



RVYMCA 2026 WINTER YOUTH PROGRAMS

JANUARY 5, 2026 – FEBRUARY 27, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Additional Info: Gym - (Basketball) AR - Aerobics Room BR - Backroom					Pre-K Multi Sport Ages 3-5 1-1:45PM AR / GYM Ara	
GYM and Aerobics Room are closed all day on Sundays.	Volleyball Skills Ages 6-9 5-5:45PM GYM Coach Jumana					
	Pre-K Dance Ballet Ages 3-5 5-5:45PM AR	Pre-K Soccer Ages 3-5 5-5:45PM GYM w/ Micah	Soccer Basics Ages 5-7 5-6PM GYM Coach Avi	Basketball Skills and Drills Ages 9-12 5:15-6:15PM GYM Coach Brody	Basketball Skills and Drills Ages 5-9 5:00-6:00PM GYM Coach Jumana	
		Tennis Beginner Ages 6-9 6-6:45PM GYM Volunteer	Soccer Advanced Ages 8-11 6-7PM GYM Coach Avi		Music Basics Ages 8-14 6-6:45PM BR Colin	
	Volleyball Skills Ages 10-13 6-6:45PM GYM Coach Jumana	Tennis Advanced Ages 10-13 7-7:45PM GYM Volunteer		Private Training Basketball Gym Closed		Additional Info: Gym - (Basketball) AR - Aerobics Room BR - Backroom

Class Descriptions

Ballet: A fun introduction to dance! Young dancers will learn the basics of ballet and tap through creative movement, music, and imagination. This upbeat class builds coordination, rhythm, and confidence — perfect for beginners ready to move and shine!

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.

Beginner Tennis: Learn to love tennis! Using smaller rackets and softer balls, players will practice the fundamentals — grip, swing, and footwork — in a supportive, skill-building setting. Great for beginners looking for an energetic and engaging experience.

Beginner / Intermediate Tennis: Ready to take your tennis skills to the next level? Players build on fundamentals while learning to rally, serve, and play friendly matches. This class encourages sportsmanship, strategy, and confidence on the court.

Music Basics (Ages 8–14): Learn the fundamentals of music in a fun, engaging environment! Students will explore rhythm, melody, basic instrument skills, reading musical notes, and playing chords.

Pre-K Multi-Sport introduces young children to a variety of basic sports skills through fun, age-appropriate games and activities. The program focuses on movement, coordination, listening skills, and learning to play and share with others in a positive environment.

Pre K Soccer: Kick, run, and score! This beginner class introduces preschoolers to soccer through fun drills and teamwork-based games. Players will learn the basics — dribbling, passing, and kicking — while developing balance and focus in a positive environment.

Soccer Basics: Perfect for young players learning the game! Kids practice dribbling, passing, teamwork, and coordination through interactive drills and mini games. A fun way to build skills, friendships, and a lifelong love of soccer.

Soccer Advance: For players ready for the next challenge! Athletes refine their technique, learn field positions, and play structured games that emphasize teamwork and sportsmanship. A great confidence-builder for future league play.

Volleyball Skills: Volleyball Skills teaches very basic fundamentals such as passing, setting, serving, and teamwork in a fun, supportive environment.

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