



# Raritan Valley YMCA

## Youth Programs Schedule

144 Tices Lane, East Brunswick, NJ 08816  
 P 732.257.4114 F 732/257/5762



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YMCA SUMMER CAMP</b> 6AM - 7:00PM	<b>YMCA SUMMER CAMP</b> 6AM - 7:00PM	<b>YMCA SUMMER CAMP</b> 6AM - 7:00PM	<b>YMCA SUMMER CAMP</b> 6AM - 7:00PM	<b>YMCA SUMMER CAMP</b> 6AM - 7:00PM		<b>SWIM INSTRUCTION @ COOK COLLEGE</b> 10AM - 12:00PM
	<b>Sports Bugs Basketball</b> 6:30 - 7:00pm (Ages 3 - 5)	<b>Inspirational Tennis</b> 6:15 - 7:00pm (Ages 13 +)	<b>TEEN Leadership Program</b> 8:30am- 4:30pm (Ages 12 - 17)	<b>Sports Bugs Soccer</b> 6:30 - 7:00pm (Ages 3 - 5)	<b>Youth Flag Football</b> 10 - 11:00AM (Ages 6 - 11)	<b>REGISTER for YMCA SUMMER CAMP</b> (Ages 3 - 13)
<b>Intro to Teen Fitness - WC</b> 6 - 7:00PM (Ages 12 - 16)		<b>Dance Academy - MPR</b> 7:15 - 8:00pm (Ages 6 - 12)	<b>Intro to Teen Fitness - WC</b> 6 - 7:00PM (Ages 12 - 16)		<b>Soccer Academy</b> 11 - 12:00PM (Ages: 7 - 13)	<b>REGISTER TODAY for ongoing Enrollment for AFTERSCHOOL Enrichment Program</b>
<b>Soccer Academy</b> 7 - 8:00pm (Ages: 7 - 13)	<b>Basketball Hoops Academy</b> 7:10 - 8:00pm (Ages 6 - 12)	<b>Open Basketball</b> 7 - 9:00pm	<b>Sharks &amp; Minnows - Cardio for Kids</b> 7 - 8:00pm (Ages 6 - 12)	<b>Basketball Hoops Academy</b> 7:10 - 8:00pm (Ages 6 - 12)		<b>Have Your Child's Birthday Party at the YMCA.</b> Prices starting as low as \$200!
<b>Open Basketball</b> 8 - 9:00PM	<b>Open Basketball</b> 8 - 9:00PM		<b>Open Basketball</b> 8 - 9:00PM	<b>Open Basketball</b> 8 - 9:00PM	<b>Open Basketball</b> 8 - 9:00PM	<b>TEEN Basketball League</b> 1 - 4:00PM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# AN ACTIVE SUMMER FULL OF FUN

**Program BEGINS: 7/1 – 8/25**

**Registration OPENS: 6/1**

## SPORTS BUGS: AGES 3 – 5

Basketball	Tuesday	\$50	6:30 - 7:00pm
Soccer	Friday	\$50	6:30 - 7:00pm
Both	Tue./Fri.	\$90	6:30 - 7:00pm

## BASKETBALL HOOPS ACADEMY: AGES 6 – 12

Basketball	Tuesday	\$65	7:10 - 8:00pm
	Friday	\$65	7:10 - 8:00pm
	Tue./Fri.	\$110	7:10 - 8:00pm

## SOCCER ACADEMY: AGES 7 – 13

Soccer	Monday	\$65	7:00 - 8:00pm
	Saturday	\$65	11 - 12:00pm
	Mon./Sat.	\$110	

For complete program information, call  
(732) 257 - 4114 or visit our website at  
[www.RaritanValleyYMCA.org](http://www.RaritanValleyYMCA.org)

## DANCE ACADEMY: AGES 6 – 12

Dance	Wednesdays	
	\$65	7:15 - 8:00PM

## YOUTH FLAG FOOTBALL: AGES 6 – 11

Football	Saturdays	
	\$65	10:00 - 11:00AM

## SHARKS AND MINNOWS – CARDIO FOR KIDS: AGES 6 – 12

Cardio/ Speed Training	Thursdays	
	\$65	7:00 - 8:00pm

- 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.
- Memberships must be valid for registration & participation of youth programs.

## **Youth Programs Descriptions**

**Sports Bugs:** An introduction to sports. This class will help build children's motor skills and hand-eye coordination. Sports will include basketball and soccer.

**Basketball Academy:** Participants will develop a foundation for future excellence by developing dribbling, shooting, & passing skills through challenging activities beneficial in high level sports.

**Dance Academy:** Our experienced dance instructor will teach students all abilities and all skill levels. This class is the perfect blend of all dance styles such as ballet, jazz, hip-hop and modern dance to create fun free-flowing dances.

**Soccer Academy:** Our experienced coaches will teach soccer skills and game play in this program. Participants will learn the fundamentals and be challenged to perfect their offensive and defensive skills.

**Youth Flag Football:** Get in the Game! Our new flag football program is geared toward those youth who want to learn how to play the sport. While learning from a former college football player, participants will brush up on the rules, tactics, skills, and improve their offensive and defensive game and most importantly – HAVE FUN!

**Sharks & Minnows – Cardio for Kids:** Introduce your children to cardio through a fun, high-energy class they'll love. This fun and exciting class offers dynamic activities and games geared toward children ages 6 to 12 years. Now, let's see who is the fastest SHARK!



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# DEVELOPING OUR FUTURE

## Summer Teen Programs



### COUNSELOR-IN-TRAINING (CIT) PROGRAM: AGES 14-15

CIT PROGRAM	Summer Camp (Mon - Fri)	
	6:00am - 7:00pm	
	Visit our Welcome Center for fees & application.	

### TEEN LEADERSHIP PROGRAM: AGES 12 - 17

TEEN Leadership Program	Thursdays Starting June 27 - August 29	
	\$130 per month	8:30am - 4:30pm
	For more information, visit our Welcome Center or call number provided.	
Teen Membership Needed**		

### INTRO. TO TEEN FITNESS: AGES 12 - 16

Intro. to Teen Fitness	Monday	\$65	6:00 - 7:00pm
	Thursday	\$65	6:00 - 7:00pm
Both	Mon. & Thu.	\$110	6:00 - 7:00pm
Wellness Center			

### 3 vs. 3 TEEN BASKETBALL LEAGUE: AGES 13 - 17

3 on 3 Basketball	\$40 per player	
	Saturdays	1:00 - 4:00pm
League Dates: July 6 - Aug 31	Scores and Stats will be recorded.	
Membership (Optional)	Sign-Up your team at our Welcome Center.	

For further information, Contact Directors Luis Ramos or Preeti Srivastava at (732) 257-4114 or visit our website.

**Raritan Valley YMCA**  
 144 Tices Lane  
 East Brunswick, NJ, 08816

## **Teen Programs Descriptions**

**Counselor-In-Training (CIT) Program:** The Raritan Valley YMCA offers a CIT program for campers ages 14 and 15 years old, entering the 9<sup>th</sup> or 10<sup>th</sup> grade. The CIT is for campers who have aged out of traditional day camp programs and is a great way to continue the camp experience while developing leadership skills and building self-confidence. Visit our facility/Welcome Center for the CIT Application.

**Teen Leadership Program:** Want to become a YMCA Leader? Join us as we focus on personal growth, sports-related activities, team building exercises, character development, proper exercise techniques, time management, resume workshops, and much more in our Summer Teen Leadership Program. With the inclusion of a Teen Membership, teenagers can exercise year-round, participate in group fitness classes and stop-by for several volunteer opportunities.

**Introduction to Teen Fitness:** Young teenagers are educated in proper lifting forms, as well as strength exercises, light aerobics, and injury prevention techniques. This class will also include several workout regimes including: circuit training, strength training, cardio, HIIT, and more! Register for one or two days per week.

**3 vs. 3 Teen Basketball:** Team up with your friends and join our NEW teen basketball league. Young and enthusiastic teenagers will create their own basketball teams as they look forward to competing against other teams, while most importantly, having fun! Stats and scores will be recorded. Trophies and t-shirts will be awarded to the champions.