



Spring Youth Sports & Wellness

July 9—Aug 26

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
<u>SPRING & SUMMER SWIM LESSONS</u> North Bruns. High School Crystal Springs RVY Teaching Pools	Have your BIRTHDAY PARTY at the Y!	Early Childhood Center Enrolling Now for Fall	Have your BIRTHDAY PARTY at the Y!	Early Childhood Center Enrolling Now for Fall	Have your BIRTHDAY PARTY at the Y!	Football Fun 9:00-9:45am Ages 4-7
						Basketball 9:45-10:30am Ages 4-7
www.RaritanValleyYMCA.org						Beginner Tennis 10:45 - 11:30am Ages 4-6
Youth and Family Open Gym 1:00-2:00pm Teen/Adult Open Basketball Court 2-3:45pm	Gym Games Supervised Play 5:15 - 6:00pm Ages 6-12 (also Tuesday and Sat)	Gym Games Supervised Play Ages 6-12 5:15 - 6:00 (also Thurs and Sat)	Wellness Center Special Needs Fitness Time* (no fee) 5:15-6:15pm	Basketball 6:15 - 7:00pm Ages 6-12	SNAG Youth Golf For beginners 5:30-6:15pm Ages 6-12	Gym Games Supervised Play 12:30-1:15pm Ages 6-12 also Thurs and Sat)
	Intermediate Tennis Instruction 7:15-8:00pm Ages 6-12 (also Saturdays)		Special Needs Instructor Tennis* 6:15-7:00pm *Aides are Required		Soccer Skills 7:00—7:45pm Ages 9-14 (also Tuesday)	Youth and Family Open Gym 1:15-2:00pm FREE to ALL Membership Types!
<u>SUMMER DAY CAMPS</u> Through Sept. 1st Registration Open, Pending Availability. Flexible Weeks Swim Lessons and Trips Included!	Beginners Weights (Youth) Wellness Center 8:00-8:45pm Ages 10-17 (also Friday)	Soccer Skills 6:15-7:00pm Ages 9-14 (also Fridays)	NEW TENNIS COURT	KIDSAFE KARATE Register With Instructor New Students 6:00 - 6:40pm Returning Students 6:50-7:30pm	Beginner Weights (Youth) Wellness Center 8:00-8:45pm Ages 10-17 (also Monday)	Be Fit Kids * Wellness Center 2-2:45pm Ages 9-14 (also Tues /Thurs)
	YMCA After School Enrichment Program Registration Opens May 15th Milltown, South River, EB with transportation to YMCA				Be Fit Kids * Wellness Center 7:15-8:00pm Ages 9-14 (also Thurs and Sat)	COMING SOON!!!
	Teen/Adult Open Basketball 8:00-9:00pm	Teen/Adult Open Basketball 8:00-9:00pm		Teen/Adult Open Basketball 8:00-9:00pm	Teen/Adult Open Basketball 7:00-9:00pm	Teen/Adult Open Basketball 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.