



YMCA

OF GLOUCESTER COUNTY



Fall 
2011

235 E. Red Bank Ave. • Woodbury, NJ 08096

(856) 845-0720

WWW.YMCAGLOCO.ORG

the **Y** **THE YMCA OF GLOUCESTER COUNTY**

FIND WHAT YOU'RE LOOKING FOR:

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20th Annual Mayors Prayer Breakfast

**Thursday, December 1, 2011
7:00 AM at Auletto's Caterers**

Featured SPEAKER:



Phil Stone (former ESPN and NBC Sports announcer)

Check www.ymcagloco.org in October for more information regarding this event!

FULL PRIVILEGE MEMBERSHIP RATES

(same as 2010 rates!)

Effective January 1, 2011

	AUTOPAY MONTHLY	NEW 1X JOINER FEE
Youth (children up to 18 years)	\$17	\$40
Military/College (proof of full time status req.)	\$24	\$40
Senior Adult (62+ years)	\$25	\$40
Adult (19 to 61 years of age)	\$33	\$60
Single Parent Family (1 parent & children 18 yrs. & under)	\$40	\$60
Household (2 adults & all children living @ same residence)	\$48	\$60

Membership & Joiner Fees are non-transferrable & non-refundable

PROGRAM (BASIC) MEMBERSHIP RATES

Youth (up to 18 years)	\$55
Adult (19 years & up)	\$70

Program membership is designed for people who want to enroll in YMCA programs ONLY. It does not allow access to facilities other than the class enrolled and locker room use.

*NOTE: Memberships must remain current throughout the duration of the program session. If your membership expires during the program session, you must renew at the time of registration for participation to be uninterrupted.

GUEST FEES

Youth (children up to 18 years)	\$ 6
Adult (19 years and over)	\$10

Guest may accompany members three times. Only one guest per member each time. Member must remain with guest for full visit.

**SilverSneakers I
Muscular Strength & Range of Movement**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. This class is FREE to all Full Members!

Fee: Full Member \$1 per class
Basic Member \$3 per class

Times: Mon, Wed, Fri 10:45-11:30 am

PERSONAL TRAINING AT THE YMCA WITH LINDA MOORE! CALL FOR DETAILS.

FALL I
SEPTEMBER 6 - OCTOBER 29
(7 WEEKS MON.)
(8 WEEKS TUES-SAT)
REGISTRATION BEGINS:
FULL MEMBERS: 8/15/11 AT 8AM
BASIC MEMBERS: 8/22/11 AT 8AM

FALL II
OCTOBER 31- DECEMBER 23
(7 WEEKS THURS. & SAT.)
(8 WEEKS MON-WED, & FRI.)
REGISTRATION BEGINS:
FULL MEMBERS: 10/10/11 AT 8AM
BASIC MEMBERS: 10/17/11 AT 8AM

WINTER I
JANUARY 2-FEBRUARY 25
(8 WEEKS)
REGISTRATION BEGINS:
FULL MEMBERS: 12/12/11 AT 8AM
BASIC MEMBERS: 12/19/11 AT 8AM

On-line, walk in or mail in registration available. Aquatic Registration Information (ARI) can be picked up at the front desk for your child's last session class, so you know what to register them for. If your child has not participated in swimming lessons the previous session, they will need to take a swim test. Please call the YMCA to make an appointment for a swim test. Register for classes by the type of Membership you hold (Full or Basic). YMCA membership must be valid through the length of the program. No make-ups for any swimming lessons. The YMCA does reserve the right to alter the class schedule or cancel classes due to insufficient enrollment. Due to class, instructor and/or level needs the YMCA may not schedule the same instructor, class, ratio, day and/or time for any upcoming sessions. The YMCA does reserve the right to replace or sub an instructor at any time. Unless you are a full member you cannot use the pool before and after classes. You must maintain a full membership to get full access to the pool and to continue your lessons or classes.

PLEASE ASK FOR OUR NEW RULES AND REGULATIONS AT THE DESK BEFORE ENTERING THE POOL

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RIPTIDES SWIM TEAM

PARENT/CHILD SWIMMING LESSONS

Classes for children 5 years and younger. Children divided by developmental ability (ages). Parents (18 years and older) participates in the water with their child. Membership is required for the child. All levels incorporate water adjustment skills for parent and child through games and songs. The use of PFDs, basic water safety skills and swimming skills will be taught according to your child's readiness.



Shrimp, Kipper, Inia (6-18 months)

Introduce the child to the water environment and basic safety skills for parents (parents must be at least 18 years). Encourage developmentally appropriate expectations, positive experiences and have fun.

<u>Day</u>	<u>Time</u>
Wednesday	9:15-9:45am or 5:15-5:45pm
Saturday	9:00-9:30am

Perch (19-35 months)

Continue to increase independence in the water, make purposeful movements both in the water and in response to visual or verbal cues, and provide opportunities for children to interact with one another. Parents must be at least 18 years old.

<u>Day</u>	<u>Time</u>
Monday	10:00-10:30am or 7:00-7:30pm
Friday	6:45-7:15pm
Saturday	9:30-10:00 am or 11:15-11:45am or 11:45-12:15pm

PrePike (3-5 years with parent)

This class is designed to allow children to explore their own skills in the water. Children are introduced to basic aquatic and boating safety and allow the child to accept some of the responsibility for safe practices. Parents must be at least 18 years old.

<u>Day</u>	<u>Time</u>
Wednesday	6:00-6:30pm
Thursday	6:45-7:15pm
Saturday	8:30-9:00am or 10:15-10:45am

Transitional Pike with parent (3 3/4 - 5 yrs)

This class is designed to prepare child and parent (18 years and older) for the Pike class. The session begins with parents in the water working with their child, and as the session progresses the child will spend more time working directly with the instructor.

<u>Day</u>	<u>Time</u>
Friday	5:30-6:00pm
Saturday	10:45-11:15am

Fall I & II - 8 weeks	Full Members \$44.00	Basic Members \$76.00
Fall I & II - 7 weeks	Full Members \$39.00	Basic Members \$67.00

PRE-SCHOOL SWIMMING LESSONS

Preschool classes: 5 years old (6 yrs if in Kindergarten) without parent. The YMCA Swim Lessons Preschool Program uses a student-centered approach with swimming skills, personal safety and rescue skills. Each level is repeated until the skills are completed, and the instructor progresses the student. Please notify the instructor of any medical concerns or learning disabilities which may affect your child's class participation. Parents may observe children's progress from the pool deck the first and last class.

Fall I & II - 8 weeks	Full Members \$44.00	Basic Members \$76.00
Fall I & II - 7 weeks	Full Members \$39.00	Basic Members \$67.00

PIKE - Beginner Level I

Water adjustment, floating, boating safety, front, side & back paddle and other aquatic skills designed to encourage the child to swim on his/her own with comfort in the water. Must swim 5 feet on front, back and side with no flotation to pass to Eel.

Day	Time
Monday	5:00-5:30pm OR 6:30-7:00pm OR 7:00-7:30pm
Tuesday	6:15-6:45pm OR 6:45-7:15pm
Wednesday	4:45-5:15pm OR 5:15-5:45pm
Thursday	4:45-5:15pm OR 5:15-5:45pm OR 6:45-7:15 pm
Friday	5:30-6:00pm OR 6:15-6:45pm OR 6:45-7:15 pm
Saturday	8:30-9:00am OR 9:30-10:00am OR 10:15-10:45am OR 10:45-11:15am

Eel - Beginner Level II

Progressed from Pike level. Practice basic swimming techniques, water safety and increase independent swimming. Must swim 15 feet on front, back and side with no flotation to pass to Ray.

Day	Time
Tuesday	5:30-6:00 pm
Wednesday	6:30-7:00 pm
Friday	5:30-6:00 pm
Saturday	9:00-9:30 am OR 11:15-11:45 am

Rays - Advanced Beginner Level I

Progressed from Eel level. Build confidence and endurance, while refining swimming skills and water safety. Introduce front and back symmetrical strokes. Must swim 30 feet of all 5 strokes, no flotation, to pass to Starfish.

Day	Time
Monday	5:00-5:30 pm
Wednesday	4:45-5:15 pm
Friday	6:15-6:45 pm
Saturday	11:45 am-12:15 pm

Starfish - Advanced Beginner Level II

Progressed from Ray level. Rotary breathing and safety skills emphasized. Must swim 40 feet of all 5 strokes to pass. (Cannot advance to Youth until 1st grade)

Day	Time
Tuesday	6:15-6:45pm
Thursday	4:45-5:15pm



SPECIAL AQUATIC PROGRAMMING

POOL RENTAL INFORMATION

Are you interested in renting out the pool for a private function? We can offer the entire pool starting on Saturdays and Sunday evenings. We do require 3-4 weeks notice to set up a function and a **\$50.00 NON-REFUNDABLE security deposit** is required to hold the reservation with the balance of the cost due 2 weeks prior to the function. Please contact Anna Elson at aelson@ymcagloco.org for more information.

Full & Basic Members \$150.00 per hour • Non Members \$175.00 per hour
\$50.00 deposit (non-refundable)

SPLASH BIRTHDAY PARTIES

The YMCA of Gloucester County offers a 2 hour party block on Saturdays and Sunday nights (1 hour for cake, presents, etc. in our studio room and 1 hour in the pool, in that order). A party host is provided to help you from beginning to end. All food, decorations, utensils, etc. are your responsibility. All party guests will receive a small gift (up to 25 only) Only for groups with up to 25 swimmers. Please contact Anna Elson at aelson@ymcagloco.org for more information.

Full & Basic Members \$175.00 • Non Members \$225.00
Additional guest \$5.00
Deposit (non-refundable) \$50.00

BOY & GIRL SCOUT SWIM

Is your group working on an aquatic merit badge and need a place to swim? If so, come over to the YMCA pool. Bring a Scout Leader or use one of our certified YMCA Instructors. We offer 45 minutes of pool time. We do require 3-4 weeks advance notice. **No more than 25 people per visit.** Please contact Anna Elson at aelson@ymcagloco.org for more information.

Fee: \$5 per person & \$40 for YMCA Instructor (if needed)

YOUTH SWIMMING LESSONS

Youth ages 6 and in first grade – 12 years old; advanced levels 6-15 years. The YMCA Swim Lessons Youth Program uses a student-centered approach with swimming skills, personal safety and rescue skills. Each level is repeated until the skills are completed, and instructor progresses the student.

Fall I & II - 8 weeks	Full Members \$50.00	Basic Members \$86.00
Fall I & II - 7 weeks	Full Members \$43.00	Basic Members \$75.00

Polliwog - Beginner Level

Adjusting to water, basic swimming on front, back and side, and safety skills. Must swim 40 feet front, back and side and jump in the deep end, no floatation, to pass to Guppy.

Day	Time
Monday	4:45-5:30 pm
Tuesday	4:45-5:30 pm
Thursday	6:00-6:45 pm
Friday	4:45-5:30 pm
Saturday	9:15-10:00am OR 11:00-11:45 am

Guppy - Advanced Beginner Level

Improve basic skills, adding front and back symmetrical strokes and breathing, deep water skills, safety. Must swim 75 feet of all 5 strokes to pass to Minnow.

Day	Time
Monday	5:30-6:15 pm
Tuesday	4:45-5:30 pm
Thursday	6:00-6:45 pm
Friday	4:45-5:30 pm
Saturday	8:30-9:15 am OR 11:00-11:45 am

Minnow - Intermediate Level

Increase endurance and improve technique for all strokes, synchro skills, rescue breathing. Must swim 75 feet of all 5 strokes efficiently to pass to Fish.

Day	Time
Monday	5:30-6:15pm
Tuesday	4:45-5:30pm OR 6:45-7:30pm
Wednesday	6:30-7:15pm
Friday	4:45-5:30pm
Saturday	10:15-11:00am

Fish - Advanced Intermediate Level

Learn butterfly, increase strength and endurance, fine tune basic strokes, introduction to masks and fins. Must swim 150 feet of all 5 strokes efficiently to pass to Flying Fish.

Day	Time
Monday	5:30-6:15pm
Saturday	8:30-9:00am OR 10:15-11:00am

Flying Fish & Shark - Advanced Level

FLYING FISH: Lifesaving stroke and bilateral breathing introduced. More advanced synchro and safety skills introduced.

SHARK: Inverted breaststroke, over arm sidestroke and trudgeon crawl introduced. Refining all skills, working on speed and endurance.

Day	Time
Thursday	6:00-6:45pm
Saturday	9:15-10:00 am

Porpoise Club - Advanced Level

For the swimmer who has progressed into Flying Fish or above. Porpoise Club is a new program designed to provide experienced swimmers with more advanced swim classes, as well as provide opportunities to develop new friendships. Members of the Porpoise Club will meet once a week for activities ranging from swimming lessons, various certifications in American Red Cross Training and basic water safety. Club participants will also have the opportunity to learn the skills needed to teach swimming lessons by assisting swim instructors and participate in community service for our swim team.

Day	Time	Cost:
Thursday	6:45-7:30pm	Full: \$77 Basic: \$113



TEEN/ADULT SWIMMING LESSONS

The YMCA Swim Lessons Program uses a student-centered approach with swimming skills, personal safety and rescue skills. **Unless you are a full member you cannot use the pool before and after classes.** No make-ups for missed classes.

TEEN LESSONS 13 - 17 years old

Always wanted to learn to swim or improve your stroke? JUST DO IT! Open to beginning and advanced beginning swimmers. Instructors will work with you to achieve your goals.

Day	Session	Time	Membership	Cost
Wed	Fall I & II	6:00-6:30pm	Full Member	\$44.00
	8 weeks		Basic Member	\$76.00

SEMI PRIVATE LESSONS 4 years and older

Semi-private lessons offer a one-on-two instruction for swimmers similar in age and swimming ability with a certified instructor. *Register in person only.*

Day	Time
Monday	6:30-7:00pm
Tuesday	5:30-6:00pm
Thursday	5:15-5:45pm

Fall I & II - 8 weeks	Full Members	Basic Members
	\$84.00	\$126.00
Fall I & II - 7 weeks	Full Members	Basic Members
	\$74.00	\$110.00



ADULT LESSONS 18 years old and up

Always wanted to learn to swim or improve your stroke? JUST DO IT! Open to beginning swimmers. Instructor will work with you to achieve your goals.

Day	Session	Time	Membership	Cost
Wed	Fall I & II	9:15-10:00am	Full Member	\$50.00
	8 weeks	6:30-7:15pm	Basic Member	\$86.00

PRIVATE LESSONS 4 years and older

Try our 1-on-1 private swim lessons with a certified instructor and accomplish your goals. Private lessons are designed around your set goals. Learn to swim or improve your strokes. **Private lessons are highly recommended for children with special needs.**

Day	Time
Monday	6:30-7:00pm or 7:00-7:30pm
Tuesday	1:30-2:00pm or 5:30-6:00pm or 6:15-6:45pm or 6:45-7:15pm
Wednesday	4:45-5:15pm or 5:15-5:45pm or 6:00-6:30pm
Thursday	4:45-5:15pm or 5:15-5:45pm
Friday	12:30-1:00pm or 6:15-6:45pm or 6:45-7:15pm
Saturday	11:45-12:15pm

Fall I & II - 8 weeks	Full Members	Basic Members
	\$101.00	\$151.00
Fall I & II - 7 weeks	Full Members	Basic Members
	\$88.00	\$132.00



Here is the chance to compete and have the opportunity to meet new people who love to swim like you! USMS is for both competitive and noncompetitive swimmers and tri-athletes of all levels and abilities. U.S. Masters swimming is for adults aged 18 and over who are looking to improve upon or continue to hone their swimming skills. Those who wish to participate in the Gloucester County YMCA's U.S. Masters Swimming program must register to become a member of USMS before entering a U.S. Masters Swim Club at the Gloucester County YMCA. More information can be found at www.usms.org. A coached practice will run Tuesday evening from 9:15 PM-10:30 PM. The pool will be available for un-coached practices any time the schedule says AL (adult lap) That week's workout will be posted on the bulletin board in the back hall way for your convenience. Please contact Anna Elson; aelson@ymcagloco.org for more information. You must be a full member to join and already have an established master's account. Please bring your masters card the first day.

FEE: Full members: \$50.00

WATER FITNESS CLASSES

Pick and choose what class you want.

Mix and match. Take 1 class, 2, 3 or 4 classes a week.

Now you can have what you really want.

Please take note that you have to register for each class separately. Each class meets 1 x week. Membership is required for the registered participant and must be maintained during the length of the class.

Fall I & II - 8 weeks	Full Members \$22.00	Basic Members \$40.00
Fall I & II - 7 weeks	Full Members \$19.00	Basic Members \$35.00

Healthy Back Aquatic Exercise *Low intensity*

Mild water exercises designed to relax and strengthen the muscles of the back, hips, and stomach while increasing flexibility. No swimming required. **YMCA consent form is required and updated annually.**

Day	Time
Tuesday	8:15-9:00am
Thursday	8:15-9:00am

Arthritis Aquatics *Low intensity*

Arthritis Foundation and YMCA program. Complete range of motion exercises designed for increased flexibility, mobility, and muscle strengthening. Good class for those who need to get started in an exercise program or are recovering from surgery. No swimming required. **YMCA and Arthritis consent form required, updated annually.**

Day	Time
Monday	1:30-2:15pm
Tuesday	10:50-11:35am or 2:00-2:45pm
Wednesday	1:30-2:15pm
Thursday	1:30-2:15pm
Friday	10:50-11:35am or 2:00-2:45pm

Water Walking *Moderate intensity*

A moderate intensity cardiovascular program with continuous walking in shallow water, while using the upper body to increase circulation, flexibility and improve body tone. No swimming required. **YMCA consent form required, updated annually.**

Day	Time
Monday	9:10-9:55am
Thursday	9:10-9:55am

Swimnastics *Moderate intensity*

A moderate-high intensity cardiovascular program. Includes aerobics in the water with muscle strengthening and toning. Should be comfortable in the water. **YMCA consent form required, updated annually.**

Day	Time
Monday	10:45-11:30am
Tuesday	10:00-10:45am
Wednesday	10:30-11:15am
Thursday	10:00-10:45am
Friday	10:00-10:45am

HI/LO H2O: *High intensity*

Get ready to feel the burn. This is a high intensity cardio aqua mix. This mix includes high intensity movies with a little bit of kickboxing. Great for improving strength and endurance. Must be able to swim. **YMCA consent form required, updated annually.**

Day	Time
Friday	9:05-9:50am

Deep Water Workout *High intensity*

A high intensity cardiovascular workout in deep water. Come out and do what the professional athletes do for cross training. Great for improving strength, endurance, and body tone. Minimal stress on joints. Must be able to swim in deep water. **YMCA consent form required, updated annually.**

Day	Time
Monday	8:15-9:00am or 7:45-8:30pm
Wednesday	8:15-9:00am
Thursday	7:45-8:30pm
Friday	8:15-9:00am



THE GLOUCESTER COUNTY YMCA RIPTIDES SWIM TEAM

FALL WARM-UPS

This program is designed for youth who are swimming with a swim team for the first time and those who need minor stroke and endurance improvement. Returning swimmers who want to improve their endurance are also encouraged to participate. Practices will range from stroke clinics to endurance and sprint based training. Swimmers under 8 years old must be able to complete one length without stopping. Swimmers 9 years old and over must be able to swim 100 yards (4 lengths) without stopping.

Dates:

Tuesdays and Saturdays • September 6 - October 29

Day and time:

5 - 10 years old will meet

Tuesdays 7:30-8:15 pm and Saturdays 12:30-1:15 pm

11-18 years old will meet

Tuesdays 8:00-8:45 pm and Saturdays 1:00-1:45 pm

Fees:

Full Member \$45.00
Basic Member \$79.00
Non Member \$107.00

RIPTIDES SWIM TEAM

The YMCA of Gloucester County RIPTIDES Swim Team is designed for beginner through advanced level swimmers. As a "Riptide" they will have the opportunity to develop into the best swimmer they can, while learning to achieve personal and team goals. Our goals for participants include: Developing self-esteem, learning team work, accepting responsibility, having fun, improving health & fitness, learning & practicing character values, improve speed & endurance.

All swimmers will focus on stroke mechanics, times and endurance to suit their individual needs. Swim Meets: The Riptides swim in dual-meet format against other YMCA swim teams and other teams in the South Jersey Swim League. A typical season has 7-9 meets usually on Saturday and Sunday afternoons. Riptides also participate in invitational meets and, upon qualification, YMCA of New Jersey Silvers and States. The season will begin November 1. Payment for team must be paid in full prior to the first practice. Payments can be made beginning on Tuesday October 25, 2011 once squad placement is complete at the Red and Black meet. Outstanding balances will be placed on your account. Full membership to the YMCA must be established prior to joining the team and must be maintained during the duration of the season.

Meet the Coaches:

Sunday, September 11, 2011 at 5:00 pm or Sunday, October 2, 2011 at 5:00 pm

(Please bring a copy of your child's birth certificate)

Meeting to take place in the front lobby at 5:00 pm. Come to one of these times to learn about the YMCA Riptides, what's involved and meet the coaches. Open to ages 5-18 years, who know at least freestyle and back strokes. Squad Placement will be at the Red & Black Meet. See information below. There will be no tryouts the nights of meet the coaches. The Red and Black Meet is mandatory for all swim team members to be placed on a squad.

Red and Black Meet/ Time Trials/ Squad Placement:

Mandatory for all swimmers
Sunday, October 23rd 2011 at 4:00 pm



MARTIAL ARTS PROGRAMS FOR ALL AGES

OUR MARTIAL ARTS CLASSES FOCUS ON SELF-DEFENSE AND CONFLICT RESOLUTION. CHILDREN LEARN CONCENTRATION, POSITIVE FOCUS AND HOW TO HANDLE PEER PRESSURE. ADULTS RELIEVE STRESS, GET FIT AND BUILD ENERGY.

EVERYONE WINS!

TRY OUR SIX WEEK INTRODUCTORY PROGRAM
(CALL 609-865-4100 TO SCHEDULE YOUR STARTING DATE)

		KARATE	JIU JITSU
TINY TIGERS AGES 4 TO 6	FULL MEMBER	\$115	N/A
	BASIC MEMBER	\$130	N/A
	NON MEMBER	\$150	N/A
CHILDREN AGES 7 TO 12	FULL MEMBER	\$115	\$115
	BASIC MEMBER	\$130	\$130
	NON MEMBER	\$150	\$150
ADULTS 13 AND OLDER	FULL MEMBER	\$115	\$115
	BASIC MEMBER	\$130	\$130
	NON MEMBER	\$150	\$150

UNIFORMS REQUIRED, AVAILABLE IN THE MARTIAL ARTS OFFICE
CHILDREN 4 TO 12 KARATE \$25 JIU JITSU \$50
ADULTS 13 AND UP KARATE \$35 JIU JITSU \$90

CHOOSE TWO CLASSES WEEKLY

KARATE

	4 TO 6 YRS OLD	7 TO 12 YRS OLD	13 AND UP
MONDAY		4:30PM	7:30PM
TUESDAY	5:00PM		
WEDNESDAY	6:00PM	5:15PM	7:15PM
THURSDAY	5:00PM		
FRIDAY	4:30PM	5:45PM	7:15PM
SATURDAY	10:00AM	10:30AM	

JIU JITSU

	7 TO 15 YRS OLD	16 AND UP
TUESDAY		7:30PM
THURSDAY	6:45PM	
SATURDAY	9:00AM	9:00:AM

WANT TO TRY TWO FREE LESSONS BEFORE YOU DECIDE?

(BY APPOINTMENT ONLY)

CALL 609-865-4100 TO SCHEDULE YOUR FREE LESSONS TODAY

4 TO 6 YRS OLD
TUES 4:30 TO 4:50PM
THURS 4:30 TO 4:50PM

7 TO 12 YRS OLD
MON 6:45 TO 7:15PM
FRI 5:45 TO 6:15PM



MARTIAL ARTS FOR ADULTS



Here are the programs you've been waiting for.
Karate is a great traditional discipline while
Jiu Jitsu is a great physical workout.
Choose one program or save \$ and choose both programs.
Either way you are a winner!

CHOOSE TWO CLASSES WEEKLY

	KARATE	JIU JITSU
Monday	7:30PM	
Tuesday		7:30PM
Wednesday	7:15PM	
Friday	7:15PM	
Saturday		9:00AM

MONTHLY RATES FOR ONE PROGRAM

	KARATE	JIU JITSU
FULL MEMBER	\$95	\$110
BASIC MEMBER	\$110	\$135

Other programs available.
Inquire to (609) 865 - 4100.

Uniform Required:

Karate: \$35
Jiu Jitsu: \$90

MONTHLY RATES FOR BOTH PROGRAMS

FULL MEMBER	\$150
BASIC MEMBER	\$180

Y'Z KIDZ PROGRAM 2011-2012

A Safe and Supervised Place for KIDZ to Go Before & After School
In cooperation with various public elementary schools in Gloucester County

REGISTRATION BEGINS JULY 1

(SEPTEMBER'S PAYMENT DUE AT THE TIME OF REGISTRATION)

Swedesboro/Woolwich Township Schools:

Margaret Clifford
Gov. Stratton
Gen. Harker
Walter Hill

Wenonah School
South Harrison School

Deptford Schools:

Good Intent
Lake Tract
Pine Acres
Oak Valley
Shady Lane
Central

Woodbury Schools:

Evergreen Avenue
West End Memorial

This program is held at your child's school

EXPERIENCED CHILD CARE STAFF!

VERY IMPORTANT CHANGE!!!

Register by Sept. 2nd @ 5pm to begin the program the first week of school...all registrations received after this date please see schedule below:

Register by	Begin	Rate
9/9 @ 12pm	Week of 9/12	75% of monthly rate
9/16 @ 12pm	Week of 9/19	50% of monthly rate
9/23 @ 12pm	Week of 9/26	25% of monthly rate

- Upon registration, all paperwork must be filled out at the YMCA.
- Please allow @ least 15 – 20 minutes to register at the YMCA.

School's Out:

A safe & supervised place to bring your child when school is closed.

It is held at the YMCA from 7 am - 6 pm

\$40 Y'z Kid/Current Members
\$50 Non Y'z Kid/Non-Members

- Nutritious Snacks
- Homework Time
- Arts & Crafts
- Game Specialist
- Art Specialist
- Free Time
- Structured Play
- Contests
- CATCH Kids Club

We accept Quality Care

We offer a financial scholarship program

**2nd child
- 15% discount**

Y'z KIDZ Registration Fees:

**\$55 per child
or \$70 per family**

		GOLD Full Member	SILVER Basic Member	BRONZE Non-Member
5 DAYS	Before	\$100/mos	\$115/mos	\$125/mos
	After	\$170/mos	\$185/mos	\$195/mos
	Both	\$240/mos	\$255/mos	\$265/mos
4 DAYS	Before	\$ 85/mos	\$100/mos	\$110/mos
	After	\$145/mos	\$160/mos	\$170/mos
	Both	\$205/mos	\$220/mos	\$230/mos
3 DAYS	Before	\$ 70/mos	\$ 85/mos	\$ 95/mos
	After	\$120/mos	\$135/mos	\$145/mos
	Both	\$170/mos	\$185/mos	\$195/mos
2 DAYS	Before	\$ 55/mos	\$ 70/mos	\$ 80/mos
	After	\$ 95/mos	\$110/mos	\$120/mos
	Both	\$135/mos	\$150/mos	\$160/mos

For more information contact the YMCA @ 845-0720 or visit www.ymcagloco.org

FLYERS STREET FLEET Indoor Street Hockey



Registration begins mid-September
League starts late October...

Check out our website, www.ymcagloco.org, in mid-September for sports registration forms and detailed information.

Volunteer coaches are needed for our Sports Leagues. Please let us know if you would be willing to help out.

This is a program designed for all levels, whether you're a beginner or experienced player. We supply the sticks (mouth piece, helmets, and shin guards required).

Mighty Mights • Grades PK-1

Puck-A-Teers • Grades 2-4

Flyguys • Grades 5-6

YOUTH BASKETBALL LEAGUES



Registration begins mid-September
League starts late October...

Check out our website, www.ymcagloco.org, in mid-September for sports registration forms and detailed information.

Volunteer coaches are needed for our Sports Leagues. Please let us know if you would be willing to help out!

KIDS IN ACTION • Boys & Girls Grades K-2

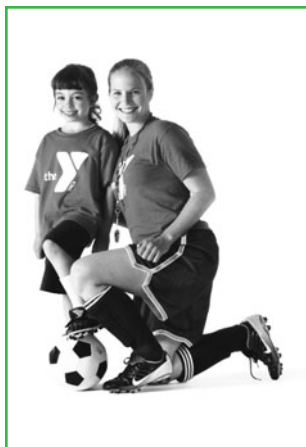
A league designed especially for your Kindergarten to 2nd grade kids. Focus is on skill development and game experience. Rules, basket height, ball size, and court size are adjusted to meet players' needs.

HOT SHOTS • Boys & Girls Grades 3-5

A league designed especially for your 3rd to 5th grade kids. Focus is on further player development and strategy, as well as game experience and play execution. Rules, ball size, and court size are adjusted to meet players' needs. Whether you're a beginner or experienced player, you'll love it!

All of our basketball leagues feature rules and guidelines that allow each individual to become an integral part of their team. We believe that each child should be given an opportunity to grow as an athlete and basketball player. Our rules help to ensure that everyone is given the chance to excel!

MIGHTY LITTLE STRIKERS INDOOR SOCCER LEAGUE



Registration begins mid-September
League starts late October

Check out our website, www.ymcagloco.org, in mid-September for sports registration forms and detailed information.

Volunteer coaches are needed for our Sports Leagues. Please let us know if you would be willing to help out!

Mighty Little Strikers • Boys & Girls Grades PK-1

Shin guards are required.

A league designed especially for Pre-Kindergarten to 1st grade kids. The focus is on instruction, skill training, and learning. Players will acquire game experience. Goals, balls, and court are bordered and adjusted to fit players' needs.

Emphasis is on fun and sharing!



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