



# Raritan Valley YMCA

144 Tices Lane, East Brunswick, NJ 08816  
(732) 257-4114 Fax (732) 257-5762

[www.raritanvalleymca.org](http://www.raritanvalleymca.org)

Winter II Session Dates: March 3<sup>rd</sup> to April 20<sup>th</sup>



**Fee: \*\*\*free w/facility membership; See pages 2-4 for prices.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>YMCA Camp YMCA Summer Day Camp for ages 3-13</b>	<b>***Be Fit for Kids Monday 5:45 – 6:30 pm (Also on Thursday) Ages 9-14 years</b>	<b>***Basketball Skills Tuesday 6:15 – 7:00 pm (Also on Friday) Ages 3-5years</b>	<b>*** Preschool Enrichment Program 9:30am-11am (Ages 3-5 years)</b>	<b>***Be Fit for kids Thursday 5:45 – 6:30 pm (Also on Monday) Ages 9-14 years</b>	<b>*** Preschool Enrichment Program 9:30am-11am (Ages 3-5 years)</b>	<b>***Be Fit for kids Ages 9-14 years 10-10:45am</b>
<b>Swim Instruction* @Cook College 10am – 12 noon Mar. 3<sup>rd</sup> -April 28<sup>th</sup> 2019</b>	<b>Early Gamers – Red Level 1 Tennis Monday 6:00 – 7:00 pm (Also on Thurs/Sat) Ages 5-8 years</b>		<b>***Special Needs Tennis Wednesday 6:15 – 7:00 pm Ages 13 years- Adult</b>	<b>Early Gamers – Red Level 1 Tennis Thursday 6:00 – 7:00 pm (Also on Mon/Sat) Ages 5-8 years</b>	<b>***Table Tennis Open Play Friday 6:00 – 9:00 pm (Also on Sat/Sun) Ages 5 years – Adult</b>	<b>Building Blocks Tennis Saturday 8:30 – 9:00 am Ages 3-5 years</b>
<b>Find more details at: <a href="http://raritanvalleymca.org">raritanvalleymca.org</a></b>	<b>For complete program information, call 732-257-4114 or visit <a href="http://www.raritanvalleymca.org">www.raritanvalleymca.org</a></b>					<b>Early Gamers – Red Level 1 Tennis Saturday 9:00 – 10:00 am (Also on Mon/Thurs) Ages 5-8 years</b>
<b>Table Tennis Open Play Sunday 11:30 am – 1:30 pm (Also on Fri/Sat) Ages 5 years -Adult</b>	<b>Rising Players – Red Level 2 Tennis Monday 6:00 – 7:00 pm (Also on Thurs/Sat) Ages 5-10 years</b>	<b>Check out our YMCA Full and Half Day Preschool and Childcare! 6am-7pm</b>		<b>Rising Players – Red Level 2 Tennis Thursday 6:00 – 7:00 pm (Also on Mon/Sat) Ages 5-10 years</b>	<b>***Basketball Skills Friday 6:15 – 7:00 pm (Also on Tuesday)) Ages 3-5years</b>	<b>Rising Players – Red Level 2 Tennis Saturday 9:00 – 10:00 am (Also on Mon/Thurs Ages 5-10 years)</b>
<b>Family Open Gymnasium Sunday 1:00 – 4:00 pm (Also on Saturday)</b>	<b>YMCA AFTER CARE Program until 7pm The YMCA bus picks up at East Brunswick, Milltown, and South River Schools. Our comprehensive facility and trained staff give parents piece of mind. Featuring homework &amp; Healthy U program.</b>					<b>Tour Bound – Red Level 3 Tennis Saturday 10:00 – 11:00 am (Also on Mon/Thurs) Ages 5-10 years</b>
<b>Have Your Child's Birthday Party at the YMCA Prices starting @ \$200</b>	<b>Tour Bound – Red Level 3 Tennis Monday 7:00 – 8:00 pm (Also on Thurs/Sat) Ages 5-10 years</b>	<b>Fundamentals of Basketball *** Tuesday 7:15 – 8:00 pm (Also on Friday) Ages 6-10 years</b>	<b>Adult Dodgeball with Score Sports LLC Feb.27- Apr.17<sup>th</sup> from 7pm -9pm.</b>	<b>Karate &amp; Self Defense Thursday NEW STUDENTS 6:00 – 6:40 pm RETURNING STUDENTS 6:50 – 7:30 pm Ages 5years- Adult</b>	<b>***Fundamenta ls of Basketball Friday 7:15 – 8:00 pm (Also on Tuesday) Ages 6-10 years</b>	<b>***All Sorts of Sports Saturday 11:00 – 11:45 am Ages 7-12 years</b>
<b>NO SCHOOL??? YMCA Vacation Camp trips &amp; theme days. See website for schedule.</b>			<b>***Be Fit for Kids Ages 9-14 years 7-7:45pm</b>	<b>Tour Bound – Red Level 3 Tennis Thursday 7:00 – 8:00 pm (Also on Mon/Sat) Ages 5-10 years</b>		<b>***Table Tennis Open Play Saturday 11:00 – 1:00 pm (Also on Fri/Sun) Ages 5 years- Adult</b>
	<b>***Teen open Basketball 8:00-9:00</b>	<b>***Teen open Basketball 8:00-9:00</b>	<b>***Teen open Basketball 8:00-9:00</b>	<b>Learn to Play, Play to Learn ADULT Tennis Thursday 8:00 – 9:00 pm</b>	<b>***Teen open Basketball 8:00-9:00</b>	<b>***Family Open Gymnasium Saturday 1:00 – 4:00 pm (Also on Sunday)</b>

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.

**\*\*\*Preschool Enrichment Program\*\*\***

**Ages: 2.5 Years–5 Years Location: Art Room**

Preschool enrichment program is an introduction of cognitive skills, social skills and language arts skills. It also provides opportunities to both shared and independent learning experiences for children ages 3-5 years old through academics, creative arts, music, songs and play.

**Day/Time: Wed & Fri 9:30–11:00am (\$200/2xweek, 14 classes)**

**\*\*\*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)**

**BASKETBALL PROGRAMS**



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

**\*\*\*Basketball Skills\*\*\***

**Ages: 3–5 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.

**(\$65/1xweek, 7 lessons)**

**Fri 6:15–7:00pm**

**(\$65/1xweek, 7 lessons)**

**Tues/Fri 6:15–7:00pm**

**(\$120/2xweek, 14 lessons)**

**Day/Time: Tues 6:15–7:00pm**

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

**Ages: 6–10 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.

**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)**

**Day/Time:**

**\*\*\*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)**

**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 (\$95/1xweek, 6 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)

**SOCCER**

**\*\*\*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.

11:45am (\$65/1xweek, 7 lessons)

Day/Time: Sat 11:00-

**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 4<sup>th</sup> 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.

**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)



**\*\*\*Be Fit for Kids\*\*\***

**Ages: 9-14 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)    Wed-(7-7:45pm)/Sat.(10-10:45am)- (\$120/2xweek, 14 lessons)  
Mon(5:45pm)/Wed (7pm)/Thurs(5:45pm)/Sat(10am) -(\$220/4xweek, 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](mailto: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 2<sup>nd</sup> 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://raritanvalleyymca.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://raritanvalleyymca.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://raritanvalleyymca.org/cms-view-page.php?page=vacation-snow-day-camp>