



FALL I 2017

YOUTH SPORTS, FITNESS, AND ENRICHMENT PROGRAMS

(September 10th-October 28th unless otherwise noted)

YMCA Annual Membership required for all program participation.
Full Facility Family Members receive one free youth sports class per child (under 14) *****from select classes***** per session, pending availability.



FAMILY PLAY TIME

Full Facility and Program Members have access to open play time at the Y. Schedules may change, pending community events. Please call to confirm availability before arriving.

Family Open Gymnasium

Ages: 2.5 Years-Adult **Location:** Gymnasium

On weekends, we open up our gymnasium to families for open game play, when no rentals are booked. Balls and mats are available for use. It is recommended families call the Y to confirm open court availability each day.

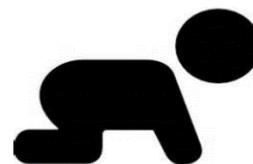
Day/Time: Sun 1:00-4:00pm/Sat 1:30-4:00pm ([FREE w/ Membership](#))

Table Tennis Open Play

Ages: 5 Years-Adult **Location:** Aerobics Room

During peak family time, we turn our aerobics studio into a table tennis stadium where families can play with one another and others. Members are required to help set-up and clean-up table tennis areas.

Day/Time: Fri 6-9pm & Sat/Sun 11:00am-1:00pm ([FREE w/ Membership and Pre-Registration](#))



PRESCHOOL PROGRAMS

*****Lil' Tumblers*****

Ages: 2.5 Years-Pre-K **Location:** Gymnasium

Have your play dates in our gym with your toddler and their chaperone! Meet others and let your children burn energy. Children will play with tunnels, tents, bean bag games, blocks and other toddler appropriate play items with music and circle time.

Day/Time: Wed/Fri 9:15-9:45am (\$40/2xweek, 10 sessions) (**no class 10/18-10/27**)

Pee Wee Tennis

Ages: 3-5 Years **Location:** Gymnasium

Using slower balls, this course is designed to introduce the basics of athletic skills such as balance, movement and tracking, racquet handling, and an introduction of tennis to preschool students.

Day/Time: Mon/Thurs 10:00-10:30 or 1:00-1:30pm (\$210/2xweek, 14 sessions)
Sat 9:00-9:30am (\$115/1xweek, 7 sessions)

CODING with Creative Digital Education

As part of the Y's commitment to Science, Technology, Engineering, and Math (STEM) programming, the Y has partnered with Creative Digital Education to provide the educational power of technology to inspire and maximize early learning. Advanced topics include internet safety, which is ingrained into a child's "Internet Psyche" to protect private information by practicing increased awareness. Guaranteed Learning. All technology, hardware and software provided (1:1 platform, each student uses provided iPad, ChromeBook, robot, and drone).

PreKCoders

Ages: 3.5-6 Years **Location:** Multi-Purpose

A fun computer science and mathematics games-based learning program. Students learn coding concepts by playing spatial reasoning and logic games then reinforce lessons by coding robots. Guaranteed Learning. All technology, hardware and software provided.

Day/Time: Tues/Wed 1:00-2:00pm (\$250/2xweek, 14 sessions)



SCHOOL AGE PROGRAMS

*****Basketball Drills*****

Ages: 5-8 Years

Location: Gymnasium

Learn the basic fundamentals of basketball at the place where basketball was invented--- the Y! This class will provide a strong foundation for players of any age with an emphasis on basic basketball skills such as dribbling, passing, shooting, blocking, rebounding and game play. Children will use age appropriate baskets. Confidence-building fun for all!

Day/Time: Tues/Fri 6:15-7:00pm (\$120/2xweek, 14 sessions)
Sat 12:00-12:45pm (\$65/1xweek, 7 sessions)

*****SNAG® Golf*****

Ages: 5-8 Years

Location: Gymnasium

'Starting New At Golf' is a tested player development program designed for new learners of all ages and levels. SNAG® contains all the elements of golf but in a modified form, making it an easy and fun way to learn and play golf. The system builds on strong fundamentals of putting, chipping, pitching and full swing to develop playing ability quickly and effectively.

Day/Time: Tues & Fri 5:30-6:15 (\$120/2xweek, 14 sessions)

Karate & Self Defense

Ages: 5 Years-Adult

Location: Gymnasium

This program is offered in partnership with Kidsafe and is designed to enhance self-esteem, self-discipline, and safety awareness. Registration is on Thursday, Sept 14th from 6:00-7:00pm, in person, but is ongoing through the 4th week of each session.

Session Dates: September 21-December 21

Day/Time: NEW STUDENTS: Thurs 6:00-6:40pm (13 sessions)

RETURNING STUDENTS: Thurs 6:50-7:30pm (13 sessions)

Registration fee of \$15 each session payable to Kidsafe, \$10/lesson (\$8.00/lesson with current YMCA Membership). Pay in full for 13 lessons and pay \$130 (\$104 members).

CODING with Creative Digital Education

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KidCoders

Ages: 6-13 Years

Location: Multi-Purpose

Students begin class with Mathematics challenges on iPads, then progress to JavaScript or Python coding languages, by playing video games on ChromeBooks. Students apply what they've learned by programming drones and robots.

Day/Time: Tues/Wed 6:00-7:00pm (\$325/2xweek, 14 sessions)

TENNIS with the Youth Tennis Academy/Larry Dillon

Through the generosity of the United States Tennis Association, the Y has a newly renovated 18'x36' Indoor Tennis Court, complete with practice wall, and a variety of age-appropriate equipment. The Y has partnered with the Youth Tennis Academy to offer a progressive tennis curriculum with trained caring staff, providing experienced tennis instruction. The objective of the Red Ball Environment is to make tennis easier to learn and make it easier to play "real" tennis more quickly so children can "Serve, Rally, and Score".

Red Level 1 Tennis

Ages: 5-8 Years

Location: Gymnasium

Level One participants will learn skills that can be used in most sports and develop a basic understanding of tennis and learn strokes to allow them to play real games almost immediately.

Day/Time: Mon/Thurs 5:30-6:15pm (\$315/2xweek, 14 sessions)

Sat 9:30-10:15am (\$180/1xweek, 7 sessions)

Red Level 2 Tennis

Ages: 5-8 Years

Location: Gymnasium

Continued athletic development and a stronger emphasis on tennis specific movement patterns, introducing more tactics, introduction to preparation and focus, starting to serve, rally and play.

Day/Time: Mon/Thurs 6:15-7:00pm (\$315/2xweek, 14 sessions)

Sat 10:15-11:00am (\$180/1xweek, 7 sessions)

Red Level 3 Tennis

Ages: 7-9 Years

Location: Gymnasium

This level will prepare students for more athletic development associated with patterns of play, including introduction of higher levels of technique such as developing spin, mental and emotional development, learning the Tie-Breaker game, and preparation for league play.

Day/Time: Mon/Thurs 7:00-8:00pm (\$335/2xweek, 14 sessions)

Sat 11:00am-12:00pm (\$195/1xweek, 7 sessions)

*****All Sorts of Sports*****

Ages: 8-12 Years

Location: Gymnasium

This is a multi-sport course designed to expose children to a number of new sports and skills. Every week, participants will develop coordination, agility and instill a love of team play including: basketball, soccer, football, tennis, floor hockey, volleyball, t-ball, and occasional tag games to end the class.

Day/Time: Wed 7:00-7:45pm (\$65/1xweek, 7 sessions)

*****Soccer Skills*****

Ages: 8-12 Years

Location: Gymnasium

Participants will learn the fundamentals and be challenged to perfect their offensive and defensive skills of dribbling, passing, protecting the ball, scoring, and blocking the ball while instilling a love for team sports.

Day/Time: Tues/Fri 7:00-7:45pm (\$120/2xweek, 14 sessions)

*****Floor Hockey*****

Ages: 8-12 Years

Location: Gymnasium

Participants will learn the fundamentals and be challenged to perfect their offensive and defensive skills of dribbling, passing, protecting the ball, scoring, and blocking the ball while instilling a love for team sports.

Day/Time: Wed 5:30-6:15pm (\$65/1xweek, 7 sessions)



TEEN & PRE-TEEN PROGRAMS

*****Be Fit Kids*****

Ages: 8-12 Years

Location: Wellness Ctr

Participants will learn the stepping stones to building a healthy active lifestyle through cardio-based fitness drills, exercise repetitions, and strength-building activities with an instructor to become more fit, agile, and strong in spirit and body.

Day/Time: Mon/Thurs 6:30-7:15pm (\$120/2xweek, 14 sessions)

*****Cardio Kids*****

Ages: 10-15 Years

Location: Wellness Ctr

Workout in our wellness center with the guidance of a fitness instructor. Learn how to use elliptical machines, bikes and treadmills to get in shape and stay healthy. Introduction to using simple equipment at home to stay in shape will also be included.

Day/Time: Mon/Thurs 5:45-6:30pm (\$120/2xweek, 14 sessions)

*****Beginner Weights*****

Ages: 13-17 Years

Location: Wellness Ctr

Learn the correct way to begin weight lifting with a focus on form for best results and injury-prevention. Participants will use free weights and learn good form on the wellness center machines with strength-building focus.

Day/Time: Mon/Thurs 7:15-7:45pm (\$120/2xweek, 14 sessions)

Teen Open Basketball Court

Ages: 14-19 Years

Location: Gymnasium

When the little ones are gone for the day, we open up our courts to our teens for basketball shooting, practicing, and game play. When games are being played, dribbling practice is available on the other end of the court. *Schedules may change, pending community events. Please call to confirm availability before arriving.*

Day/Time: Mon/Tues/Wed/Thurs/Fri 7:45-9:00pm ([FREE w/Membership](#))



SPECIAL NEEDS PROGRAMS

*****Special Needs Tennis*****

Ages: 13 Years-Adult **Location:** Gymnasium

This course will provide adaptive equipment and tennis plays for adults with developmental disabilities and will have participants enjoying the game of tennis while engaging in fun play. Must be accompanied by an aide/parent/guardian.

Day/Time: Wed 6:15-7:00pm (\$65/1xweek, 7 sessions)



AQUATICS PROGRAMS

As part of the Y's social responsibility to help prevent drownings, teach water safety, and encourage confidence while progressing swim levels, swim lessons are offered throughout the year at local community pools. Please call or visit our aquatics website page for more details.

<https://raritanvalleyymca.org/cms-view-page.php?page=yymca-swim-lessons>

ADDITIONAL PROGRAM INFORMATION

The YMCA reserves the right to make any schedule changes when necessary and notifications will be made whenever possible. Classes may be cancelled/rescheduled if a minimum number of participants do not enroll. Children under the age of 13 and Special Needs participants must be accompanied by a parent/guardian for classes in the fitness center.

Make up classes will only be offered if the YMCA is forced to cancel a class due to inclement weather, instructor illness or unforeseen circumstances. Make up classes will not be offered for a participant's failure to attend class. Any make up classes will be based upon availability and at the YMCA and Instructors discretion.

A full refund will only be issued if a member withdraws 7 days prior to the first class. After this date, no refunds will be issued. Memberships are non-refundable and are valid for registration and participation in other Raritan Valley YMCA programs.

INFANTS * TODDLERS * PRESCHOOL

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