the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY HARD
HAVE FUN

Program BEGINS: 3/2 – 4/18

Registration OPENS: 2/10/2020

ARTS FOR KIDS: AGES 6 – 9

Intro to Arts	Thursdays		
	$60	6:10 - 7:00pm	

CARDIO FOR KIDS: SHARKS AGES 5 – 12

Cardio/ Speed Training	Fridays	
	$70	6:10 - 7:00pm

DANCE FOR KIDS: AGES 6 – 13

Dance	Wednesdays	
	$60	6:10 - 7:00pm

INDOOR T-BALL AGES 5 – 12

Youth Baseball	Thursdays	$70	7:10 - 8:00pm

For complete program information, call (732) 257 – 4114 or visit our website at www.RaritanValleyYMCA.org

FLAG FOOTBALL: AGES 6 – 12

Youth Flag Football	Wednesdays
	7:10 - 8:00pm
	$65

TRAVEL BASKETBALL TEAM PREP: 5th – 7th GRADERS * NEW *

Advanced Basketball	Monday	$90	5:10 - 6:00pm
	Wed.	$90	6:10 - 7:00pm
	Mon./Wed.	$135	5:10 - 6:00pm

YOUTH BASKETBALL: AGES 6 – 12

Basketball	Tuesday	$70	7:10 - 8:00pm
	Friday	$70	7:10 - 8:00pm
	Tue./Fri.	$105	7:10 - 8:00pm

YOUTH SOCCER: AGES 6 – 13

Soccer	Tuesday	$70	6:10 - 7:00pm
	Saturday	$70	12:00 - 1:00pm
	Tue./Sat.	$105	

- **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. Payments for classes are non-refundable.**
- **Memberships must be valid for registration & participation of youth programs.**

Youth Programs Descriptions

Arts for Kids: **This is an introductory class to Fine Arts. This class will teach the skills necessary to excel in various mediums, including: painting, drawing, cartooning and more. Supplies will be provided.**

Cardio for Kids – Sharks: **Introduce your children to cardio through a fun, high-energy class they'll love. This fun and exciting class offers dynamic activities and proper running exercises geared toward children ages 5 to 12 years. Now, let's see who is the fastest SHARK!**

Dance for Kids: **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, Latin, hip-hop and modern dance to create fun free-flowing dances. Most sessions will have a dance performance to cap off the session!**

Flag Football: **Get in the Game! While learning from a former college player, participants will brush up on the rules, tactics, and skills that come with playing American football. Our flag football program is geared toward those youth who want to learn the right and fun way to play the sport. No previous experience needed!**

Indoor T-Ball: **This YMCA class focuses on building a lifelong interest in baseball and introducing the skills of throwing, catching and hitting. The rules and equipment are designed to help children build their skills and knowledge of the game as they progress through each age division. Gloves must be purchased prior to start of class.**

Travel Basketball Team Prep: **Get competitive and start preparing to try out for our 7th & 8th grade co-ed Travel Basketball team! This is an advanced program designed to help players stand out during our upcoming basketball try-outs. This does not mean that your spot on the team is guaranteed, but it will increase your chances at excelling during try-outs. Spots are limited.**

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

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 and defensive skills.**

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LET'S PLAY TENNIS!

Learn Tennis from Coach Larry, a PTR Pro Certified with a Masters in Junior Development & USTA Coach Trainer. For private lessons, contact Larry Dillon at LDTNT2@gmail.com or via phone at (732) 735-8837.

Early Gamers – Level I Tennis (Ages 5 – 8)
Monday: 6 – 7PM ($195/1x per week/ 7 lessons)
Saturday: 9 – 10AM
Mon. & Sat. ($310/2x per week/ 14 lessons)

Rising Players – Level II Tennis (Ages 5 – 10)
Monday: 6 – 7PM ($195/1x per week/7 lessons)
Saturday: 9 – 10AM
Mon. & Sat. ($310/2x per week/14 lessons)

Tour Bound – Level III Tennis (Ages 5 – 10)
Monday: 7 – 8PM ($195/1x per week/ 7 lessons)
Saturday: 10 – 11AM
Mon. & Sat. ($310/2x per week/14 lessons)

Inspirational Sports – SN Tennis & Basketball
Thursday: 6:15 – 7PM ($65/1x per week/ 7 lessons)

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BE STRONG
BE HEALTHY
BE CONFIDENT

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Teen Programs

OPEN GYM: AGES 12 +

OPEN GYM	Mon - Fri 8:00 - 9:00pm	Sat - Sun 1:00 - 4:00pm
	FREE with any membership	
Gymnasium		

INTRO. TO TEEN FITNESS: AGES 13 – 17

Intro. to Teen Fitness	Mondays	$65	6:15- 7:15pm
	Or FREE with Teen Membership		
Wellness Center			

Raritan Valley YMCA

144 Tices Lane
East Brunswick, NJ, 08816

Www.RaritanValleyYMCA.org

Teen Programs Descriptions

Introduction to Teen Fitness: Our Y's goal is to create an atmosphere in which young teenagers feel safe and confident enough to use our various fitness areas. In this program, young teenagers are educated in light aerobics, and injury prevention techniques. This class will also include several workout regimes including: circuit training, cardio, HIIT, and more!

Open Gym: Let your teenager roam free and have fun playing any sport in our gymnasium! There will be basketballs, footballs, volleyballs, and more. This is for program members as well as full facility members!