monitors, Financial Expertise, Gardening, Greeting Members and Guests, Human Resource Expertise, Marketing, Membership, Photographers, Special Events, Special Needs Swim Assistance, Swim Meet Volunteers, Assistant Swim Coaches and Program Assistance.

People in all age groups benefit mentally, physically and emotionally from volunteering. Join us by contacting Barbara Serpi, Volunteer Coordinator at 732 341 9622 ext 2400 or bserpi@ocymca.org.

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

*Dr. Martin Luther King Jr.,
just another YMCA kid.*

Y BOARD OF DIRECTORS

Geoff Brown
Paul Brown, Jr.
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COMMUNITY IMPACT IN 2010

The Ocean County YMCA engaged over 9,300 people last year — nearly half under the age of 18 — through programs and services focused on the holistic development of children and youth,

family strengthening, and health and well-being for all. Our broad reach and impact have empowered us to change lives for over 40 years in Ocean County.

The Ocean County YMCA provided nurturing and affordable before and after school child care through our Y-Kids program in the partnering school districts of Barnegat, Berkeley, Long Beach Island and Toms River. During the 2009-10 academic year, 579 children attended Y-Kids Before/After School Programs providing working families with child care support. These children and their families were included in Healthy U, a statewide effort to reduce childhood obesity by promoting physical exercise and healthy eating habits. Funded by the Horizon Foundation of New Jersey, this is a statewide partnership with all YMCA after school programs to reach over 18,000 New Jersey children with a four-year goal of reducing obesity by 10 percent among the children enrolled.

Our Y Cares financial assistance keeps our YMCA open to those in need. Through the generous support of our members, staff, volunteers and community partners, we ensured Ocean County residents access to our Y by providing \$313,142 in financial assistance giving them a healthy place to belong.

The OCY Tiger Sharks Swim Team engaged 812 participants. While youth learned about life's successes and failures through competitive swimming, some adults on our Masters' Team enjoyed competing for their first time ever. We sent ten swimmers to compete at the YMCA National Championship in Florida, and over 20 swimmers moved on to compete at the collegiate level.

YMCA Summer Day Camp is one place where children in our community come together without barriers. Families in Barnegat, Bayville, Beachwood, Brick, Forked River, Island Heights, Jackson, Lakehurst, Lakewood, Lanoka Harbor, Manchester, Ocean Gate, Pine Beach, Seaside Heights, Seaside Park and Toms River sent 312 children to a safe, fun, enriching camp where core values of caring, honesty, respect and responsibility were celebrated daily.

Swim lessons and aquatic fitness classes were taught to 2,262 Ocean County residents. In a shore community, we continue to provide education for increased water safety.

Over 280 volunteers donated their time to our Y in 2010. Their generous spirits enrich and help all our programs prosper.

Our volunteer Board ensures that 100% of every dollar donated to the Annual Strong Kids Campaign supports our Y Cares Financial Assistance Program. Through our campaign, special events- Golf Outing & Red Triangle Reception and grants, we raised \$186,661 to help support our scholarships.

COMMUNITY PARTNERS

The Ocean County YMCA partners with numerous organizations to develop and implement effective collaborative programs and community-based solutions. In fact, the nation's YMCAs collectively represent the largest collaborative membership organization in the country.

OUR PARTNERS INCLUDE:

Schools/Districts

- Barnegat
- Berkeley
- Jackson
- Lacey
- Lakewood
- Long Beach Island
- Manchester
- Monsignor Donovan
- Southern Regional
- Toms River

Adult Communities

- Bey Lea Village
- Brandywine at the Gables
- Leisure Knoll
- Leisure Park

Organizations

- American Red Cross
- Arthritis Foundation
- Bancroft Neurohealth
- Berkeley Township Search and Rescue
- Big Brothers Big Sisters of Ocean County
- Birdsall Services Group, Inc.
- Brighter Day Self Help Center

- Caring Family Community Service
- Catholic Charities
- Center for Disease Control
- Children's Home Society
- Church of Grace & Peace
- Community Compass
- Community Services Inc. of Ocean County
- Design 446
- Divers Two
- Div. of Youth and Family Services
- Dottie's House
- Easter Seals
- Fellowship Chapel
- Fresh Start Program
- Girl Scouts of the Jersey Shore
- Jersey Paddler
- Kiwanis Clubs
 - Jackson
 - Toms River
 - Toms River Daybreak
- Oceans Harbor House
- Horizon Foundation of New Jersey
- Investors Bank Foundation
- Island Heights Student Fund
- jcpenny
- Jersey Shore Boy Scout Council
- Lakewood Adult Training Center
- Lakewood BlueClaws
- Lakewood Estonian Association
- Little Stars Daycare Program
- Manchester Twp Police PBA 246
- Manchester Fire Company
- New Horizons in Autism
- NJ Cares for Kids
- NJ Dept. of Agriculture
- NJ Dept. of Child Health Services
- NJ Natural Gas
- NJ State Alliance of YMCAs
- NJ Wildfowl Carvers Association
- Ocean Academy
- OceanFirst Foundation
- Ocean County College Foundation
- Ocean County Crime Unit
- Ocean County Dept. of Public Affairs and Tourism
- Ocean County Health Department
- Ocean County Historical Society
- Ocean County Library
- Ocean County Mental Health
- Ocean County Office of Senior Services
- Ocean County Department of Parks and Recreation
- Ocean Partnership for Children
- Raise Day program of Ocean County
- Regional Day School – Jackson
- Ridgeway Fire Company
- Rotary Clubs
 - Brick
 - Brick Morning
 - Central Ocean
 - Point Pleasant
 - Point Pleasant Boro
- Saint Barbara Greek Orthodox Church
- Shore Summer Swim League
- SilverSneakers
- Special Olympics
- TD Charitable Foundation
- Team Randy
- Toms River/Ocean County Chamber of Commerce
- Toms River Preferred Behavioral
- Toms River Seaport
- Toms River Township Parks & Rec.
- Toms River PBA
- Toms River Twp. Community Development
- Tuckerton Seaport
- Twenty One Plus
- United Way of Ocean County
- Urner Barry Printing & Mailing
- Whiting Volunteer Fire Company #1
- World of Life Ministries
- X-Camp



WHY GIVE

WHY GIVE

Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.



METHODS OF GIVING

The Ocean County YMCA relies on the generosity of members, staff, volunteers and friends, as well as support from businesses and foundations to further our charitable mission. Income from gifts and grants create our Y Cares financial assistance program that in 2010 provided \$313,142 to Ocean County residents to be able to fully afford membership and programs at our YMCA. When you make a gift, you reaffirm your belief in our mission of service and demonstrate your concern for and willingness to help your neighbors.

ANNUAL STRONG KIDS CAMPAIGN

This campaign directly funds our Y Cares financial assistance program that enables children, families and individuals to participate in YMCA membership and programs regardless of their ability to pay. Assistance is provided on a sliding scale based on demonstrated need for membership, programs, child care and summer camp.

Our volunteer Board ensures that 100% of every dollar raised for our Annual Strong Kids Campaign goes toward scholarships for memberships and programs at the Ocean County YMCA. Your Y needs and values gifts of all sizes.

MATCHING GIFTS

Many companies match gifts from their employees to the YMCA, a 501(c)(3) community organization. This is a great way to maximize your gift to the Y.

TRIBUTE AND MEMORIAL GIFTS

You can make a gift to the Ocean County YMCA by honoring or memorializing someone in your family, a friend or a community member. Contributors may make a Tribute Gift in honor of a birthday, wedding, anniversary, graduation or special achievement. A Memorial Gift may be made in loving memory of a deceased relative or friend. The honored person, or the family of the deceased, receives a personal card stating that a contribution has been made in his or her name to the Ocean County YMCA.

CHARITABLE GIFT ANNUITY

Receive a lifetime of interest income based on the value of the gift and annuitant rates. The Community Foundation of New Jersey, state licensed by the New Jersey Department of Banking and Insurance, enables us to issue charitable gift annuities for the ultimate benefit of your Y.

GIFTS BY WILL

A wonderful way to make a significant gift to the Ocean County YMCA is to include the Y as a beneficiary in your will. This enables you to retain control and use your assets during you and your spouse's lifetimes, yet still have the satisfaction of making a major gift. In addition, your estate may be eligible for tax savings.

QUESTIONS

Please contact Lisa Bierly, Development Director at 732 341 9622 ext 4250 or email lbierly@ocymca.org.

There is A GREAT SENSE OF SELF-ESTEEM that kids and adults get when they learn to swim at the Ocean County YMCA. Water exercise, like all exercise programs, leads to good health, with little impact on joints.

Ginny McClain, Non-Competitive Aquatic Director
732 341 9622 ext 2216 or gmccclain@ocymca.org

AQUATIC POLICY

Proper attire required for swim classes includes bathing suits or swim trunks. Infants and toddlers must wear swim diapers with rubber pants over top of swim diaper or rubber pants under bathing suits. All members are required to enter the pool area through the locker rooms and shower off before entering the water.

The first week of classes, all swimmers will be evaluated to make sure they are in the proper level and then will be evaluated again at the ten-week mark. After each evaluation, swimmer may be placed into other levels closest to their skill level.

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:

Monday

1/2, 1/9 & 1/16
1:30-2:00PM

Tuesday

1/3, 1/10 & 1/17
12:00-12:30PM or 4:15-4:45PM

Thursday

1/5, 1/12 & 1/19
12:00-12:30PM or 7:30-8:00PM

Friday

1/6, 1/13 & 1/20
7:45-8:15PM

Saturday

1/7, 1/14 & 1/21
12:30-1:00PM

PARENT/CHILD CLASSES

All are 10 week classes beginning 1/23

SHRIMP / KIPPER / INIA

To promote an enjoyable aquatic experience between parent and child in their water exploration together. Class objectives are:

- Adjust parent and child to the water and develop the ability to enter and exit the pool safely
- Develop the child's balance, coordination and breath control
- Learn basic swimming skills, kicking, reaching & pulling
- Increase parent's knowledge of water safety guidelines
- Enjoy the group environment & network with other parents

SHRIMP (Ages 6 - 12 months)

W 10:30-11:00AM
SA 10:15-10:45AM

Full Privilege **\$82**, Basic **\$135**

KIPPER / INIA

(Ages 13 months - 23 months)

TU 10:30-11:00AM
W 10:00-10:30AM
W 6:00-6:30PM
TH 1:30-2:00PM
SA 9:30-10:00AM
SA 10:45-11:15AM

Full Privilege **\$82**, Basic **\$135**

PERCH (Ages 2 - 3)

The focus of this class will be helping the child gain confidence and the ability to move through water independently, wearing a flotation device

- Work on following direction from the Instructor
- Child will develop the ability to enter the pool independently, using the "Safe Way In"
- Work on kicking, reaching & pulling, while wearing a flotation device
- Introduction to working with a kick board, treading water and back float, while wearing a flotation device

TU 10:00-10:30AM
W 6:30-7:00PM
F 10:00-10:30AM
SA 9:00-9:30AM
SA 11:15-11:45AM

Full Privilege **\$82**, Basic **\$135**

JELLYFISH 1 LEVEL (Ages 2 - 3)

For the child who just completed Perch level without a lapse between sessions and has been approved by the Instructor to take this class. No exceptions will be made due to safety reasons. Child is already comfortable working with an Instructor, following directions and swimming independently 15 yards with a flotation. The child is ready to be in class on their own, but not old enough. The parent is in the water, but in the background.

- Instructor will be working on helping students become more independent of the parent
- Work on swimming more on their stomach in a horizontal position; increasing endurance & getting comfortable swimming in the deep end
- Get more comfortable with putting their face in the water and work on more challenging aquatic skills

TU 11:00-11:30AM
W 10:30-11:00AM
TH 10:00-10:30AM
SA 9:00-9:30AM
SA 11:45-12:15PM

Full Privilege **\$82**, Basic **\$135**



AQUATICS

JELLYFISH 2 LEVEL (Ages 2 - 3)

Child must have completed Jellyfish 1 without a lapse between sessions and has Instructor approval to take this class. Child must be able to follow direction well in a group without parent alongside child. The parent is in the water, but in the background.

- Increase endurance and be able to swim independently 25 yards with a flotation on and a few feet without
- Work on jumping in, submerging & turning to grab the wall and climb out
- Learn basic back skills & gradually increase distance on their back

TU	11:30-12:00PM
W	11:00-11:30AM
TH	11:30-12:00PM
TH	1:00-1:30PM
SA	9:30-10:00AM
SA	11:45-12:15PM

Full Privilege **\$82**, Basic **\$135**

JELLYFISH 1 & 2 COMBO LEVEL (Ages 2 - 3)

Completed Perch, Jellyfish 1 skills or able to perform all the skills covered in the Jellyfish level

TU	6:30-7:00PM
----	-------------

Full Privilege **\$82**, Basic **\$135**

JELLYFISH 3 LEVEL (Ages 2 - 3)

Child must have completed Jellyfish 2 without a lapse between sessions and has Instructor approval to take this class.

W	11:30-12:00PM
TH	12:30-1:00PM
SA	9:00-9:30AM
SA	11:15-11:45AM

Full Privilege **\$82**, Basic **\$135**

SPECIAL POPULATION PARENT/CHILD SWIM LESSONS (Ages 3 - 14 with parent)

Swim lessons for non-swimming youth with special needs. Small group setting so that the Instructor is able to come around and work with each child. The parent is in the water helping the child practice their skills while following directions from the Instructor. Before registering, call for a swim evaluation, Ginny 732 341 9622 ext 2216

PRESCHOOL

PIKE 1 LEVEL (Ages 3 - 5)

Child must be independent of parent and three years old before the first day of class. This class is a great water adjustment class for the beginner swimmer who may have little or no water experience.

- Adjust to the aquatic environment
- Introduction to basic swimming skills, basic pool rules & water safety
- Learn to follow group instruction, follow direction and gain self confidence

M	10:00-10:30AM
TU	11:30-12:00PM
TU	12:30-1:00PM
TU	4:15-4:45PM
W	4:45-5:15PM
TH	10:30-11:00PM
F	1:00-1:30PM
SA	8:30-9:00AM
SA	9:30-10:00AM
SU	1:00-1:30PM

Full Privilege **\$82**, Basic **\$135**

PIKE 2 LEVEL (Ages 3 - 5)

- Completed Pike 1 or has been swim evaluated for this level
- Already adjusted to group instruction & following direction on their own
- Understand basic pool rules and personal safety
- Work on paddling 10 yards on their front & back with flotation, swim 5 feet on their front & back without flotation
- Work on putting face in, comfortably submerging while doing bobs at the wall, to eventually jump in & return to the side with assistance
- Learn boating safety, the correct use of life jackets & back float with a life jacket on



M	10:30-11:00AM
M	12:30-1:00PM
TU	10:30-11:00AM
TU	4:45-5:15PM
W	1:30-2:00PM
W	4:15-4:45PM
TH	11:00-11:30AM
TH	4:30-5:00PM
F	1:30-2:00PM
F	4:45-5:15PM
F	5:15-5:45PM
SA	8:30-9:00AM
SA	9:30-10:00AM
SA	10:15-10:45AM
SA	10:45-11:15AM
SA	11:15-11:45AM
SA	11:45-12:15PM
SU	1:00-1:30PM

Full Privilege **\$82**, Basic **\$135**

EEL LEVEL (Ages 3 - 5)

Completed Pike 2 or can swim 10 yards on their front and back with flotation on and 5 feet without. Can jump in the pool and comfortably submerge.

- Learn more about pool rules, personal water safety, reaching assists & boating safety
- Work on front paddle 25 yards with rhythmic breathing with flotation on
- Work on back paddle 25 yards
- Build endurance to paddle 15 feet rhythmic breathing, 15 feet back paddle & 15 feet side paddle, all without flotation
- Work on performing a front and back float for 20 seconds with or without flotation
- Work on jumping into the pool without flotation and return to the side without assistance



M	10:30-11:00AM
M	1:00-1:30PM
M	4:30-5:00PM
TU	11:00-11:30AM
TU	1:00-1:30PM
W	11:30-12:00PM
W	4:45-5:15PM
TH	10:30-11:00AM
F	10:00-10:30AM
F	1:30-2:00PM
F	4:45-5:15PM
F	5:45-6:15PM
SA	9:00-9:30AM
SA	9:30-10:00AM
SA	10:45-11:15AM
SA	11:15-11:45AM
SU	1:30-2:00PM

Full Privilege **\$82**, Basic **\$135**

RAY 1 LEVEL (Ages 3 - 5)

For the child who has mastered Eel level skills or can swim 15 feet rhythmic breathing and 15 feet rudimentary backstroke without a flotation.

- Learn 4 diving safety rules and recognize dangerous situations
- Perform a sitting dive from the side, jump off the starting block & climb down a pole & up to the surface without wearing flotation or needing assistance
- Understand when and how to perform a basic reaching/throwing assist
- Develop the skills to tread water 10-20 seconds with flotation on. Perform a front and back float without a flotation
- Learn rudimentary side breathing with symmetrical body form for 25 yards with flotation
- Work on developing the endurance to swim 15 yards rhythmic breathing & 15 yards rudimentary backstroke, no flotation
- Rotary breathing will be introduced

M	1:00-1:30PM
TU	10:30-11:00AM
TU	5:15-5:45PM
W	6:15-6:45PM
TH	11:00-11:30AM
TH	4:00-4:30PM
SA	9:00-9:30AM
SA	11:15-11:45AM
SU	2:30-3:00PM

Full Privilege **\$82**, Basic **\$135**

RAY 2 LEVEL (Ages 3 - 5)

For the child who completed Ray 1 level skills or can swim 15 yards rhythmic breathing and 15 yards rudimentary backstroke without flotation. Has the ability to swim 25 yards rudimentary side breathing and 25 yards rudimentary backstroke wearing flotation.

- Learn to name four diving safety rules & the HELP position, with the ability to hold it for 1 minute & basic rules for an emergency & how to dial 911

- Work on swimming 25 yards on their front & on their back wearing a life jacket
- Develop the skills to tread water 20-30 seconds with flotation on. Perform a front and back float for 30 seconds without a flotation
- Work on jumping into the deep water and swimming up 5-7 feet & the ability to perform a standing dive from the side of the pool
- Work on developing the endurance to swim 25 yards rudimentary rotary breathing with a rudimentary front crawl & 25 yards rudimentary backstroke

M	10:30-11:00AM
M	4:30-5:00PM
TU	11:00-11:30AM
W	10:00-10:30AM
W	1:00-1:30PM
TH	4:30-5:00PM
F	10:00-10:30AM
F	1:00-1:30PM
SA	8:30-9:00AM
SA	10:15-10:45AM
SA	11:45-12:15PM
SU	2:00-2:30PM

Full Privilege **\$82**, Basic **\$135**

STARFISH 1 LEVEL (Ages 3 - 5)

Child that either completed Ray 2 level skills or can swim 25 yards of rudimentary rotary breathing with a rudimentary front crawl and 25 yards of rudimentary backstroke, all without a flotation. Able to perform a standing dive from pool side.



- Work on the ability to tread water for 40 seconds and float for 45 seconds on their front and on their back, all without a flotation
- Learn basic boating rules and exiting a boat in an emergency
- Work on jumping off the starting block wearing a life-jacket & swimming 50 yards
- Work on improving front crawl, rotary breathing & backstroke, as well as increasing swimmers endurance & ability to swim 25 yards strong front crawl & backstroke
- Work on learning the breaststroke & butterfly stroke and work on the ability to perform 15 yards of rudimentary breast-stroke & butterfly stroke
- Learn to perform a head first surface dive in the deep end & a forward somersault
- Introduction to diving off the starting block

M	10:00-10:30AM
TU	11:00-11:30AM
W	10:00-10:30AM
W	1:00-1:30PM
W	4:15-4:45PM
F	5:15-5:45PM
SA	8:30-9:00AM
SA	11:15-11:45AM

Full Privilege **\$82**, Basic **\$135**

AQUATICS

STARFISH 2 LEVEL (Ages 3 - 5)

For the child who completed Starfish 1 level or can swim 25 yards with a strong front crawl with rotary breathing and a strong backstroke. Perform 15 yards of rudimentary breaststroke and butterfly stroke. Can do a head first surface dive from in the water and a forward somersault.

- Work on building endurance to swim 50 yards front crawl with bilateral breathing
- Work on increasing distance swimming 50 yards backstroke, 25 yards breaststroke & 25 yards butterfly
- Learn starts and turns including breaststroke pull out

M	10:00-10:30AM
TU	1:30-2:00PM
TU	4:45-5:15PM
W	11:00-11:30AM
F	10:00-10:30AM
SA	9:00-9:30AM
SA	10:45-11:15AM

Full Privilege **\$82**, Basic **\$135**

STARFISH 2 & 3 COMBO (Ages 3 - 5)

For the child who has completed Starfish 2 but needs further skill improvement before entering Starfish 3.

M	6:30-7:00PM
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Full Privilege **\$82**, Basic **\$135**

STARFISH 3 LEVEL (Ages 3 - 5)

For the child who completed Starfish 2 level and has instructor approval. The focus will be on pre-competitive swimming skills to make an easy transition to Zoomers once the child is old enough. A cap, goggles and fins are required for this level. This is a 45 minute class.

TH	10:30-11:15AM
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Full Privilege **\$100**, Basic **\$165**

DIVING PRACTICE CLASS

For the student that needs additional help in learning to dive. Must present a copy of paid receipt to the Instructor. Open to children in Ray 1 & 2, Starfish 1, 2 & 3, Polliwog 2, Guppy and Minnow 1 & 2. Three week class.

Monday's

Course 1	1/23, 1/30 & 2/6
Course 2	2/13, 2/20 & 2/27
Course 3	3/5, 3/12 & 3/19

12:30-1:00PM OR 7:00-7:30PM

Wednesday's

Course 1	1/25, 2/1 & 2/8
Course 2	2/15, 2/22 & 2/29
Course 3	3/7, 3/14 & 3/21

10:30-11:00AM OR 1:30PM-2:00PM

Friday's

Course 1	1/27, 2/3 & 2/10
Course 2	2/17, 2/24 & 3/2
Course 3	3/9, 3/16 & 3/23

4:15-4:45PM OR 7:30-8:00PM

Full Privilege **\$24**, Basic **\$34**

KIDS KAYAKING BASICS (Ages 3 - 5 1/2)

Open to children in Eel, Ray 1 & 2, Starfish 1, 2 & 3. Course consists of three half hour sessions. Come learn and experience the fun of kayaking.

- No experience necessary
- Will be required to wear a life jacket (Life jackets are provided)
- Basic kayaking safety taught
- Will learn basic paddling from a "sit on" style kayak in a calm pool setting

TU	12:45-1:30PM
Course 1:	2/7, 2/14 & 2/21
Course 2:	2/9, 2/16 & 2/23

TH	12:45-1:30PM
Course 1:	2/28, 3/6 & 3/13
Course 2:	3/1, 3/8 & 3/15

Full Privilege **\$30**, Basic **\$40**

PLAY SWIM (Ages 3 - 5)

Supervised fun and games in the water for the child that is Eel level through Starfish. Each play swim is a half hour of fun.

TU	11:30-12:00PM
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Full Privilege **\$30**, Basic **\$40**

PRESCHOOL PRIVATE SWIM LESSONS (Ages 3 - 5)

For those who need extra attention or would like a one on one session with a Swim Instructor. Call Ginny McClain at 732 341 9622 ext 2216 to arrange a lesson by appointment. Must present a copy of paid receipt to the Instructor.
1/2 Hr Class

Full Privilege **\$35**, Basic **\$55**

SPECIAL POPULATION SWIM LESSONS (Preschool through Youth, Ages 3 & up, Limited Availability)

Swim lessons for youth with limited swimming abilities or the beginner non-swimmer with special needs. Small group setting so that the Instructor is able to come around and work with each child. Non-swimmers must have parent in the water helping the child practice their skills while following directions from the Instructor. Before registering, call for a swim evaluation, Ginny McClain at 732 341 9622 ext 2216.

M	4:00-4:30PM
TH	5:00-5:30PM
TH	5:45-6:15PM
TH	6:15-6:45PM
SU	4:45-5:15PM
SU	5:15-5:45PM

Full Privilege **\$82**, Basic **\$135**

YMCA SPLASH CAMPAIGN (Ages 3-5)

Every year, there are numerous reports about youngsters and adults involved in water-related accidents. Most of these incidents could have been prevented if the child and adults had been taught how to be safe around the water. That's why we are running this special campaign called YMCA Splash to teach kids and adults about basic water safety and swimming skills. This will help them overcome their fears and give them a sense of pride and accomplishment. The Y has been teaching people to swim for over a century and is well equipped to meet this pressing Community need. The course consists of 5 half hour sessions. Individual Participant Qualifications:

1. The Child must be a non-swimmer or able to swim no more than 5 feet without wearing a flotation.
2. The Child cannot be a Member of the Ocean County YMCA or previously taken a Splash Course at the Ocean County YMCA.
3. Will be required to wear one of our flotation's. No personal backyard pool flotation's will be allowed.

SA 12:30-1:00PM

Class dates: 2/11, 2/18, 2/25, 3/3 & 3/10

Fee: **\$20** Non-Refundable

Note: No make-up classes will be offered for class absence.

YOUTH

All are 10 week classes beginning 1/23

POLLIWOG 1 (Ages 6 & up)

For the beginner non-swimmer with little or no experience in the water. The class is designed to help students become more comfortable in the water.



- Work on water adjustment, getting face wet, basic swimming skills, basic pool rules & water safety
- Work on following group instruction and gaining self confidence

M 4:00-4:30PM

F 4:15-4:45PM

SA 9:30-10:00AM

SA 10:15-10:45AM

SA 11:45-12:15PM

SU 1:30-2:00PM

Full Privilege **\$82**, Basic **\$135**

POLLIWOG 2 (Ages 6 & up)

Advanced beginner level. Has completed Polliwog 1 or is very comfortable in the water, doesn't mind getting face wet, swims 25 feet with flotation on and is ready to work on jumping skills.

- Learn more about pool safety & class rules
- Work on the ability to do a back & front float for 30 seconds, take a breath and stand, no flotation. Introduction to a kneeling dive with assistance

- Learn the proper way to wear a life jacket. Swim 10 yards on front & on their back wearing a life jacket. How to enter and exit a boat safely. Perform reaching assists
- Emphasis will be learning correct body position, head position, arm placement & kick
- Jump in & return to the side without assistance. Slide down & climb up a pole in the water
- Work on the ability to swim 25 yards front paddle, 25 yards back scull & 25 yards side stroke without wearing flotation
- Increase endurance swimming 20 feet front crawl with rhythmic breathing and 20 feet rudimentary backstroke.

M 5:00-5:30PM

TH 4:00-4:30PM

F 5:45-6:15PM

SA 8:30-9:00AM

SA 10:15-10:45AM

SA 10:45-11:15AM

SA 11:45-12:15PM

SU 2:00-2:30PM

Full Privilege **\$82**, Basic **\$135**

GUPPY (Ages 6 & up)

Completed Polliwog 2 level or can swim 20 feet rudimentary front crawl and 20 feet rudimentary backstroke & side stroke, without wearing flotation. Comfortable jumping into the pool from the side without assistance.



- Learn basic reaching and throwing assists & name four diving safety rules
- Work on treading water for 20-30 seconds with or without a flotation
- Learn the HELP position and be able to hold that position for 2 minutes
- Work on learning to go from a kneeling dive to a standing dive from the side of the pool & be able to jump off the block
- Swim 25 yards rudimentary front crawl with rotary breathing and 25 yards rudimentary backstroke

M 5:00-5:30PM

TU 7:00-7:30PM

W 5:15-5:45PM

W 7:00-7:30PM

F 6:15-6:45PM

SA 8:30-9:00AM

SA 10:15-10:45AM

SA 11:45-12:15PM

SU 2:45-3:15PM

Full Privilege **\$82**, Basic **\$135**

MINNOW 1 (Ages 6 & up)

Child must have completed Guppy level or be able to perform all the skills covered in the Guppy level.



- Learn about shallow water black out, breath holding and what to do if a boat capsizes
- Learn the 5 points of rescue breathing
- Work on ability to tread water with an effective kick for 1 minute

AQUATICS

- Work on performing rudimentary breaststroke for 25 yards, rudimentary sidestroke with scissor kick for 25 yards and rudimentary elementary backstroke for 25 yards
- Work on surface dive 5-7 feet in deep end
- Primary focus will be perfecting front crawl with rotary breathing & perfecting backstroke
- An introduction to diving off the starting block & bilateral breathing

M	5:45-6:30PM
TU	5:15-6:00PM
W	5:30-6:15PM
F	6:15-7:00PM
SA	8:30-9:15AM
SA	10:00-10:45AM
SU*	3:15-4:00PM

Full Privilege **\$100**, Basic **\$165**

MINNOW 2 (Ages 6 & up)

Completed Minnow 1 level skills or able to perform all the skills covered in the Minnow 1 level.

- Learn rescue breathing, how to activate EMS, water & boating safety
- Increase the ability to tread water for 3 minutes
- Work to increase ability to swim 50 yards bilateral breathing, 50 yards backstroke & 50 yards elementary backstroke
- Work on performing a dive from the starting block, underwater swim, then surface
- Work on breaststroke and butterfly kick for 15 yards

M	5:45-6:30PM
TU	6:15-7:00PM
W	6:45-7:30PM
F	6:45-7:30PM
SA	9:15-10:00AM
SA	11:00-11:45AM
SU	4:00-4:45PM

Full Privilege **\$100**, Basic **\$165**

FISH (Ages 6 & up)

Completed Minnow 2 skills or able to perform all the skills covered in the Minnow 2 level.

- Learn basic first aid, treating leg cramps, rescue breathing, accident prevention & throwing assists to target. Learn HUDDLE position wearing a life jacket.
- Do throwing assist into target.
- Survival float for 6 minutes with clothes on.
- Tread water for 3 w/combo of kicks.
- Learn safe boating tips.
- Perform a head first surface dive down 6-8 feet.
- Swim 50 yards of the following strokes: Front Crawl with/open turns, Backstroke w/roll/bent arm/open turns, Breaststroke w/pull/kick/glide/open turns, Elementary Backstroke w/glide, Sidestroke w/scissor kick/glide & Butterfly Stroke 25 yds with fins/15 yds no fins.
- Flip turn for Front Crawl & Back Crawl.
- Intro to 100 yards individual medley.
- Play wet ball 5 min in deep water



M	6:30-7:15PM
TH	5:45-6:30PM
SA	8:30-9:15AM

Full Privilege **\$100**, Basic **\$165**

FLYING FISH (Ages 6 & up)

Completed Fish skills or able to perform all the skills covered in the Fish level.

- Learn about backyard & water park safety.
- Survival float for 6 minutes with clothes on.
- Tread water for 6 minutes all 4 kicks.
- Understand adventure, risk taking and personal safety ground rules.
- Throw ring buoy into hoop 7 of 10 times from 15-25 feet.
- Know what to do when a boat capsizes.
- Swim 100 yards of the following strokes: Front Crawl with bilateral breathing/open turns, Backstroke w/open turns, Breaststroke w/open turns, Elementary Backstroke w/glide, Sidestroke w/alternate sides/regular kick, Lifesaving Sidestroke 50 yds & Butterfly Stroke 25 yds w/o fins.
- Flip turn for Front Crawl & Back Crawl.
- Intro to 200 yards individual medley.

TU	7:00-7:45PM
F	7:00-7:45PM
SA	9:15-10:00AM

Full Privilege **\$100**, Basic **\$165**

FISH/FLYING FISH COMBO (Ages 6 & up)

Completed Minnow 2, Fish skills or able to perform all the skills covered in the Fish level.

SU	3:15-4:00PM
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Full Privilege **\$100**, Basic **\$165**

SHARK (Ages 6 & 10 up)

Completed Fish/Flying Fish level skills or able to perform all the skills covered in Fish/Flying Fish level.

- Will work on performing HELP position for 5 minutes. Learn about heat and cold medical conditions, prevention & first aid. Learn shock symptoms & treatment. Learn to open obstructed airway. Learn ice safety & rescue
- Focus will be on continuing to build endurance and stroke technique
- Increase ability to swim 75 yards butterfly stroke with push off, streamlining
- Work on 200 yard individual medley: 50 yards front crawl, 50 yards backstroke, 50 yards breaststroke & 50 yards butterfly
- Learn to do backstroke 100 yards with dolphin kick, streamlining
- Learn to perform 100 yards of breaststroke with pull out & 75 yards butterfly stroke
- Taught to do lifesaving medley, trudgen crawl for 50 yards & inverted breaststroke for 50 yards

TH	6:30-7:15PM
SA	10:00-10:45AM
SU	4:00-4:45PM

Full Privilege **\$100**, Basic **\$165**



PORPOISE (Ages 6 & up)

Must have completed Shark level skills or able to perform all the skills covered in Shark level. This class is for the student who loves to swim, but doesn't have the time to commit to a competitive team.



- Work on competitive strokes for half the class and lifeguarding skills for the other half of class
- Learn surface dive and recovery, lifesaving medley, lifesaving entries, reaching and swimming assists, lifesaving equipment & treading water for 2 minutes with no hands
- Work on competitive swimming drills, individual medley, open & flip turns, racing starts

SA 11:00-12:00PM

Full Privilege **\$100**, Basic **\$165**

DIVING PRACTICE CLASS

For the student that needs additional help in learning to dive. Must present a copy of paid receipt to the Instructor. Open to youth in Polliwog 2 and above. Three week class.

See page 12 for schedule

AQUATIC LEADERS (Ages 13 & up)

Have you completed the Porpoise Program, or are you an Adult who loves to swim? Join our Aquatic Leaders group and learn to teach swim lessons. Volunteers assist with 2 swim classes per week. Call Ginny McClain 732 341 9622 ext 2216 or gmccclain@ocymca.org.

Full Privilege **FREE**, Basic **FREE**

YOUTH PRIVATE SWIM LESSONS (Ages 6 & up)

For those who need extra attention or would like a one on one session with a Swim Instructor. Must present a copy of paid receipt to the Instructor. Call Ginny McClain at 732 341 9622 ext 2216 to arrange a lesson by appointment.

1/2 Hr Class, Full Privilege **\$35**, Basic **\$55**

YMCA SPLASH CAMPAIGN (Ages 6-10)

Every year, there are numerous reports about youngsters and adults involved in water-related accidents. Most of these incidents could have been prevented if the child or adult had been taught how to be safe around the water. That's why we are running this special campaign called YMCA Splash to teach kids and adults about basic water safety and swimming skills. This will help them overcome their fears and give them a sense of pride and accomplishment. The Y has been teaching people to swim for over a century and is well equipped to meet this pressing Community need. The course consists of 5 half hour sessions. Individual Participant Qualifications:

1. The Child must be a non-swimmer or able to swim no more than 5 feet without wearing a floatation.
2. The Child cannot be a Member of the Ocean County YMCA or previously taken a Splash Course at the Ocean County YMCA.

3. Will be required to wear one of our floatation's. No personal backyard pool floatation's will be allowed.

SA 1:00-1:30PM

Class dates: 2/11, 2/18, 2/25, 3/3 & 3/10

Fee: **\$20** Non-Refundable

Note: No make-up classes will be offered for class absence.

ADULT

All are 10 week classes beginning 1/23

ADULT SWIM LESSONS – BEGINNER TO ADVANCED (Ages 14 & up)

For the beginner non-swimmer who has little or no water experience. This course is designed to meet the individual student goals. Course includes getting face wet, learning to stand up if you lose your footing and basic swimming skills. Special emphasis with beginners placed on getting comfortable in the water and building confidence. More advanced work on stroke development, endurance, swimming etiquette, and learning the principles of interval training. This course is designed to meet the individual student goals.

M 7:30-8:15PM

TU 9:45-10:30AM

TH 9:45-10:30AM

SA 7:30-8:15AM

Full Privilege **\$100**, Basic **\$165**

ADVANCED ADULT SWIM LESSONS

Completed Adult Swim lessons or able to perform all the skills covered in the Adult swim level.

W 7:30-8:15PM

Full Privilege **\$100**, Basic **\$165**

ADULT PRIVATE SWIM LESSONS (Ages 14 & up)

For those who need extra attention or would like a one on one session with a Swim Instructor. Must present a copy of paid receipt to the Instructor. Call Ginny McClain at 732 341 9622 ext 2216 to arrange a lesson by appointment.

1/2 Hr Class, Full Privilege **\$35**, Basic **\$55**

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 work out.

TU & TH 7:00-8:00AM

Full Privilege **\$123**, Basic **\$196**

TU only 7:00-8:00AM

TH only 7:00-8:00AM

Full Privilege **\$100**, Basic **\$165**

AQUATICS

YMCA SPLASH CAMPAIGN (Adult)

Every year, there are numerous reports about youngsters and adults involved in water-related accidents. Most of these incidents could have been prevented if the child or adult had been taught how to be safe around the water. That's why we are running this special campaign called YMCA Splash to teach kids and adults about basic water safety and swimming skills. This will help them overcome their fears and give them a sense of pride and accomplishment. The Y has been teaching people to swim for over a century and is well equipped to meet this pressing Community need. The course consists of 5 half hour sessions. Individual Participant Qualifications:

1. The Adult must be a non-swimmer or able to swim no more than 5 feet without wearing a floatation.
2. The Adult cannot be a Member of the Ocean County YMCA or previously taken a Splash Course at the Ocean County YMCA.
3. Will be required to wear one of our floatation's. No personal backyard pool floatation's will be allowed.

TH 12:00-12:30PM

Class dates: 2/9, 2/16, 2/23, 3/1 & 3/8

Fee: **\$20** Non-Refundable

Note: No make-up classes will be offered for class absence.

SPECIAL NEEDS

SPECIAL NEEDS RECREATION SWIM

Sponsored by

Investors Bank Foundation

Children and Adults with special needs enjoy pool time with extra staff and volunteer assistance. Interested participants or their caretakers must first call Ginny McClain 732 341 9622 ext 2216 to schedule an appointment to be evaluated for this program.

Every Monday & Friday, 11:30-12:30PM

FREE & OPEN TO PUBLIC

AQUATIC FITNESS CLASSES

PRESCHOOL

PLAY SWIM (Ages 3 - 5)

Supervised fun and games in the water for the child that is Eel level through Starfish.

Each play swim is a half hour of fun.

See **Page 13** for schedule

YOUTH

HOME SCHOOL RESERVED RECREATION SWIM (Ages 6 & up)

For the parents and children of the Home School population that want to spend some quality time together, getting their exercise in the water by having fun swimming around in our pool and networking with other Home School families.

In person registration required. All children 8 and under must have a parent in the water with them, within arm's reach. Space is limited.

W 10:30-12:00PM

Non-member \$4 per person/per visit

AQUA FITNESS (Ages 8 & up)

Low impact aerobic class to improve muscle, strength & toning; flexibility & endurance. Class will be held in the shallow and deep end. Must be able to stand comfortably in shallow end.

TH 6:45-7:30PM

Full Privilege **FREE**, Basic **\$38**

ADULT

AQUATIC FITNESS LEVEL DESCRIPTIONS

The Ocean County YMCA offers a 3 level progressive program.

Level 1 - Includes gentle range of motion, strengthening and flexibility exercises with little impact, taught in shallow water.

Level 2 - Moderate exercises with some impact and use of resistance equipment, modifications are demonstrated.

Level 3 - Vigorous class, medium to high intensity, may include all levels of impact, resistance equipment, and aquatic steps.

Registration is required for EACH different day that you take class, for each session. Minimum of 4 participants per class.

AI - CHI - Level 1 (6 Lane)

A unique relaxing class that focuses on deep breathing and slow broad movements. Increases balance and range of motion. Individualized instruction will be given at the completion of class for all new people attending class.

TU 8:15-9:00AM

TH 8:15-9:00AM

Full Privilege **\$15**, Basic **\$38**

AQUAFLEX - Level 2 (6 Lane)

Class consists of muscle toning, conditioning and strengthening using resistance equipment and the power of water.

M 7:15-8:00AM

W 7:15-8:00AM

F 7:15-8:00AM

Full Privilege **\$15**, Basic **\$38**



AQUA CARDIO KICKBOXING - (12 Lane)

Feel the heat as you immerse yourself in this power packed aquatic workout using the principles of kickboxing.

TU 9:45-10:30AM

Full Privilege **\$15**, Basic **\$38**



AQUA LATIN DANCE - (12 Lane)

Introducing a new aquatic class that incorporates Latin inspired dance moves to the beat of hip-hop, samba, meringue, salsa and belly dance.

TH 9:15-10:00AM

Full Privilege **\$15**, Basic **\$38**



AQUA POWER HALF HOUR - (12 Lane)

Add an aquatic workout to your fitness routine. Strengthening your muscles using equipment and water resistance.

TU 9:15-9:45AM
 TU 10:30-11:00AM
 TH 10:00-10:30AM
 TH 10:30-11:00AM

Full Privilege **\$10**, Basic **\$21**

AQUAJOG FLEX - Level 3 (12 Lane)

Vigorous level 3 class. Aerobics & strengthening in deep water.

M 10:00-10:45AM
 W 10:00-10:45AM
 F 10:00-10:45AM

Full Privilege **\$15**, Basic **\$38**

AQUAJOG - Level 2 (6 Lane)

Join us in the deep end of the pool, using buoyancy belts. Strengthens core muscles while moving and jogging. Class Size Limited.

TU 7:00-7:30AM
 TH 7:00-7:30AM

Full Privilege **FREE**, Basic **\$21**

AQUALITE - Level 2 (6 Lane)

A head to toe low impact class designed to improve cardiovascular endurance, strengthen muscles and improve flexibility and balance.

TU 7:30-8:15AM
 TH 7:30-8:15AM

Full Privilege **FREE**, Basic **\$38**



AQUASTEP - Level 3

Looking to increase intensity in your aquatic classes? This advanced level program combines aquatic steps with deep water training.

TU 7:30-8:30PM 6 Lane

60 minutes, Full Privilege **\$20**, Basic **\$50**

TU 8:15-9:00AM 12 Lane
 TH 8:15-9:00AM 12 Lane
 F 9:15-10:00AM 12 Lane

45 minutes, Full Privilege **\$15**, Basic **\$38**

ARTHRITIS FOUNDATION YMCA AQUATIC PROGRAM (AFYAP) - LEVEL 1 (6 Lane)

The Arthritis Foundation YMCA Aquatic Program (AFYAP) is a water exercise program designed for persons with Arthritis. The program is designed to help relieve the pain and stiffness caused by Arthritis by giving participants the opportunity to do gentle activities in warm water under the guidance of an Arthritis Foundation trained & certified instructor. A release must be signed prior to starting class.

M 9:00-9:45AM
 W 9:00-9:45AM
 F 9:00-9:45AM

Full Privilege **\$15**, Basic **\$38**

ARTHRITIS FOUNDATION YMCA DEEP WATER AQUATIC PROGRAM - LEVEL 2 (6 Lane)

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. A release must be signed prior to starting class.

M 8:15-9:00AM
 W 8:15-9:00AM
 F 8:15-9:00AM

Full Privilege **\$15**, Basic **\$38**

H2O FIT LEVEL 3 (Ages 12 & up)

Increase cardiovascular endurance with a vigorous workout in both shallow and deep water. Class size is limited.

12 Lane Pool

M 8:00-9:00AM
 W 8:00-9:00AM
 F 8:00-9:00AM

6 Lane Pool

TH 7:30-8:30PM

Full Privilege **\$20**, Basic **\$50**

SILVER SPLASH - Level 2 (6 Lane)

SilverSneakers Silver Splash is an aquatic fitness class designed to enhance each individual's quality of life and daily function. No swimming skills are necessary. Participants will use special kick boards to develop strength, balance and coordination.

TU 9:00-9:45AM
 W 12:15-1:00PM
 TH 9:00-9:45AM

Full Privilege **FREE**, Basic **\$38**

AQUATICS

SWIM TEAM

OCEAN COUNTY YMCA TIGER SHARKS SWIM TEAM

www.OCYTigerSharks.org

"The mission of the OCYMCA Swim Team is to build mind, body, and spirit through the development of honesty, caring, responsibility, and respect for oneself and the team."

TRY OUTS ARE MANDATORY FOR ALL NEW SWIMMERS. Full Privilege Membership is required for all members of Swim Team.

For more information check out the Swim Team Website @ocytigersharks.org or contact coaches.

Louis Petto
Competitive Aquatic Director & Head Coach
732 341 9622 ext 2222
lpetto@ocymca.org

David Eldridge
Associate Head Coach
732 341 9622 ext 2221
deldridge@ocymca.org

The Tiger Shark Swim Team is a year-round swim team with Fall/Winter, spring, and summer seasons. The team is divided into seven practice groups: Orange, White, Blue, Pre Senior, Senior Elite, Senior, High School Prep. Each group has the goal of preparing the athletes for the next level of competition. As the athlete progresses, commitment, swimming, training knowledge, mental toughness and technical expertise is increased and improved upon. Physical conditioning, mental strength and life lessons from competitive swimming are the desired products of the program.

Check the swim team website at www.OCYTigersharks.org in February for spring registration and try-out dates.

ORANGE GROUP (Ages 6-9)

For youngsters who can perform the four competitive strokes and are ready to learn more advanced stroke skills and technique. Stroke, turn and start instruction are emphasized. Fun and participation while building a love for swimming is the focus.

WHITE GROUP (Ages 9-13)

Competitive training is introduced. Emphasis is still on stroke technique and proper skills. Practice includes dry land.

BLUE GROUP (Ages 10-14)

Transitional level where swimmers move from primarily stroke instruction to actual competitive training. Swimmers are motivated and committed to be their best. Emphasis is on preparation for higher levels of training and competition. Good technique is of utmost importance. Practice includes dry land.

PRE SENIOR GROUP (Ages 12 and up)

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 time includes dry land.

SENIOR ELITE GROUP

(Girls ages 13 and up, Boys ages 14 and up)

For athletes with desire and ability to train and compete at the regional level with focus on competing at the YMCA Nationals. Practice time includes dry land. Before entering the Senior group, all swimmers must have a meeting with the head coach with their parents present. This group requires a year-round commitment.

Senior Elite is a required year round program.

SENIOR GROUP (Ages 14 and up)

For High School age athletes with desire and ability to train and compete at the highest levels. Swimmers will train to compete at local and regional levels with goals of competing at the YMCA National Level.

HIGH SCHOOL PREP GROUP

This group is for high school aged athletes. There will be four practices a week prior to the High School season and three practices a week offered during the High School season. These swimmers will not be permitted to compete in YMCA dual meets. They are welcome to participate in YMCA/USA invitational meets.

PRE-TEAM

For the swimmers ages 9-13 who are interested in joining a competitive team. There will be 2 practices a week and there will be meets offered for this group.

ZOOMERS (9 and under)

For the swimmer ages 9 and under who has completed YMCA's Flying Fish level skills and wants to continue into competitive swimming. There are novice competitive experiences offered. (This group does not compete as part of the competitive team). This group meets once a week.

INTERMEDIATE SCHOOL AND HIGH SCHOOL STROKE CLINIC

For the competitive swimmer wanting to maintain their aerobic base while continuing to improve their skills in all four competitive strokes. Evaluations are required for anyone who was not on a competitive team during the past year.

SEALS AND DOLPHINS SUMMER SWIM TEAM

This is a summer swim league from the end of June through early August.

The Summer Swim Team is a great opportunity for your children to get involved in competitive swimming. The team is developmentally based and stresses the importance of proper swimming techniques while fostering a competitive attitude, while fostering the core values of the YMCA of the USA; honesty, caring, respect and responsibility

MASTERS SWIM TEAM (Ages 19 & up)

Masters is an adult competitive swim team for ages 19 & 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

TH 6:00-7:00PM
SU 9:15-10:15AM

10 week Y Program Session

Full Privilege \$50, Basic \$95

SCUBA CERTIFICATION YOUTH & ADULT (Ages 10 & up) Minimum 6 Students

This course is taught by Divers Two of Avon, NJ, a PADI (The Professional Association of Diving Instruction) certified dive shop.

- The course certifies scuba divers from 10 years of age & up. The course costs cover classroom & pool sessions. Open water check-out dives are an additional fee, the dives can be arranged to be taken on a referral dive while on vacation or through the dive shop. Masks, fins & snorkels are required for the course and may be purchased through Divers Two.
- Students must attend registration night to pick up course materials and get reading assignments.

COURSE 1

Registration on Tuesday, 1/23, 7:00PM
Class dates: 2/11, 2/18 & 2/25

SA 11:00AM-4:00PM

Full Privilege **\$230**, Basic **\$285**

COURSE 2

Registration on Tuesday, 2/28, 7:00PM
Class dates: 3/10, 3/17 & 3/24

SA 11:00AM-4:00PM

Full Privilege **\$230**, Basic **\$285**

RED CROSS LIFEGUARD COURSES

Call for pre-course swim test 732 341 9622 ext 2277. Classes need at least four participants to run.

LIFEGUARD TRAINING RED CROSS (Ages 15 & up)

Includes the Red Cross Waterfront Lifeguard Certification.

Participants Must:

1. Swim 300 yards continuously (in this order): 100 yards front crawl with rhythmic breathing and flutter kick; 100 yards breaststroke; 50 yards front and 50 yards breaststroke
2. Able to demonstrate side stroke & elementary backstroke
3. Swim 20 yards (front crawl or breaststroke), first surface dive, retrieve a 10 pound object, and return with it to the surface, and swim back 20 yards. This is a timed event.
4. Must attend all ALL classes within the course. Lifeguard Course includes CPR/AED for the professional rescuer, First Aid & Oxygen Administration.
5. A swim test is required to qualify, prior to registration.

Females must wear one piece swimsuit. For an appointment call 732 341 9622 ext 2277

F 6:00-10:00PM

SA 12:00-6:00PM

Course 1: 2/3, 2/4, 2/10, 2/11, 2/17, 2/18, 2/24 & 2/25

Course 2: 3/2, 3/3, 3/9, 3/10, 3/16, 3/17, 3/23 & 3/24

Full Privilege **\$300**, Basic **\$385**, Public **\$410**

LIFEGUARD RECERTIFICATION COURSE (Ages 15 & up)

Included Red Cross Waterfront Lifeguard Certification. You must present your current Lifeguarding certification card upon registration for this class. If you card is expired, even by one day, you will need to take the full course.

F 6:15-10:00PM

SA 12:15-6:00PM

Two Friday Classes, One Saturday Class

Course 1: 2/3, 2/11 & 2/24

Course 2: 3/2, 3/10 & 3/23

Full Privilege **\$150**, Basic **\$192**, Public **\$205**

PRE-LIFEGUARD COURSE (Ages 14 & up)

Course consists of four sessions working on endurance, stroke technique and life saving skills. This will prepare the student to successfully enter the Lifeguard course.

SA 12:30-1:30PM

Four Saturday Classes

Course 1: 1/28, 2/4, 2/11 & 2/18

Course 2: 2/25, 3/3, 3/10 & 3/17

Full Privilege **\$63**, Basic **\$84**

WATERFRONT LIFEGUARD CERTIFICATION (Ages 15 & up)

You must provide copies of your current certifications in Lifeguarding, CPR/AED/OXYGEN and First Aid upon registering for this class. This is a two day class.

Course 1: F 2/17 6:15-10:00PM

SA 2/18 12:15-6:00PM

Course 2: F 3/16 6:15-10:00PM

SA 3/17 12:15-6:00PM

Full Privilege **\$80**, Basic **\$110**, Public **\$120**

CPR FOR THE PROFESSIONAL RESCUER (Ages 15 & up)

8-hour American Red Cross certification course designed to instruct participants in dealing with adult, child, and infant breathing emergencies. Class covers skills such as rescue breathing, choking, CPR and AED. Includes manual & mask. Oxygen will be offered as an option, for those needing to recertify. This will require 2 additional hours. Must attend both days.

CPR/AED/Oxygen for the Professional Rescuer Course 1

F 2/10 6:00-10:00PM

SA 2/11 12:00-6:00PM

Course 2

F 3/9 6:00-10:00PM

SA 3/10 12:00-6:00PM

Full Privilege **\$80**, Basic **\$110**, Public **\$120**

CPR/AED/OXYGEN RECERTIFICATION COURSE FOR THE LIFEGUARD (Ages 15 & up)

You must present your current CPR/AED/OXYGEN certification card upon registration for this class. If you card is expired, even by one day, you will need to take the full course. One day class.

Course 1

SA 2/11 12:15-6:00PM

Course 2

SA 3/10 12:15-6:00PM

Full Privilege **\$60**, Basic **\$75**, Public **\$85**

ARTS & ENRICHMENT

Ruth Hausvater, VP of Youth Development
732 341 9622 ext 2211 or
rhausvater@ocymca.org

PRESCHOOL

ART EXPERIENCE (Ages 3½ - 5)

Budding artists will have their imagination challenged and their creativity inspired during this immersion into the art world. Supplies included.

TH 4:15-5:00PM

Full Privilege \$46, Basic \$78

HIP HOP DANCE (Ages 3½ - 5)

Move to the music, having fun and learning together. Get to know the basics of coordination, music and improvisation. No previous dance training necessary.

M 4:30-5:15PM

Full Privilege \$46, Basic \$78

INTRODUCTION TO DANCE (Ages 3½ - 5)

Introduce your child to simple movements of dance, learning the basic motor skills necessary for future dances. The class prepares your child on balance, coordination, muscular control and dance terminology.

M 3:45-4:30PM

Full Privilege \$46, Basic \$78

KIDS IN THE KITCHEN (Ages 3½ - 5)

Learn to cook some of your favorite foods! Participants will share in all stages of preparing kid-friendly dishes-especially the tasting stage. Supplies included.

M 4:45-5:30PM

Full Privilege \$46, Basic \$78

KINDER KLUB (Ages 3½-5)

Develop basic socialization skills, build self confidence and help children learn how to "get along" in a group situation. Games, songs, art, movement activities, and story time are all part of the fun. Each child brings their own lunch & drink. Tuesday class includes play swim from 1:30-2:00PM

TU 12:00-2:00PM (with swim)

TH 12:00-2:00PM

F 12:00-2:00PM

Full Privilege \$67, Basic \$101

KRAFTY KIDS (Ages 3½ - 5)

Using a variety of materials, children will have fun designing and constructing hands on arts and crafts projects. Supplies included.

TH 5:00-5:45PM

Full Privilege \$46, Basic \$78

ME & MY SHADOW 2 (Walking-2)

Children develop motor skills through creative movement, songs, finger plays, group games and obstacle course.

TH 10:15-10:45AM

Full Privilege \$31, Basic \$57

ME & MY SHADOW 3 (Ages 2-3)

For those children and/or parents who are not quite ready to be separated from one another yet! Participate in songs, finger plays, movement activities, games and simple crafts.

TH 10:15-11:00AM

Full Privilege \$41, Basic \$62



TERRIFIC TODDLER (Ages 2½-3½)

Class includes table time, circle songs, finger plays, basic skills development, obstacle course, games, movement exploration and a craft.

TU 11:00-12:00PM

TH 11:00-12:00PM

Full Privilege **\$48**, Basic **\$81**

YOUTH

ART EXPERIENCE (Ages 6 & up)

Budding artists will have their imagination challenged and their creativity inspired during this immersion into the art world. Supplies included.

TH 4:15-5:00PM

Full Privilege **\$46**, Basic **\$78**

HIP HOP DANCE (Ages 6 - 10)

Move to the music, having fun and learning together. Get to know the basics of coordination, music and improvisation. No previous dance training necessary.

M 6:45-7:30PM

Full Privilege **\$46**, Basic **\$78**

KIDS IN THE KITCHEN (Ages 6 & up)

Learn to cook some of your favorite foods! Participants will share in all stages of preparing kid-friendly dishes—especially the tasting stage. Supplies included.

M 5:45-6:30PM

Full Privilege **\$46**, Basic **\$78**

KRAFTY KIDS (Ages 6 & up)

Using a variety of materials, children will have fun designing and constructing hands on arts and crafts projects. Supplies included.

TH 5:00-5:45PM

Full Privilege **\$46**, Basic **\$78**



LEADERS CLUB

Find listing on Page 26



TWEENS NITE (Ages 9-12)


Socialize with your friends. Enjoy ping pong, caroms, nok hockey, checkers, chess, mancala, cards... Bring your favorite board game to share with the group. Group activities will include volleyball, basketball, castles, swimming and a whole lot more. Bring swim suit, towel and come ready for a full evening of fun!

F 7:00-9:00PM

Full Privilege **\$67**, Basic **\$101**



BIRTHDAY PARTIES



Nancy Walsh, Birthday Party Supervisor
732 341 9622 ext 2229 or
nwalsh@ocymca.org

PRESCHOOL & YOUTH

Parties have a pre-planned program formatted for all Birthday Children & their young guests. This includes the greeting to the pool/gym games, refreshments and the special way of opening the party gifts. Most importantly, keeping in mind that the "giving" of the gift by the child guest is just as important and gratifying as it is for the child "receiving" the gift. No matter how big, small or cost. Every child is made to feel important and appreciated. The sense of pride that is observed by both the child guest and the party child is priceless. Weather may result in deviations from the pre-planned agenda for pool parties only. All participants swim tested for shallow and deep water swimming.

Birthday Child must be a Y Member

Limited to 2 Birthday Parties daily. Limited Saturday dates available November through February due to swim meets. Inquire @ Member Services.

ALL BIRTHDAY PARTIES INCLUDE:

- 1 1/2-2 Hours of Fun
- Party Supervisor
- Table cloth
- Plates, napkins, cups, utensils
- 1/2 Sheet cake & juice box
- Balloons
- Candles, matches
- Set-up and Clean-up
- Includes 15 children

PRESCHOOL GYMNASIUM PARTY (Ages 3-5)

45 Minutes

Gym games (staff led)

Craft (staff led)

45 Minutes

Party Room-cake, drink, opening presents (staff led)

SU 3:15-5:00PM

Full Privilege \$192, Basic \$231

YOUTH GYMNASIUM PARTY (Ages 6 & up)

45 Minutes

Gym games (staff led)

45 Minutes

Party Room-cake, drink, opening presents (staff led)

SU 3:15-5:00PM

Full Privilege \$192, Basic \$231

GYM PARTY - DELUXE (Ages 3 & up)

Deluxe party extends your party room time for game favorites!

SU 3:15-5:30PM

Full Privilege \$245, Basic \$288

For gym parties of more than 15 children, please add \$10 for each additional child.

SWIMMING PARTY (Ages 3 & up)

45 Minutes

Pool games (staff led)

Includes 15 minutes to dry off and change

45 Minutes

Party Room-cake, drink, opening presents (staff led)

Swim testing is required and begins 15 minutes prior to party time. For children 8 years and younger, adults must go in the water for swimming parties. Families may rent two lifeguards at \$10 per guard for the water portion of your party to supervise non-swimmers. This negates the requirement for adults to be in the water. Lifeguard fees must be paid with deposit for guards to be scheduled.

SU 1:00-2:45PM

SU 3:15-5:00PM

Full Privilege \$192, Basic \$231

SWIM PARTY - DELUXE (Ages 3 & up)

Deluxe party extends your party room time for game favorites!

SU 12:30-2:45PM

SU 3:15-5:30PM

Full Privilege \$245, Basic \$288

For swim parties of more than 15 children, please add \$10 for each additional child.

BEST OF BOTH PARTY (Ages 3 & up)

Can't decide which is more fun? Enjoy the best of both with 45 minutes of gym games, 45 minutes of pool games and 45 minutes in the party room all staff led.

SU 3:15-6:00PM

Full Privilege \$320, Basic \$370

SCUBA PARTY (Ages 8 & up)

Pool fun and diving for four youth, with lots of gear to make this an unforgettable event. Includes 15 minutes to dry off and change, cake, drink and opening presents (staff led).

SU 1:00-3:00PM

SU 3:15-5:15PM

Full Privilege \$245, Basic \$292

SCUBA PARTY - DELUXE (Ages 8 & up)

Deluxe party extends your party room time for game favorites!

SU 3:15-5:45PM

Full Privilege \$280, Basic \$351

For Scuba parties of more than 4 children, please add \$30 for each additional child.

PARTY OPTIONS & SOCIAL SPACE YOUTH & ADULT RENTAL SPACES

See page 26 for additional information

MULBERRY BUSH PRESCHOOL

(Ages 3 - 5)

Jill Koerber, Preschool Head Teacher
732 341 9622 ext 2203 or jkoerber@ocymca.org

For information on Child Care program billing, please contact Debbie Liodice at 732 341 9622 ext 2212 or dlodice@ocymca.org

For over 29 years, the Ocean County YMCA's Mulberry Bush Preschool has been a great place for kids to grow! We use a developmentally appropriate approach, with attention to children's social, emotional, cognitive, and physical growth. In YMCA Preschool, children live and learn the core values of caring, honesty, respect and responsibility. Nurturing Child Care staff promotes an atmosphere of fun and friendship while helping children learn to explore the world.

Mulberry Bush Preschool is a State Licensed program for children ages 3-5. Each class has a certified head teacher and experienced teacher assistant.

Our Staff/Child Ratio is:

3 yrs.	1:8 (state requires 1:10)
4-5 yrs.	1:10 (state requires 1:12)

We provide a program where your child will develop physically, socially, emotionally and educationally in a safe, warm, friendly environment. With gentle guidance your child will enjoy learning while developing language and problem solving skills. Your child will develop self confidence in a school setting, along with respect for his/her classmates and teachers.

PRESCHOOL LOCATIONS:

Monday, Tuesday and Wednesday:

Saint Barbara Greek Orthodox Church
2200 Church Rd
Toms River, NJ 08755

Thursday and Friday to accommodate swimming lessons and physical education:

Ocean County YMCA
1088 W. Whitty Rd
Toms River, NJ 08755

PRESCHOOL HOURS

M-F 9:15AM-12:00PM

PRESCHOOL CURRICULUM

Reading and Number Readiness, Science, Music, Finger Plays, Block Building, Fine and Gross Motor Skill Development, Socialization, Books, Stories, Rhythmic Activities, Creative Arts, Dramatic Play, Health and Safety, Visits from Community Helpers, Cooking, Sand and Water Play, Computer Activities, Swimming Lessons and Physical Education.

2012 OPEN HOUSE DATES

Wednesday, January 18	9:30-10:30AM
Saturday, March 10	10:00AM-12:00PM
Monday, May 7	9:30-10:30AM
Wednesday, September 5	10:00AM-12:00PM

Orientation/Open House held at Saint Barbara

REGISTRATION INFORMATION

State law requires a completed medical information form be on file for all children enrolled in any child care program. The following information must be provided at time of registration:

1. Yearly Immunization dates - Report for Polio Series Plus Booster, DPT Series Plus Booster; one Polio and DPT Booster must include one given on or after 4th birthday; Measles-Mumps-Rubella Vaccines after one year of age; Tetanus Shot; Mantoux Tuberculin test, Flu Shot.
2. Physician/Insurance Information - Name, address and phone of physician. Name, address and policy number of primary health insurance company.
3. Pick-Up/Emergency Contacts - Names, addresses and up to 3 phone numbers for each person authorized to pick up or be contacted in the event of an emergency.

Registration must be done in-person at the YMCA and is ongoing.

2 days per week 9:15-12:00PM
Full Privilege **\$125/mo**, Basic **\$147/mo**

3 days per week 9:15-12:00PM
Full Privilege **\$166/mo**, Basic **\$193/mo**

5 days per week 9:15-12:00PM
Full Privilege **\$249/mo**, Basic **\$290/mo**

Mulberry Bush Preschool is for toilet trained children ages 3-5. All participants must be members of the Ocean County YMCA, have had a physical and all required inoculations. Transportation not provided. Healthy snack and drink provided daily.

PAYMENT INFORMATION

A one month, non-refundable, non-transferable deposit is required, which will be applied to June's payment. Tuition payments may be paid in nine monthly installments, excluding initial deposit which will apply to month ten. Payments are due the first of each month beginning in September. Automatic monthly bank or credit card draft is available. A \$20 late fee will be assessed for remaining balances owed after the 8th of the month.

Emergency closings or late openings will be posted on www.ocymca.org and announced on 92.7 WOBN.

"Adrianna was very shy when she first came to Y Preschool. Her teachers will tell you how she progressed and became this bubbly child."

— Shirley Maken,
Great Grandparent

CHILD CARE

Y-KIDS BEFORE & AFTER SCHOOL PROGRAMS

Sponsored by jcpenny and OceanFirst Foundation

Veanna Knoeller, School Age Child Care Director
732 341 9622 ext 2215 or vknoeller@ocymca.org

It's the 21st century, and has there ever been a harder time to be a kid? So many choices, so many unhealthy options. Luckily, the YMCA is keeping an eye on hundreds of Ocean County school-age kids during the riskiest hours of the day.

For over 29 years, the Y has been offering Y-Kids Before and After School Care. Y-Kids is a state licensed child care program designed to help families build self sufficiency by providing safe, affordable, high quality childcare both before and after school.

Y-Kids sites for children grades K-8 are located in the four partnering school districts of Barnegat, Berkeley, Long Beach Island and Toms River. Our school day morning program begins at 6:45 a.m. to the start of school. Our afternoon program begins when school ends and goes until 6:00 p.m. Families can choose either a three, four or five day per week program throughout the school year.

The number of individual Y-Kids Counselors for each site is based on a 12:1 ratio of children to counselors. In addition, Field Coordinators and Site Directors oversee our counselors and sites to maintain high quality child care and keep our Y-Kids staff universally trained in all procedures.

Curriculum for the Y-Kids program focuses on arts and humanities, literacy, science and technology, social competence, conflict resolution,

character development, homework help, health, wellness and fitness.

Registration must be done in-person at the YMCA and is ongoing.

AM PROGRAMS

3 days AM 6:45AM-Start of School
Full Privilege **\$96/mo**, Basic **\$108/mo**

4 days AM 6:45AM-Start of School
Full Privilege **\$128/mo**, Basic **\$144/mo**

5 days AM 6:45AM-Start of School
Full Privilege **\$143/mo**, Basic **\$161/mo**

PM PROGRAMS

3 days PM End of School-6:00PM
Full Privilege **\$138/mo**, Basic **\$160/mo**

4 days PM End of School-6:00PM
Full Privilege **\$182/mo**, Basic **\$213/mo**

5 days PM End of School-6:00PM
Full Privilege **\$206/mo**, Basic **\$234/mo**

Our Y-Kids rates include a healthy snack and drink provided daily. If necessary, transportation is provided between the Y-Kids site and your child's school. All participants must be members of the YMCA.

SPECIAL NOTICE

Registration and deposits must be completed by the Wednesday prior to the week you plan to start.

PAYMENT INFORMATION

A \$75, non-refundable, nontransferable deposit is required, which will be applied to June's payment. Tuition payments may be paid in ten monthly installments. Payments are due the first of each month beginning in September. Automatic monthly bank or credit card draft is available. A \$20 late fee will be assessed for remaining balances owed after the 8th of the month. A 10% sibling discount is applicable when two or more siblings are enrolled. Y Cares Financial Assistance forms need 8-12 weeks to process. Emergency closings or late openings will be posted on www.ocymca.org and announced on 92.7 WOBN. Delayed school openings cancels AM Y-Kids.

HOLIDAY CAMP (Grades K - 8)

Need an option when school is out? Send your child to Y Holiday Camp for the day to have fun with friends. The day includes recreational swimming, sports, group games, a light snack and more! Bring a bagged lunch, swim suit, towel and come ready for a full day of fun!

Time 6:45AM-6:00PM

December 26 through 30

January 2 & 16

February 17 & 20

April 6 through 13

Full Privilege **\$45/day**, Basic **\$50/day**

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

Look for FREE Family Fun Nights, scheduled throughout the year. Family Fun Night includes swimming, games and a whole lot more!.

SUMMER DAY CAMP

Jasmin Almonte, Summer Camp Director
732 341 9622 ext 2217 or jalmonte@ocymca.org

Ages 3 to 15

Fun days filled with swimming, arts & crafts, new games, team building, sports, songs and friendship!

PRESCHOOL

Camp Lollypop (Ages 3-5)

Includes table time, crafts, playground/games, play swim, snack time, story, finger plays and songs. Camp Lollypop runs for entire summer.

June 18-August 20

8:30AM-12:45PM

*M, W Full Privilege **\$373**, Basic **\$467**

*No class - 7/4

TU, TH Full Privilege **\$393**, Basic **\$490**

M-TH Full Privilege **\$766**, Basic **\$957**

Preschool ages do not participate in Before & After Care and Field Trips.

YOUTH

WEEKLY CAMP DATES

Week 1, June 18- June 22

Week 2, June 25- June 29

*Week 3, July 2- July 6 (4 day week due to holiday)

Week 4, July 9- July 13

Week 5, July 16 - July 20

Week 6, July 23- July 27

Week 7, July 30- August 3

Week 8, August 6- August 10

Week 9, August 13- August 17

Week 10, August 20- August 24

Week 11, August 27- August 31

Individual Campers and Staff who exemplify our YMCA core values are recognized each week.

Look for weekly themes and specialty camps in the March Program Guide

CAMP HAPPYTIME (Grades K-5)

Campers develop self-confidence, leadership and team work in an outdoor setting. Campers are grouped by age. Includes instructional swim two times a week and recreational swim daily, crafts, one trip or special event per week, games and sports.

M-F 8:30AM- 4:00PM

Full Privilege **\$199/wk**, Basic **\$264/wk**

*Week 3, Full Priv **\$159/wk**, Basic **\$211/wk**

CAMP ODYSSEY (Grades 6, 7 & 8)

Spend your summer making friends and having outrageous fun! Includes weekly excursions, crafts, sports, games and swimming.

M-F 8:30AM- 4:00PM

Full Privilege **\$229/wk**, Basic **\$287/wk**

*Week 3, Full Priv **\$183/wk**, Basic **\$230/wk**

SPORTS ENTHUSIAST (Ages 8-14)

Camp program for the sports enthusiast with weekly instructional sports clinics including, but not limited to: soccer, flag football, hockey, basketball and daily recreational swimming.

M-F 8:30AM- 4:00PM

Full Privilege **\$199/wk**, Basic **\$264/wk**

*Week 3, Full Priv **\$159/wk**, Basic **\$211/wk**

FREE BEFORE AND AFTER CARE WITH FULL DAY CAMPS

For families needing to accommodate their work schedules and child care needs, please take advantage of our before and after care hours for Happytime and Odyssey campers.

M-F 6:45-8:30AM & 4:00-6:00PM

LEADERS IN TRAINING (L.I.T.) (Ages 14 & 15)

Learning to be a leader takes practice. L.I.T. introduces teens to the skills, techniques and knowledge they will need to become a future resource to the community. Program is designed to teach valuable skills in communication, leadership, core values, and teamwork, with an opportunity to experience firsthand what it's like to work with younger children in a camp atmosphere and give them a positive experience that will last a lifetime.

Monday-Friday: 8:30AM- 4:00PM

Session 1 6/18-7/20

Session 2 7/23-8/24

Each Session, Full Privilege **\$682**, Basic **\$939**

TEAM RANDY (Ages 13 - 18)

A camp for physically challenged, non-challenged, and financially disadvantaged, intellectually able teens. Team Randy is a travel camp, providing a maturing and fun filled summer for 20 Ocean County boys and girls. Adaptive techniques allow all our participants to safely and thoroughly be part of all events. We have pioneered adaptive techniques allowing us to windsurf, rock climb, scuba dive, ride motorcycles, and jet ski. **All participants must be interviewed prior to registration to ensure they meet qualifications.** If interested, call Bill Wilbert at 732 341 9622 ext 2301.



GET INVOLVED

ART & DECOY FESTIVAL

January 14 & 15

Join us at the 28th Annual Ocean County YMCA Art & Decoy Festival which attracts artists, exhibitors and spectators with interest in the arts related to nature. More specifically, the art of carving and painting wildlife decoys is a weekend highlight. Included in the festival are artist competitions, carving competitions, educational seminars and Paint-a-Duck for families. Overall, the event attracts a diverse group of participants of all ages. The following organizations partner with the Y for a successful festival- Central Regional School District, New Jersey Wildfowl Carvers Association, Ocean County Historical Society, Ocean County Cultural & Heritage Commission, Ocean County Tourism and the Tuckerton Seaport. For more information, please contact Janet Sellitto at 732 341 9622 ext 2214 or jsellitto@ocymca.org.

BODY FAT CHALLENGE (Ages 16 & up)

Includes a weekly group workout with a trainer, nutrition advice, monthly motivational meetings and a t-shirt.

Quarterly program runs 1/2 through 3/31

Work out time and support meeting:

SA 7:00-8:00AM

Full Privilege **\$36**, Basic **\$67**

FAMILY ZUMBA (Ages 8 & up)

Dance the traditional salsa, samba and merengue to upbeat music that is sure to get your feet moving and heart pumping. Zumba's easy to follow dance moves helps increase cardiovascular fitness and coordination for all levels. See our new group rate and bring your family and friends to dance, laugh, and enjoy some fun!

SA 9:30-10:15AM

Full Privilege **\$21**, Basic **\$35**

3 Member Group, Full Privilege **\$49**, Basic **\$84**



LEADERS CLUB (Grades 6-10)

Do you want to be part of making an impact and a difference? This is the club for you! Goals are set by the student "Leaders". Program designed to provide students with leadership training, team building, personal growth, social development and volunteer service opportunities. Registration is on going. Bring a friend as our guest. Group meets every Tuesday.

TU 7:00 - 8:00PM

Annual Fee

Full Privilege **\$10**, Basic **\$25** & Public **\$25**

PARTY OPTIONS & SOCIAL SPACE

YOUTH & ADULT RENTAL SPACES

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

Basketball Gym, \$47.50 per hour
Pool lanes, \$29.25 per hour
Lifeguards at the Y, \$10 per hour
Multipurpose Room, \$44.75 per hour
Lock-ins using full facility
Friday 10:00PM to Saturday 6:30AM

Renters are responsible for their own supplies, equipment, set up and clean up. For more information, please contact Ruth Hausvater 732 341 9622 ext 2211 or rhausvater@ocymca.org

TAKE CONTROL OF YOUR HEALTH (Adult)

For many people, coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common. Join this fun and practical course to help you overcome these daily challenges, and maintain an active, fulfilling life. You will learn about healthier ways to live, gain confidence and motivation to manage your health, and feel more positive about your life. Information, strategies and techniques are tools provided so you can learn to help yourself. Family members and caregivers welcome.

Six week program

Returns in Spring

FREE and **OPEN TO PUBLIC**, Registration required

The Chronic Disease Self Management Program was developed by Stanford University. It is being administered at the Y through Community Services Inc. of Ocean County. For more information, please contact Lisa Bierly 732 341 9622 ext 4250 or lbierly@ocymca.org.

TRY THE Y

Y Open House, January 2-9

Bring a work out partner to TRY THE Y and motivate each other. Enjoy a swim, shoot some hoops or work out in the cardio or strength training centers. Any questions please contact MemberServices@ocymca.org or 732 341 9622 ext 0.

YOUTH NIGHT AFTER HOURS (Ages 6 & up)

SWIM, MUSIC & GAMES

Enjoy music, games and swimming in the 6 lane pool area. Bring a friend, as this monthly event is open to the community. Don't forget your bathing suit and a towel!

Monthly program

1/21, 2/18, 3/17, 4/21 & 5/19

SA 6:00-8:30PM

Full Privilege **\$5**, Basic **\$7**, Public **\$10**

Includes slice of pizza, drink and snack.

Adult Chaperones welcome—your child ½ price with chaperone.

Group Discounts Available- Scout Troops, Sports Teams, Youth Groups, etc. Questions on a group, please contact Ruth Hausvater, 732 341 9622 ext 2211.

Elsa DiMiele, Group Fitness Coordinator
732 341 9622 ext 2236 or edimiele@ocymca.org

Deborah Solazzo, Training Coordinator
732 341 9622 ext 2228 or dsolazzo@ocymca

PRESCHOOL

FANTASTIC FUN FITNESS (Ages 3-5)

A wide variety of activities. High energy class encouraging teamwork, improved coordination, flexibility & agility skills. Circuits, jump rope, fitness obstacle courses, relays, games. Fitness is FUN!

M 3:30-4:00PM
SU 1:00-1:30PM

Full Privilege **FREE**, Basic **\$39**

JUMP ROPE AND HULA HOOP (Ages 3-5)

Learn different techniques of jump rope and hula hoop. Jump, Hula and have fun in this half hour cardio blast class. Targeted to increase coordination and cardiovascular fitness.

M 4:00-4:30PM
SU 1:30-2:00PM

Full Privilege **FREE**, Basic **\$39**

YOUTH

BASIC STEP

Learn the basic steps with fun upbeat music. This class starts off from the beginning learning the correct foot work then incorporating more complicated moves at your pace. This is a great class to help with coordination and is a great cardio workout.

M 5:45-6:15PM Ages 6-10
TH 6:15-6:45PM Ages 11-16
F 6:30-7:00PM Ages 6-10

Full Privilege **FREE**, Basic **\$39**

BOOT CAMP (Ages 6-10 & Ages 11-16)

Increase overall fitness or sports performance with this packed 30 minutes of fun! Different stations are set up weekly to challenge the mind and body.

Ages 6-10
M 6:15-6:45PM
TU 6:30-7:00PM
F 6:00-6:30PM
SU 12:00-12:30PM

Ages 11-16
TU 6:30-7:00PM
TH 5:15-5:45PM
SA 10:30-11:00AM
SU 12:00-12:30PM

Full Privilege **FREE**, Basic **\$39**

CARDIO KICKBOXING

Participants will get an ultimate workout, punching and kicking their way on improving their cardiovascular ability, strength, coordination and self confidence.

Ages 6-10
M 5:15-5:45PM
TU 5:30-6:00PM
F 5:30-6:00PM
SU 12:30-1:00PM

Ages 11-16
TU 5:30-6:00PM
W 6:45-7:15PM
TH 5:45-6:15PM
F 7:30-8:00PM
SA 10:00-10:30AM

Full Privilege **FREE**, Basic **\$39**

FANTASTIC FUN FITNESS (Ages 6-10)

A wide variety of activities. High energy class encouraging teamwork, improved coordination, flexibility & agility skills. Circuits, jump rope, fitness obstacle courses, relays, games. Fitness is FUN!

SA 1:30-2:00PM

Full Privilege **FREE**, Basic **\$39**

JUMP ROPE & HULA HOOP (Ages 6-10)

Learn different techniques of jump rope and hula hoop. Jump, Hula and have fun in this half hour cardio blast class. Targeted to increase coordination and cardiovascular fitness.

SA 2:00-2:30PM

Full Privilege **FREE**, Basic **\$39**

KICKBOXING CIRCUIT WITH BAGS

Join the fun of Kickboxing Circuit! This class will be taught by certified instructors to give guidance and education on exercises preformed in class. This class focuses on teaching fun combinations of punches, kicks, and jabs on the bag!

Gloves are needed for class and can be purchased at a local sports store.

W 5:45-6:15PM Ages 11-16
SU 11:30-12:00PM Ages 8 & Up

Full Privilege **\$10**, Basic **\$16**

MORE 4 CORE

Exercises are geared to strengthen all areas of the abdominal and upper to lower back. Improvements will be made in posture and strength of the core.

TU 6:00-6:30PM Ages 6-16
W 6:15-6:45PM Ages 11-16
SA 11:00-11:30AM Ages 11-16

Full Privilege **FREE**, Basic **\$39**

STRENGTH & CONDITIONING (Ages 10-15)

Designed to enhance the overall fitness level of the adolescent. A combination of strength training & cardio exercises. Students train two times a week with a certified YMCA fitness trainer.

M & TH 4:30-5:30PM
TU & F 7:00-8:00PM

Full Privilege **\$89**, Basic **\$120**

Mid Session interest list is at Member Services with a new class to begin the week of 2/27

YOGA

Programs use stories & music to increase body awareness, improve flexibility, balance coordination, improve focus, concentration, create calm and boost self esteem.

TU 5:00-5:45PM Beginner
TU 5:45-6:30PM Intermediate

Full Privilege **\$46**, Basic **\$78**

HEALTH & FITNESS

ZUMBA

Get ready to have a blast. Zumba is one of the best classes to take if you're looking to have fun as you exercise. Dance the traditional salsa, samba and merengue to upbeat music that is sure to get the feet moving and heart pumping. Zumba's easy to follow dance moves helps increase cardiovascular fitness, coordination and self confidence.

TH 5:15-6:00PM

Full Privilege **\$41**, Basic **\$70**

FAMILY ZUMBA

Find listing on page 26

ADULT

IMPORTANT NOTICE - Registration is required for all free adult classes. Daily class participation is on a first come basis based on room capacity. Wellness center and pools are available as alternate options.

FITNESS LEVEL DESCRIPTIONS

The Ocean County YMCA offers 3 levels of fitness classes. Classes listed as All levels offer modifications for more or less intensity.

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.

10 CLASS PASS

Provides a flexible class schedule option for Pilates, Yoga & Zumba

Full Privilege **\$65**, Basic **\$99**

AGELESS AEROBICS (Beginner/Intermediate)

This low 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 7:30-8:15AM

M 8:15-9:00AM

W 7:30-8:15AM

W 7:15-8:00PM

F 7:30-8:15AM

F 8:15-9:00AM

Full Privilege **FREE**, Basic **\$48**

AGELESS BOOTCAMP (Beginner/Intermediate)

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

W 8:15-9:00AM

Full Privilege **FREE**, Basic **\$48**

BALLS, BANDS & BARS (All levels)

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 10:15-11:00AM

TU 7:00-7:45PM

Full Privilege **FREE**, Basic **\$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.

W 3:15-4:00PM - 45 minute class

F 9:30-10:30AM - 60 minute class

F 5:55-6:55PM - 60 minute class

45 minute class, Full Privilege **FREE**, Basic **\$48**

60 minute class, Full Privilege **FREE**, Basic **\$62**

BODY FAT CHALLENGE 1/2-3/3 1

Find listing on page 26

BOOT CAMP (Intermediate/Advanced)

Circuit training with a high level of conditioning and ballistic movements to tone, reshape and strengthen your entire body.

W 9:45-10:45AM

W 6:15-7:15PM

SU 8:30-9:30AM

Full Privilege **FREE**, Basic **\$62**

BUTTS & GUTS (All levels)

Train the weak links of your body. Look, move, and feel better by toning your abdominal, oblique and glute muscles in this 30 minute class.

TH 6:45-7:15PM

SA 9:00-9:30AM

Full Privilege **FREE**, Basic **\$31**

CARDIO INTERVAL (Advanced)

A nonstop and powerful exercise mix! Using intervals of strength and sports drills. This class is perfect to help you lose those stubborn pounds and to increase your cardiovascular fitness.

M 9:45-10:45AM

M 7:15-8:15PM

Full Privilege **FREE**, Basic **\$62**

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.

W 8:30-9:00AM

F 9:00-9:30AM

Full Privilege **FREE**, Basic **\$31**

KICKBOXING CIRCUIT W/BAGS (Intermediate/Advanced)

Join the fun of Kickboxing Circuit! This class will be taught by certified instructors to give guidance and education on exercises preformed in class.

This class focuses on teaching fun combinations of punches, kicks, and jabs on the bag!

Must provide own gloves

TU 7:45-8:45PM

SU 9:30-10:30AM

Full Privilege **\$28**, Basic **\$46**

LINE DANCING

Come join other dancers and learn some Line Dances or just come for great exercise. Our Line dance classes are not just "Country." We have music for all genres. You never need a partner, but can bring your friends and have a lot of fun and exercise without knowing it!

W 9:00-9:45AM

Full Privilege **\$21**, Basic **\$35**

LITE & FIT (Beginner/Intermediate)

Low-impact floor aerobics are combined with intervals of strength and balance moves for a complete workout. Designed for beginner to intermediate of all ages!

TH 9:00-10:00AM

Full Privilege **FREE**, Basic **\$49**

MEGA MIX (Intermediate/Advanced)

Not sure what class to take? Take parts from all our fitness classes and mix them up together in one class!

TH 7:15-8:15PM

SA 8:00-9:00AM

SA 4:45-5:45PM

Full Privilege **FREE**, Basic **\$62**

MORE 4 CORE (All levels)

Core strengthening, toning and fat burning exercises.

M 10:45-11:15AM

M 8:15-8:45PM

W 7:15-7:45PM

Full Privilege **FREE**, Basic **\$31**

PILATES MAT (Intermediate/Advanced)

This workout will focus on strengthening, stretching the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles conditioning the core and total body. TU 6:45-7:45PM

TH 10:30-11:30AM

Full Privilege **\$28**, Basic **\$46**

POWER STEP (Intermediate/Advanced)

Step it up in this class with fun and easy to follow choreography giving you a great cardiovascular workout.

TU 5:45-6:45PM

F 10:30-11:30AM

Full Privilege **FREE**, Basic **\$62**

5K RUNNING, THE BASICS (Beginner)

This is a beginner program providing you with the necessary tools to complete the 5K of your choice. Weekly topics include: form and breathing, stretching, selecting gear, nutrition, fluids and coaching tips.

SA 9:30-10:30AM

Full Privilege **\$76**, Basic **\$76**, Public **\$76**

RUNNING CONDITIONING (Intermediate/Advanced)

This is an intermediate/advanced program designed to improve performance through drills, speed work, hills, strength and flexibility training.

SA 8:15-9:15AM

Full Privilege **\$76**, Basic **\$76**, Public **\$76**

SILVERSNEAKERS 1 (Beginner/Intermediate)

Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, exercise ball, elastic tubing with handles for resistance are used. Chair used for sitting/standing support.

M 9:00-9:45

M 9:45-10:30AM

W 10:45-11:30AM

SA 9:30-10:15AM

Full Privilege **FREE**, Basic **\$48**

SILVERSNEAKERS 2 (Intermediate)

Take the next step from SilverSneakers 1. Low-impact cardiovascular conditioning class designed in a circuit format using resistance tools. A chair is used for standing support.

TU 9:45-10:30AM

F 10:30-11:15AM

Full Privilege **FREE**, Basic **\$48**



SILVERSNEAKERS YOGA STRETCH

Yoga Stretch is a group exercise class with a focus on improving range of motion, core strength, posture and breathing efficiency, while promoting stress reduction and a sense of well-being.

SA 10:15-11:00AM

Full Privilege **\$25**, Basic Member **\$40**

TAI CHI (Beginner)

On a sensory and visual level, Tai Chi is a slow dance. Because of its slow speed, tai chi is efficient and comfortable while conditioning the body-mind and the spirit. Moving freely, the fluidity of Tai chi circular motions gives definition without the use of external weights. Unintentionally, flexibility and range of motion increase. As the joints are lubricated, the muscles are massaged with the bones from the inside out, and in an elegant and pain-free way. Tai Chi is for seniors and beginners of all ages. Tai Chi can help with increased flexibility, strength, endurance, balance, and posture.

TU 10:35-11:20AM

Full Privilege **\$42**, Basic **\$66**

TAKE CONTROL OF YOUR HEALTH

Chronic Disease Self Management Class
Find listing on page 26

HEALTH & FITNESS

YOGA LEVEL 1 (Beginner)

A traditional Hatha Yoga program designed to increase flexibility & strengthen the body. 1 hour class combines breathing techniques, yoga postures and relaxation to reduce stress & balance the body, mind, & spirit. Taught by a certified Yoga Instructor- Registered Yoga Teacher.

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

Full Privilege **\$56**, Basic **\$89**

YOGA LEVEL 2 (Beginner/Intermediate)

For students who have completed Yoga Beginner Level I. New yoga postures & breathing techniques to prepare students for transition to Intermediate/Advanced level class. 1 hour class combines breathing techniques, yoga postures and relaxation to reduce stress, increase flexibility & balance the body, mind and spirit.

TU 9:30-10:30AM
TH 9:30-10:30AM
TH 6:30-7:30PM

Full Privilege **\$56**, Basic **\$89**

YOGA (Intermediate/Advanced)

Extended class for students who have completed Yoga Levels I & II. 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

Full Privilege **\$69**, Basic **\$106**

YOGA THERAPEUTIC CHAIR

Hatha Yoga program developed for students with limited mobility, disabilities, wheelchair-bound, arthritis, & those who are not comfortable getting on the floor. All postures will be done sitting in a chair.

TU 10:40-11:40AM
W 10:40-11:40AM

Full Privilege **\$56**, Basic **\$89**

ZUMBA

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 6:15-7:15PM - 60 minute class
TU 9:30-10:15AM - 45 minute class
TH 6:15-7:15PM - 60 minute class
SU 10:30-11:30AM - 60 minute class

45 minute class, Full Privilege **\$21**, Basic **\$35**
60 minute class, Full Privilege **\$28**, Basic **\$46**

FAMILY ZUMBA

Find Listing On Page 26

PERSONAL TRAINING FOR YOUTH AND ADULTS

Our Personal Trainers can help you achieve your goals for strength, weight loss and special health considerations.

PERSONAL FITNESS & BODY FAT TEST

Stay on course with your health and fitness goals. Fitness test includes blood pressure, flexibility and lean muscle/body fat analysis.

FREE FOR FULL PRIVILEGE MEMBERS EVERY 6 MONTHS

PERSONAL TRAINING – ONE ON ONE

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

- (1) One hour session, Full Privilege **\$46**, Basic **\$79**
- (3) One hour sessions (one time trial) Full Privilege **\$99**, Basic **\$115**
- (6) One hour sessions, Full Privilege **\$235**, Basic **\$288**

PERSONALIZED STRENGTH TRAINING & CONDITIONING PROGRAM

Condensed 5 week program for Strength Training & Conditioning for individuals, or use to motivate with friends, couples and parent/child.

One Person, two days per week for five weeks
(10) One hour sessions

Full Privilege **\$336**, Basic **\$391**

Two people, two days per week for five weeks
(10) One hour sessions
Full Privilege **\$186** per person, Basic **\$278** pp

Call 732 341 9622 ext 2223 to make your one-on-one appointments.

PERSONAL TRAINERS:

Elsa DiMiele, WITS
Group Fitness Coordinator
Deborah Solazzo, B.A., ACSM
Training Coordinator
Dana Fitzgerald, AFAA
Dawnmarie Jacoby, WITS
Kathy Lent, AAI
Karen Morris, NETA
Meredith Offenburger, NETA
Renee Ortnr, WITS
Jennifer Roberts, NETA

Fitness Certifications:

AAAI- American Aerobic Association International
ACSM- American College of Sports Medicine
AFAA- Aerobic and Fitness Association of America
NETA- National Exercise Trainers Association
WITS- World Instructor Training School

NEW MEMBER ORIENTATION
Every new Full Privilege Member receives (3) half hour appointments with a Y Personal Trainer. Discuss your health and fitness level along with your goals and receive a mini training session to get you started on the right track. Please call **732 341 9622 ext 2223 to make your one-on-one appointment.**

Ruth Hausvater, VP of Youth Development
732 341 9622 or rhausvater@ocymca.org

PRESCHOOL

KARATE

Increase confidence, hand-eye coordination, discipline, concentration and self-control. Learn self-defense, kata, sparring and theory of martial arts. Belts required for belt testing. Speak with instructor prior to purchasing.

KARATE I (Ages 4-5)

New & White Belt
F 3:30-4:15PM

Full Privilege **\$46**, Basic **\$78**

KARATE II (Ages 4 - 5)

Prerequisite - Complete 3 ten week classes of Karate 1

TU 4:15-5:00PM (I & II Combined)
F 4:15-5:00PM

Full Privilege **\$46**, Basic **\$78**

KINDER GYMNASTICS (Ages 3½-5)

Introduction to equipment including balance beam, bars, vault, mini trampoline and tumbling. Developing basic skills, coordination, flexibility, safety knowledge and listening skills are emphasized.

TH 3:30-4:15PM

Full Privilege **\$46**, Basic **\$78**

MINI SPORTS (Ages 3½-5)

Opportunity to experience basic skills in Basketball and Hockey.

SA 10:00-11:00AM

Full Privilege **\$48**, Basic **\$81**

MINI SPORTS w/PARENT (Ages 2-3½)

SA 9:30-10:00AM

Full Privilege **\$31**, Basic **\$57**

TUMBLING TODDLERS w/PARENT (Ages 2-3½)

A parent/child class where instructor guides the parent and parent works with their child to develop and learn basic skills of tumbling, balance beam, bars and movement activities.

TH 3:00-3:30PM

Full Privilege **\$31**, Basic **\$57**

YOUTH

3 ON 3 BASKETBALL (Ages 8-14)

Basketball clinic offers instruction, participation and fun for all! Everyone plays an equal amount of time.

January 23 - April 2
at YMCA

W 7:45-8:45PM

Full Privilege **\$48**, Basic **\$81**

BASKETBALL (Ages 8-14)

The name of the game is values. Emphasis on instruction, skills, participation and fun! Everyone plays with eight person teams. Each player participates an equal amount of time and receives a T-shirt.

January 7 - March 10

at East Dover Elementary School

SA 12:15-1:30PM (8-10 yrs. old)
SA 1:30-2:45 (11-14 yrs. old)

Clinic for all Players will be held on Saturday, December 17 at East Dover Elementary School.

Volunteer coaches needed - contact
Ruth Hausvater @ 731 341 9622 ext 2211

Full Privilege **\$51**, Basic **\$76**

Register in person at YMCA

JUDO (Ages 8 & up)

Judo, "the way of gentleness" is a Martial Art that involves throws and grappling. Judo can be applied to self-defense. No kicking or punching.

M 4:30-5:15PM
W 4:30-5:30PM

Full Privilege **FREE**, Basic **\$81**



SPORTS

KARATE

Increase confidence, hand-eye coordination, discipline, concentration and self-control. Learn self-defense, kata, sparring and theory of martial arts. Belts required for belt testing. Speak with instructor prior to purchasing.

KARATE I (Ages 6 & up)

New & White Belt

TU 5:00-5:45PM

Full Privilege **\$46**, Basic **\$78**

KARATE II (Ages 6 & up)

Prerequisite- Complete 3 ten week classes of Karate 1

TU 5:45-6:30PM

Full Privilege **\$46**, Basic **\$78**

KARATE I & II COMBINED (Ages 6 & up)

All levels

F 5:00-5:45PM

Full Privilege **\$46**, Basic **\$78**

SPORTS (Ages 6-8)

Opportunity to experience basic skills in Basketball and Hockey. (5 weeks of each sport)

SA 11:00-12:00PM

Full Privilege **\$48**, Basic **\$81**

SPORTS (Ages 6-8)

10 week program to experience basic skills in Basketball.

SA 12:00-1:00PM

Full Privilege **\$48**, Basic **\$81**

TARGET ARCHERY (Ages 6 & up)

Learn proper shooting technique and scoring. Safety is the #1 priority.

TH 5:25-6:10PM

Full Privilege **\$46**, Basic **\$78**

YOUTH GYMNASTICS (Ages 6-8)

Introduction to equipment including balance beam, bars, vault, mini trampoline and tumbling. Developing basic skills, coordination, flexibility, safety knowledge and listening skills are emphasized. New stunts and skills will be learned based on individual abilities.

TH 4:15-5:15PM

Full Privilege **\$46**, Basic **\$78**



GAMES MANIA (Ages 6-10)

Games, games and more games. Participate in a wide range of fun and different games each week, i.e. Castles, Repair the Ozone, Foxes, Squirrels and Trees, Octopus Tag...

SA 1:00-1:30PM

Full Privilege **\$31**, Basic **\$57**

ADULT

JUDO

Judo, "the way of gentleness" is a Martial Art that involves throws and grappling. Judo can be applied to self-defense. No kicking or punching.

M 5:15-6:00PM

Full Privilege **FREE**, Basic **\$81**

5K RUNNING, THE BASICS and RUNNING CONDITIONING, Intermediate/Advanced

Full listings start on page 29



GYM SCHEDULE

JANUARY 23 – APRIL 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:15AM Open Gym	5:45-7:30AM Open Gym	5:45-7:15AM Open Gym	5:45-7:30AM Open Gym	5:45-7:15AM Open Gym	7:00-7:55AM Open Gym	8:00-8:25AM Open Gym
	7:30-9:25AM Adult Basketball Pick-Up Games		7:30-8:55AM Adult Basketball Pick-Up Games			
11:30-12:45PM Open Gym		11:45-1:15PM Open Gym		1:45-3:15PM Open Gym		1:45-5:45PM Open Gym *Birthday Parties may use gym
1:45-3:15PM Open Gym	2:15-4:00PM Open Gym	2:30-3:15PM Open Gym	2:15-3:00PM Open Gym		2:45-4:40PM Open Gym *Birthday Parties may use gym	2:45-4:00PM when scheduled
					2:45-4:00PM when scheduled	
8:45-9:45PM Youth & Adult Pick-Up Games	8:45-9:45PM Youth & Adult Pick-Up Games	8:45-9:45PM Open Gym	8:15-9:45PM Youth & Adult Pick-Up Games	9:00-9:45PM Youth & Adult Pick-Up Games		

Youth & Adult Basketball

Full Privilege **FREE**
 Basic AM & PM, **\$69**
 Basic AM or PM, **\$42**
 Registration is required every ten weeks.

Maximum 11 point pick-up games are allowed to give all players an opportunity to play.

The Y reserves the right to make schedule changes when necessary. Notification will be made whenever possible. Check with Member Services for extra open gym times when classes may be cancelled.

Use of Fitness & Cardio Areas

Full Privilege Members only. Youth under 16 must complete strength training class and obtain a wristband from Member Services daily for usage during Floor Trainer hours:
 M-F 9:30AM-1:00PM
 M-F 4:30-8:00PM
 SA 7:00AM-6:00PM
 SU 8:00AM-6:00PM

*Birthday parties scheduled on SA/SU may use the gym in the afternoon. Please check with Member Services for gym availability.

6 LANE POOL SCHEDULE

6 LANE POOL SCHEDULE

JANUARY 23 – APRIL 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00AM Open Swim & Lap	6:00-7:00AM Open Swim & Lap	6:00-7:00AM Open Swim & Lap	6:00-7:00AM Open Swim & Lap	6:00-7:00AM Open Swim & Lap	7:15AM Pool Opens	8:15AM Pool Opens
7:15AM Classes & Open Swim Deep End Only	7:00AM Classes & Open Swim Deep End Only	7:15AM Classes & Open Swim Deep End Only	7:00AM Classes & Open Swim Deep End Only	7:15AM Classes & Open Swim Deep End Only	7:15AM Open Swim , Lap & Classes 8:25-12:20PM Classes in Session POOL CLOSED	8:15AM Open Swim & Lap
12:15PM Open Swim , Lap & Classes	12:15PM Open Swim , Lap & Classes	12:15PM Open Swim , Lap & Classes	12:15PM Open Swim , Lap & Classes	12:15PM Open Swim , Lap & Classes	12:20PM Open Swim & Classes	12:20PM Open Swim & Classes
2:00PM Swim Team Only	2:00PM Swim Team Only	2:00PM Swim Team Only	2:00PM Swim Team Only	2:00PM Swim Team Only	1:30PM Open Swim , Lap & Classes	1:00PM Open Swim , Lap & Classes
4:00PM Open Swim Classes & Lap	4:00PM Open Swim Classes & Lap	4:00PM Open Swim Classes & Lap	4:00PM Open Swim Classes & Lap	4:00PM Open Swim Classes & Lap		
8:30PM Open Swim & Lap	8:30PM Open Swim & Lap	8:30PM Open Swim & Lap	8:30PM Open Swim & Lap	8:30PM Open Swim & Lap		
Pool Closes at 9:45PM	Pool Closes At 9:45PM	Pool Closes At 9:45PM	Pool Closes At 9:45PM	Pool Closes At 9:45PM	Pool Closes at 5:45PM	Pool closes at 5:45PM

Water Temperature

87/88 degrees

Guidelines

All members must shower before entering water.

All children 8 and under must be accompanied in the pool with an adult within arm's reach. Children 9-11 must have a parent or guardian on the pool deck when using the pool. Children 12 & up may not be left at the Y for more than two hours at a time. Lifeguards are mandated to test any youth under age 18 wishing to swim in the deep end.

Weather

Emergency closings or late openings will be posted on www.ocymca.org and announced on 92.7 WOBN.

*Call for lap lane availability during swim meets listed on 12 lane pool schedule - Page 35

12 LANE POOL SCHEDULE

JANUARY 23 – APRIL 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00AM Open Swim & Lap	6:00-7:00AM Swim Team & Lap	6:00-8:00AM Open Swim & Lap	6:00-9:00AM Open Swim & Lap	6:00-7:00AM Swim Team & Lap		
	7:00-9:00AM Open Swim & Lap			7:00-2:00PM Open Swim Lap & Classes	7:00AM Swim Team & Lap	
8:00-2:00PM Open Swim Lap & Class		8:00-2:00PM Open Swim Lap & Class			8:15-12:15PM Open Swim Swim Team Lap & Classes	8:00AM Open Swim , Lap & Swim Team
	9:00-2:00PM Open Swim Lap & Classes		9:00-2:00PM Open Swim Lap & Classes		12:15-1:30PM Lap, Classes & Swim Team	
2:00-4:00PM Swim Team Only	2:00-4:00PM Swim Team Only	2:00-4:00PM Swim Team Only	2:00-4:00PM Swim Team Only	2:00-4:00PM Swim Team Only	1:30PM Lap & Swim Team	
4:00-7:30PM Swim Team & Lap	4:00-7:30PM Swim Team & Lap	4:00-7:30PM Swim Team & Lap	4:00-7:30PM Swim Team & Lap	4:00-7:30PM Swim Team & Lap		
7:30-9:15PM Swim Team Only	7:30-9:15PM Swim Team Only	7:30-9:15PM Swim Team Only	7:30-9:15PM Swim Team Only	7:30-9:15PM Swim Team Only		
9:15-9:45PM Lap	9:15-9:45PM Lap	9:15-9:45PM Lap	9:15-9:45PM Lap	9:15-9:45PM Lap		
Pool Closes at 9:45PM	Pool Closes at 9:45PM	Pool Closes at 9:45PM	Pool Closes at 9:45PM	Pool Closes at 9:45PM	Pool Closes at 5:45PM	Pool Closes at 5:45PM

Water Temperature

81/82 degrees

Guidelines

All members must shower before entering water.

All children 8 and under must be accompanied in the pool with an adult within arm’s reach. Children 9-11 must have a parent or guardian on the pool deck when using the pool. Children 12 & up may not be left at the Y for more than two hours at a time. Lifeguards are mandated to test any youth under age 18 wishing to swim in the deep end.

Weather

Emergency closings or late openings will be posted on www.ocymca.org and announced on 92.7 WOBM.

12 Lane Pool Reminders

- SA 1/14 - Pool Closed 1:00-5:45PM
- SA 1/21 - Pool Closed 3:00-5:45PM
- SU 1/22 - Pool Closed 12:00-5:45PM
- SA 1/28 - 1:00-5:45PM
- SU 1/29 - Pool Closed all day
- SA 2/4 - Pool Closed 3:00-5:45PM
- SU 2/5 - Pool Closed 12:00-5:45PM
- SU 2/12 - Pool Closed all day
- F 2/24 - Pool Closed 1:00-9:45PM
- SA 2/25 - Pool Closed all day
- SU 2/26 - Pool Closed all day
- F 3/9 - Pool Closed 1:00-9:45PM
- SA 3/10 - Pool Closed all day
- SU 3/11 - Pool Closed all day



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 14-18 was American Education Week. Carol A. Curley, Language Arts Teacher at Toms River Intermediate North, asked her students to write a letter of appreciation to an educator that has helped them in a positive way. Here is the note one of our Y-Kids Site Directors received-

November 2011

Dear Mr. Pedro,

Hello it's Evan. I went to Y-Kids when you were teaching. You were a good Y-Kids teacher. You took us outside almost every day. We played on the playground and in the grass. I enjoyed playing games outside. Also, we went in the gym which was fun to. We played all sorts of games. I like the game The Great Wall of China.

Sometimes you would even help me with my homework if I needed it. Some homework was hard and some was easy. You would even tell us what to do - like playing the games we wanted. I liked just hanging out because I could do my homework. If I was done with it, I would play the games like silent ball and other things. I liked Y-Kids. This month is National Education Month. When I was asked to think of someone who contributed to education, I thought of you.

Sincerely,

Evan Zurawski



OCEAN COUNTY YMCA
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732 341 9622
www.ocymca.org