

Celebrating 100 Years!
1912 - 2012



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

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WWW.YMCAGLOCO.ORG



THE YMCA OF GLOUCESTER COUNTY

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE YMCA OF GLOUCESTER COUNTY WILL BE TURNING 100 YEARS OLD IN 2012!

LOOK FOR OUR BRAND NEW WEBSITE AND EVENTS THROUGHOUT THE YEAR TO CELEBRATE OUR 100TH BIRTHDAY!

JANUARY OPEN HOUSE AT THE YMCA OF GLOUCESTER COUNTY

ALL JOINERS FEE WAIVED DURING THE MONTH OF JANUARY

CHECK OUR WEBSITE FOR OTHER EVENTS THROUGHOUT THE MONTH

YMCA OF GLOUCESTER COUNTY'S

100th ANNUAL MEETING

THURSDAY, MARCH 22
6:00 p.m

STAY TUNED FOR MORE DETAILS ABOUT THIS EVENT

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Building Hours

Effective January 1, 2012

Monday through Friday	6:00 am - 9:30 pm
Saturday	7:00 am - 7:00 pm
Sunday	1:00 pm - 5:00 pm

Building Closing

The YMCA will be closed for the following holidays

November 23	Close at 8 pm
November 24	Closed
December 23	Close at 8 pm
December 24	Close at 12 pm
December 25	Closed
December 26	Open at 7 am
December 30	Close at 8 pm
December 31	Close at 12 pm
January 1, 2012	Closed



GENERAL INFORMATION

FOR YOUTH DEVELOPMENT
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MISSION STATEMENT

The YMCA OF GLOUCESTER COUNTY is dedicated to the development of Spirit, Mind, and Body by providing leadership, programs and services to ALL county residents instilling the Christian ideals of caring, honesty, respect and responsibility.

Building Policies

- Membership Cards: All members are issued an identification card. Please present your card to our Member Service Staff upon entering our facility. YMCA membership cards are non-transferrable and a **\$5.00 fee** is charged for a replacement card.
- Locker Rooms: There are three locker rooms at the YMCA. Men should use the Men's Locker Room only. The Male Youth Locker Room is for youth 18 years and younger. The Women's Locker Room is used by all females.
 - Girls five (5) and younger accompanied by their fathers may use male youth locker room.
 - Boys six (6) years and older must use male youth locker room.
- We recommend you do not bring valuables into the YMCA.
- Showers are required at the YMCA by everyone prior to entering the pool.
- Smoking: No smoking is permitted in the building or grounds. Thank you for helping us promote good health.
- Eating: Food and drink and glass containers are permitted only in the lobby.
- Behavior: The YMCA expects all participants to live the YMCA mission. Offensive language, slander of others, vandalism of property and other actions that are not in the mission of the YMCA may be grounds for expulsion and cancellation of your membership.
- Minors: Minors in the building, 12 and under must be accompanied by an adult.
- Weight Room: Only those age 13 or above are allowed to use the weight equipment. Children under 13 are not permitted in the weight room at any time. No horseplay. No food allowed. Only water may be brought in an enclosed, unbreakable water bottle. Remove and re-rack weights when finished. Shirts and sneakers are to be worn at all times. Users should be courteous to limiting the length of their workout at a single station when others are waiting. Please rotate. Equipment must be used in a safe and proper manner. There are to be no modifications to the equipment. Wipe down equipment after each use. No profanity or conduct unbecoming of a member will be tolerated. Bags and personal items should be kept in a locker and are not allowed in the weight room.

Cardio Room Rules

Only those age 10 or above are allowed to use the cardio equipment but must be accompanied and supervised by an adult. Children under 10 are not permitted in the cardio room at any time. No horseplay. No food allowed. Only water may be brought in an enclosed, unbreakable water bottle. Shirts and sneakers are to be worn at all times. During peak hours (or while others are waiting) limit your time on the equipment to 30 minutes. Wipe down equipment after each use. No profanity or conduct unbecoming a member will be tolerated. Bags and personal items should be kept in a locker and are not allowed in the cardio room.

Steam Room Rules

Minimum age is 16 years to use the steam room

JOINER'S FEE

The Joiner's Fee is a donation for new members that is used to fund building improvements and renovations. ANY membership that is expired over 30 days is considered a new membership. Joiner's Fees are non-transferrable and non-refundable.

GIFT CERTIFICATES

Give the gift of fitness – wellness – and good health! In whatever amount the giver wishes, gift certificates to the YMCA are available for purchase at the Member Service Desk. Gift certificates can cover the cost of a class, a membership, or contribute to the costs of YMCA programs, such as a week of Summer Camp. Please note, gift certificates are non-refundable.

INSUFFICIENT FUNDS POLICY

In the case that member's payment is returned to the YMCA for any reason, a \$30 processing fee will be charged.

Credit Policy

Credit forms are available at the Member Service Desk. Credits will be issued when:

- Request for credit is made 4 business days BEFORE the 1st class is held OR half the current session or more is missed due to illness. A Doctor's note verifying dates unable to attend must accompany the request. Credits not accompanied by a doctor's note will receive partial credit only. If unable to provide a doctor's note, only partial credit will be given (subject to approval).
- Credit requests must be made within 1week after that session ends.
- **There is an \$8.00 processing fee for all credit and refund requests.**



THE YMCA OF GLOUCESTER COUNTY

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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 Silver Sneakers Members!

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

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

THE YMCA ADVENTURE GUIDES



The YMCA Adventure Guide program for fathers and children was developed in a deliberate way to support the father's vital family role as a teacher, counselor, and friend to his sons and daughters. The structure and routines are predictable, allowing members to easily assimilate into the program. Activities are based on the interests of the group, making them relevant and fun.

Adventure Guides has a focus on nature and learning about the great outdoors. Camping, hiking, boating, fishing, nature walks, and many other outdoor activities are central to the events that make up Adventure Guides.

It is a great time for fathers and their children to spend time together and learn together. Call and join now!

FULL PRIVILEGE MEMBERSHIP RATES

Effective January 1, 2012

		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)	\$75

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.

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

WINTER I

**JANUARY 2-FEBRUARY 25
(8 WEEKS)**

REGISTRATION BEGINS:

**FULL MEMBERS: 12/12/11 AT 8AM
BASIC MEMBERS: 12/19/11 AT 8AM**

WINTER II

**FEBRUARY 27 - APRIL 21
7 WEEKS = FRI.**

8 WEEKS = MON-THURS & SAT.

REGISTRATION BEGINS:

**FULL MEMBERS: 2/6/12 AT 8AM
BASIC MEMBERS: 2/13/12 AT 8AM**

SPRING

**APRIL 23 - JUNE 9
6 WEEKS = MON**

7 WEEKS = TUES-SAT.

REGISTRATION BEGINS:

**FULL MEMBERS: 4/2/12 AT 8AM
BASIC MEMBERS: 4/9/12 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. **Aquatic Credit/Refunds: Must miss more than half the session with a Doctor's note verifying missed dates. All request forms can be acquired at the front desk. Aquatic Credits/Refunds if approved will be issued after the current session is over. There is an \$8.00 processing fee for all requests.**

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.

Day	Time
Wednesday	9:15-9:45am or 4:15-4:45pm
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.

Day	Time
Monday	10:00-10:30am or 7:00-7:30pm
Friday	6:15-6:45pm
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 and must be in the water during the duration of the class.

Day	Time
Wednesday	5:15-5:45pm
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.

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

Winter I 8 weeks	Full Member Basic Member	\$44.00 \$76.00
Winter II 8 weeks	Full Member Basic Member	\$44.00 \$76.00
Winter II 7 weeks	Full Member Basic Member	\$39.00 \$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. **Aquatic Credit/Refunds: Must miss more than half the session with a Doctor's note verifying missed dates. All request forms can be acquired at the front desk. Aquatic Credits/Refunds if approved will be issued after the current session is over. There is an \$8.00 processing fee for all requests.**

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	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 6:45-7:15 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
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

Winter I	Full Member	\$44.00
8 weeks	Basic Member	\$76.00
Winter II	Full Member	\$44.00
8 weeks	Basic Member	\$76.00
Winter II	Full Member	\$39.00
7 weeks	Basic Member	\$67.00

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)



Aquatics

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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.

Aquatic Credit/Refunds: Must miss more than half the session with a Doctor's note verifying missed dates. All request forms can be acquired at the front desk. Aquatic Credits/Refunds if approved will be issued after the current session is over. There is an \$8.00 processing fee for all requests.

Winter I 8 weeks	Full Member	\$50.00
	Basic Member	\$86.00
Winter II 8 weeks	Full Member	\$50.00
	Basic Member	\$86.00
Winter III 7 weeks	Full Member	\$43.00
	Basic Member	\$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 OR 6:30-7:15 pm
Tuesday	4:45-5:30 pm
Thursday	4:30-5:15 pm OR 6:00-6:45 pm
Friday	4:45-5:30 pm OR 6:15-7:00 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	5:30-6:15 pm
Wednesday	4:30-5:15 pm
Saturday	8:30-9:15 am OR 10:15-11:00 am

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 side-stroke and trudgeon crawl introduced. Refining all skills, working on speed and endurance.

Day	Time
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	7:00-7:45pm	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. **Aquatic Credit/Refunds: Must miss more than half the session with a Doctor's note verifying missed dates. All request forms can be acquired at the front desk. Aquatic Credits/Refunds if approved will be issued after the current session is over. There is an \$8.00 processing fee for all requests.**

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	Time	
Wednesday	6:00-6:30 pm	
Winter I & II	Full Member	\$44.00
8 weeks	Basic Member	\$76.00

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	Time	Level	
Wednesday	9:15 - 10:00 am	Beginner	
Wednesday	6:00 - 6:45 pm	Beginner	
Wednesday	6:30 - 7:15 pm	Intermediate/Advanced	
Winter I & II	Full Member		\$50.00
8 weeks	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	6:30-7:00 pm or 7:15-7:45 pm
Tuesday	5:30-6:00 pm or 6:15-6:45 pm
Wednesday	5:15-5:45 pm or 6:00-6:30 pm
Thursday	5:15-5:45 pm or 6:45-7:15 pm
Friday	7:00-7:30 pm
Saturday	11:45-12:15 pm

Winter I	Full Member	\$101.00
8 weeks	Basic Member	\$151.00
Winter II	Full Member	\$101.00
8 weeks	Basic Member	\$151.00
Winter II	Full Member	\$88.00
7 weeks	Basic Member	\$132.00

AMERICAN RED CROSS LIFEGUARD COURSES

AMERICAN RED CROSS: FULL LIFEGUARD COURSE

Prerequisites: Minimum age of 15. Swim 300 yards continuously, surface dive 10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point within a timed period. You must attend/pass the Prerequisite to be approved to take the recertification or the full lifeguarding course.

Learning Objectives: Understand the value of behaving in a professional manner. Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim. Understand the components of an emergency action plan and how to activate it. Understand the general procedures for an emergency occurring in the water or on land. Demonstrate how to perform equipment-based rescues. Learn how to provide first aid and how to care for breathing and cardiac emergencies. Learn how to recognize and care for possible head, neck or back injuries. 28-31 hours (including the pre-course) Pocket mask included.

Certification Requirement: Attend all class sessions. Demonstrate all required skills and activities and pass all exams 80% or better. Bring your printed lifeguard manual, suit, towel and lunch every class. No contacts please!

CPR mask included. Please provide your email address with your registration, this way we can e-mail you the lifeguarding book prior to the class. Please print off the lifeguard manual and bring it with you to all classes.

Cost for Full Lifeguarding Course:

Member Course fee: \$250.00
Non Member Course fee: \$300.00

Course 1: Dates: March 16-March 24, 2012
Prerequisite: Friday March 16, 2012 from 7:15-8:15 pm
Saturday March 17 from 9:00 am – 6:00 pm
Sunday March 18 from 9:00 pm – 6:00 pm
Saturday March 24 from 9:00 am – 6:00 pm

OR

Course 2: Dates: April 12-April 21, 2012
Prerequisite: Thursday April 12, 2012 from 7:30-8:30 pm
Saturday April 14 from 9:00 pm – 6:00 pm
Sunday April 15 from 9:00 am – 6:00 pm
Saturday April 21 from 9:00 am – 6:00 pm

AMERICAN RED CROSS: RE-CERT LIFEGUARD COURSE

Prerequisites: Minimum age of 15. Swim 300 yards continuously, surface dive 10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point within a timed period. You must attend/pass the Prerequisite to be approved to take the recertification or the full lifeguarding course.

This course is for previously certified lifeguards who wish to be recertified. Candidates will be given one attempt to successfully complete the lifeguarding course pretest, written tests, and skill tests. A failed attempt in any of these areas disqualifies the candidate from the course. Participants successfully completing this course will receive Lifeguarding, First Aid and professional cpr/aed. This is a 3 year certification. This class is approx. 16-20 hours. Requirement: Attend all class sessions. Demonstrate all required skills and activities and pass all exams 80% or better. Bring your printed lifeguard manual, suit, and towel and lunch every class. No contacts please! Cpr mask included. Please provide your email address with your registration, this way we can e-mail you the lifeguarding book prior to the class. Please print off the lifeguard manual and bring it with you to all classes. You must attend/pass the Prerequisite to be approved to take the recertification lifeguarding course.

Cost for Re-cert Lifeguarding Course:

Member course fee: \$150.00
Non Member Course Fee: \$200.00

Course 1: Dates: March 16-March 24, 2012
Prerequisite: Friday March 16, 2012 from 7:15-8:15 pm
Saturday March 17 from 12:30 am – 4:00 pm
Sunday March 18 from 9:00 pm – 6:00 pm
Saturday March 24 from 9:00 am – 6:00 pm

OR

Course 2: Dates: April 12-April 21, 2012
Prerequisite: Thursday April 12, 2012 from 7:30-8:30 pm
Saturday April 14 from 12:30 am – 4:00 pm
Sunday April 15 from 9:00 am – 6:00 pm
Saturday April 21 from 9:00 am – 6:00 pm



Aquatics

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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. **Aquatic Credit/Refunds: Must miss more than half the session with a Doctor's note verifying missed dates. All request forms can be acquired at the front desk. Aquatic Credits/Refunds if approved will be issued after the current session is over. There is an \$8.00 processing fee for all requests.**

Winter I 8 weeks	Full Member	\$22.00
	Basic Member	\$40.00
Winter II 8 weeks	Full Member	\$22.00
	Basic Member	\$40.00
Winter II 7 weeks	Full Member	\$19.00
	Basic Member	\$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

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





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	7 TO 12 YRS OLD
TUES	4:30 TO 4:50PM	MON 6:45 TO 7:15PM
THURS	4:30 TO 4:50PM	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

MONTHLY RATES FOR BOTH PROGRAMS	
FULL MEMBER	\$150
BASIC MEMBER	\$180

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

Uniform Required:

Karate: \$35

Jiu Jitsu: \$90



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

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

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

This program
is held at
your child's school

**EXPERIENCED CHILD CARE
STAFF!**

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

SCHOOL'S OUT!

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

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

\$35 Y'z Kid/Current Members

\$45 Non Y'z Kid/Non-Members

What we do in School's Out:

Swimming, Games, Arts and Crafts,
Sports, Wii Entertainment, Movies,
Field Trips (on scheduled dates), Lunch
(NEW!), Free Time, Choice Time,
and Much Much More!!!

SCHOOL'S OUT DATES:

December 26th • December 27th
December 28th • December 29th
December 30th • January 2nd (tentative)
January 16th • February 17th
February 20th • March 14th
April 5th • April 9th

We accept Quality Care

We offer a financial
scholarship program

**2nd child
- 15% discount**

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



FLYERS STREET FLEET Indoor Street Hockey



Registration begins mid-December
League starts late January...

Check out our website, www.ymcagloco.org, in mid-December 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 Mightys • Grades PK-K

Puck-A-Teers • Grades 1-3

Flyguys • Grades 4-6

YOUTH BASKETBALL LEAGUES



Registration begins mid-December
League starts late January

Check out our website, www.ymcagloco.org, in mid-December 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-December
League starts late January

Check out our website, www.ymcagloco.org, in mid-December 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!

SUMMER CAMP 2012 IS COMING!

JUNE 18 - AUGUST 31

REGISTRATION BEGINS IN FEBRUARY 1ST

AGE GROUPS

Glo-Co Juniors

Boys & Girls Entering Grades K-2

Glo-Co Seniors

Boys & Girls Entering Grades 3-5

X-treme

Boys & Girls Entering Grades 6-9

CIT's* (COUNSELORS IN TRAINING)

Boys & Girls Entering Grades 9-10

*There is a selection process for the CIT program.

The camp brochure will have more information

ACTIVITIES THAT OUR CAMPERS ENJOY INCLUDE

- SWIM LESSONS
- FIELD TRIPS
- ACTIVITY TIME
- CREATIVE ARTS
- THE BIG EVENT
AND MORE...

SWIM LESSONS WITH CERTIFIED INSTRUCTORS!

*WE OFFER BUS TRANSPORTATION FROM THE LOGAN-SWEDESBORO AREA



SPECIALTY CAMPS

SOCCER

MARTIAL ARTS

CAMP OPEN HOUSE

MARCH

2012



EVENTS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY OPEN HOUSE

DURING THE MONTH OF JANUARY, JOINERS FEE WILL BE WAIVED

DETAILS ABOUT OTHER EVENTS DURING THIS MONTH WILL BE ARE
AVAILABLE AT WWW.YMCAGLOCO.ORG

HEALTHY KIDS DAY

APRIL 28, 2012



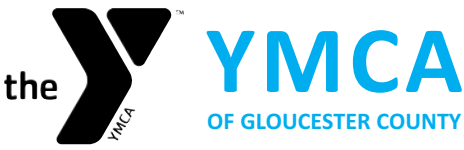
THE ANNUAL YMCA HEALTHY KIDS DAY IS COMING THIS SPRING!

**INFLATABLES • CREATIVE ARTS
GAMES • VENDORS
MUSIC • FOOD**

...and it's free!

**OUR 2ND ANNUAL SENIOR HEALTH AND FITNESS DAY
IS COMING THIS SPRING!
MAY 30TH!**





235 E. Red Bank Ave. • Woodbury, NJ 08096
(856) 845 - 0720
WWW.YMCAGLOCO.ORG

Non-Profit
Organization
U.S. Postage
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Woodbury, NJ
Permit No. 67

Celebrating 100 Years!

1912 - 2012



Winter 2012