



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET IN THE GAME!

Program **BEGINS: 1/6 - 2/22**

Registration **OPENS: 12/16/19**



## FLAG FOOTBALL: AGES 6 - 12

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

## WINTER INDOOR BASEBALL SKILLS: AGES 6 - 12 \* NEW \*

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

## DANCE FOR KIDS: AGES 6 - 13

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

## ARTS FOR KIDS: AGES 6 - 9 \* NEW \*

Intro to Arts	Thursdays		
	\$60	6:05 - 7:00pm	

## 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

## CARDIO FOR KIDS: SHARKS AGES 5 - 12

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

## YOUTH SOCCER: AGES 6 - 13

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

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

- 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!

**Winter Indoor Baseball Skills:** Get a head start on training for your Outdoor Season now as this YMCA class focuses on building a lifelong interest in sports 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.

**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.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## **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](mailto:LDTNT2@gmail.com) or via phone at (732) 735-8837.

### **Building Block Tennis (Ages 3 - 5)**

**Saturday: 8:30 - 9AM (\$80/1x per week/7 lessons in total)**

### **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**

**Wednesday: 6:15 - 7PM (\$65/1x per week/ 7 lessons)**





FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

Program **BEGINS: 1/6 – 2/22**

Registration **OPENS: 12/16/19**



## 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			

## Teen Programs

### INTRO. TO STRENGTH TRAINING: AGES 13 - 17

Intro. to Strength Training	Thursdays	\$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](http://www.RaritanValleyYMCA.org)

## **Teen Programs Descriptions**

**Introduction to Strength Training:** 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 order to achieve this, this teen program will be designed as an introduction to weight lifting and free weights in an effort to instill confidence and understanding.

**Introduction to Teen Fitness:** 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!