



YMCA

OF GLOUCESTER COUNTY



WINTER 2010

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

WWW.YMCAGLOCO.ORG

How to Join

MONTHLY PAYMENTS

AUTOPAY monthly payments can be established by having a bank draft withdrawal agreement directly taken from your checking/savings account or debit/credit card. We accept Visa/Mastercard and Discover. Please bring with you a voided check for checking accounts, savings accounts require us to copy your statement or passbook and for debit/credit cards we will imprint your card. On all agreements we will ask you to authorize your bank or credit card to establish a monthly direct payment. AUTOPAY monthly payments do not expire annually, it continues until YOU terminate. You must return your membership card and complete our YMCA form to terminate AUTOPAY monthly payments.

ANNUAL PAYMENTS

Membership dues are paid once a year in full. We accept personal check, cash, money order or Visa, Mastercard, Discover and American Express.

OPEN DOORS

Scholarship for Financial Assistance

At the YMCA we strive to serve everyone in our community regardless of individual economic circumstances. Open Doors is a sliding fee scale that is designed to fit each qualifying individual's financial situation. Applications are available at the Member Service Desk. Open Doors is made possible by the generous donations from our current support campaign, golf tournament, and the United Way of Gloucester County.

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.

Check Policy: If you are using a check for payment, this rule will apply. By using a check for payment, you agree to the following terms: In the event your check is dishonored or returned for any reason, you authorize us to electronically or by paper draft re-present the check to your bank account for collection of the amount of the check, plus any applicable fees as permitted by state law.

INSURANCE VERIFICATION

As of January 1, 2009, we will be charging \$10 for anyone who needs insurance reimbursement information. It will take 5 business days to process.

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.**

Building Hours

Effective January 1, 2010

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

December 24	Close at 12 Noon
December 25	Closed
December 26	Close at 12 Noon
December 27	Closed
December 28	Close at 8pm
December 29	Close at 8pm
December 30	Close at 8pm
December 31	Close at 12 Noon
January 1, 2010	Closed
April 2	Closed
April 3	Close at 1pm
April 4	Closed

Staff

General Director	Mark D. Parker	Ext 12
SACC Director	Tish Davis	Ext 19-3
SACC Coordinator	Valencia Sellers	Ext 19-3
SACC Coordinator	Jeff Viens	Ext 14
SACC Registrar	Sharon Fitzgerald	Ext 24
SACC & Camp Registrar	AJ Jumonji	Ext 19-2
Aquatic Director	Andrea Godshall	Ext 15-1
Marketing Director	Patrick MacAdams	Ext 17-2
Program Director	Phil MacAdams	Ext 17-1
Swim Lesson Coordinator	Susan Jones	Ext 20-2
Bookkeeper	Renae Blaszyk	Ext 16
Office Manager	Eileen Alek	Ext 13
Front Desk Supervisor	Kelly Peoples	Ext 21
Building Superintendent	John Barker	Ext 22
Martial Arts Instructor	Tom Brnich	Ext 23

YMCA of Gloucester County Board of Directors

President - Lyman Barnes
 Vice President - Ed Burger
 Treasurer - Ray Hoskins, Jr.
 Secretary - Lois Budd
 Daniel J. Ball III, Lawrence M DiVietro Jr.,
 Randy Greene, John Graham, Gregory B. Jones,
 Joyce H. Jones, Charles Kirchner, Richard Lowery,
 Carson Puriefoy, Rajendra Ravani,
 Joe Rehm, Burt Zahniser

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.

Welcome to the YMCA... a place where you belong.

When you join the YMCA you join one of over 2,000 YMCAs in the United States. The YMCA is more than just a pool, a gym, or fitness center. The Y is an association of members who come together to build a better future for themselves, their families and the community.

When you're a member of the YMCA:

- You're a part of a not-for-profit organization with a vision of building strong kids, strong families and strong communities
- You can improve yourself through high-quality activities and programs that focus on you as a total person - in spirit, mind and body
- You're surrounded by members who care more about values like honesty and respect not what you're wearing or what you look like
- You're a member of a community that welcomes and embraces people of all abilities, incomes, races, and religions
- You belong to an organization that provides financial assistance to those in need, because we believe fitness should be affordable to everyone
- You know that the programs and services are offered as a way to fulfill the YMCA mission - not as a way to create corporate profits
- You're encouraged to put the Y mission into action by sharing time and talents as a volunteer or donor
- You have fun!

THE MEMBER SERVICE DESK

Each time you visit the Gloucester County YMCA, your first stop will be at the Member Service Desk. You will present your membership card so that your visit will be recorded and so, in the case of an emergency, we will be able to locate you in the facility. We maintain an intercom to communicate in an emergency situation.

At the Member Service Desk staff members are kept apprised of last minute happenings at the Gloucester County YMCA: changes to program and class schedules, hand-outs of new programs, etc. The staff is eager to answer any questions you may have, and to give you a free tour of our facility.

On days when walk-in registration is on-going, the Member Service Desk staff will assist you with registering for the upcoming session's programs and classes. If there's a special event going on, our staff can fill you in on all the details of what's available.

When your member service needs require the assistance of a program coordinator or director, the Member Service Desk staff will facilitate your request – because here at the YMCA of Gloucester County, member service is our first priority.

As you can see, the Member Service Desk is the “go to” place – so next time you have a question, visit the Member Service Desk and the friendly staff will answer with a smile!

FULL PRIVILEGE MEMBERSHIP RATES

Effective January 1, 2010

	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.

MEMBERSHIP & GENERAL INFORMATION

Facilities

Weight Training Room, Cardio Vascular Fitness Center, Gymnasium, 6-Lane 75-foot Heated Pool, Steam Room, Men's and Women's Locker Room Facilities, Martial Arts Studio

Volunteer Service

The YMCA was founded by volunteers. Volunteers are welcome to assist with program leadership, clerical work, and committees. If interested, stop by the Member Service Desk or call 845-0720.

AWAY Program

Always Welcome At YMCAs is a national program that has the philosophy that when a member joins a YMCA, you become a member of a nationwide association of people that helps build strong kids, strong families, strong communities therefore, when away from home for a business trip or vacation, you will be warmly welcomed by all other participating YMCAs in the United States. Participation in this program is voluntary. Some restrictions apply. Stop at the Member Service Desk and we can give you verification that your membership is current.

Lost and Found

Check with our Member Service Desk if you have lost anything. Items found are kept for a short time. Unclaimed items are given to community agencies. The YMCA is not responsible for any articles lost or stolen.

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 of 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.

Open Swim & Family Swim

Children 8 years and under must be accompanied by an adult IN the pool. (No more than 2 children per adult.) Instructional equipment - barbells, life-jackets, floatbelts, etc. - are not available for use by swimmers. No inflatables in pool. Children age 9-12 must have an adult in the pool area.

YMCA OF GLOUCESTER COUNTY'S

98TH

ANNUAL MEETING

MONDAY, MARCH 22

6:00 p.m

**Members Welcome
Refreshments Served**

AQUATIC REGISTRATION INFORMATION

YMCA membership must be valid through the length of the program

Aquatic Registration

CURRENT PARTICIPANT

REGISTRATION: Swimming Lessons

- On-line, walk in or mail in registration available. Must have a registered e-mail address on file with the YMCA prior to enrollment online.
- 'Aquatic Registration Information' ARI can be picked up at the front desk for your child last session class. If your child has not participated in swimming lessons the previous session, they will need to take a swim test.
- Any cash payments must be done in person.
- PHONE REGISTRATIONS WILL NOT BE ACCEPTED.
- Register for classes by the type of membership you hold (full or basic).
- Mail-in Registrations will not be processed until the end of the business day.
- Only check or credit cards will be accepted for mail-in registrations.
- You may call to confirm class enrollment the next day if you mailed in your registration.
- Your name will automatically be placed on a waiting list if your choice is not available.

*Important: Due to class, instructor and/or level needs the YMCA may not schedule the same level, number of spaces, day and/or time for any upcoming sessions.

Winter Lessons & Exercise Registrations:

Winter I

January 4 - February 27 (8 weeks)

Registration Begins:

Full Members 12/7/09 at 8am

Basic Members 12/14/09 at 8am

Winter II

March 1 - April 17 (6 & 7 weeks)

Registration Begins:

Full Members 2/8/10 at 8am

Basic Members 2/15/10 at 8am

Spring I

April 19 - June 5 (6 & 7 weeks)

Registration Begins:

Full Members 3/22/10 at 8am

Basic Members 3/29/10 at 8am

IMPORTANT AQUATIC INFORMATION

- No make-ups for swimming lessons.
- Registration for swimming lessons will only be taken through the second week of each session. Fees will not be adjusted.
- Registration changes: Any aquatic class changes/switches must be done in-person with payment of \$10 per person with Susan Jones, Swim Lessons Coordinator.
- The YMCA does reserve the right to alter the class schedule or cancel classes due to insufficient enrollment.
- In order to serve our members in a fair manner, mail-in class registrations are processed in the order received.
- If you have questions in regards to a refund or credit for a class please see the credit and refund policy in the front of the brochure.

EMERGENCY DRILLS

In an effort to improve the safety for our members around the building, the staff of the YMCA will have Emergency drills in different areas of the building every few months.

We will practice various types of scenarios in different areas of the building. At these times, we need your full cooperation to work with the staff through each drill. We apologize in advance for any interruption to your workout or time at the YMCA, but we are confident you can appreciate how these drills will benefit all our members and guests.



YAQUATICS

We build strong kids, strong families, strong communities.

REMINDERS

- Showers are required for all swimmers prior to entering the pool.
- No shoes, food, drink or strollers are permitted on the pool deck.
- The glass door to the lobby are not to be used while programs or classes are in session.
- Long hair must be placed in a pony tail before swimming.
- Lap Lane Disclaimer: Lap Lanes will be moved 5 minutes before all classes start.
- You must be a full member to utilize the pool during any open, adult open, family; adult lap and/or youth lap swims.

OPEN & FAMILY SWIM POLICY

- Children 8 years and under must be accompanied by an adult IN THE WATER. No more than 2 children per adult, and must remain within arms reach at all times.
- Children age 9-13 years must have a responsible adult IN THE POOL AREA.
- Anyone wishing to swim in the deep end must take a deep end test.

DEEP END TESTS

- Anyone wishing to swim in the deep end must take a deep end test. This is both a YMCA of the USA guideline and insurance requirement.
- The deep end test consists of swimming comfortably on top of the water 1 length of the pool, and then treading water for 2 minutes.
- Upon successful completion, the swimmers name will be recorded in the Deep End Test book and receive a green band that must be worn to go into the deep end.
- Swim test will be held:
Days and times subject to change.
Monday-Friday: 11:30-11:45 am,
3:30-3:45 pm, 8:00-8:15 pm
Saturday & Sunday: 1:15-1:30 pm,
3:00-3:15 pm, 4:00-4:15 pm

ADULT SWIM

- Full member swimmers ages 18 and older may utilize the pool during these designated times.
- Adult non-swimmers are not permitted in the deep end, even with flotation devices (as per YMCA guidelines and insurance requirements.)
- Lap Lane Disclaimer: Lap Lanes will be moved 5 minutes before all classes start.

ADULT LAP SWIM

- Anyone age 15 and older and swimming continuously may use the lap lanes.
- Circle swimming may be necessary during busy times.
- Lap swim is not permitted in the designated open swim areas

- Lap Lane Disclaimer: Lap Lanes will be moved 5 minutes before all classes start.

YOUTH LAP SWIM

- Full member youth ages 9-14 swimming continuously may use the lap lanes.
- Circle swimming may be necessary during busy times.
- Lap swim is not permitted in the designated open swim areas
- Lap Lane Disclaimer: Lap Lanes will be moved 5 minutes before all classes start.

SWIM LESSONS

Parents are allowed to stay on the pool deck on the first and last day of classes. Parents are requested to wait outside of the pool area during the rest of the session to allow for optimal learning time for the children.

- Please do not use the glass doors to the lobby while programs are in session.
- Lap Lane Disclaimer: Lap Lanes will be moved 5 minutes before all classes start.
- Swim Instructors will NOT allow preschool swimmers into the locker rooms by themselves. Parents, please be sure to meet your child in the back hallway after class.

**SUPER FANTASTIC
SPORTS
BIRTHDAY PARTIES**
Where You Bring The Kids
& We Bring The Fun!

**Have your Birthday Party at the YMCA
of Gloucester County!**

You can choose from the following:

**Basketball • Floor Hockey
Indoor Soccer • Dodgeball
Create Your Own!**

You get 1 hour in the party room and
1 hour of whatever party you choose.

Full Member: \$150
Basic Member & Non-Member: \$200

Please call Phil to reserve your
party date at 845-0720 x171

**DON'T MISS OUT!
PARTY DATES FILL FAST!**

Y SWIM LESSONS

We build strong kids, strong families, strong communities.

WINTER I

on-line, walk in registration or mail-in

January 4 - February 27
(8 weeks)

REGISTRATION BEGINS:

Full Members 12/7/09 at 8am
Basic Members 12/14/09 at 8am

WINTER II

on-line, walk in registration or mail-in

March 1 - April 17
Closed 4/2-4/4
(7 weeks: Mon-Thurs)
(6 weeks: Fri & Sat)

REGISTRATION BEGINS:

Full Members: 2/8/10 at 8am
Basic Members: 2/15/10 at 8am

SPRING I

on-line, walk in registration or mail-in

April 19 - June 5
No classes 5/29 and closed 5/31
(7 weeks Tues-Fri)
(6 week: Sat & Mon)

REGISTRATION BEGINS:

Full Members: 3/22/10 at 8am
Basic Members: 3/29/10 at 8am

PARENT/CHILD PRESCHOOL PROGRAM

Classes for children 5 years and younger. Children divided by developmental ability (ages). Parent (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 song, use of PFDs, basic water safety and swimming skills according to child's readiness.

Shrimp, Kipper, Inia (6-18 months)

Intro to the water environment for parents (must be 18 and older) and child to encourage developmentally appropriate expectations, positive experiences and having fun.

Day	Time
Wednesday	9:30-10:00 am 5:30-6:00 pm
Saturday	9:00-9:30 am

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 18 years and older.

Day	Time
Monday	10:00-10:30 am
Tuesday	6:15-6:45 pm
Friday	6:30-7:00 pm
Saturday	9:30-10:00 am 11:15-11:45 am

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.

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

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

This class is designed to prepare child (and parent) 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	5:30-6:00 pm
Saturday	10:45-11:15 am 11:45-12:15 pm

FEES

Preschool

Winter I

(8 weeks)	Full Member	\$43.00
Mon. - Sat.	Basic Member	\$75.00

Winter II

(7 weeks)	Full Member	\$38.00
Mon. - Thurs.	Basic Member	\$66.00

Spring I

(6 weeks)	Full Member	\$32.00
Sat. & Mon.	Basic Member	\$56.00

(7 weeks)	Full Member	\$38.00
Tues. - Fri.	Basic Member	\$66.00

Lightning Policy: In the event of severe weather, the pool and pool area will be cleared until 30 minutes after the storm has passed. CREDITS WILL NOT BE PROVIDED.

Water Quality Policy: In the event of water contamination of the pool, the pool will be closed for at least 30 minutes. To protect against occurrence, please ensure children have used the bathroom prior to class. Swim diapers are required for all children who are not yet toilet trained, or newly trained.

Registration Changes: Any class changes/switches must be done in person with payment of \$10 per child with the Aquatic Department.

Y SWIM LESSONS

We build strong kids, strong families, strong communities.

PRESCHOOL PROGRAM

Preschool classes: 4-5 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. Parents may observe children's progress from the pool deck the first and last class. 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.

New swimmers to the YMCA Swim Program should register for the Pike level. However, if your child has taken lessons elsewhere, we can provide a swim test to assess your child's current ability. Contact the Aquatic Department to schedule.

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.

Day	Time
Monday	10:00-10:30 am
	4:45-5:15 pm
	6:15-6:45 pm
Tuesday	9:15-9:45 am
	1:30-2:00 pm
	5:45-6:15 pm
	6:15-6:45 pm
Wednesday	6:45-7:15 pm
	4:45-5:15 pm
	5:30-6:00 pm
Thursday	4:45-5:15 pm
	5:30-6:00 pm
Friday	5:30-6:00 pm
	6:00-6:30 pm
	6:30-7:00 pm
Saturday	8:30-9:00 am
	9:30-10:00 am
	10:15-10:45 am
	10:45-11:15 am
	11:45-12:15 pm

Eel

Beginner Level II

Progressed from Pike level. Practice basic swimming techniques, water safety and increase independent swimming.

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

NO MAKE-UPS FOR MISSED SWIM CLASSES • NO STREET SHOES ON POOL DECK

Rays

Advanced Beginner Level I

Progressed from Eel level. Build confidence and endurance, while refining swimming skills and water safety.

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

Starfish

Advanced Beginner Level II

Progressed from Ray level. Rotary breathing and safety skills emphasized.

Day	Time
Thursday	4:45-5:15 pm

FEES		Preschool
Winter I		
(8 weeks)	Full Member	\$43.00
Mon. - Sat.	Basic Member	\$75.00
Winter II		
(7 weeks)	Full Member	\$38.00
Mon. - Thurs.	Basic Member	\$66.00
Spring I		
(6 weeks)	Full Member	\$32.00
Sat & Mon Class	Basic Member	\$56.00
7 weeks	Full Member	\$38.00
Tues-Fri Class	Basic Member	\$66.00

Lightning Policy: In the event of severe weather, the pool and pool area will be cleared until 30 minutes after the storm has passed. CREDITS WILL NOT BE PROVIDED.

Water Quality Policy: In the event of water contamination of the pool, the pool will be closed for at least 30 minutes. To protect against occurrence, please ensure children have used the bathroom prior to class. Swim diapers are required for all children who are not yet toilet trained, or newly trained.

Is your child not quite ready to swim on his/her own?
Check out TRANSITIONAL PIKE WITH PARENT on page 7 for more information.

Y SWIM LESSONS

We build strong kids, strong families, strong communities.

YOUTH PROGRAM

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. Parents may observe children's progress from the pool deck the first and last class. Each level is repeated until the skills are completed, and instructor progresses the student. Please notify the instructor of any medical concerns or learning disabilities which may affect your child's class participation.

Polliwog

Beginner Level

Adapting to water and basic swimming techniques on front, back and side.

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

Guppy

Advanced Beginner Level

Improve basic skills and breathing, deep water skills.

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
	11:00-11:45 am
	11:45-12:30 pm

Minnow

Intermediate Level

Breaststroke & elementary backstroke introduced, and increase endurance for all strokes.

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

Fish

Advanced Intermediate Level

Learn butterfly, increase strength and endurance, fine tune basic strokes.

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

Flying Fish

Advanced Level

Sidestroke and lifesaving stroke introduced.

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

Shark

Advanced Level

Introduce inverted breaststroke, overarm sidestroke and trudgeon crawl.

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

**denotes Flying Fish & Shark are combined

ANGELFISH (IWD)

INDIVIDUALS WITH DISABILITIES Group Lessons

Water program designed for those with special needs. This program will help to increase body movement and flexibility, while providing a positive experience for the individual. Parent/responsible adult (18 years or older) IN THE WATER with the child. The adult is guided by a certified instructor to help their child improve their skills in the water. Ages 4-12 years old. Paperwork required before class starts.

Day	Time
Monday	6:15-6:45 pm

New swimmers to our YMCA program should register for Polliwog level. However, if your child has taken lessons elsewhere, we can provide a swim test to assess your child's current ability. Please see our hours and times for swim tests on page 6. No make-ups for missed class.

FEES

Youth

Winter I		
(8 weeks)	Full Member	\$48.00
Mon. - Sat.	Basic Member	\$84.00
Winter II		
(7 weeks)	Full Member	\$42.00
Mon. - Thurs.	Basic Member	\$74.00
Spring I		
(6 weeks)	Full Member	\$36.00
Sat & Mon Class	Basic Member	\$64.00
(7 weeks)		
Tues-Fri Class	Full Member	\$42.00
	Basic Member	\$74.00

Class Level - Due to instructor ratios, classes fill quickly so please be sure to enroll in the correct level. Classes that do not meet minimum enrollment will be cancelled and you may be offered an alternate class.

Make-UP POLICY - Because of class ratios and consistency of class structure, we cannot provide make-ups.

Y SWIM LESSONS

We build strong kids, strong families, strong communities.

TEEN/ADULT PROGRAM

The YMCA Swim Lessons Program uses a student-centered approach with swimming skills, personal safety and rescue skills. Please notify instructor of any medical concerns which may affect class participation.

NO MAKE-UPS FOR MISSED CLASSES. NO STREET SHOES ON POOL DECK.

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.

Wednesday 6:30-7:15 pm

FEES

Teen

Winter I & II 8 weeks:	Full Member	\$48.00
	Basic Member	\$84.00

Swimmer's Clinic

Adult lap swimmers, tri-athletes and competitive swimmers. Ever felt your strokes could use some improvement? Preparing for a triathlon or upcoming swim event? Just want to increase the effectiveness of your workout? This clinic, led by our trained instructors, will provide any of the above items and more. Must be able to swim 2 lengths of the pool.

Thursday 4:45-5:15 pm

Beginner and advanced beginners should register for Youth, Adult or Private Swim Lessons.

FEES

Swimmer's Clinic

Winter I 8 weeks:	Full Member	\$ 72.00
	Basic Member	\$104.00

Winter II 7 weeks:	Full Member	\$ 63.00
	Basic Member	\$ 91.00

ADULT LESSONS *NEW*

18 years old and up

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

Wednesday 9:30 - 10:00 am
6:00 - 6:30 pm

FEES

ADULT

Winter I & II 8 weeks:	Full Member	\$43.00
	Basic Member	\$75.00

PRIVATE LESSONS

Open to all ages and levels.

Try our new 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.

Day	Time
Monday	12:00-12:30 pm
Tuesday	1:30-2:00 pm 5:45-6:15 pm 6:15-6:45 pm 6:45-7:15 pm
Wednesday	11:30 am - 12:00 pm 4:45-5:15 pm 6:00-6:30 pm 7:15-7:45 pm
Thursday	10:45-11:15 am 4:45-5:15 pm 6:00-6:30 pm
Friday	11:30 am - 12:00 pm 12:00-12:30 pm 12:30-1:00 pm 6:30-7:00 pm

FEES

Private Lessons

Winter I 8 weeks:	Full Member	\$ 96.00
	Basic Member	\$144.00

Winter II 7 weeks: Mon. - Thurs.	Full Member	\$ 84.00
	Basic Member	\$126.00

Spring I 6 weeks: Friday	Full Member:	\$ 72.00
	Basic Member:	\$108.00

7 weeks Tues-Fri Class	Full Member:	\$84.00
	Basic Member:	\$126.00



Y WATER FITNESS

We build strong kids, strong families, strong communities.

WINTER I

on-line, walk in registration or mail-in
January 4 - February 27
 (8 weeks)

REGISTRATION BEGINS:

Full Members 12/7/09 at 8am
 Basic Members 12/14/09 at 8am

WINTER II

on-line, walk in registration or mail-in
March 1 - April 17
Closed 4/2-4/4
 (7 weeks: Mon-Thurs)
 (6 weeks: Fri & Sat)

REGISTRATION BEGINS:

Full Members: 2/8/10 at 8am
 Basic Members: 2/15/10 at 8am

SPRING I

on-line, walk in registration or mail-in
April 19 - June 5
No classes 5/29 and closed 5/31
 (7 weeks Tues-Fri)
 (6 week: Sat - Mon)

REGISTRATION BEGINS:

Full Members: 3/22/10 at 8am
 Basic Members: 3/29/10 at 8am

All classes require completion of a consent form before participation - updated annually
 Make-ups for exercise classes may be done in a class of similar intensity.

Healthy Back Aquatic Exercise

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 and Arthritis form is required and updated annually. Make up's can only be done in Therapeutic Aquatics.

Day	Time
Tues. & Thurs	8:15-9:00 am

Arthritis Aquatics

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. Make up's can only be done in Therapeutic Aquatics.

Day	Time
Mon. & Thurs.	1:30-2:15 pm
Mon. & Thurs.	6:45-7:30 pm
Tues. & Fri.	10:50-11:35 am
Tues. & Fri.	2:00-2:45 pm

Therapeutic Aquatics *NEW*

Looking to add a 3rd class for Healthy Back and/or Arthritis? Then this is the class for you. Class is subject to change from Healthy Back or Arthritis format. YMCA and Arthritis consent form required. Use this class as a make-up for Healthy Back and Arthritis.

Day	Time
Wed.	1:30-2:15pm

Swimnastics

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. Make up's can only be done in Swimnastics.

Day	Time
Mon. & Weds.	10:45-11:30 am
Tues. & Thurs.	10:00-10:45 am
Add Friday	10:00-10:45 am

Water Walking *NEW 3rd class*

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. Make up's can only be done in 3rd class or Swimnastics.

Day	Time
Mon. & Thurs.	9:10-9:55 am
Add Wed	10:00-10:45am

Deep Water Workout

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. Make up's can only be done in Deep Water.

Day	Time
Mon. & Wed.	8:15-9:00 am
Friday	8:15-9:00 am
Mon. & Thurs.	7:30-8:15 pm

TONE AND TIGHTEN *NEW*

Looking for a way to enhance your workout? This class will focus on stretching, strengthening and toning a specific muscle group/body areas each class. Great for improving strength, endurance, and body tone. This class will work you, so get ready to feel the burn. No swimming required. Make up's can only be done in Swimnastics and Deep Water on Friday.

Day	Time
Tues. & Thurs.	6:15 am – 7:00 am

Fees	Water Exercise	
Winter I: 2x a week	Full Member:	\$38.00
All water exercise classes	Basic Member:	\$71.00
Winter II: 2x a week	Full Member:	\$36.00
Mon & Thurs.	Basic Member:	\$67.00
Mon & Thurs.	Full Member:	\$34.00
Tues & Thurs.	Basic Member:	\$63.00
Tues. & Fri.		
Add a 3rd class	Full Member:	\$19.00
Therapeutics/Aquatics	Basic Member:	\$36.00

YAQUATICS

We build strong kids, strong families, strong communities.

AMERICAN RED CROSS FULL LIFEGUARD COURSE

Prerequisites: Minimum age of 15. Swim 300 yards continuously. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps within 1 minute, 40 seconds.

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.

Length: 31 hours (including the pre-course)

Cost: Non - Member Course Fee: \$250
Member Course Fee: \$200

Certification Requirement: Attend all class sessions. Demonstrate competency in all required skills and activities. Demonstrate competency in the three final skill scenarios. Correctly answer at least 80 percent of the questions in the three sections of the final written exam. Certificate Issued and Validity Period:

Lifeguarding/First Aid: 3 years
CPR/AED for Lifeguards: 1 year

Full Lifeguard Course 1: February 13-28, 2010

Saturday, February 13 from 1-7 pm
Friday, February 19 from 7-9:30 pm
Saturday, February 20 from 1-7 pm
Sunday, February 21 from 1-5 pm
Friday, February 26 from 7-9:30 pm
Saturday, February 27 from 1-7pm
Sunday, February 28 from 1-5 pm

Full Lifeguard Course 2: April 6-23, 2010

Tuesday, April 6 from 7-9:30 pm
Wednesday, April 7 from 7-9:30pm
Friday, April 9 from 7-9:30 pm
Saturday, April 10 from 1-6 pm
Tuesday, April 13 from 7-9:30 pm
Wednesday, April 14 from 7-9:30 pm
Friday, April 16 from 7-9:30 pm
Saturday, April 17 from 1-5 pm
Tuesday, April 20 from 7-9:30 pm
Wednesday, April 21 from 7-9:30 pm
Friday, April 23 from 7-9:30 pm

ARC: RE-CERT LIFEGUARD 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, Community First Aid & Safety and CPR/AED for the Professional Rescuer certifications.

Length: 16 hours

Cost: Non-Member Course Fee: \$100.00
Member Course Fee: \$50.00

Lifeguard Re-cert Course 1: May 1-2, 2010

Saturday and Sunday, May 1-2 from 1:00 - 9:00 pm

Lifeguard Re-cert Course 2: May 15-16, 2010

Saturday and Sunday, May 15-16 from 1:00- 9:00 pm

Lifeguard Re-cert Course 3: May 22-23, 2010

Saturday and Sunday, May 22-23 from 1:00- 9:00 pm

Pool Rental Information

Are you interested in renting out the pool for a private function? We can offer the entire pool from 6:00 pm – 8:00 pm on Saturdays and 4:00- 6:00 pm on Sundays for \$150.00. We do require 3-4 weeks notice to set up a party and a \$50.00 NON-REFUNDABLE security deposit is required to hold the reservation, balance of party due 2 weeks prior to the party. Contact the Aquatics Department to schedule.

Boy & Girl Scout Swim

Is your group working on an aquatic merit badge and need a place to swim? If so, come over the YMCA pool. Bring a Scout Leader or use one of our certified YMCA Instructors. We offer an hour and a half of pool time. Advanced registration required. Contact the Aquatics Department for schedule and information.

Fee: \$4 per scout (without YMCA Instructor)
\$40 for YMCA Instructor



YMCA HEALTHY KIDS® DAY 2010

THE ANNUAL YMCA HEALTHY KIDS
DAY IS COMING THIS SPRING!
INFLATABLES
CREATIVE ARTS
GAMES
VENDORS
MUSIC
FOOD

Check our website,
www.ymcagloco.org for more
updates soon!

Y COMMUNITY DEVELOPMENT

We build strong kids, strong families, strong communities.

**Community Yard Sale
at the YMCA!**
Saturday, January 9, 2010
From 8 AM - Noon

Looking to get rid of your clutter? Want to clean out the closet? If so, come over to the Gloucester County YMCA for our Community Yard Sale. Here is your opportunity to sell your personal items that you no longer want or need. Have all the benefits of a yard sale indoors without having to advertise or hang signs. Those interested please register in advance by January 2, 2010 at the front desk. The cost for a space is \$5.00. You must supply your own tables. There will be some restrictions on the items that you will be permitted to sell. Contact the YMCA for more details. Space is limited, so register early.

Y ADVENTURE GUIDES

We build strong kids, strong families, strong communities.



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!

www.lenapefederation.org

Y CHILD CARE

We build strong kids, strong families, strong communities.

Y'Z KIDZ PROGRAM

2009 - 2010

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

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

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
\$35 Current Members; \$45 Non-Members

Y'z KIDZ Registration Fees:

\$50 per child or \$60 per family

20% DISCOUNT FOR THE 2ND CHILD

SCHOOL'S OUT DATES:

December 28 - 30

January 18

February 12 & 15

March 29 - April 1

April 5

This program
is held at
your child's school

EXPERIENCED CHILD
CARE STAFF!

We accept EIRC

We offer a financial
scholarship program

		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

YSPORTS

We build strong kids, strong families, strong communities.

FLYERS STREET FLEET Indoor Street Hockey

Registration begins December
League starts end of January

Check out our website, www.ymcagloco.org, in 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!

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

INDOOR SOCCER LEAGUE

Registration begins in December
League starts in Late January

Check out our website, www.ymcagloco.org, in 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!

Coming This Winter
**ONLINE
REGISTRATION**

CHECK THE FRONT DESK
FOR MORE INFORMATION!

YOUTH BASKETBALL LEAGUES

*Registration begins
in December*
**League starts
in late January**

Check out our website, www.ymcagloco.org, in 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!

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

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!

Y CHILD CARE

We build strong kids, strong families, strong communities.

SUMMER CAMP 2010 IS COMING!

JUNE 21 - SEPTEMBER 3

REGISTRATION BEGINS IN FEBRUARY!

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 6-8

CIT's *

Boys & Girls Entering Grades 9-10

*new age group alignment

ACTIVITIES THAT OUR CAMPERS ENJOY INCLUDE:

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

**SWIM LESSONS WITH
EXPERIENCED INSTRUCTORS!**

SPECIALTY CAMPS
SOCCER
CHEERLEADING
MARTIAL ARTS

Y HEALTH & FITNESS

We build strong kids, strong families, strong communities.

YMCA - 8 Week Group Fitness Package with Instructor, Kathy Streck
Monday, January 4th through Friday, February 26th
Classes meet twice a week for 8 weeks

Pilates-Mat

This is a Mat Pilates class connecting and conditioning each individual's whole being - body and mind. Using the Eastern and Western traditions and philosophies of exercise, the Eastern approach embraces calm centering and wholeness, with an emphasis on stretching and limbering; the Western approach brings more attention to developing muscle tone and strength through movement. The combination of the two is the basis for this holistic system of exercises helping you to build muscular strength and endurance with flexibility to achieve muscular balance, all with attention to conscious breath and mindfulness of the movements. This format is performed on a mat on the floor, utilizing a variety of positions (e.g., seated, supine, prone, side-lying or standing).

This class is done in bare feet. Please bring your own mat, water, and towel.

Times:		Cost:	
Mondays	9:30 - 10:30 am	Full Member:	\$80.00
Fridays	9:30 - 10:30 am	Basic Member:	\$112.00

Night classes meet Tues. & Thurs. 6:00-6:45 (w/ Linda Moore)

Body Sculpting

Get ready for this 8-week program that will change your life, giving you rockin' arms, abs and glutes while you work muscles you never knew you had! We will target all the major muscle groups using dumb bell weights, resistance bands, exercise balls and our own body weight to tone and sculpt the body to show definition in those beautiful muscles, making you stronger and more confident. Kathy teaches this class with a personal attention to each individual as needed so it's like having a personal trainer for a fraction of the cost! "It's inspiring to be in a group setting that feels like family and the motivation we receive from one another brings great determination, strengthening the whole body and the mind." ~ Kathy

Please wear comfortable workout clothes and sneakers. Please bring your own mat, water, and towel. Get ready to burn it up baby...as we work together to get you feeling great and looking great!

Times:		Cost:	
Wednesdays	9:30 - 10:30 am	Full Member:	\$80.00
Fridays	11:45 - 12:30 pm	Basic Member:	\$112.00

ZUMBA (beginner)

A Latin inspired, aerobic dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits where you can burn 500-1,000 calories in one hour class without even realizing you are doing so, all because this class is so much fun! Kathy creates dance movements that are easy to follow steps so that anyone can participate. ZUMBA will change your mind about exercise, fitness, and health. These classes are energizing, fun and will inspire you to maintain motivation. You will develop habits that uplift your spirit and bring you happiness through fitness, good health, and mental clarity. Together, let's make fitness F-U-N!!

Please wear comfortable workout clothes and sneakers. Bring water and a towel.

Times:		Cost:	
Mondays	11:45 - 12:30 pm	Full Member:	\$80.00
Wednesdays	11:45 - 12:30 pm	Basic Member:	\$112.00

This class is done in bare feet. Please bring your own mat and water.

FREE TRIAL:

**ZUMBA
BODY SCULPTING
PILATES-MAT**

December 14, 16, 18

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	FREE
	Basic Member	\$3 per class
Times:	Mon, Wed, Fri	10:45-11:30 am

YMARTIAL ARTS & FITNESS

We build strong kids, strong families, strong communities.

Brazilian Jiu Jitsu Is Here!

ADULT BEGINNER'S PROGRAM

Our adult Jiu Jitsu program is designed to learn this awesome art of ground fighting in an atmosphere for adults only. This program is the ultimate method for simultaneously learning self defense and getting fit. Must be at least 16 years of age.

ONE CLASS WEEKLY

Tuesday evenings 7:30 - 8:15 pm

MONTHLY RATES

Full Members:	\$50.00
Basic Members:	\$70.00
Non Members:	\$90.00

CHILDREN'S PROGRAM

Our children's Jiu Jitsu program is designed as a purely hands on approach to self defense.

Children quickly learn the basics of ground fighting and the ability to subdue an attacker without the need for injury. Ages from 8 to 15 years old.

TWO CLASSES WEEKLY

Thursday evening 6:45 - 7:30 pm
Saturday morning 11:15 am - 12:00 Noon

MONTHLY RATES

Full Members:	\$100.00
Basic Members:	\$125.00
Non Members:	\$150.00

MARTIAL ARTS IS FOR ADULTS TOO!

Want to try a martial arts class but don't want to train with children? Well, here you have it! We now have a program for the 18 and older crowd. This program meets once per week and is geared toward true fitness and self-defense while maintaining the great disciplines of Soo Bahk Do Karate & Brazilian Jiu Jitsu.

ONE CLASS WEEKLY

Karate

Mondays

8:15 - 9:00 pm

Jiu Jitsu

Tuesdays

7:30 - 8:15 pm



MONTHLY RATES

Full Members:	\$50.00
Basic Members:	\$70.00
Non-Members:	\$90.00

Other programs available. Inquire to the martial arts office.

Uniform required and available in the martial arts office: \$35.00 - \$90.00

YMARTIAL ARTS & FITNESS

We build strong kids, strong families, strong communities.

CHILDREN'S MARTIAL ARTS PROGRAM

KID POWER! GET IT HERE!

Lessons in the martial arts provide something for everyone. In today's world, confidence and self-esteem are the building blocks for success. Nothing takes away a child's confidence more than not fitting in. In our martial arts classes, everyone is included and everyone can succeed. Our classes emphasize the building of:

Focus & Concentration

Leadership Skills • Goal Setting

Self Discipline • Self Confidence

CHOOSE TWO CLASSES WEEKLY

MONDAY 4:30 PM • WEDNESDAY 5:30 PM

FRIDAY 5:45 PM • SATURDAY 10:30 AM

WINTER 1: JANUARY 4 - FEBRUARY 13

WINTER 2: FEBRUARY 15 - MARCH 27

SPRING 1: MARCH 29 - MAY 8

SPRING 2: MAY 10 - JUNE 19

PER SESSION

Full Members: \$115.00

Basic Members: \$130.00

Non-Members: \$150.00

Uniform required and available in the martial arts office: \$25.00 - \$35.00





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

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

