



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
PRESCHOOL ENRICHMENT PROGRAM 10-11:30AM (Ages 3 - 5)		PRESCHOOL ENRICHMENT PROGRAM 10-11:30AM (Ages 3 - 5)		PRESCHOOL ENRICHMENT PROGRAM 10-11:30AM (Ages 3 - 5)	BUILDING BLOCKS TENNIS 8:30 - 9:00AM (Ages 3 - 5)	SWIM INSTRUCTION @ COOK COLLEGE 10AM - 12:00PM
			LEVEL I & II TENNIS 6 - 7:00PM (Ages 5 - 10)		LEVEL I & II TENNIS 9 - 10:00AM (Ages 5 - 10)	REGISTER for YMCA Summer Camp For Ages 3 - 13
LEVEL I & II TENNIS 6 - 7:00PM (Ages 5 - 10)	SPORTS BUGS BASKETBALL 6:15 - 7:00PM (Ages 3 - 5)	INSPIRATIONAL TENNIS 6:15 - 7:00PM (Ages 13 - Adult)	INTRO. TO STRENGTH TRAINING - <u>WC</u> 6 - 7:00PM (Ages 11 - 15)	SPORTS BUGS SOCCER 6:15 - 7:00PM (Ages 3 - 5)	LEVEL III TENNIS 10 - 11:00AM (Ages 5 - 10)	REGISTER TODAY for ongoing enrollment for Afterschool Enrichment Program
INTRO. TO STRENGTH TRAINING - <u>WC</u> 6 - 7:00PM (Ages 11 - 15)	YOUTH BASKETBALL 7:10 - 8:00PM (Ages 6 - 11)	YOUTH DANCE - <u>MPR</u> 7:15 - 8:15PM (Ages 6 - 11)	Self - Defense & Safety KARATE 6 - 6:40PM for New Students 6:50 - 7:30PM Returning Students	YOUTH BASKETBALL 7:10 - 8:00PM (Ages 6 - 11)	YOUTH SOCCER 11AM - 12:00PM (Ages 6 - 12)	Have Your Child's Birthday Party at the YMCA. Prices starting @ \$200!
LEVEL III TENNIS 7 - 8:00PM (Ages 5 - 10)			LEVEL III TENNIS 7 - 8:00PM (Ages 5 - 10)		SPEED SCHOOL - <u>GYM/WC</u> 12 - 1:00PM (Ages 9 - 15)	For complete program information, call (732) 257 - 4114 or visit our website.
OPEN BASKETBALL 8 - 9:00PM	OPEN BASKETBALL 8 - 9:00PM		OPEN BASKETBALL 8 - 9:00PM	OPEN BASKETBALL 8 - 9:00PM	FAMILY OPEN GYMNASIUM 1 - 4:00PM	FAMILY OPEN GYMNASIUM 1 - 4:00PM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY LEARN EXPLORE

Program **BEGINS: 4/29 - 6/15**

Registration **OPENS: 4/5**

SPORTS BUGS: AGES 3-5

Basketball	Tuesday	\$65	6:15 - 7:00pm
Soccer	Friday	\$65	6:15 - 7:00pm
Both	Tue. & Fri.	\$120	6:15 - 7:00pm

YOUTH BASKETBALL: AGES 6-11

Basketball	Tuesday	\$65	7:10-8:00pm
	Friday	\$65	7:10-8:00pm
	Tue. & Fri.	\$120	7:10-8:00pm

YOUTH DANCE: AGES 6-11

Dance	Wednesdays		
	\$65	7:15 - 8:15pm	
	Multi-Purpose Room		

For complete program information, call (732) 257 - 4114 or visit our website.



YOUTH SOCCER: AGES 6-12

Soccer	Saturdays	
	\$65	11am-12:00pm

PRESCHOOL ENRICHMENT: AGES 3-5

Preschool Enrichment	Monday	Wednesday	Friday
	10:00 - 11:30am		
	\$200		

TENNIS: AGES 3 & UP

Tennis	Monday	For further information, visit our website at: www.RaritanValleyYMCA.org
	Wed.	
	Thursday	
	Sat.	

- 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 Sports Program 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.

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

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

Youth Soccer: 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 & defensive drills.

Preschool Enrichment: An introduction of cognitive, social and literacy skills. This program will provide opportunities to both shared and independent learning experiences through academics, creative arts, music, songs and play.

Building Block Tennis: This program focuses on athletic development and developing a foundation for future excellence by learning basic tennis skills.

Tennis Level I & II: Participants start by learning the basic tactics in tennis. There is an emphasis on developing an athletic base and teaching fundamental techniques to better implement tennis tactics.

Tennis Level III: This program is for children who can rally consistently with peers and who are comfortable playing with points. In Level III, players will learn higher level techniques such as spinning, and higher level tactics.