



**Ocean County YMCA**

We build strong kids, strong families, strong communities

## **Spring Session Schedule**

**April 5, 2010 - June 13, 2010**

**REGISTRATION BEGINS**

**online at [www.ocymca.org](http://www.ocymca.org)**

**and in person at the YMCA**

**Full Privilege Member, Monday, March 15**

**Basic Member, Monday, March 22**

**March 15-21 - Membership Open House**

**April 4 - Closed Easter Sunday**

**April 17 - Healthy Kids Day**

**April 18 - Kid's Triathlon**

**May 16 - Youth/Adult Biathlon**

**May 31 - No classes, Holiday Hours 9AM-1PM**

**June 7 - OCYMCA Golf Outing**

**June 13 - Youth/Adult Biathlon**

**Backyard Pool Program - see page 8**

**Hours of Operation:**

**Monday-Friday 5:45AM-10:00PM**

**Saturday 7:00AM-6:00PM**

**Sunday 8:00AM-6:00PM**

**Ocean County YMCA, 1088 W Whitty Road, Toms River, NJ 08755**

**732-341-9622, [www.ocymca.org](http://www.ocymca.org)**

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### CREDIT and REFUND POLICY

**PROGRAM/CLASSES/CAMP** – NO Credits, Refunds, or Make-Up classes will 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.

# ★ Spring Fitness ★

*Make fitness fun in groups with these challenges listed on page 17!*



## **Body Fat Challenge begins April 1**

Once a week workouts led by certified personal trainers

Once a month meetings - Once a month weigh-ins

Prizes for 1st, 2nd & 3rd place - T-Shirts for all participants

\$20 per person, April 1 - June 30

## **Strong Kids Triathlon April 18 at 12:30PM**



Awards for all finishers, refreshments and t-shirts

guaranteed for all preregistered participants

Preregistration \$20 by April 4

\$25 after April 4



## **Youth/Adult Biathlons May 16 & June 13 at 10:30AM**

Awards for top finishers, refreshments and t-shirts

guaranteed for all preregistered participants

Preregistration \$20 by May 2/June 1 to guarantee shirt

\$25 after May 2/June 1



## **YMCA Backyard Pool Program**

Learn to swim in your own pool this summer - see pages 8 & 9

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# AQUATICS

**Did you know the YMCA has a Backyard Pool Program offering lessons at your own home? See pages 8-9 of this Session Schedule for details.**

## NOT SURE WHAT CLASS LEVEL YOUR CHILD BELONGS IN?

### Open Swim Evaluations Dates & Times - No Appointment Necessary

	3 & UP	TU 3/16, 3/23, 3/30, 4/6 & 4/13	12:00-12:30PM 7:30-8:00PM			
	3 & UP	W 3/17, 3/24, 3/31, 4/7 & 4/14	7:30-8:00PM			
	3 & UP	TH 3/18, 3/25, 4/1, 4/8 & 4/15	12:00-12:30PM 7:30-8:00PM			
	3 & UP	SA 3/13, 3/20, 3/27, 4/3 & 4/10	12:15-12:45PM			
	3 & UP	SU 3/14, 3/21, 3/28, 4/4 & 4/11	12:15-12:45PM			

# PARENT/CHILD SWIM LESSONS

**Did you know the YMCA has a Backyard Pool Program offering lessons at your own home? See pages 8-9**

SHRIMP	6-12 mos	TU	11:00-11:30AM	81	133	
SHRIMP	6-12 mos	W	10:00-10:30AM	81	133	
SHRIMP	6-12 mos	SA	10:15-10:45AM	81	133	
KIPPER/INIA	13-23 mos	M	10:00-10:30AM	73	120	No class May 31
KIPPER/INIA	13-23 mos	TU	10:00-10:30AM	81	133	
KIPPER/INIA	13-23 mos	W	10:30-11:00AM	81	133	
KIPPER/INIA	13-23 mos	TH	6:30-7:00PM	81	133	
KIPPER/INIA	13-23 mos	SA	9:30-10:00AM	81	133	
KIPPER/INIA	13-23 mos	SA	10:45-11:15AM	81	133	
PERCH	24-36 mos	M	10:30-11:00AM	73	120	No class May 31
PERCH	24-36 mos	TU	11:30-12:00PM	81	133	
PERCH	24-36 mos	W	6:00-6:30PM	81	133	
PERCH	24-36 mos	TH	11:30-12:00PM	81	133	
PERCH	24-36 mos	F	10:00-10:30AM	81	133	
PERCH	24-36 mos	SA	11:15-11:45AM	81	133	
PERCH	24-36 mos	SA	12:15-12:45PM	81	133	
JELLYFISH 1	2-3	TU	1:00-1:30PM	81	133	
JELLYFISH 1	2-3	TU	5:30-6:00PM	81	133	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
JELLYFISH 1	2-3	W	11:00-11:30AM	81	133	
JELLYFISH 1	2-3	F	1:30-2:00PM	81	133	
JELLYFISH 1	2-3	SA	10:15-10:45AM	81	133	
JELLYFISH 1	2-3	SA	11:45-12:15PM	81	133	
JELLYFISH 2	2-3	TU	10:30-11:00AM	81	133	
JELLYFISH 2	2-3	W	10:00-10:30AM	81	133	
JELLYFISH 2	2-3	W	11:30-12:00PM	81	133	
JELLYFISH 2	2-3	W	5:30-6:00PM	81	133	
JELLYFISH 2	2-3	TH	10:00-10:30AM	81	133	
JELLYFISH 2	2-3	SA	9:30-10:00AM	81	133	
JELLYFISH 2	2-3	SA	10:45-11:15AM	81	133	
JELLYFISH 2	2-3	SA	11:45-12:15PM	81	133	

# PRESCHOOL

Did you know the YMCA has a Backyard Pool Program offering lessons at your own home? See pages 8-9

PIKE 1	3-5	M	10:00-10:30AM	73	120	No class May 31
PIKE 1	3-5	M	12:30-1:00PM	73	120	No class May 31
PIKE 1	3-5	M	4:30-5:00PM	73	120	No class May 31
PIKE 1	3-5	TU	1:30-2:00PM	81	133	
PIKE 1	3-5	TU	4:00-4:30PM	81	133	
PIKE 1	3-5	W	1:00-1:30PM	81	133	
PIKE 1	3-5	W	4:00-4:30PM	81	133	
PIKE 1	3-5	TH	11:30-12:00PM	81	133	
PIKE 1	3-5	F	10:00-10:30AM	81	133	
PIKE 1	3-5	F	12:30-1:00PM	81	133	
PIKE 1	3-5	SA	8:30-9:00AM	81	133	
PIKE 1	3-5	SA	9:30-10:00AM	81	133	
PIKE 1	3-5	SA	10:45-11:15AM	81	133	
PIKE 1	3-5	SU	3:15-3:45PM	81	133	
PIKE 2	3-5	M	10:30-11:00AM	73	120	No class May 31
PIKE 2	3-5	M	1:30-2:00PM	73	120	No class May 31
PIKE 2	3-5	M	5:00-5:30PM	73	120	No class May 31
PIKE 2	3-5	TU	10:30-11:00AM	81	133	
PIKE 2	3-5	TU	4:30-5:00PM	81	133	
PIKE 2	3-5	W	10:30-11:00AM	81	133	
PIKE 2	3-5	W	1:30-2:00PM	81	133	
PIKE 2	3-5	W	4:30-5:00PM	81	133	
PIKE 2	3-5	TH	11:00-11:30AM	81	133	
PIKE 2	3-5	TH	12:30-1:00PM	81	133	
PIKE 2	3-5	F	10:00-10:30AM	81	133	
PIKE 2	3-5	F	1:30-2:00PM	81	133	
PIKE 2	3-5	SA	8:30-9:00AM	81	133	
PIKE 2	3-5	SA	9:00-9:30AM	81	133	
PIKE 2	3-5	SA	10:15-10:45AM	81	133	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
PIKE 2	3-5	SA	11:15-11:45AM	81	133	
PIKE 2	3-5	SU	1:00-1:30PM	81	133	
EEL	3-5	M	10:30-11:00AM	73	120	No class May 31
EEL	3-5	M	4:00-4:30PM	73	120	No class May 31
EEL	3-5	TU	12:30-1:00PM	81	133	
EEL	3-5	TU	5:00-5:30PM	81	133	
EEL	3-5	W	10:00-10:30AM	81	133	
EEL	3-5	W	5:00-5:30PM	81	133	
EEL	3-5	W	6:00-6:30PM	81	133	
EEL	3-5	TH	11:30-12:00PM	81	133	
EEL	3-5	TH	1:30-2:00PM	81	133	
EEL	3-5	TH	4:30-5:00PM	81	133	
EEL	3-5	F	10:00-10:30AM	81	133	
EEL	3-5	F	1:00-1:30PM	81	133	
EEL	3-5	F	5:30-6:00PM	81	133	
EEL	3-5	SA	8:30-9:00AM	81	133	
EEL	3-5	SA	9:00-9:30AM	81	133	
EEL	3-5	SA	10:45-11:15AM	81	133	
EEL	3-5	SA	11:45-12:15PM	81	133	
EEL	3-5	SU	2:00-2:30PM	81	133	
RAY 1	3-5	M	10:00-10:30AM	73	120	No class May 31
RAY 1	3-5	M	4:30-5:00PM	73	120	No class May 31
RAY 1	3-5	TU	12:30-1:00PM	81	133	
RAY 1	3-5	TU	5:00-5:30PM	81	133	
RAY 1	3-5	W	5:30-6:00PM	81	133	
RAY 1	3-5	TH	11:00-11:30AM	81	133	
RAY 1	3-5	TH	1:00-1:30PM	81	133	
RAY 1	3-5	SA	9:00-9:30AM	81	133	
RAY 1	3-5	SA	11:15-11:45AM	81	133	
RAY 1	3-5	SU	2:30-3:00PM	81	133	
RAY 2	3-5	M	10:30-11:00AM	73	120	No class May 31
RAY 2	3-5	M	5:00-5:30PM	73	120	No class May 31
RAY 2	3-5	TU	10:30-11:00AM	81	133	
RAY 2	3-5	TU	5:30-6:00PM	81	133	
RAY 2	3-5	W	11:30-12:00PM	81	133	
RAY 2	3-5	W	1:00-1:30PM	81	133	
RAY 2	3-5	W	5:00-5:30PM	81	133	
RAY 2	3-5	TH	10:00-10:30AM	81	133	
RAY 2	3-5	TH	4:30-5:00PM	81	133	
RAY 2	3-5	F	10:00-10:30AM	81	133	
RAY 2	3-5	F	1:00-1:30PM	81	133	
RAY 2	3-5	F	6:00-6:30PM	81	133	
RAY 2	3-5	SA	8:30-9:00AM	81	133	
RAY 2	3-5	SA	9:30-10:00AM	81	133	
RAY 2	3-5	SA	10:15-10:45AM	81	133	
RAY 2	3-5	SA	11:45-12:15PM	81	133	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
RAY 2	3-5	SU	2:00-2:30PM	81	133	
STARFISH 1	3-5	M	1:00-1:30PM	73	120	No class May 31
STARFISH 1	3-5	M	5:30-6:00PM	73	120	No class May 31
STARFISH 1	3-5	TU	10:30-11:00AM	81	133	
STARFISH 1	3-5	W	11:00-11:30AM	81	133	
STARFISH 1	3-5	W	5:00-5:30PM	81	133	
STARFISH1	3-5	TH	11:00-11:30AM	81	133	
STARFISH1	3-5	TH	1:30-2:00PM	81	133	
STARFISH1	3-5	F	6:30-7:00PM	81	133	
STARFISH 1	3-5	SA	9:00-9:30AM	81	133	
STARFISH1	3-5	SA	11:15-11:45AM	81	133	
STARFISH1	3-5	SU	1:00-1:30PM	81	133	
STARFISH 2	3-5	M	10:00-10:30AM	73	120	No class May 31
STARFISH 2	3-5	TU	1:30-2:00PM	81	133	
STARFISH 2	3-5	TU	4:30-5:00PM	81	133	
STARFISH 2	3-5	TH	11:00-11:30AM	81	133	
STARFISH 2	3-5	SU	3:15-3:45PM	81	133	
PRIVATE SWIM LESSONS	3-5 yrs	By Appt	1/2 Hr Class	34	53	

PLAY SWIM	Supervised fun & games for ages 3-5					
	3-5	M	1:30-2:00PM	23	32	No class May 31
	3-5	TU	1:00-1:30PM	25	35	
	3-5	W	1:30-2:00PM	25	35	

# SCHOOL AGE

Did you know the YMCA has a Backyard Pool Program offering lessons at your own home? See pages 8-9

POLLIWOG 1	6 & UP	M	5:00-5:30PM	73	120	No class May 31
POLLIWOG 1	6 & UP	TU	4:00-4:30PM	81	133	
POLLIWOG 1	6 & UP	TU	7:00-7:30PM	81	133	
POLLIWOG 1	6 & UP	W	6:30-7:00PM	81	133	
POLLIWOG 1	6 & UP	TH	4:00-4:30PM	81	133	
POLLIWOG 1	6 & UP	F	5:15-5:45PM	81	133	
POLLIWOG 1	6 & UP	SA	9:30-10:00AM	81	133	
POLLIWOG 1	6 & UP	SA	11:15-11:45AM	81	133	
POLLIWOG 1	6 & UP	SU	1:30-2:00PM	81	133	
POLLIWOG 2	6 & UP	M	5:30-6:00PM	73	120	No class May 31
POLLIWOG 2	6 & UP	TU	6:00-6:30PM	81	133	
POLLIWOG 2	6 & UP	W	6:30-7:00PM	81	133	
POLLIWOG 2	6 & UP	TH	4:00-4:30PM	81	133	
POLLIWOG 2	6 & UP	F	7:00-7:30PM	81	133	
POLLIWOG 2	6 & UP	SA	9:00-9:30AM	81	133	
POLLIWOG 2	6 & UP	SA	10:15-10:45AM	81	133	
POLLIWOG 2	6 & UP	SA	11:45-12:15PM	81	133	
POLLIWOG 2	6 & UP	SU	2:30-3:00PM	81	133	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
GUPPY	6 & UP	M	5:30-6:00PM	73	120	No class May 31
GUPPY	6 & UP	TU	6:30-7:00PM	81	133	
GUPPY	6 & UP	W	4:30-5:00PM	81	133	
GUPPY	6 & UP	TH	6:00-6:30PM	81	133	
GUPPY	6 & UP	F	5:30-6:00PM	81	133	
GUPPY	6 & UP	SA	8:30-9:00AM	81	133	
GUPPY	6 & UP	SA	10:45-11:15AM	81	133	
GUPPY	6 & UP	SA	11:45-12:15PM	81	133	
GUPPY	6 & UP	SU	1:30-2:00PM	81	133	
MINNOW 1	6 & UP	M	6:00-6:45PM	89	146	No class May 31
MINNOW 1	6 & UP	TU	6:00-6:45PM	99	162	
MINNOW 1	6 & UP	W	5:30-6:15PM	99	162	
MINNOW 1	6 & UP	TH	6:00-6:45PM	99	162	
MINNOW 1	6 & UP	F	6:00-6:45PM	99	162	
MINNOW 1	6 & UP	SA	8:30-9:15AM	99	162	
MINNOW 1	6 & UP	SA	10:00-10:45AM	99	162	
MINNOW 1	6 & UP	SU	3:45-4:30PM	99	162	
MINNOW 2	6 & UP	M	6:00-6:45PM	89	146	No class May 31
MINNOW 2	6 & UP	TU	6:00-6:45PM	99	162	
MINNOW 2	6 & UP	W	6:45-7:30PM	99	162	
MINNOW 2	6 & UP	TH	6:45-7:30PM	99	162	
MINNOW 2	6 & UP	F	6:45-7:30PM	99	162	
MINNOW 2	6 & UP	SA	9:15-10:00AM	99	162	
MINNOW 2	6 & UP	SA	11:00-11:45AM	99	162	
MINNOW 2	6 & UP	SU	4:30-5:15PM	99	162	
FISH	6 & UP	SA	8:30-9:15AM	99	162	
FLYING FISH	6 & UP	SA	9:15-10:00AM	99	162	
FISH/FLYING FISH	6 & UP	M	6:45-7:30PM	89	146	No class May 31
FISH/FLYING FISH	6 & UP	TU	6:45-7:30PM	99	162	
FISH/FLYING FISH	6 & UP	F	6:45-7:30PM	99	162	
FISH/FLYING FISH	6 & UP	SU	3:45-4:30PM	99	162	
SHARK	6 & UP	F	6:00-6:45PM	99	162	
SHARK	6 & UP	SA	10:00-10:45AM	99	162	
SHARK	6 & UP	SU	4:30-5:15PM	99	162	
PORPOISE	6 & UP	SA	11:00-12:00PM	99	162	
PRIVATE SWIM LESSONS	6 & UP	By Appt	1/2 Hr Class	34	53	
YOUTH AQUA FIT	8-14	TUE	4:45-5:30PM	FREE	38	6 Lane pool
HOME SCHOOL RESERVED RECREATIONAL SWIM		*Note: All children 8 & under must have a parent in the water with them, within arms reach.				Non-member fee
	All ages	W	10:30-12:00PM			\$3.50 per person/per visit
	All ages	TH	12:30-2:00PM			\$3.50 per person/per visit

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# DIVING PRACTICE

Different days & courses to pick from. Each course consists of (3) half hour sessions.

For levels: Ray 1 & 2, Starfish 1 & 2, Polliwog-2, Guppy & Minnow 1 & 2

<b>MONDAY:</b>		12:30-1:00PM or 6:45-7:15PM				
COURSE 1: 4/5, 4/12 & 4/19				24	34	
COURSE 2: 4/26, 5/3 & 5/10				24	34	
COURSE 3: 5/17, 5/24 & 6/7				24	34	
<b>TUESDAY:</b>		12:30-1:00PM				
COURSE 1: 4/6, 4/13 & 4/20				24	34	
COURSE 2: 4/27, 5/4 & 5/11				24	34	
COURSE 3: 5/18, 5/25 & 6/1				24	34	
<b>WEDNESDAY:</b>		6:15-6:45PM				
COURSE 1: 4/7, 4/14 & 4/21				24	34	
COURSE 2: 4/28, 5/5 & 5/12				24	34	
COURSE 3: 5/19, 5/26 & 6/2				24	34	
<b>THURSDAY:</b>		12:30-1:00PM				
COURSE 1: 4/8, 4/15 & 4/22				24	34	
COURSE 2: 4/29, 5/5 & 5/12				24	34	
COURSE 3: 5/19, 5/26 & 6/3				24	34	

# SPECIAL POPULATION

## SPECIAL POP- BEGINNER (Pre-School age) Parent/Child Class

	3-5	TH	5:30-6:00PM	81	133	
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## SPECIAL POP ADV. (Pre-School age) Child must be able to swim on own, with/without a floatation on

	3-5	TU	5:30-6:00PM	81	133	
	3-5	TH	5:00-5:30PM	81	133	
	3-5	SU	5:15-5:45PM	81	133	

## SPECIAL POP YOUTH- BEGINNER Parent/Child Class

	6 & UP	TH	7:00-7:30PM	81	133	
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## SPECIAL POP YOUTH ADV. Child must be able to swim on own, with/without a floatation on

	6 & UP	TH	5:00-5:30PM	81	133	
	6 & UP	TH	5:30-6:00PM	81	133	
	6 & UP	SU	5:15-5:45PM	81	133	

## OPEN TO PUBLIC - SPECIAL NEEDS RECREATION SWIM

POOL TIME FOR ADULTS AND CHILDREN WITH SPECIAL NEEDS; MUST CALL GINNY McCLAIN X2216 FOR AN APPOINTMENT TO BE EVALUATED FOR THE PROGRAM.

		M & F EVERY WEEK	11:15-12:15PM	NO CHARGE		
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PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# ADULT

## ADULT SWIM LESSONS (Beginner)

	14 & UP	M	7:30-8:15PM	89	146	No class May 31
	14 & UP	TU	9:45-10:30AM	99	162	
	14 & UP	SA	7:30-8:15AM	99	162	

## ADULT SWIM LESSONS (Advanced - Beginner)

	14 & UP	M	7:30-8:15PM	89	146	No class May 31
	14 & UP	TH	9:45-10:30AM	99	162	
	14 & UP	TH	8:30-9:15PM	99	162	
	14 & UP	SA	7:30-8:15AM	99	162	

## PRIVATE SWIM LESSONS

14 & UP	By Appt	1/2 Hr Class	34	53	
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# AQUATIC FITNESS

AQUA FLEX		M	7:15-8:00AM	14	34	6-lane pool No class May 31
AFYAP/Arthritis-Deep		M	8:15-9:00AM	14	34	6-lane pool No class May 31
H2O FIT		M	8:00-9:00AM	18	45	12-lane pool No class May 31
AFYAP/Arthritis		M	9:00-9:45AM	14	34	6-lane pool No class May 31
AQUAJOG FLEX		M	10:00-10:45AM	14	34	12-lane pool No class May 31
AQUAJOG		TU	7:00-7:30AM	FREE	26	6-lane pool
AQUALITE		TU	7:30-8:15AM	FREE	38	6-lane pool
H2O FIT		TU	8:00-9:00AM	20	50	12-lane pool
AI-CHI		TU	8:15-9:00AM	15	38	6-lane pool
SILVER SPLASH		TU	9:00-9:45AM	FREE	38	6-lane pool
AQUA STEP		TU	9:15-10:00AM	15	38	12-lane pool
H2O FIT		TU	7:30-8:30PM	20	50	6-lane pool
AQUA FLEX		W	7:15-8:00AM	15	38	6-lane pool
AFYAP/Arthritis-Deep		W	8:15-9:00AM	15	38	6-lane pool
H2O FIT		W	8:00-9:00AM	20	50	12-lane pool
AFYAP/Arthritis		W	9:00-9:45AM	15	38	6-lane pool
AQUAJOG FLEX		W	10:00-10:45AM	15	38	12-lane pool
SILVER SPLASH		W	12:15-1:00PM	FREE	38	6-lane pool
AQUA STEP		W	7:30-8:30PM	20	50	6-lane pool
AQUAJOG		TH	7:00-8:30AM	FREE	26	6-lane pool

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
AQUALITE		TH	7:30-8:15AM	FREE	38	6-lane pool
H2O FIT		TH	8:00-9:00AM	20	50	12-lane pool
AI-CHI		TH	8:15-9:00AM	15	38	6-lane pool
SILVER SPLASH		TH	9:00-9:45AM	FREE	38	6-lane pool
H2O FIT		TH	7:30-8:30PM	20	50	6-lane pool
AQUA FLEX		F	7:15-8:00AM	15	38	6-lane pool
AFYAP/Arthritis-Deep		F	8:15-9:00AM	15	38	6-lane pool
H2O FIT		F	8:00-9:00AM	20	50	12-lane pool
AFYAP/Arthritis		F	9:00-9:45AM	15	38	6-lane pool
AQUAJOG FLEX		F	10:00-10:45AM	15	38	12-lane pool

## BACKYARD POOL PROGRAM

We send a certified instructor and lifeguard to your home pool. Choose the session and time that fits your family schedule. For more information regarding this program, please call or email Heidi Orpurt at 732.341.9622 x2221 or horpurt@ocymca.org.

SESSION 1: (only option) June 21, 22, 23 & 24	6 mos & Up	4 Classes M, TU, W & TH	Call for time options	197	217	One week session Non-Member fee: 258
SESSION 2: (option #1) June 28 & 30, July 5 & 7	6 mos & Up	4 Classes M & W	Call for time options	197	217	Two week session Non-Member fee: 258
SESSION 2: (option #2) June 29, July 1, 6 & 8	6 mos & Up	4 Classes TU & TH	Call for time options	197	217	Two week session Non-Member fee: 258
SESSION 2: (option #3) June 28, 29, 30, July 1, 5, 6, 7 & 8	6 mos & Up	8 Classes M, TU, W & TH	Call for time options	358	395	Two week session Non-Member fee: 468
SESSION 3: (option #1) July 12, 14, 19 & 21	6 mos & Up	4 Classes M & W	Call for time options	197	217	Two week session Non-Member fee: 258
SESSION 3: (option #2) July 13, 15, 20, & 22	6 mos & Up	4 Classes TU & TH	Call for time options	197	217	Two week session Non-Member fee: 258
SESSION 3: (option #3) July 12, 13, 14, 15, 19, 20, 21 & 22	6 mos & Up	8 Classes M, TU, W & TH	Call for time options	358	395	Two week session Non-Member fee: 468

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
SESSION 4: (option #1) July 26 & 28 Aug 2 & 4	6 mos & Up	4 Classes M & W	Call for time options	197	217	Two week session Non-Member fee: 258
SESSION 4: (option #2) July 27 & 29 Aug 3 & 5	6 mos & Up	4 Classes TU & TH	Call for time options	197	217	Two week session Non-Member fee: 258
SESSION 4: (option #3) July 26, 27, 28 & 29 Aug 2, 3, 4 & 5	6 mos & Up	8 Classes M, TU, W & TH	Call for time options	358	395	Two week session Non-Member fee: 468

# SWIM TEAM

Registration for Tiger Shark Long Course and Spring Clinics Began on Feb 1, 2010.

Programs will now fill on a first come first serve basis.

TIGER SHARK SPRING LONG COURSE PROGRAMS APRIL 19-JUNE 20						
Tiger Shark Red	6-9	M,W, F	4:30-5:45PM	302	NA	
Tiger Shark White	9-13	M,TU,TH,F	6:00-7:30PM	325	NA	
Tiger Shark Blue	10-14	M, TU, W, F, SA	5:45-7:45PM	340	NA	
Tiger Shark Pre	12 & UP	M to SA	5:00-7:00PM	380	NA	
Tiger Shark SR2	14 & UP	M to SU	4:00-6:45PM	380	NA	
TIGER SHARK FULL SEASON PROGRAM SR1 APRIL 19-JULY 31						
Tiger Shark SR1	14 & UP	M to SU	4:00-6:45PM	599	NA	
SPRING ZOOMERS APRIL 6 - JUNE 12 (Formally Developmental Clinic)						
Zoomers	10 &	TU	4:15-5:45PM	135	155	
Zoomers	10 &	TH	4:15-5:45PM	135	155	
Zoomers	10 &	SA	9:45-11:00AM	135	155	
COMPETITIVE SPRING CLINICS MARCH 15-JUNE 5						
Comp Clinic	11 & UP	M, W, TH	3:00-4:30PM	295	335	
Comp Clinic	11 & UP	M, W, TH	7:30 - 9:00PM	295	335	
MASTERS						
Masters	18 & UP	W & SU	W 6:15-7:15PM SU 9:15-10:15AM	50	95	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# LIFEGUARD & SCUBA CERTS

## RED CROSS LIFEGUARD COURSE \* Call for pre-course swim test

Course 1: 4/2-4/24	15 & UP	F & SA	F 6:00-10:00PM SA 12:00-6:00PM	250	328	Non-Member fee \$360
Course 2: 4/30-5/22	15 & UP	F & SA	F 6:00-10:00PM SA 12:00-6:00PM	250	328	Non-Member fee \$360
Course 3: 6/4-6/26	15 & UP	F & SA	F 6:00-10:00PM SA 12:00-6:00PM	250	328	Non-Member fee \$360

## PRE-LIFEGUARD COURSE (4 Saturday Classes)

Course 1: 4/10-5/1	15 & UP	SA	12:30-1:30PM	63	84	
Course 2: 5/8-6/5	15 & UP	SA	12:30-1:30PM	63	84	

## CPR/AED/OXYGEN For the Professional Rescuer

Course 1: 4/9 & 4/10		F & SA	F 6:00-10:00PM SA 12:00-6:00PM	60	65	Non-Member fee \$77
Course 2: 5/7 & 5/8		F & SA	F 6:00-10:00PM SA 12:00-6:00PM	60	65	Non-Member fee \$77
Course 3: 6/1 & 6/12		F & SA	F 6:00-10:00PM SA 12:00-6:00PM	60	65	Non-Member fee \$77

## SCUBA CERTIFICATION

Course 1	Registration	TU MARCH 30	7:00PM			
Dates: 4/10, 4/17 & 4/24	10 & UP	SA	10:00AM-4:00PM	230	285	
Course 2	Registration	M APRIL 26	7:00PM			
Dates: 5/8, 5/15 & 5/22	10 & UP	SA	10:00AM-4:00PM	230	285	
Course 3	Registration	M JUNE 7	7:00PM			
Dates: 6/12, 6/19 & 6/26	10 & UP	SA	10:00AM-4:00PM	230	285	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# ARTS & ENRICHMENT

PRESCHOOL, YOUTH AND TEEN CLASSES ARE LISTED ALPHABETICALLY AND BY AGE

<b>YOUTH</b>						
ART EXPERIENCE	3 1/2-5	TH	4:00-4:45PM	45	76	
ART EXPERIENCE	6 & UP	TH	4:45-5:30PM	45	76	
CHESS	8 & UP	F	4:30-5:30PM	45	76	
HIP HOP	4-6	M	4:35-5:20PM	41	68	No class May 31
HIP HOP	7-9	M	6:45-7:30PM	41	68	No class May 31
INTRO TO DANCE	3 1/2 - 5	M	3:45-4:30PM	41	68	No class May 31
INTRO TO DANCE 2	3 1/2-5	T	3:45-4:30PM	45	76	PREREQUISITE INTRO TO DANCE/ INSTR APPROVAL
KIDS IN KITCHEN	3 1/2-5	M	5:45-6:30PM	41	68	No class May 31
KIDS IN KITCHEN	6 & UP	M	4:45-5:30PM	41	68	No class May 31
KIDS IN KITCHEN	6 & UP	T	4:45-5:30PM	45	76	
KRAFTY KIDS	3 1/2-5	W	4:30-5:15PM	45	76	
KRAFTY KIDS	6 & UP	W	5:30-6:15PM	45	76	
MUSIC KEYBOARD PRIVATE INSTRUCTION	All levels	BY APPT.	(3) HALF HOUR SESSIONS	87	137	
MUSIC PERFORMANCE 1	5-7	TH	4:00-4:45PM	48	79	
MUSIC PERFORMANCE 1	5-11	SA	10:00-10:45AM	48	79	
MUSIC PERFORMANCE 2	5-11	SA	10:45-11:30AM	48	79	
MUSIC PERFORMANCE 1	8-11	TH	4:45-5:30PM	48	79	
MUSICAL THEATRE	5-7	F	4:15-5:00PM	48	79	
MUSICAL THEATRE	8-11	F	5:00-5:45PM	48	79	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
MUSICAL THEATRE	5-11	SA	11:30-12:15PM	48	79	
VOICE PRIVATE INSTRUCTION	All levels	BY APPT.	(3) HALF HOUR SESSIONS	87	137	
YOUTH DANCE SWIM & DJ	6 & UP	3rd SA	6:00-8:30PM	5	7	Open to public- \$10

# ADULT

HOOKED ON CROCHET	ADULT	W	7:15-9:30PM	5	5	
MUSIC KEYBOARD PRIVATE INSTRUCTION	All levels	BY APPT	(3) HALF HOUR SESSIONS	87	137	
VOICE PRIVATE INSTRUCTION	All levels	BY APPT	(3) HALF HOUR SESSIONS	87	137	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# BIRTHDAY PARTIES

ALL BIRTHDAY PARTIES HELD AT THE YMCA HAVE A SET PROGRAM AGENDA FOR ALL BIRTHDAY CHILDREN AND THEIR GUESTS. SEE ANNUAL PROGRAM GUIDE FOR SPECIFIC PARTY DETAILS AND AGENDA.

## GYM PARTIES

GYM PARTY A	3-12	SA	3:15-5:00PM	186	216	ADD'T OVER 15 \$10 EA
GYM PARTY B	3-12	SA	3:15-5:30PM	238	269	ADD'T OVER 15 \$10 EA
GYM PARTY A	3-12	SU	3:15-5:00PM	186	216	ADD'T OVER 15 \$10 EA
GYM PARTY B	3-12	SU	3:15-5:30PM	238	269	ADD'T OVER 15 \$10 EA

## SWIMMING PARTIES

NEW OPTION FOR POOL PARTIES- RENT TWO LIFEGUARDS AT \$10 EACH FOR THE WATER PORTION OF YOUR PARTY TO SUPERVISE YOUR NON-SWIMMERS. THIS NEGATES THE REQUIREMENT FOR ADULTS TO BE IN THE WATER. LIFEGUARD RENTAL FEES TO BE PAID WITH DEPOSIT SO GUARDS CAN BE SCHEDULED ACCORDINGLY. FOR INFO CALL RUTH X2211

SWIMMING PARTY A	3-12	SA	1:00-2:45PM	186	216	ADD'T OVER 15 \$10 EA
SWIMMING PARTY B	3-12	SA	12:30-2:45PM	238	269	ADD'T OVER 15 \$10 EA
SWIMMING PARTY A	3-12	SA	3:15-5:00PM	186	216	ADD'T OVER 15 \$10 EA
SWIMMING PARTY B	3-12	SA	3:15-5:30PM	238	269	ADD'T OVER 15 \$10 EA
SWIMMING PARTY A	3-12	SU	1:00-2:45PM	186	216	ADD'T OVER 15 \$10 EA
SWIMMING PARTY B	3-12	SU	12:30-2:45PM	238	269	ADD'T OVER 15 \$10 EA

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
SWIMMING PARTY A	3-12	SU	3:15-5:00PM	186	216	ADD'T OVER 15 \$10 EA
SWIMMING PARTY B	3-12	SU	3:15-5:30PM	238	269	ADD'T OVER 15 \$10 EA

## SCUBA PARTIES

SCUBA PARTY A	8 & UP	SA	1:00-3:00PM	238	273	ADD'T OVER 4 \$30 EA
SCUBA PARTY B	8 & UP	SA	12:30-3:00PM	272	328	ADD'T OVER 4 \$30 EA
SCUBA PARTY A	8 & UP	SA	3:15-5:15PM	238	273	ADD'T OVER 4 \$30 EA
SCUBA PARTY B	8 & UP	SA	3:15-5:45PM	272	328	ADD'T OVER 4 \$30 EA
SCUBA PARTY A	8 & UP	SU	1:00-3:00PM	238	273	ADD'T OVER 4 \$30 EA
SCUBA PARTY B	8-UP	SU	12:30-3:00PM	272	328	ADD'T OVER 4 \$30 EA
SCUBA PARTY A	8 & UP	SU	3:15-5:15PM	238	273	ADD'T OVER 4 \$30 EA
SCUBA PARTY B	8 & UP	SU	3:15-5:45PM	272	328	ADD'T OVER 4 \$30 EA

## PARTY OPTIONS & SOCIAL SPACE

BUILDING RENTALS ARE AVAILABLE FOR GROUP ACTIVITIES. PLAN AND DELIVER YOUR OWN CELEBRATION OR MEETING TAILORED TO YOUR NEEDS.

### RENTAL SPACES:

BASKETBALL GYM @ \$45.75 PER HOUR

POOL LANES @ \$27.75 PER HOUR PER LANE - RENT A LIFEGUARD @ \$10 PER HOUR

MULTIPURPOSE ROOM OR ERNST LOUNGE @ \$42.50 PER HOUR

RENTERS ARE RESPONSIBLE FOR THEIR OWN SUPPLIES, EQUIPMENT, SET-UP AND CLEAN-UP. FOR INFORMATION CONTACT RUTH @ X2211

YOUTH DANCE, SWIM & DJ	6-UP	3rd SA EVERY MONTH 4/17, 5/15, 6/19	6:00-8:30PM	5	7	PUBLIC \$10 EACH
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SWIM TESTING FOR YOUTH DANCE BEGINS AT 5:30PM; ADMISSION FEE INCLUDES MUSIC, DANCING, SWIMMING AND SNACKS IN THE 12 LANE POOL AREA. FOR INFORMATION OR GROUP RATES, PLEASE CONTACT RUTH @ X2211

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# CHILD CARE

## MULBERRY BUSH PRE-SCHOOL

Registration is	3-5	2 days per week	9:15-12:00PM	\$125	\$147	Fee is per month
ongoing	3-5	3 days per week	9:15-12:00PM	\$166	\$193	Fee is per month
	3-5	5 days per week	9:15-12:00PM	\$249	\$290	Fee is per month

## Y-KIDS BEFORE/AFTER SCHOOL CARE

AM PROGRAMS	Grade K-8	3 days AM	6:45AM-DISMISSAL	\$96	\$108	Fee is per month
	Grade K-8	4 days AM	6:45AM-DISMISSAL	\$128	\$144	Fee is per month
	Grade K-8	5 days AM	6:45AM-DISMISSAL	\$143	\$161	Fee is per month
PM PROGRAMS	Grade K-8	3 days PM	DISMISSAL-6:00PM	\$138	\$160	Fee is per month
	Grade K-8	4 days PM	DISMISSAL-6:00PM	\$182	\$213	Fee is per month
	Grade K-8	5 days PM	DISMISSAL-6:00PM	\$206	\$234	Fee is per month

## HOLIDAY BREAK PROGRAM

3/29-4/2/2010	Grade K-8		6:45AM-6:00PM	45	50	Fee is per day
4/5/2010	Grade K-8		6:45AM-6:00PM	45	50	Fee is per day

## SCHOOL AGE SUMMER CAMP

HAPPYTIME, SPORTS ENTHUSIAST & ODYSSEY

<u>DATES</u>	*Dates may adjust with school calendar	<u>TIMES</u>			
SESSION I	June 21-June 25	BEFORE CARE	6:45AM-8:30AM		
SESSION II	June 28-July 2	CAMP DAY	8:30AM-4:00PM		
SESSION III	July 5-July 9	AFTER CARE	4:00PM-6:00PM		
SESSION IV	July 12-July 16	There is no charge for before and/or after care			
SESSION V	July 19-July 23				
SESSION VI	July 26-July 30				
SESSION VII	August 2-August 6				
SESSION VIII	August 9-August 13				
SESSION IX	August 16-August 20				
SESSION X	August 23-August 27				
SESSION XI	August 30-September 3				

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
<b>LEADERS IN TRAINING DATES</b>						
SESSION I	June 21-July 23					
SESSION II	July 26-August 27					
<b>CAMP FEES</b>	<b>AGES</b>			<b>FEES</b>		
HAPPYTIME	Grades K-5			191	251	
SPORTS ENTHUSIAST	Ages 8-14 (under 8 w/ approval)			191	251	
ODYSSEY	Grades 6,7, & 8			220	273	
LEADERS IN TRAINING	Ages 14-15			682	939	per session
<b>SPECIALTY CAMPS</b>						
				<b>FEES</b>		
DANCE CAMP	June 28-July 1		SPECIALTY CAMP	138	168	
ART CAMP	July 12-July15		w/HAPPYTIME	225	285	
NATURE CAMP	July 26-July 29		w/ODYSSEY	254	307	
COOKING CAMP	August 9-August 12					

# PRE-SCHOOL SUMMMER CAMP

FEES ARE FOR ENTIRE SUMMER, JUNE 21-SEPT 3						
CAMP LOLLYPOP	3-5	M & W	8:30AM-12:45PM	\$378	\$467	
CAMP LOLLYPOP	3-5	TU & TH	8:30AM-12:45PM	\$378	\$467	
CAMP LOLLYPOP	3-5	M-TH	8:30AM-12:45PM	\$756	\$934	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# EVENTS

<b>FOR MEMBERS:</b>						
FAMILY FUN NIGHT GET-AWAY		SA APRIL 24	7:00PM-7:00AM	35	49	ADULT MUST STAY
PARENTS NITE OUT	5-11	1st F EVERY MONTH 5/7, 6/4	6:30-9:30PM	15	25	ADD'L 10 15
BODY FAT CHALLENGE	YOUTH/ ADULT	APRIL 1ST	CHILDREN UNDER 16 MUST BE ACCOMPANIED BY ADULT	20	20	PROGRAM DURATION APRIL 1 THRU JUNE 30

<b>OPEN TO THE PUBLIC AT OCEAN COUNTY YMCA:</b>						
MEMBERSHIP OPEN HOUSE		MARCH 15-21	INVITE FRIENDS AND FAMILY TO TRY THE YMCA			
HEALTHY KIDS DAY	FAMILIES	SA APRIL 17, 2-4PM				NO CHARGE
KIDS TRIATHLON	6-14	SU APRIL 18	12:30-3:00PM	20	20	PREREG BY APRIL 4 GUARANTEES T-SHIRT; REG AFTER APRIL 4 IS \$25
BIATHON	YOUTH/ ADULT	SU MAY 16	CHILDREN UNDER 16 MUST BE ACCOMPANIED BY AN ADULT	20	20	PREREG BY MAY 2 GUARANTEES T-SHIRT; REG AFTER MAY 2 IS \$25
BIATHON	YOUTH/ ADULT	SU JUNE 13	CHILDREN UNDER 16 MUST BE ACCOMPANIED BY AN ADULT	20	20	PREREG BY JUNE 1 GUARANTEES T-SHIRT; REG AFTER JUNE 1 IS \$25
YOUTH DANCE SWIM & DJ	6 & UP	3rd SA EVERY MONTH 4/17, 5/15, 6/19	6:00-8:30PM	5	7	PUBLIC \$10

**JUNE 7, 2010 - 29th ANNUAL OCEAN COUNTY YMCA GOLF OUTING AT GREENBRIAR/OCEANAIRE  
CONTACT JANET SELLITTO X2214 FOR GOLF AND SPONSOR OPPORTUNITIES**

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# HEALTH & FITNESS

PRESCHOOL, YOUTH AND TEEN CLASSES LISTED ALPHABETICALLY AND BY AGE

## YOUTH

CARDIO CIRCUIT	8-10	TU	6:30-7:15PM	23	56	
CARDIO CIRCUIT	11-16	W	6:30-7:15PM	23	56	
CARDIO KICKBOXING	8-10	M	5:00-5:45PM	FREE	49	No class May 31
CARDIO KICKBOXING	8-10	M	5:45-6:30PM	FREE	49	No class May 31
CARDIO KICKBOXING	11-16	TH	5:45-6:30PM	FREE	56	
STRENGTH & CONDITIONING PARENT & CHILD	7 - 9	M & W	5:30-6:30PM	87	120	1ST FIVE WEEKS OF SESSION 4/5-5/3
STRENGTH & CONDITIONING PARENT & CHILD	7 - 9	M & W	5:30-6:30PM	83	114	No class May 31 2ND FIVE WEEKS OF SESSION 5/10-6/7
STRENGTH & CONDITIONING 1	10 - 15	M & TH	4:30-5:30PM	83	114	
STRENGTH & CONDITIONING 1	10 - 15	W & F	4:30-5:30PM	87	120	
STRENGTH & CONDITIONING 1	10 - 15	W & F	7:00-8:00PM	87	120	
STRENGTH & CONDITIONING 1	10 - 15	SA & SU	10:00-11:00AM	87	120	
STRENGTH & CONDITIONING 1-MID SESSION	10 - 15	TO BE SCHEDULED				MID SESSION INTEREST LIST @ MEMBER SERVICES CLASS TO START WEEK OF 5/10
STRENGTH & CONDITIONING 2	10 - 15	M	7:00-8:00PM	44	71	No class May 31
YOGA BEGINNER	6 - 10	W	5:00-5:45PM	45	76	
YOGA BEGINNER	6- 10	SA	10:00-10:45AM	45	76	
YOGA BEGINNER	11 - 14	W	6:30-7:15PM	45	76	
YOGA BEGINNER	11 - 14	SA	9:15-10:00AM	45	76	
YOGA INTERMEDIATE	6 & UP	W	5:45-6:30PM	45	76	PREREQUISITE BEG.

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
YOGA INTERMEDIATE	6 & UP	SA	10:45-11:30AM	45	76	PREREQUISITE BEG.
ZUMBA	8-10	M	6:45-7:30PM	41	68	No class May 31
ZUMBA	11 - 16	TU	5:45-6:30PM	45	76	

<b>ADULT</b>	Age 16+					
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AGELESS AEROBICS		M	7:30-8:30AM	FREE	54	No class May 31
AGELESS AEROBICS		M	8:30-9:30AM	FREE	54	No class May 31
AGELESS AEROBICS		W	7:30-8:30AM	FREE	60	
AGELESS AEROBICS		W	8:30-9:30AM	FREE	60	
AGELESS AEROBICS		F	7:30-8:30AM	FREE	60	
AGELESS AEROBICS		F	8:30-9:30AM	FREE	60	
BALLS BANDS & BARS		TU	6:45-7:45PM	FREE	60	
BASIC STEP		TU	7:45-8:45PM	FREE	60	
BODY BAR		TU	9:30-10:30AM	FREE	60	
BODY BLAST		F	5:55-6:55PM	FREE	60	
BOOT CAMP		W	9:30-10:30AM	FREE	60	
BOOT CAMP		W	5:30-6:30PM	FREE	60	
CARDIO INTERVAL		SA	8:00-9:00AM	FREE	60	
CARDIO KICKBOXING		TH	6:30-7:30PM	FREE	60	
EXTREME STRENGTH		TH	9:00-10:00AM	FREE	60	
JUDO		W	8:30-9:30PM	FREE	76	
JUDO		F	8:30-9:30PM	FREE	76	
LITE AND FIT		TU	10:40-11:40AM	FREE	60	
MEGA MIX		M	9:30-10:30AM	FREE	54	No class May 31
MEGA MIX		M	7:00-8:00PM	FREE	54	No class May 31
MORE 4 CORE		M	10:30-11:00AM	FREE	27	No class May 31
MORE 4 CORE		M	6:30-7:00PM	FREE	27	No class May 31
MORE 4 CORE		W	6:30-7:00PM	FREE	30	
MORE 4 CORE		TH	5:50-6:20PM	FREE	30	
MORE 4 CORE		SA	9:00-9:30AM	FREE	30	
PILATES MAT		TU	6:30-7:30PM	28	45	
POWER STEP		TU	5:45-6:30PM	FREE	60	
POWER STEP		F	9:30-10:30AM	FREE	60	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
SCULPT EXPRESS		F	10:30-11:00AM	FREE	30	
SILVERSNEAKERS 1		M	9:45-10:30AM	FREE	54	No class May 31
SILVERSNEAKERS 1		M	10:35-11:20AM	FREE	54	No class May 31
SILVERSNEAKERS 1		M	11:25-12:10PM	FREE	54	No class May 31
SILVERSNEAKERS 1		W	9:45-10:30AM	FREE	60	
SILVERSNEAKERS 1		W	10:35-11:20AM	FREE	60	
SILVERSNEAKERS 1		W	11:25-12:10PM	FREE	60	
SILVERSNEAKERS 2		TU	9:45-10:30AM	FREE	60	
SILVERSNEAKERS 2		F	9:45-10:30AM	FREE	60	
SILVERSNEAKERS2		F	10:35-11:20AM	FREE	60	
THERAPEUTIC CHAIR YOGA		TU	10:40-11:40AM	56	89	
THERAPEUTIC CHAIR YOGA		TH	7:40-8:40PM	56	89	
CHAIR YOGA		W	10:40-11:40AM	56	89	
YOGA-BEGINNER		TU	7:40-8:40PM	56	89	
YOGA-BEGINNER LEVEL 1		W	9:30-10:30AM	56	89	
YOGA LEVEL 2		TU	9:30-10:30AM	56	89	
YOGA LEVEL 2		TU	6:30-7:30PM	56	89	
YOGA LEVEL 2		TH	9:30-10:30AM	56	89	
YOGA LEVEL 2		TH	6:30-7:30PM	56	89	
YOGA-INTERM/ADV		M	6:30-7:45PM	62	95	No class May 31
YOGA-INTERM/ADV		W	7:40-8:55PM	69	106	
ZUMBA		M	5:30-6:30PM	25	41	No class May 31
ZUMBA		TH	5:30-6:30PM	28	45	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
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# PERSONAL TRAINING FOR YOUTH, TEENS AND ADULTS

PERSONAL TRAINING ONE ON ONE			BY APPT	41	N/A	1 Session
PERSONAL TRAINING ONE ON ONE			BY APPT	209	N/A	6 Sessions
PERSONALIZED STRENGTH TRAINING & CONDITIONING PROGRAM	1 PERSON	2 DAYS/WEEK	5 WEEKS	299	345	
PERSONALIZED STRENGTH TRAINING & CONDITIONING PROGRAM	2 PEOPLE	2 DAYS/WEEK	5 WEEKS	165 EA	245 EA	

**CALL 732.341.9622 x2223 FOR QUESTIONS OR TO SET UP APPOINTMENTS**

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
<h1>SPORTS</h1>						

PRESCHOOL, YOUTH AND TEEN CLASSES LISTED ALPHABETICALLY AND BY AGE

## YOUTH

FLAG FOOTBALL	8-14	SA	9:00-10:00AM	47	79	
JUDO	8 & UP	W	6:45-8:30PM	FREE	79	
JUDO	8 & UP	F	7:00-8:30PM	FREE	79	
KARATE BEG/WH	4-5	TU	3:30-4:15PM	45	76	TAE KWAN DO
KARATE ADV/BEG,Y,O	4-5	TU	4:15-5:00PM	45	76	TAE KWAN DO
KARATE BEG/WH	4-5	F	3:30-4:15PM	45	76	TAE KWAN DO
KARATE ADV/BEG,Y,O	4-5	F	4:15-5:00PM	45	76	TAE KWAN DO
KARATE BEG/WH	6 & UP	TU	5:00-5:45PM	45	76	TAE KWAN DO
KARATE ADV/BEG,Y,O	6 & UP	TU	5:45-6:30PM	45	76	TAE KWAN DO
KARATE BEG,ADV BEG, Y,O	6 & UP	F	5:00-5:45PM	45	76	TAE KWAN DO
KINDER KLUB	3 1/2-5	TU	12:00-2:00PM	66	99	MUST BE 3 1/2
KINDER KLUB	3 1/2-5	TH	12:00-2:00PM	66	99	MUST BE 3 1/2
KINDER GYMNASTICS	3 1/2-5	W	3:00-4:00PM	47	79	
KINDER GYMNASTICS	3 1/2-5	TH	10:00-11:00AM	47	79	
LIL SPORTS ENTHUSIAST/ PARENT	2-3 1/2	SA	12:00-12:30PM	30	55	
ME & MY SHADOW 2	WALKING-2	M	11:15-11:45AM	27	50	No class May 31
ME & MY SHADOW 2	WALKING-2	W	10:45-11:15AM	30	55	
ME & MY SHADOW 3	2-3	M	11:15-12:00PM	36	54	No class May 31
ME & MY SHADOW 3	2-3	W	11:15-12:00PM	40	60	

PROGRAM NAME	AGE	DAY(S)	TIME	FP FEE	BASIC FEE	COMMENT
MINI SPORTS/ SOCCER & WIFFLE T-BALL	3 1/2-5	W	1:30-2:30PM	47	79	
MINI SPORTS/ SOCCER & WIFFLE T-BALL	3 1/2	SA	9:00-10:00AM	47	79	
MINI SPORTS/ SOCCER & WIFFLE T-BALL	4-5	SA	10:00-11:00AM	47	79	
SPORTS SAMPLER & GAMES COMBO W/PARENT	2-3 1/2	TH	2:15-2:45PM	30	55	
SPORTS SAMPLER & GAMES COMBO	3 1/2-5	TH	2:45-3:30PM	45	76	
TERRIFIC TODDLER	2 1/2-3 1/2	TU	11:00-12:00PM	47	79	
TERRIFIC TODDLER	2 1/2-3 1/2	TH	11:00-12:00PM	47	79	
THREE ON THREE BASKETBALL	8-10	SA	12:30-1:30PM	47	79	
THREE ON THREE BASKETBALL	11-14	SA	1:30-2:30PM	47	79	
TUMBLING TODDLERS/ PARENT	2-3 1/2	W	2:30-3:00PM	27	50	
TUMBLING TODDLERS/ PARENT	2-3 1/2	TH	10:30-11:00AM	27	50	
TARGET ARCHERY	6 & UP	TH	4:40-5:25PM	45	76	
YOUTH GYMNASTICS	6-8	W	4:15-5:15PM	47	79	
YOUTH SPORTS SOCCER & WIFFLEBALL	6-8	SA	11:00-12:00PM	47	79	
TEEN VOLLEYBALL	12-17	SU	4:00-5:00PM	FREE	71	

# ADULT

JUDO	ADULT	W	8:30-9:30PM	FREE	79	
JUDO	ADULT	F	8:30-9:30PM	FREE	79	

# GYM SCHEDULE

APRIL 5-JUNE 13

## MONDAY

5:45-7:15AM Open Gym  
 1:45-4:30PM Open Gym  
 8:05-8:45PM Youth - 14 yr old Basketball - Pick up Games - NO GUESTS  
 8:45-9:45PM Age 15 - Adult Basketball - Pick Up Games - NO GUESTS

## THURSDAY

5:45-7:30AM Open Gym  
 7:30-8:55AM Adult Basketball Pick-Up Games - NO GUESTS  
 7:35-8:45PM Youth - 14 yr old Basketball - Pick up Games - NO GUESTS  
 8:45-9:45PM Age 15 - Adult Basketball - Pick Up Games - NO GUESTS

## TUESDAY

5:45-7:30AM Open Gym  
 7:30-9:25AM Adult Basketball - Pick up Games - NO GUESTS  
 1:45-3:15PM Open Gym  
 7:50-9:45PM Youth - Adult Basketball - Pick Up Games - NO GUESTS

## FRIDAY

5:45-7:15AM Open Gym  
 12:15-3:15PM Open Gym

## SATURDAY

7:00-7:50AM Open Gym  
 2:30-5:45PM

\*Please Note: Scheduled Birthday Parties may use gym 2:45 - 4:15 pm\*

## WEDNESDAY

5:45-7:15AM Open Gym

## SUNDAY

8:00-3:45PM Open Gym  
 5:00-5:45PM Open Gym

\*Please Note: Scheduled Birthday Parties may use gym 2:45 - 4:15 pm\*

## OTHER INFORMATION

Adult & Teen Basketball Rates  
 Full Privilege Member FREE  
 Basic Member AM & PM \$69  
 Basic Member AM or PM ONLY \$42  
**Registration is required every 10 weeks.**

**Due to the increase in gym usage, we have adjusted the schedule to meet the needs of all participants.** Maximum 11 point pick up games, giving all players an opportunity to play. **The YMCA 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.

## FITNESS & CARDIO CENTERS

**Users must adhere to all of the following:**

- 1- Be a Full Privilege Member of the Ocean County YMCA
- 2-Persons under the age of 16 must be presently enrolled in the strength training course or must have completed & passed the course & must secure a wristband from member services daily for center usage. Must workout during Trainer Hours Only. Please check the schedule at Member Services/ Posted on Fitness Center Door.

TIME	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday												
	6 Lane	12 Lane	6 Lane	12 Lane	6 Lane	12 Lane	6 Lane	12 Lane	6 Lane	12 Lane	6 Lane	12 Lane	6 Lane	12 Lane											
6:00 AM	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap	Open Swim & Lap															
6:30 AM											Open 7:15am														
7:00 AM	7:15 Class & Open Swim Deep End Only	Class	7:00 Class & Open Swim Deep End Only	Class	7:15 Class & Open Swim Deep End Only	Class	7:00 Class & Open Swim Deep End Only	Class	7:15 Class & Open Swim Deep End Only	Class	Open & Lap & Class	Swim Team & Lap & Open Swim & Class	Open 8:15am												
7:30 AM																									
8:00 AM																									
8:30 AM																									
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12:00 PM																									
12:30 PM	12:30 Open Swim & Lap & Class		12:30 Open Swim & Lap & Class		12:30 Open Swim & Lap & Class		12:30 Open Swim & Lap & Class		12:30 Open Swim & Lap & Class		12:30 Open Swim & Lap														
1:00 PM																									
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2:30 PM																									
3:00 PM		Swim Team & Lap		Swim Team & Lap		Swim Team & Lap		Swim Team & Lap		Swim Team & Lap															
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9:00 PM		9:15 Open & Lap		9:15 Open & Lap		9:15 Open & Lap		9:15 Open & Lap		9:15 Open & Lap															
9:45 PM																									

Pools Close 5:45pm Sat/Sun

\* Please note: In the event of thunder and/or lightning in our area, the pools must close for 30 minutes after the last thunder heard or lightning seen. If classes should get canceled due to these weather conditions, you will receive a credit.

**Special Information:** All children 8 and under must be accompanied in the pool water with an adult within arms reach, whether swimmer or non-swimmer (An adult meaning someone 18 years or older). Children 9-12 years old must have a parent or guardian on the pool deck when using the pool. Children over 12 cannot be left at the YMCA 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 of the 6 or 12 lane pool. MEMORIAL DAY, MAY 31: LAP AND OPEN SWIM HOURS ARE 9:15AM UNTIL 12:45PM. NO CLASSES ON MEMORIAL DAY, MAY 31.