



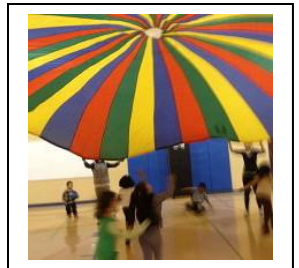
Raritan Valley YMCA

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

www.raritanvalleyymca.org

Fall I Session Dates: Sept. 8 – Oct. 24

Fall II Session Dates: Oct. 27-Dec. 12



Fee: \$80.00 per 7 week session; plus RVY Membership of \$80 or RVY Family Membership Req.

***Denotes different price schedule- please call for current fee.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YMCA Camp Yomeca Summer Day Camp for ages 3-13	Family Facility Membership includes 1 class per child; per session = \$80 p month+ see req.	All Sports 9:15-10am Ages 3-5 Gym w/Luke.	Youth or Adult Program Membership – no facility privileges = \$80 per year	Preschool Soccer 9:15-10am Ages 3-5 Gym w/Luke	Martial Arts 10:05-10:50am Ages 3-5 Mini Gym w/Ara	Pickleball Weekday mornings. Call for hours
Swim Instruction* @Cook College 11am – 1pm	*Preschool Enrichment 9:30-11:30 Ages 3-5 w/childcare staff		*Preschool Enrichment 9:30-11:30 Ages 3-5 w/childcare staff	Preschool Tennis 10:05-10:50am Ages 3-5 Aerobics room w/Luke	Preschool Movement 11am-11:45am Ages 3-5 w/Ara	Open Basketball 9am-12pm Non - Members \$10
Find details @: raritanvalleyymca.org	For complete 2025 program information call 732-257-4114 or visit www.raritanvalleyymca.org					Ask about facility Rentals: Birthdays, showers, parties Business Space Church groups
Girls Who Train 9:30-10:30am Ages 11-16 w/Ara	YMCA AFTER CARE Drop-In Program 3-6pm-Parent Drop off Only Spotswood Aftercare at Schoenly & Appleby Schools Our comprehensive facility and trained staff give parents peace of mind Featuring Homework & Physical Activities- see info online					
Check out our YMCA Full and Half Day Preschool and Childcare		Beginner/Int. Tennis 5:30-6:30pm Ages 6-8 w/Luke	Pre-Teen Strength Training 5:15 – 6pm Ages 11-14 w/Charles	Basketball Instruction 5:30-6:30pm Ages 6-8 w/Luke		Youth and Family Open Basketball 12-2pm Members only; parents/guests \$10
Special Needs Youth Fitness 11am-12pm Wellness Center	Martial Arts 6pm-7pm Ages 6-12 Aerobics studio w/Ara	Beginner/Int. Tennis 6:30-7:30pm Ages 9-12 w/Luke	Special Needs Adult Fitness 5-6pm Wellness Center	Basketball Instruction 6:30-7:30pm Ages 8-12 w/Luke		
Open Basketball 12-1pm Non -Members \$10		Cardio Kids 6:30– 7:30pm Ages 9-14 Wellness Center	Beginner Golf 5-6pm ages 7-11 w/Gina Soccer Ages 7-11 6-7pm w/Charles	Be Fit Kids 6pm-7pm Ages 9-14 Wellness Center w/Ara		Teen Open Basketball 9am-12pm Non - Members \$10
Have Your Child's Birthday Party at the YMCA Prices starting @ \$200	Open Basketball 2-5pm 6-7pm Non -Members \$10	Open Basketball 2-5:30pm 7:30-8pm Non -Members \$10	Basketball 2-6pm Non -Members \$10	Open Basketball 2-5:30pm 7:30-8pm Non -Members \$10	Open Basketball 2-5:30pm Non -Members \$10	NO SCHOOL??? YMCA Vacation Camp trips & theme days. See website for schedule.

The YMCA reserves the right to make any schedule changes when necessary. Notification will be made as soon as possible. Children under age 13 must be accompanied by a parent or adult for open basketball. Full facility family membership includes 2 children and 2 adults and requires \$100 down and \$80 per month with a minimum of 2 months. Membership must be active during sports session.

Class Descriptions

Pre-School All Sports: Try a different sport each week! Fundamentals of each game are taught as children practice their skills in weekly mini games. Coaches will review the fundamentals of sports such as basketball, floor hockey, tennis, soccer, etc. Ages 3-5

Pre School Martial Arts: This is a fun introductory program that teaches self-defense techniques and personal safety with movement.

Basketball Instruction: Passing, dribbling, and game strategies are taught while children develop shooting skills. YMCA instructors lead them both through basic skills & drills. Fun for all! Sessions are available by ages for safety.

Basketball/Teen, Youth or Family Hours: This is a free program for YMCA members only. Our half court sized gym allows plenty of shoot around time and pick-up games. Good behavior and proper sportsmanship a must. Rotate games and half court required when there is a mix of ages. Free to members. Parents, coaches, guests pay \$10.

Be Fit Kids: A class designed to incorporate physical activity into the weekly routine of inactive students. The goal is to increase activity levels and promote a fit and healthy lifestyle. Class includes cardiovascular exercise, stretching, and some resistance training.

Cardio Kids: Working with YMCA staff children ages 9-14 will use various cardio machines and routines to increase endurance and build stamina while burning calories for a healthy workout. Work outs are designed individually so whether you are training for a sport or just need to be active you can achieve success!

Martial Arts: This is an introductory fun program that teaches self defense techniques and personal safety.

Preschool Enrichment: A chance for children to learn, play and express themselves. Youngsters will have educational, recreational and social experiences with other children while they develop confidence and independence outside of home. Fee: \$280 per session (seven weeks/ twice per week from 9:30-11:30am)

Preschool Tennis: This class is a basic introduction to tennis that will help develop a sense of body awareness and develop hand-eye coordination with racket and ball. Fun skills and drills for ages 3–5-year-olds.

Preschool Movement: This is not a sports instruction class but an active movement program for youth that will build coordination, agility, balance, and movement fundamentals using balls, hoops, mats, music and parachutes. Ages 3-5 years

Preteen Strength Training: A class designed to incorporate physical activity for students, promoting a healthy lifestyle and fitness. This class will teach proper exercise techniques and use cardiovascular and weight training machines under YMCA staff supervision. Ages 11-14 years

Pre-School Soccer: Lots of movement for little ones as dribbling and shooting are taught through fun exercises and ball drills.

Special Needs Fitness: The YMCA opens its wellness center to young adults with developmental disabilities each Wednesday for the cost of an annual program membership of \$80. Caregivers should be present as needed as participants may use treadmills, bikes, weight machines, and ellipticals for cardiovascular improvement and general exercise. Wednesdays only; see staff for alternate membership programs or DDD forms for those desiring greater use and membership fees for caregivers who work out.

Soccer Instruction: Our YMCA coach will teach skills and drills that will bring out the best in each child as well as basic rules and game development. (not a league)

Swim Lessons: Basic swimming skills are taught by caring, trained YMCA instructors. Class participants are divided into skill levels so that the instructor can provide proper instruction. Swimmer's advance following the national Y program. Pool safety and the use of personal flotation devices may also be incorporated. Lessons are Sundays in half hour increments between 11am and 1pm. Programs are available for all ages and ability lessons. Free classes for children with disabilities with referral. Visit the website for details.

Girls Who Train: Introduction to weight training for females ages 11-16 taught by a female personal trainer. Good for building confidence and developing sports skills.

Beginner Golf: Instruction includes basic skills such as grip, chipping, driving, putting, and golf etiquette and language. Outdoors when possible. Equipment is provided but bring if you have.

Tennis: Players will learn the basics of tennis indoors in a modified setting. Sessions are available for beginners, advanced beginners, and intermediate levels. Placement and class assignments are based upon skill level.

Register in person, on-line www.raritanvalleyymca.org or by phone 732-257-4114