



# Spring Youth Sports & Wellness

## May 7—June 24

### Raritan Valley YMCA

144 Tices Lane, East Brunswick, NJ 08816



**Fees (unless otherwise noted): \$65 per session (1x week) \$95 for same class (2x week)**

**\$70 Annual Program Membership Required**

The YMCA reserves the right to make any schedule changes when necessary. Notification will be made whenever possible.

\*Children under the age of 13 and Special Needs participants must be accompanied by a parent/guardian in the fitness center\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SPRING &amp; SUMMER SWM LESSONS</b> North Bruns. High School & Crystal Springs & RVY Teaching Pools	Preschool Enrichment Program Mon-Wed-Fri 10:30-12:00 Ages 3-5	EARLY CHILDHOOD PROGRAM (6 weeks-5 years) Mon-Fri 7am-7pm	Preschool Enrichment Program Mon-Wed-Fri 10:30-12:00 Ages 3-5	EARLY CHILDHOOD PROGRAM (6 weeks-5 years) Mon-Fri 7am-7pm	Preschool Enrichment Program Mon-Wed-Fri 10:30-12:00 Ages 3-5	<b>Football Fun</b> 9:00-9:45am Ages 4-7 <b>Basketball</b> 9:45-10:30am Ages 4-7
	<a href="http://www.RaritanValleyYMCA.org">www.RaritanValleyYMCA.org</a>					<b>Beginner Tennis</b> 10:45 - 11:30am Ages 4-6 <b>Intermediate Tennis</b> 11:30-12:15pm Ages 6-12 (also Mondays)
<b>Youth and Family Open Gym</b> 1:00-2:00pm  <b>Teen/Adult Open Basketball Court</b> 2-3:45pm	<b>Basketball</b> 5:15 - 6:00pm Ages 6-12 (also Tuesdays)  <b>Intermediate Tennis Instruction</b> 7:15-8:00pm Ages 6-12 (also Saturdays)	<b>Basketball Instruction</b> 6:15-7:00pm Ages 6-12 (also Mondays)	<b>Wellness Center Special Needs Fitness Time*</b> (no fee) 5:15-6:15pm  <b>Special Needs Instructor Tennis*</b> 6:15-7:00pm *Aides are Required	<b>KIDSAFE KARATE</b> <u>Register With Instructor</u> <b>New Students</b> 6:00 - 6:40pm <b>Returning Students</b> 6:50-7:30pm	<b>SNAG Youth Golf For beginners</b> 5:30-6:15pm Ages 6-12  <b>Soccer Skills</b> 7:00-7:45pm Ages 9-14 (also Wednesdays)	<b>Gym Games Supervised Play</b> 12:30-1:15pm Ages 6-12  <b>Youth and Family Open Gym</b> 1:15-2:00pm <b>FREE to ALL Membership Types!</b>
<b>SUMMER DAY CAMPS</b> June 19-Sept 1  Registering and Hiring for Summer Camps Now!	<b>YMCA After School Enrichment Program Registration Opens May 15th</b> Milltown, South River, EB with transportation to YMCA	<b>Be Fit Kids * Wellness Center</b> 7:15-8:00pm Ages 9-14 (also Thurs and Sat)	<b>Soccer Skills</b> 7:15-8:00pm Ages 9-14 (also Fridays)	<b>Be Fit Kids * Wellness Center</b> 7:15-8:00pm Ages 9-14 (also Tues and Sat)	<b>COMING SOON!!!</b>  <b>PRIVATE SPORTS LESONS FOR YOUTH and TEENS</b>	<b>Be Fit Kids * Wellness Center</b> 2-2:45pm Ages 9-14 (also Tues /Thurs)
	<b>Teen/Adult Open Basketball</b> 8:00-9:00pm	<b>Beginner Weights Wellness Center</b> 8:00-8:45pm Ages 10-17 (also Thursdays)	<b>NEW TENNIS COURT</b>	<b>Beginner Weights Wellness Center</b> 8:00-8:45pm Ages 10-17 (also Tuesdays)	<b>Teen/Adult Open Basketball</b> 7:00-9:00pm	<b>Teen/Adult Open Basketball</b> 8:00-9:00pm

## CLASS DESCRIPTIONS

*Please Note: 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. No make-up will be given for failure to attend class. Any make-up will be based upon availability of the YMCA and the instructors discretion.*

### YOUTH SPORTS CLASSES

**All Sorts of Sports:** A variety of sports will be played each week to introduce participants to the basics of each sport and practice drills to instill a love of sports in every child.

**Basketball Instruction:** Teaches the basic fundamentals of basketball including: the rules, dribbling, passing, and shooting. Participants will also practice drills and skills. Confidence-building fun for all!

**Beginner Tennis:** Held indoors at the YMCA. A fun session using large, slow-moving foam balls, low net and specialty equipment to teach basic skills. Basic skills are presented to introduce youngsters to the game.

**Football Fun:** Learn the fundamentals of playing football focusing on offensive and defensive skills of: passing, catching, defensive skills, coordination, footwork, running, intercepting, and scoring.

**Gym Games:** Supervised free play in the gym! Staff will supervise the children enrolled in this program and play different games based on the participants' preferences each week.

**Intermediate Tennis:** Challenging drills to help you improve and take your game to an advanced level. Learn to play include drills and skills and game education.

**Soccer Skills:** 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.

**SNAG Youth Golf For Beginners:** Designed to help youngsters learn the game of golf by teaching them the rules of the game, proper techniques/form and utilizing fundamental drills to teach them how to play.

**Special Needs Tennis/Sports:** Adaptive equipment and tennis plays for those with disabilities. Must be accompanied by an aide/parent/guardian.

### WELLNESS CENTER CLASSES

**Cardio Kids:** Participants will learn the stepping stones to building a healthy active lifestyle through game play and cardio based activities.

**Be Fit Kids:** Workout in our wellness center with the guidance of a personal instructor. Use the , elliptical, bikes and treadmills to get in shape and stay healthy.

**Beginner Weights:** Teaches participants the correct way to begin weight lifting with a focus on form for best results and injury-prevention.

**Special Needs Fitness:** Work out in the wellness center for adult special needs population. Must be accompanied by an aide/parent/guardian.

**Open Basketball:** Use the gymnasium for open court. Half-court games must be played when crowded. Teen/Adult Open Basketball is only for ages 13 & Up. Youth and Family Open Court is for family use with ages 3-15.

**Pre-Teen Strength Training:** Workout in our wellness center with the guidance of a personal instructor. Use the weight machines to get in shape and stay healthy.

### EARLY CHILDHOOD ENRICHMENT PROGRAM:

**Preschool Enrichment:** Part time preschool enrichment program designed to help participants learn to make new friends, follow routines, and get acclimated for Kindergarten Readiness. Must be potty-trained.