



Winter 1 Youth Sports & Wellness

March 5– April 22

Raritan Valley YMCA



144 Tices Lane, East Brunswick, NJ 08816

Fees(unless otherwise noted): \$65 per session(1x week) / \$100 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
Swim Lessons Sundays 10-12 Rutgers Cook College Pool ***** 3 years-Adults Begins March 5th	Preschool Enrichment Program 10:30-12:00 Ages 3-5	EARLY CHILDHOOD CARE AVAILABLE (6 weeks – 5 years) Mon-Fri 7am-7pm	Preschool Enrichment Program 10:30-12:00 Ages 3-5	EARLY CHILDHOOD CARE AVAILABLE (6 weeks – 5 years) Mon-Fri 7am-7pm	Preschool Enrichment Program 10:30-12:00 Ages 3-5	All Sorts of Sports 9:00-9:45am Ages 4-6 Basketball 9:45-10:30am Ages 5-8 Beginner Tennis 10:45 - 11:30am Ages 4-6 Intermediate Tennis 11:30-12:15pm Ages 7-12 (also Mondays!)
RaritanValleyYMCA.org						
Youth and Family Open Gym 1:00-2pm Teen/Adult Open Basketball Court 2-3:45pm	Basketball 5:15 - 6:00pm Ages 6-12 (also Tuesdays) Intermediate Tennis Instruction 7:15-8:00pm Ages 7-12 (also Saturdays!)	Basketball Instruction 6:15-7:00pm Ages 6-12 (also Mondays)	Wellness Center Special Needs Fitness Time* (no fee) 5:15-6:15pm Special Needs Instructor Tennis* 6:15-7:00pm *Aides are Required	Kidsafe Karate Register with Instructor New Students 6:00 - 6:40pm Returning Students 6:50-7:30pm	SNAG Youth Golf For beginners 5:30-6:15pm Ages 6-12 Soccer Skills 7:00—7:45pm Ages 9-14 (also Wednesdays!)	Gym Games Supervised Play 12:30-1:15pm Ages 6-12 Youth and Family Open Gym 1:15-2:00pm FREE to ALL Membership Types!
VACATION-CAMP No School? JOIN the Y for Trips!!! 7:00am-6:30pm REGISTER EARLY!!!	YMCA After School Enrichment Program Milltown, South River, EB with transportation to YMCA Teen/Adult Open Basketball 8:00-9:00pm	Be Fit Kids * Wellness Center 7:15-8:00pm Ages 9-14 (also Thurs and Sat) Beginner Weights Wellness Center 8:00-8:45pm Ages 10-17 (also Thursdays!)	Soccer Skills 7:15-8:00pm Ages 9-14 (also Fridays!) NEW TENNIS COURT Teen/Adult Open Basketball 8:00-9:00pm	Be Fit Kids * Wellness Center 7:15-8:00pm Ages 9-14 (also Tues and Sat) Beginner Weights Wellness Center 8:00-8:45pm Ages 10-17 (also Tuesdays !)	COMING SOON!!! PRIVATE SPORTS LESONS FOR YOUTH and TEENS Teen/Adult Open Basketball 8:00-9:00pm	Be Fit Kids * Wellness Center 2-2:45pm Ages 9-14 (also Tues /Thurs) Have your BIRTHDAY PARTY at the Y! Teen/Adult Open Basketball 2:00-3:45pm

Class Descriptions

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!

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.

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.

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: Students will learn the fundamentals and be challenged to perfect their offensive and defensive skills of dribbling, passing, protecting the ball, scoring, and blocking at the goal.

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.

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.

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 Open Basketball is only for ages 13-17. Youth and Family Open Court is for family use with ages 3-15.