



WINTER 1 2019

YOUTH SPORTS, FITNESS, AND ENRICHMENT PROGRAMS

(Jan 6th – Feb 23rd)

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. *Schedules may change, pending community events. Please call ahead to confirm availability before arriving as schedules may change for seasonal family events.*

Day/Time: Sat & Sun 1:00-4:00pm (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. *Schedules may change, pending community events. Participants must register each session for this program to be notified of program cancellations for seasonal family events.*

Day/Time: Fri 6:00-9:00pm, Sat 11:00am-1:00pm, Sun 11:30am-1:30pm (FREE w/Memb)

Winter 1 Session (Jan 6th – Feb 23rd)

BASKETBALL PROGRAMS



DID YOU KNOW THE Y INVENTED BASKETBALL WITH 2 PEACH BASKETS ON POLES???

*****Young Dribblers*****

Ages: 3-5 Years

Location: Gymnasium

Children will develop a foundation for future excellence by experiencing fun and challenging activities beneficial in beginner level sport. Players will work on all skills including ball handling to gain confidence playing with others. Our court is not appropriate for this level to practice shooting.

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

Fri 6:15-7:00pm (\$65/1xweek, 7 lessons)

Tues/Fri 6:15-7:00pm (\$120/2xweek, 14 lessons)

*****Basketball Skills*****

Ages: 5-8 Years

Location: Gymnasium

Children will develop a foundation for future excellence by experiencing fun and challenging activities beneficial in high level sport. We focus on developing core fundamentals in a fun and challenging environment. Players will work on all skills including Ball handling, Shooting, Passing, Teamwork and more. All skill levels are welcomed.

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

Fri 6:15-7:00pm (\$65/1xweek, 7 lessons)

Tues/Fri 6:15-7:00pm (\$120/2xweek, 14 lessons)

*****Fundamentals of Basketball*****

Ages: 9-13 Years

Location: Gymnasium

Children will develop a foundation for future excellence by experiencing fun and challenging activities beneficial in high level sport. We focus on developing core fundamentals in a fun and challenging environment. Players will work on all skills including Ball handling, Shooting, Passing, Teamwork, Rebounding, Defense and more. All skill levels are welcomed.

Day/Time: Tues 7:15-8:00pm (\$65/1xweek, 7 lessons)

Fri 7:15-8:00pm (\$65/1xweek, 7 lessons)

Tues/Fri 7:15-8:00pm (\$120/2xweek, 14 lessons)

*****Teen Open Basketball Court*****

Ages: 14-17 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-Fri 8:00-9:00pm, pending private lessons (FREE w/Membership)

Winter 1 Session (Jan 6th – Feb 23rd)

TENNIS PROGRAMS

Experience tennis in a kid-friendly environment that includes slower, softer balls, a smaller court, lower net, shorter racquet and youth appropriate progressions to make learning tennis easier, so kids can do what they do best: PLAY!!! See below for levels, pricing, and class details.

Building Blocks Tennis

Ages: 3-5 Years

Location: Gymnasium

Children develop a foundation for future excellence by experiencing fun and challenging activities beneficial in high level sport. Focus is on athletic development and learning basic tennis skills. Participation is encouraged through story-based curricula and caring instructors that engage children.

Day/Time: Sat 8:30-9:00am (\$110/1xweek, 7 sessions)

Early Gamers-Red Level 1 Tennis

Ages: 5-8 Years

Location: Gymnasium

Kids start by learning the basic tactics in tennis. Emphasis is placed on developing an athletic base and teaching fundamental techniques to better implement tennis tactics. Fun progressions and games are used to develop play.

Day/Time: Mon 6:00-7:00pm (\$195/1xweek, 7 lessons)

Thurs 6:00-7:00pm (\$195/1xweek, 7 lessons)

Mon/Thurs 6:00-7:00pm (\$310/2xweek, 14 lessons)

Sat 9:00-10:00am (\$195/1xweek, 7 lessons)

Rising Players-Red Level 2 Tennis

Ages: 5-10 Years

Location: Gymnasium

Rising players are beginning to rally (hit the ball back and forth) consistently. They continue athletic development with tennis specific movement patterns, higher level tactics and technical refinement. Players will begin considering the mental and emotional side of tennis with an introduction to preparation, focus, and sportsmanship all while learning to serve, rally and score.

Day/Time: Mon 6:00-7:00pm (\$195/1xweek, 7 lessons)

Thurs 6:00-7:00pm (\$195/1xweek, 7 lessons)

Mon/Thurs 6:00-7:00pm (\$310/2xweek, 14 lessons)

Sat 9:00-10:00am (\$195/1xweek, 7 lessons)

Tour Bound-Red Level 3 Tennis

Ages: 5-10 Years

Location: Gymnasium

For children who can rally consistently with a peer and who are comfortable playing points. In Level 3, players will learn higher level techniques such as spin, higher level tactics such as playing more assertive and defensive shots. Emphasis is placed on athletic, mental and emotional development. These players are preparing for more formal play such as Junior Team Tennis and Sanctioned Tournaments.

Day/Time: Mon 7:00-8:00pm (\$195/1xweek, 7 lessons)

Thurs 7:00-8:00pm (\$195/1xweek, 7 lessons)

Mon/Thurs 7:00-8:00pm (\$310/2xweek, 14 lessons)

Sat 10:00-11:00am (\$195/1xweek, 7 lessons)

Learn to Play, Play to Learn ADULT TENNIS

Ages: Adult

Location: Gymnasium

For beginner adults who want to really learn to play. Understand the tactics and implement the techniques to make playing tennis fun and rewarding whether you want to play around with friends or compete in sanctioned leagues. Also, tennis a great sport or fitness!!!

Day/Time: Thurs 8:00-9:00pm (\$210/1xweek, 7 lessons)

Winter 1 Session (Jan 6th – Feb 23rd)

SOCCKER

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

Ages: 7-12 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 7:15-8:00pm (\$65/1xweek, 7 lessons)

Fri 7:15-8:00pm (\$65/1xweek, 7 lessons)

Wed/Fri 7:15-8:00pm (\$120/2xweek, 14 lessons)

OTHER SPORTS PROGRAMS

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

Ages: 7-12 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: Sat 11:00-11:45am (\$65/1xweek, 7 lessons)

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

Ages: 7-12 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: Sat 12:00-12:45pm (\$65/1xweek, 7 lessons)

KARATE PROGRAMS



Karate & Self Defense

Ages: 5 Years-Adult

Location: Aerobics Room

This program is offered in partnership with Kidsafe and is designed to enhance self-esteem, self-discipline, and safety awareness. A black belt instructor teaches beginning, intermediate, and advanced techniques for self-defense only. Weekly safety topics are shared that focus on a wide range of topics including stranger safety, fire safety, and more! Registration is on Thursday, January 17th from 6:00-7:00pm, in person, but is ongoing through the 4th week of each session.

Session Dates: January 24 – March 25

Day/Time: NEW STUDENTS: Thurs 6:00-6:40pm (12 sessions)

RETURNING STUDENTS: Thurs 6:50-7:30pm (12 lessons)

Registration fee of \$15 each session payable to Kidsafe, \$10/lesson (\$8.00/lesson with current YMCA Membership). Pay in full and receive one free lesson.

Winter 1 Session (Jan 6th – Feb 23rd)

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 lessons)



TEEN & PRE-TEEN PROGRAMS

*****Cardio Style Fitness*****

Ages: 12-15 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 lessons)

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

Ages: 14-17 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 lessons)

PRIVATE LESSONS

Private Tennis Lessons

Ages: 5-10 Years

Location: Gymnasium

Private lessons are a great way to accelerate a player's development. Focus will be on the unique needs of the player. *A parent/guardian needs to remain with the child during instruction to ensure coach is not alone with participant.*

Day/Time: TDB

Contact: Larry Dillon ldtnt2@gmail.com 732-735-8837

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. Registration accepted until 2nd week of classes unless special prorated fees can be arranged. 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, if the Y must cancel a class for any reason.

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 for one year from date of purchase.



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://raritanvalleymca.org/cms-view-page.php?page=yymca-swim-lessons>



INFANTS * TODDLERS * PRESCHOOL

As part of the Y's youth development commitment, the Early Childhood Learning Center is open to all community members year-round from 7:00am-7:00pm. Please call or visit our child care website page for more details.
<https://raritanvalleymca.org/cms-view-page.php?page=early-childhood-learning-preschool-toddlers-infants>

AFTER SCHOOL ENRICHMENT & VACATION/SUMMER DAY CAMPS

As part of the Y's youth development commitment, year-round enrichment programs are offered during out-of-school time including transportation from local schools to the Y, all day programs during school closings, and throughout the entire summer, even when other summer programs end. Please call or visit our child care website page for more details.
<https://raritanvalleymca.org/cms-view-page.php?page=vacation-snow-day-camp>