SAFETY, STRENGTH & FITNESS, LIFELONG SKILLS!

SPRING 1
Monday, February 24th through Sunday, April 12th

SPRING 2
Monday, April 20th through Sunday, June 14th

1088 W Whitty Road
Toms River, NJ 08755
732 341 9622 (P)
732 341 1629 (F)
ocymca.org
FIND OUT MORE

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OUR CAUSE DRIVEN Y LEADERSHIP TEAM
We welcome your feedback regarding any aspect of our Y by calling 732 341 9622 using our direct extensions or by email.

Ken Ames
Summer Camp Director ext 2212 or kames@ocymca.org

Jamie Beers
Aquatics Director ext 2276 or jbeers@ocymca.org

Kirsten Bowker
YKids Coordinator ext 2215 or kbowker@ocymca.org

Jennifer Colasurdo
Ass’t Finance Director ext 2266 or jcolasurdo@ocymca.org

Marta Dobrovic
Senior Finance Director ext 2254 or mdobrovic@ocymca.org

Joy S. Epting
Director of Development ext 2211 or jejpting@ocymca.org

Jennifer Friedhoff
Senior Youth Development Director ext 2217 or jfriedhoff@ocymca.org

Gretchen Insole
Associate Executive Director ext 2208 or ginsole@ocymca.org

JoAnn Kermick
Membership & Marketing Director ext 4255 or jkermick@ocymca.org

Corey Matthews
Head Coach ext 2222 or cmatthews@ocymca.org or coachcorey@ocytigersharks.org

Rafael Ramos
Building Superintendent ext 2213 or rramos@ocymca.org

Peter T. Rosario
President & CEO ext 2202 or prosario@ocymca.org

Barbara Serpi
Welcome Center Supervisor ext 2400 or bserpi@ocymca.org

Other important Y emails for your assistance with questions:
For swim evaluations or questions regarding the program - aquatics@ocymca.org
YKids schedule changes & correspondence - ykids@ocymca.org
Personal Training appointments - personaltrainers@ocymca.org
Billing Questions - billing@ocymca.org
Membership Questions - memberservices@ocymca.org
Camp Information - camp@ocymca.org

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ANNUAL MEMBERSHIP
Member has full use of Y facility including our state of the art Family Activity Center, cardio & strength areas, a competition size indoor pool for lap or recreational use, gymnasium, locker rooms that include a men’s steam room and ladies steam room and sauna, child watch while using facility, free land & aquatic classes or reduced program fees. Individuals 14 years of age and up must take Smart Start Sessions to use the FAC, cardio/strength areas while Floor Trainer is on duty. Also available are Fitness Center orientation programs for younger members ages 8 & up. See page 19.

SMART AND SWIM START
NEW MEMBER ORIENTATION
With your Y Annual membership you receive three complimentary Smart Start Sessions with a Nationally Certified Personal Trainer. Discuss your health & fitness level along with goals at this customized introduction to our Health and Wellness Department Call 732 341 9622 ext 2223 to make your one-on-one appointment.

Annual Membership Type        | Enroll Monthly  | Effective September 1, 2019
Family in same household      | $150 $75        | (2 adults and all children through age 29)
Senior Couple (2 adults 62+)   | $135 $63        |
Single Adult Family            | $130 $58        | (1 adult and all children through age 29)
Adult (30 & older)             | $120 $49        |
Senior Adult (62+)             | $110 $44        |
Young Adult (18-29 years)      | $70 $30         |
Student (6-17 years)           | $30 $24         |
Primary (Newborn—5 years)      | $30 $18         |

90 Day Membership Type        | Cost            |
Family in same household       | $225            | (2 adults and all children through age 29)
Senior Couple (2 adults 62+)   | $189            |
Adult (30 & older)             | $147            |
Senior Adult (62+)             | $132            |
Young Adult (16-29 years)      | $  90           |

SPRING 1 SESSION
Monday, 2/24 – Sunday, 4/12

REGISTRATION BEGINS
Online Registration Monday, 2/10
Annual Member Tuesday, 2/11
Program Member Friday, 2/14

SPRING 2 SESSION
Monday, 4/20 – Sunday, 6/14

REGISTRATION BEGINS
Online Registration Monday, 4/6
Annual Member Tuesday, 4/7
Program Member Friday, 4/10

FACILITY HOURS
M–F 5:45AM–9:00PM
SA 7:00AM–5:00PM
SU 8:00AM–5:00PM

ANNUAL MEMBERSHIP WITH MONTHLY ELECTRONIC DRAFT
Electronic bank draft provides continuous membership privileges without annual renewal. A 30 day termination notice must be submitted in writing in order to process. First payment is calculated on enrollment date. Enrollment is a one-time, non-refundable fee included in your first payment to help maintain the Y facility for all.

PROGRAM MEMBERSHIP
Membership entitles member to register for programs or classes for one year at basic rates. Use of locker rooms and free child watch while participating in programs are included.

Family (2 adults/children through age 29) $140
Adult (30 & older)     $85
Youth (Newborn — 29 years) $80

GUEST FEES
All guests must visit with a Member.
Adult $15, Family $25, Children (under 18) $8
All visiting individuals 18 and over must provide a government issued photo ID upon entry to any of our YMCA facilities, programs or services.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA will cancel membership, end program participation, and remove visitation access.

*Adult Annual Membership includes all programs except Swim Lessons & Personal Training Options.
BECOME A MEMBER

CHILD WATCH
(AGES 10 & UNDER)
FREE service available to all members while you use the facility. Children are allowed to stay up to 2 hours. No food or drink, except baby bottles and sippy cups. Children must use bathroom prior to being signed in and parent must remain available at Y Facility.

CHILD WATCH HOURS
M 8:00AM-12:30PM & 4:30-7:45PM
TU 8:00AM-12:30PM & 4:30-7:45PM
W 8:00AM-12:30PM & 4:30-7:45PM
TH 8:00AM-12:30PM & 4:30-7:45PM
F 8:00AM-12:30PM & 4:30-7:45PM
SA 8:00AM-1:00PM

CORPORATE & NON-PROFIT GROUP RATES
For more information, please contact our Membership & Marketing Director, JoAnn Kermick at 732 341 9622 ext 4255.

ACTIVE MILITARY
Receive 50% off Annual Membership rate and the Joiner’s Fee.

VETERANS
Receive 20% off your Annual Membership and Joiner’s Fee or 10% off your Family Annual Membership and Joiner’s Fee.

OPTION 2 STUDENTS
If you are a Junior or Senior in Toms River Regional Schools, the Y can help you meet your program requirements. Call 732 341 9622 ext 2223 or email PersonalTrainers@ocymca.org

CREDIT POLICY
A credit request may be granted for an extended illness/emergency of 3 weeks or more. A detailed doctor’s note that includes illness and dates is required along with the credit request. Credits expire one year from date of issue.

Please be aware that Child Care Programs and the Tiger Shark Swim Team have extended credit policies.

Should the Y find it necessary to cancel a class due to safety, weather, etc., a full credit or make-up class day & time will be issued.

There may be situations in which a refund is requested. Refunds are at the discretion of the Directors with a processing fee of 10% of the refund amount up to a maximum of $25.00.

It usually takes 4-6 weeks for refunds to be processed and paid out. Credits are available within 10 days upon approval from Department Director.

REGISTRATION/PAYMENTS
Registration for classes and payments for programs at the Y may be made until 8PM Monday through Friday and 4PM on Saturday and Sunday.

RETURNED CHECKS/ DRAFT
Returned checks, Bank/Credit Card Draft will incur a $25 return fee.

SOCIAL MEDIA
ocymca.org
Like us on Facebook Ocean County YMCA
Twitter.com/ocymca
LinkedIn/OCEAN COUNTY YMCA INC
Follow us on Instagram ocymca
Follow us Pinterest ocymca

Y NATIONWIDE MEMBERSHIP
Your Annual Y membership now allows you to visit any participating YMCA in the United States and Puerto Rico, at no additional cost. So, whether you are traveling on the west coast for business or visiting relatives down south, you can get your workout in and connect with the larger Y community.

Y FOR ALL
FINANCIAL ASSISTANCE
The Y is one of Ocean County’s leading nonprofits strengthening community through youth development, healthy living and social responsibility. Y Cares financial assistance applications may be found in the lobby or at ocymca.org.
VOLUNTEER AT THE Y
The Y is a nonprofit like no other. Community advocates, parents, teens and individuals who want to give back and support their neighbors volunteer at the Y. This is one of the essential ways the Y engages people and helps them to be healthy, confident, and connected to others. The role of volunteers distinguishes the Y as a place where everyone can take an active role in bringing about meaningful, enduring change in the community.

People in all age groups benefit mentally, physically and emotionally from volunteering. Join us by contacting-

Barbara Serpi, Volunteer Coordinator
732 341 9622 ext 2400 or
bserpi@ocymca.org

FOR A BETTER US...
GIVE, JOIN & SUPPORT OUR Y

VOLUNTEER LEADERSHIP TEAM
Y BOARD OF DIRECTORS
Michael P. Ritacco, Chair
Jared Rhine, MBA, CPA, 2nd Vice Chair
Peter Singagliese, CPA, Treasurer
Russell Whitman, Secretary
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Jonathan Z. Petro, Esq.
David Wintrode Jr.
Harvey York, Esq.
James Buffum, Emeritus

YMCA MISSION
To put Judeo Christian principles into practice through programs that build healthy spirit, mind and body for all.

‘For all’ is a simple but powerful phrase. But without it, the Y mission is incomplete. At the Y, we strive to understand and value each person’s unique dimensions of diversity and help them overcome barriers to inclusion so they can fully participate in society and reach their potential. Each of us, through our everyday actions, has the power to contribute to a more connected, cohesive world for all.
The Ocean County YMCA has a rich history of service...

1970 – Five volunteers who saw the need for a healthy recreational program in the community founded the Toms River Family YMCA. Our YMCA began out of an office space with approximately 500 members.

1974 – As community needs grew, a Board of thirty supported acquiring land and building a facility with a pool that opened on West Whitty Road.

1983 – Our State-licensed YMCA Before/After School (YKids) programs began in several local schools.

1992 – As our building, pool space, outreach and school based programs grew, we were renamed the Ocean County YMCA

2001 – The YMCA opened its 12-lane Aquatic Center, which is home to YMCA’s 300-member OCY Tiger Sharks Swim Team, hosts 7 local high school swim teams, and hold several county, regional, and state-wide Championship Meets.
2016 – The Robert Wood Johnson Foundation awards the Ocean County YMCA a 4-year $200,000 grant for the Toms River Family Health and Support Coalition. The YMCA and the Jay and Linda Grunin Foundation serve as Co-Directors of the coalition.

2019 – As part of our commitment to helping members and our community grow stronger, we were excited for the opening of the expansive Family Activity Center.

Featuring a dynamic, functional wellness area that was created to maximize opportunities for you, your family and other members to interact with each other through a wide-array of fitness challenges, group exercise classes, and personal and group training. This space is truly unique and the first of its kind in our community.

We have been enhancing the lives of our neighbors for 50 years and will continue to support our community to build an even stronger Ocean County for all!

The Ocean County YMCA is a vibrant and growing movement of 8,000 members united by our promise to strengthen the foundations of community through a shared commitment to nurturing the potential of children, promoting healthy living and fostering a sense of social responsibility.
AQUATICS

Have fun, learn new skills and build confidence that lasts a lifetime!
No child is too young to learn how to swim. Not only does swimming help prevent drowning accidents; it gives them a life-long skill that builds self-esteem and confidence. Parents also benefit from learning water safety principles and develop a sense of security.

YOUTH WATER SAFETY POLICIES AND PROCEDURES
We perform MANDATORY swim tests for all children (members and guests) under the age of 18.

WHAT ARE THE AGE GUIDELINES FOR CHILDREN?
• Ages 8 and under: a parent or guardian age 18 or older must be in the pool at all times.
• Swimmers 9-11 years old must have a parent or guardian on the pool deck while swimming. Non-swimmers of all ages must have a parent or guardian ages 18 or older in the pool at all times.
• Children 12 and older may not be left at the Y for more than 2 hours at a time.

SWIM TEST POLICY
All swimmers under the age of 18 wanting to swim in the deep end, or swim without an adult within arms-reach must complete a swim test before being allowed access to the swimming pool.

Non-swimmers of any age need an adult in the water within arms-reach and must stay in the shallow end.

Shallow End
• A yellow wristband is given to those who have passed a shallow end swim test.
• Under the age of 9 needs an adult in the water.
• Ages 9-12 needs an adult on the pool deck.
• Ages 12-17 cannot be left alone for more than 2 hours.

Deep End
• All swimmers under the age of 18 must pass a deep end swim test before being allowed in the deep end.
• A blue wristband will be given to children under the age of 9 who have passed a deep end swim test. An adult must accompany the child into the pool.
• A red wristband will be given to children ages 9-12 who have passed a deep end swim test. An adult must be on the pool deck.
• A red wristband will be given to children over the age of 12 who have passed a deep end swim test. They cannot be left alone for more than 2 hours.
• A red wristband will be given to children ages 6-12 who are on the Tiger Sharks swim team or in the following swim lesson levels: Youth Stroke Intro 2, Stroke Development, Stroke Mechanics, Shark and Porpoise. An adult must be on the pool deck.

The Ocean County YMCA offers a range of specialized swim programs for children at any age, ability or level. For more information on any of our special needs swim programs contact our Aquatics Department at aquatics@ocymca.org.

Ocean County YMCA
Photo Policy

Based upon USA Swimming Safe Sport policy, the Ocean County YMCA prohibits all forms of photography and video, including cell phones, from all areas of the facility except for the spectator seating area located in the upper level stand area or designated photo areas.
FREE SWIM EVALUATIONS
Not sure what class level your child belongs in? Children ages 3 - 12 may come to any open evaluation time. No appointment is necessary. Simply show up on the pool deck at one of the following times: Ages 3-12

Spring 1 Session
Monday
1/27 & 2/3          7:00-7:30PM
Saturday
2/8    3:30PM

If you cannot make a scheduled evaluation time please email our Aquatics Department to schedule an appointment email aquatics@ocymca.org.

SAFETY FIRST
SKILLS SECOND

PARENT/CHILD CLASSES
WATER DISCOVERY (ages 6-23 months)
This class is designed to introduce children to the aquatic environment while introducing basic water skills and safety. No evaluation needed for this level. Must wear swim diapers.
W 6:05-6:35PM
SA 9:40-10:10AM
Annual Member $80, Program Member $124

WATER EXPLORATION (ages 18-36 months)
This class is designed for the child to explore fundamental water skills and safety. No evaluation needed for this level. Must wear swim diapers.
W 6:05-6:35PM
SA 10:15-10:45AM
Annual Member $80, Program Member $124

WATER APPLICATION (ages 24-36 months)
This class is designed for the child to adjust to swimming independently. Parents are in the water to facilitate learning and direction following, but instructions are directed towards the child. Child must be recommended for this class. Must wear swim diapers.
W 6:05-6:35PM
SA 9:05-9:35AM
Annual Member $80, Program Member $124

SAFETY FIRST
SKILLS SECOND

Pool Inclement Weather Policy
Safety of our members, program participants and staff is our highest priority. Therefore, in the event of thunder and lightning, all pool activity will be suspended and the pool deck will be cleared until 30 minutes after the last sign of thunder and lightning.

Text POOLS1 to 84483 to receive text message alerts regarding swim lesson class cancellations and pool closings.
AQUATICS

PRESCHOOL

PRESCHOOL WATER STAMINA
This class develops intermediate self-rescue skills performed at longer distances than in previous stages. Child must be evaluated for this level to register. 30-minute class

TU 10:40-11:10AM
TU 5:05-5:35PM
TU 6:50-7:20PM
TH 6:15-6:45PM
SA 9:05-9:35AM

Annual Member $80, Program Member $124

PRESCHOOL STROKE INTRODUCTION 1
This class introduces basic stroke technique in front crawl (freestyle) and back crawl (backstroke) and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.

TU 6:00-6:45PM
SA 9:20-10:05AM
SA 11:25-12:20PM

Annual Member $96, Program Member $152

PRESCHOOL WATER ACCLIMATION
Child must be independent of parent and at least 3 years old before the first day of class. This class increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. No evaluation is needed to register for this level. 30-minute class

* M 5:10-5:40PM no class 5/27
* M 5:45-6:15PM no class 5/27
TU 6:15-6:45PM
SA 8:30-9:00AM
SA 10:15-10:45AM

Annual Member $80, Program Member $124
*Annual Member $70, Program Member $109

PRESCHOOL WATER MOVEMENT
This class encourages forward movement in the water and basic self-rescue skills performed independently. Child must be evaluated for this level to register. 30-minute class

* M 5:10-5:40PM no class 5/27
* M 6:20-6:50PM no class 5/27
TU 10:05-10:35AM
TU 5:40-6:10PM
SA 8:30-9:00AM
SA 9:40-10:10AM
SA 11:25-11:55AM

Annual Member $80, Program Member $124
*Annual Member $70, Program Member $109

A SPLASH OF FUN

Register for swim lessons 2X per week and receive a 20% discount off the second lesson

Contact aquatics@ocymca.org with any questions

SKILLS THAT SAVE LIVES
YOUTH

YOUTH WATER ACCLIMATION/WATER MOVEMENT (Ages 6-12)
This class increases comfort with underwater exploration, and encourages forward movement in the water and basic self-rescue skills performed independently. No evaluation is needed to register for this level. 30-minute class
TU 6:15-6:45PM
SA 9:05-9:35AM
SA 10:50-11:20AM
SA 11:25-11:55AM
Annual Member $80, Program Member $124

YOUTH WATER STAMINA (Ages 6-12)
This class develops intermediate self-rescue skills performed at longer distances than in previous stages. Child must be evaluated for this level to register. 30-minute class
TU 5:40-6:10PM
TH 5:05-5:35PM
TH 6:50-7:20PM
SA 10:15-11:45AM
SA 10:50-11:20AM
SA 12:00-12:30PM
Annual Member $80, Program Member $124

YOUTH STROKE INTRODUCTION 1 (Ages 6-12)
This class introduces basic stroke technique in front crawl (freestyle) and back crawl (backstroke) and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.
*M 5:30-6:15PM no class 5/27
*M 6:35-7:20PM no class 5/27
TH 4:15-5:00PM
TH 5:05-5:50PM
SA 8:30-9:15AM
SA 10:15-11:00AM
Annual Member $96, Program Member $152
*Annual Member $84, Program Member $133

YOUTH STROKE INTRODUCTION 2 (Ages 6-12)
This class refines basic stroke technique in freestyle and backstroke and reinforces water safety through treading water and elementary backstroke. Child must be evaluated for this level to register. 45-minute class.
*M 5:45-6:30PM no class 5/27
*M 6:20-7:05PM no class 5/27
TH 4:15-5:00PM
TH 6:50-7:35PM
SA 9:20-10:05AM
SA 10:15-11:00AM
Annual Member $96, Program Member $152
*Annual Member $84, Program Member $133

YOUTH STROKE DEVELOPMENT (Ages 6-12)
This class introduces breaststroke and butterfly, while continuing to refine freestyle and backstroke. This class also reinforces water safety through treading water and sidestroke. Child must be evaluated for this level to register. 45-minute class.
TH 6:00-6:45PM
SA 8:30-9:15AM
SA 10:15-11:00AM
Annual Member $96, Program Member $152

YOUTH STROKE MECHANICS (Ages 6-12)
This class refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Child must be evaluated for this level to register. 45-minute class.
W 6:40-7:25PM
F 6:20-7:05PM
Annual Member $96, Program Member $152

PORPOISE CLUB (Ages 8 & up)
For swimmers with goals of leadership or recreation swimmers. Swimmers must be approved by Jamie at jbeers@ocymca.org before registering and completed Stroke Development level.
F 6:00-7:00PM
Annual Member $96, Program Member $152

SHARK CLINIC (Ages 8-14)
Competitive based program for the swimmer who loves practicing for competitions, but involved in other activities, and unable to commit to swim team. Swimmers must be approved by Jamie at jbeers@ocymca.org before registering and completed Stroke Mechanics.
W 5:30-6:30PM
Annual Member $96, Program Member $152

TEEN (Ages 11 - 17)
This class is designed to meet individual goals.
TU 6:45-7:30PM
SA 11:05-11:50AM
Annual Member $96, Program Member $152
**AQUATICS**

**Spring 2020 High School Competitive Stroke Clinic**

The Spring clinic is designed to help your high school swimmer further their competitive knowledge, compete on a higher level and continue training following the end of the high school swim season. Our OCY Tiger Shark Swim Team Coaches will be instructing this clinic. Our Coaches will work closely with the swimmers to develop their technique in all four competitive strokes. There will also be a strong focus on improving starts and turns.

Tuesday March 17 through Thursday, June 11, 2020
TU 7:15-8:45PM AND
TH 7:15-8:45PM
Annual YMCA Members $200.00
Non-members $250.00

*Registration begins February 24th, 2020

Please register at the Welcome center if you are a non-member.

Members can call in to register or visit the Welcome Center to register.

There is limited availability.

Registration for this clinic is first come first served

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**RED CROSS LIFEGUARD COURSES**
*(Ages 15 & up)*

Everyone interested in registering for an American Red Cross Lifeguard Course must complete and pass the Mandatory Pre-Test. Call 732 341 9622 ext. 2277 or email aquatics@ocymca.org for more info and to schedule the pretest.

**LIFEGUARD TRAINING RED CROSS** -- 2 year certification

- The Professional Lifeguard Course includes First Aid and CPR/AED for the Professional Rescuer.
- All candidates are required to bring legal documentation for proof of age to the first day of class.
- Females must wear one piece swimsuit.

Blended Learning – Some independent online work study must be done prior to starting class.

**Lifeguard Recert Class**
SA, 3/14 7:00AM-5:00PM
SA, 4/11 7:00AM-5:00PM
SA, 5/23 7:00AM-5:00PM

**February/March dates:**
F, 2/28 5:00-9:00PM
SA, 2/29 10:00AM-5:00PM
F, 3/6 5:00PM-9:00PM
SA, 3/7 10:00AM-5:00PM
Must be signed up by 2/20

*EMAIL ADDRESS REQUIRED TO REGISTER

**May dates:**
F 5/8, 8:00AM-4:00PM
SA 5/9, 8:00AM-4:00PM
SU 5/10, 8:00AM-4:00PM
Must be signed up by 5/1

*EMAIL ADDRESS REQUIRED TO REGISTER

**Lifeguard Training** -- Annual Member **$250**, Program **$300**, Public **$350**

**Lifeguard Recert** -- Annual Member **$150**, Program **$193**, Public **$205**
TIGER SHARKS SWIM TEAM

Team Website: ocytigersharks.org

Corey Matthews, Head Coach
732 341 9622 ext 2221
coachcorey@ocytigersharks.org

Please contact swim team administrators Nicole or Jacqui with questions
(E) nicole@ocytigersharks.org
(E) jacqui@ocytigersharks.org
(P) (732) 341–9622 x2222

There are limited YMCA and USA swim meets available during our spring training season. Some Groups may only have 1 or 2 competitive meets during the spring, which may include intersquad meets.

The session is April 20th – June 23rd

Spring swim training online registration for returning swimmers will begin on March 2nd.

*Note: You will need to log-in to register.
Existing swimmers will register under the same group they participated in during their 2019-2020 fall/winter season.

Registration will close after 3/15!

For New Swimmers

TRYOUTS ARE MANDATORY FOR ALL NEW SWIMMERS.

Please choose one of the following dates (no appointment necessary):
Wednesday 2/19 or Friday 3/6
Please arrive by 7:15pm for paperwork; swimmers will be in the water by 7:30pm

Each swimmer will participate in a group warm up and then be expected to swim the events listed below.

Ages 6 - 8 will swim: 25 Free, 25 Back & any additional strokes they know.
Ages 9 - 10 will swim: 50 Free, 50 Back, 25 Fly, 25 Breast
Ages 11 - 12 will swim: 100 Free, 50 Back, 50 Breast, 50 Fly

Swimmers Age 13/over who wish to try out for the swim team must contact Head Coach, Corey Matthews at CoachCorey@ocytigersharks.org

In your email please provide top times in all events as well as a brief summary of your competitive swimming background and experience.

**Swimmer age group for tryouts will be based on their age as of 04/20/2020**

Swimmers will be offered spots on the team based on tryout times, stroke mechanics and group availability. You will be notified if your swimmer makes the team after March 15th.

In-person registration dates:
Tuesday, March 24th 5:00-7:00pm
Thursday, March 26th 5:00-7:00pm

Annual memberships are required for all members of the Tiger Sharks Team. **Membership must be valid through March 2021**

LEMON SHARKS (Ages 6–9)

For swimmers who are looking for an introduction to competitive swimming but have yet to complete or need continued lessons. Swimmers must be striving for lateral breathing in Freestyle and able to swim Backstroke. The Lemon Sharks will be offered one intersquad meet at the end of the spring session.

Practices one time per week, Lemon Sharks are also required to be enrolled in one lesson each session throughout the season:

Spring Season: Annual Members $115
(Pay in Full Only with no discounts)
SA 9:45-10:45 AM

SAND SHARKS (6–9)

For swimmers who wish to start in our competitive program. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. The Sand Sharks will be offered one intersquad meet at the end of the spring session.

Practices two times per week:
Spring Season: Annual Members $229
TU, TH 5:45-6:45 PM

MAKOS (Ages 7–10)

For swimmers who have a strong background in all four competitive strokes and are ready to learn more advanced stroke skills and technique. Stroke technique and racing skills are emphasized. Swimmers must be able to legally complete a 25 of each competitive stroke as well as a 50 Free to join this group. The Makos will be offered one intersquad meet at the end of the spring season.

Spring Season: Annual Members $329
M, W 5:15-6:30 PM
SA 8:45-10:00 AM

BUILDING CONFIDENCE AND CHARACTER
THRESHER SHARKS (8-11)

For swimmers who are interested in a competitive program and have completed a previous Tiger Shark group or one session of advanced lessons or equivalent. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly.

Strokes technique and racing skills are emphasized. Thresher Sharks will be offered one intersquad meet at the end of the spring session.

Spring Season: Annual Members $329

M 6:30-7:45 PM
F 7:00-8:15 PM
SA 10:30-11:45 AM

REEF SHARKS (Ages 9-12)

Competitive training is introduced, but the emphasis is still on stroke technique and proper skills. Practice includes dry land. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Swimmers must be able to legally complete a 50 of each competitive stroke as well as the 100 IM and 100 Free in order to join this group.

Spring Season: Annual Members $455 *

M 5:15-6:45 PM
TU 7:00-8:30 PM
TH 6:30-8:00 PM
F 6:45-8:15 PM

HAMMERHEADS (Ages 10-13)

Transitional level where swimmers move from primarily stroke instruction to actual competitive training.

Swimmers are motivated and committed to be their best and to practice consistently. Emphasis is on preparation for higher levels of training and competition, with technical efficiency of utmost importance. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Swimmers must have completed a 100 of each competitive stroke as well as the 200 IM and 200 Free legally in order to join this group. In addition, 11-12 swimmers must have achieved at least two YMCA Silver Qualifying Times, 10&Unders must have achieved at least two YMCA State Qualifying Times in the prior season, or by training ability based on coach approval. Practice times include dry land and practice attendance recommendation is 70% or more.

Spring Season: Annual Members $485 *

M 6:15-8:00 PM
TU 5:30-7:15 PM includes dryland
W 6:00-8:00 PM includes dryland
F 5:00-7:00 PM includes dryland
SU 4:45-6:00 PM

BULL SHARKS (Ages 11-14)

For swimmers who are interested in a competitive program. Swimmers must have strong technique in Freestyle and Backstroke with an understanding of Breaststroke and Butterfly.

Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Stroke technique and racing skills are emphasized.

Spring Season Only: Annual Members $455 *

M 7:30-8:45 PM
W 7:00-8:30 PM
TH 7:15-8:45 PM
SA 7:15-9:00 AM

GREAT WHITES (Ages 11-14)

For athletes with the desire and ability to train and compete at the highest levels. Swimmers will train to compete at the local and regional level with goals of competing at the YMCA National Level. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Great White 13-14 swimmers must have achieved at least two YMCA Silver Qualifying Times, 11-12 swimmers must have achieved at least two YMCA State Qualifying Times in the prior season, or by training ability based on coach approval. Practice times include dry land and practice attendance recommendation is 70% or more.

Spring Season: Annual Members $549 *

TU 6:15-8:30 PM including dryland
W,F 5:00-7:15 PM including dryland
TH 5:45-7:30 PM
SA 7:00-9:00 AM
SU 4:45-7:00 PM

*ADDITIONAL FEES
USA Swimming Fee: $70

For all swimmers in the Reef, Hammerhead, Bull Sharks, Great White, National, Gold, Silver and Bronze groups
SENIOR GROUP PROGRAMS:

**Bronze (Ages 13+)**
This group will be for swimmers in high school who have the desire to train and compete regularly for the Ocean County YMCA Swim Team. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Swimmers in this group have YMCA Bronze times with a desire to achieve YMCA Silver times. Swimmers can also join this group based on coach’s decision and training ability. All swimmers in this group must have desire and ability to train. As a general guideline for this group, swimmers must be able to train and hold a pace of 1:35 for a minimum 10 x 100’s. All practice times include dry land training and practice attendance requirement is 75%.

Spring Season: Annual Members $525 *
M, W, F 3:45-6:45 PM including dryland.
TU, TH 3:45-6:00 PM

**Silver (Ages 13+)**
This group will be for swimmers in high school who have the desire and ability to train and compete regularly. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Swimmers in this group are working to achieve USA Gold and or YMCA State times. Swimmers must have at least two YMCA Silver Qualifying Times in order to join this group with a desire and ability to train. As a general guideline for this group, swimmers must be able to train and hold a 1:25 for a minimum of 10 x 100’s. All practice times include dry land training and practice attendance requirement is 75%.

Spring Season: Annual Members $575 *
M, W, F 3:45-6:45 PM including dryland.
TU, TH 3:45-6:00 PM
SU 7:30-9:15 AM and 4:45-7:00 PM (required doubles unless a change is posted during the season)

**GOLD (Ages 14+)**
This group will be for swimmers in High School. Swimmers in this group will have the desire and ability to train and compete at the highest level. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Swimmers must have USA Gold or YMCA State qualifying times in order to train in this group, or by training ability based on coach approval. Any swimmer in this group who achieves a new National standard is welcome to attend Nationals. As a general guideline for this group, swimmers must be able to train and hold a 1:15 for a minimum of 10 x 100’s. All Practice times include dry land training and practice attendance requirement is 80%.

Spring Season: Annual Members $575 *
M, W, F 3:45-6:45 PM including dryland.
TU, TH 3:45-6:00 PM
SU 7:30-9:15 AM and 4:45-7:00 PM (required doubles unless a change is posted during the season)

**National (Girls age 13 and up, Boys age 14 and up)**
This group will be for swimmers in High School in the fall with the desire and ability to train and compete at the Regional and National level. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets. Swimmers must have a SC National time and/or have participated in the previous SC or LC Nationals season in order to join this group. Swimmers in this group must attend and be committed to YMCA Nationals as their priority as well as other high level meets (USA Jr. Nationals, Nationals, etc). As a general guideline for this group, swimmers must be able to train and hold a 1:10 to 1:15 or faster for a minimum of 10 x 100’s. Practice attendance requirement is 80%.

Spring Season: Annual Members $575 *
M, W, F 3:45-6:45 PM including dryland.
TU, TH 3:45-6:00 PM
SU 7:30-9:15 AM and 4:45-7:00 PM (required doubles unless a change is posted during the season)
HOLIDAY CAMP (Grades K-8)

Need an option when school is out? Send your child to Holiday Camp for a day at the Y. The day includes recreational swimming, sports, group games and more! Bring a bagged lunch, swim suit, towel and come ready for a full day of fun!

To confirm child’s spot & ensure proper staffing, registration must be done in person at the Y 48 hours in advance. Limited space available.

February 17th
April 10th
April 13th-17th

Holiday Camp Hours - 6:30AM–6:00PM
Annual Member $45/day, Program Member $55/day
Non-Member rate now available $65/day

Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

2019/2020 SCHOOL YEAR
Jennifer Friedhoff, Senior Youth Development Director
732 341 9622 ext 2217, jfriedhoff@ocymca.org

Child care at the Y is about more than looking after kids. It’s about nurturing their development and providing a safe place to learn. For more than 30 years, the Y has been offering Before and After School Care. Y-Kids is a School Based State Licensed Child Care Program designed to help families build self sufficiency by providing safe, affordable, high quality childcare.

Y-Kids sites for children are located in the following partnering school districts of Berkeley, Manchester and Toms River.

Our school day AM program begins at 6:30AM until the start of school. Our PM program begins when school ends and goes until 6:00PM.

Families can choose either a 2, 3, 4 or 5 day per week program throughout the school year.

GRADES BY SCHOOL DISTRICT
• K-8 Toms River School District
• Pre-K-6 Berkeley School District
• K-5 Manchester School District

• Berkeley AM Program is held at Potter Elementary School. All children are bused to their assigned schools for the start of the school day.
• Berkeley PM program is held at the school they attend.
• South Toms River students attend Pine Beach Elementary for Y-Kids.

For students at the intermediate level our Y-Kids program will be held at the following schools: No morning care
• Intermediate East will attend Silver Bay Elementary
• Intermediate North will attend Walnut Street Elementary
• Intermediate South will attend Beachwood Elementary

Curriculum for the Y-Kids program:
• Homework help.
• Program focuses on arts and humanities, literacy, science and technology.
• Anti-bullying & social competence.
• Conflict resolution & character development.
• Health & Wellness through the Healthy U initiative.
• Core Values of caring, honesty, respect & responsibility.

EXCEL AFTER THE BELL

Our Y-Kids program includes an Annual membership for your child at the Y. Check our Youth Arts & Enrichment and Health & Fitness Sections for additional exciting programs your child may participate in. All fees are valid thru August 31, 2020 and will be renewed each September.

Registration, payment and family schedule changes must be completed by the Wednesday prior to the week you plan to start, with the exception of the 1st week of school.

No credits will be issued for absences, or for snow days, delayed openings or early weather related dismissals. Emergency closings or late openings will be posted on ocymca.org and on Facebook. Delayed school openings cancels AM Y-Kids. Two week notice required for inactivations.

A 10% sibling discount is applicable when two or more siblings are enrolled.

Email schedule changes and correspondence to: ykids@ocymca.org.

Y Cares Financial Assistance applications are considered and accepted throughout the year.

We accept all State Subsidy Assistance, with valid contracts.

Registration fee is non-refundable.

See next page for pricing information.

HOLIDAY CAMP (Grades K-8)

Need an option when school is out? Send your child to Holiday Camp for a day at the Y. The day includes recreational swimming, sports, group games and more! Bring a bagged lunch, swim suit, towel and come ready for a full day of fun!

To confirm child’s spot & ensure proper staffing, registration must be done in person at the Y 48 hours in advance. Limited space available.

February 17th
April 10th
April 13th-17th

Holiday Camp Hours - 6:30AM–6:00PM
Annual Member $45/day, Program Member $55/day
Non-Member rate now available $65/day
Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

2019/2020 Y-KIDS REGISTRATION
$80 registration and 1st month’s payment fee is due at enrollment.

TIER ONE DISTRICT SCHOOLS:
Manchester Schools, Beachwood, Hooper Ave, Pine Beach, So. Toms River AM,
Silver Bay and Walnut

AM PROGRAMS – 6:30AM to start of school
2 days AM, $125/mo
3 days AM, $145/mo
4 days AM, $180/mo
5 days AM, $195/mo

PM PROGRAMS – end of school to 6:00PM
2 days PM, $168/mo
3 days PM, $193/mo
4 days PM, $238/mo
5 days PM, $263/mo

TIER TWO DISTRICT SCHOOLS:
Citta, Cedar Grove, East Dover, North Dover,
Washington Street and West Dover Schools
So. Toms River PM

AM PROGRAMS – 6:30AM to start of school
2 days AM, $165/mo
3 days AM, $190/mo
4 days AM, $235/mo
5 days AM, $260/mo

PM PROGRAMS – end of school to 6:00PM
2 days PM, $128/mo
3 days PM, $148/mo
4 days PM, $183/mo
5 days PM, $198/mo

BERKELEY SCHOOLS TIER THREE DISTRICT SCHOOL

AM PROGRAMS – 6:30AM to start of school
2 days AM, $125/mo
3 days AM, $145/mo
4 days AM, $180/mo
5 days AM, $195/mo

PM PROGRAMS – Bayville, Potter – until 6PM
BTES, CBW – Early Dismissal (Until 4:45PM)
2 days PM, $128/mo
3 days PM, $148/mo
4 days PM, $183/mo
5 days PM, $198/mo

PM PROGRAMS – BTES, CBW – until 6:00PM
2 days PM, $168/mo
3 days PM, $193/mo
4 days PM, $238/mo
5 days PM, $263/mo

STAY CONNECTED
STAY INFORMED
By simply texting YKIDS to 84483 you will receive alerts about YKids information such as program or weather related updates.

THE DROP ZONE
Don’t need Y-Kids every week, but have an appointment, staying late at work or just need childcare – you’re in luck. Try The Drop Zone at our Y-Kids program. Valid for use on 10 AM and/or PM drop off days at any of our Y-Kids programs. Your 10 trip pass is only $185 and is valid throughout the current school year.

*$80 Registration fee
**For half days two passes will be applied
*Must register the Wednesday prior to the week is needed*
SUMMER CAMP REGISTRATION BEGINS MARCH 1st

Contact Ken Ames, Summer Camp Director at 732 341 9622 ext 2212 or kames@ocymca.org for more information.

Summer Camp Is a welcoming environment for campers to express themselves, try new activities, learn new skills, be creative, make lasting friendships and have a great time! Our camp program features an array of traditional games and sports, arts and crafts, outdoor fun, swim lessons, recreational swimming & so much more.

Campers can join us for one week, a few weeks or the entire summer. We offer a full day camp experience with before and after care options for campers entering Kindergarten through 8th grade. Located in Toms River, we utilize the acres of land at the YMCA, along with the competition size swimming pool. Local trips are included in our cost, in which we explore Ocean County Parks, local bowling alleys, ice skating rinks, movie theaters, and beaches, along with special guests and much more. Local community organizations are invited to enhance the camp day to day programming.

Summer Camp is available June 22nd through August 28th

MEMORIES THAT LAST A LIFETIME

We incorporate the Y core values of caring, honesty, respect and responsibility into our activities. Every member of our camp staff is attends our pre-camp training, including First Aid and CPR. We train in anti-bullying, behavior management, curriculum, CATCH and more.
WHETHER YOU COME TO THE OCEAN COUNTY YMCA TO WORK, VOLUNTEER, PLAY OR GIVE, WHETHER YOU ARE 5 OR 85. WE WANT TO KNOW WHAT THE Y MEANS TO YOU.

LITTLE EXPLORERS
Campers entering Kindergarten and first grade in September 2020  8:30AM – 4:00PM
Before care available from 6:30AM until 8:30AM, after care from 4:00PM – 6:00PM

Our Explorer Camp program includes a full day of fun activities where the children will make new friends and learn new things through outdoor play, arts and crafts, stories, songs and music, games, creative play, sports, group activities and more. We use a theme based curriculum throughout the summer, engaging campers with fun and learning. Each week features a local field trip or a special invited guest. Campers will participate in swim lessons twice a week and recreational swim daily.

DISCOVERY
Campers entering second through fifth grade in September 2020  8:30AM – 4:00PM
Before care available from 6:30AM until 8:30AM, after care from 4:00PM – 6:00PM

Our Discovery Camp uses a theme based curriculum throughout the summer encouraging campers with fun, exploring and learning. Age appropriate activities including outdoor games, field games, sports, arts and crafts, team building, group games and so much more! Each week features a local field trip or a special invited guest. Campers participate in swim lessons twice a week and recreational swim daily.

TEEN ADVENTURE
Campers entering sixth, seventh or eighth grade September 2020  8:30AM – 4:00PM
Before care available from 6:30AM – 8:30AM, after care from 4:00PM – 6:00PM

Our Teen Adventure Camp is for Middle School students looking for a little bit more adventure. Campers will enjoy various local trips or invited guests three times per week. Activities include outdoor sports and games, physical fitness activities, arts and crafts, team building activities, leadership skills, games and much more! Campers will participate in swim lessons and a daily recreational swim.

While applications are considered and accepted throughout the year, anyone needing financial assistance for summer camp must submit their Y Cares application no later than April 15, 2020.

We offer sessions in one week intervals, with the opportunity for your child to attend two, three, four or five days a week (within that week).

$50 REGISTRATION FEE FOR CAMP
AM Care 6:30AM until 8:30AM $30 per week
PM Care 4:00PM until 6:00PM $30 per week

Grades K – 5
5 days per week $185
4 days per week $160
3 days per week $150
2 days per week $110

Grades 6 – 8
5 days per week $210
4 days per week $185
3 days per week $177
2 days per week $135

A 10% discount will be applied for the second child for the week of care only. Discounts not applied to registration fee and/or AM or PM Care. Cannot be combined with any type of financial assistance.
YOUTH DEVELOPMENT

PRESECHOOL

FANTASTIC FUN FITNESS (Ages 3 – 5)
Come play with Miss Nancy, run, jump and skip to various games to make your body move and grove for fantastic fitness fun!
*M 12:00-12:45PM no class 5/27
*Annual Member FREE, Program Member $62

KARATE (Ages 4 – 5)
TU 4:00-4:45PM Beginner Class
Yellow, Orange & Green Belt
(Students must have taken at least 3 sessions)
TU 4:45-5:30PM
Annual Member $42, Program Member $62

TUMBLING TOTS (3 – 5)
The first step in taking gymnastics is learning basic tumbling, balance beam and bar. Come join Miss Nancy for fun & fundamentals. Please bring non skid socks.
TH 11:30AM-12:00PM
Annual Member $25, Program Member $39

QIGONG (3 – 5)
Move with the animals... Tai Chi is fun for children as they imagine moving with the birds, monkeys, tigers and bears. Focused attention, enhanced creativity and improved balance and coordination.
TU 10:30-11:00AM
Annual Member FREE, Program Member FREE

YOUTH

CARDIO BLAST INTERVAL
Held in the Cardio Room, child will be lead through efficient precisely designed intervals on the treadmill, cross trainer, row machine and bikes. Increase endurance and cardiovascular strength. 10 participant maximum
*M 5:00-5:45PM no class 5/27
Annual Member FREE, Program Member $44

DRIBBLE AND PASS (Ages 7–11)
Basic basketball fundamentals dribbling, passing, shooting ending with various basketball games thinking outside the net!!
TH 5:15-6:00PM
Annual Member FREE, Program Member $39

HOP ABOARD THE S.T.E.A.M. TRAIN
(Ages 5 – 8)
Hop aboard the steam train to explore science, technology, engineering, art & math with Miss Jamie. Weekly activities.
W 4:30-5:15PM
Annual Member $28, Program Member $44

KARATE (Ages 6 – 7)
TU 4:00-4:45PM Beginner Class
Annual Member $42, Program Member $62

KARATE (Ages 8 & up) Mixed Level
TU 5:30-6:15PM
Annual Member $42, Program Member $62

YOUTH RUNNING CLUB (Ages 8 & up)
Run for fun with Miss Nancy as you’ll learn strategies to improve form, speed and endurance. Stretching and topic of the week included. Outdoor program, dress accordingly and bring a water bottle.
TH 4:15-5:05PM
Annual Member FREE, Program Member $25
ATTENTION 7th GRADERS  FUN, FITNESS & FREE
All Ocean County 7th graders are entitled to participate at the Y for FREE! Engaging in regular physical activity and exercise is important for adolescence. It promotes growth, helps them build strength and develop healthy bodies and can even enhance academic performance. *Membership valid 9/1 through 8/31 of students’ 7th grade year

YOUTH STRENGTH TRAINING (Ages 11 – 14)
Enhance the overall fitness level of an adolescent. A combination of strength training & cardio exercises. Train once a week with a certified Y trainer. Learn how to use the equipment in the Family Activity Center. Free to Ocean County 7th grade students.

TU 6:30-7:30PM  F 7:00-8:00PM
Annual Member $32, Program Member $48

RAPID TEEN FIT (Ages 11 – 16)
A strength and endurance class that focuses on traditional resistance training and sports related movement. Improve on individual fitness while working in a fun group setting.

M 6:30-7:15PM  F 6:00-6:45PM
Annual Member FREE, Program Member $36

GENERATION POUND (Ages 10 – 14)
GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness.

F 4:00-4:45PM
Annual Member FREE, Program Member $36

TEEN SWIM LESSONS (Ages 11 – 17)
From learning to tread water to preparing for your high school’s swim team, this class is designed to meet your individual goals. Focused on both stroke technique and physical fitness.

TU 6:50-7:35PM  SA 11:05-11:50AM
Annual Member $96, Program Member $152

WHEN CAN I WORK OUT?
THE FAMILY ACTIVITY CENTER & CARDIO AREA
• Annual Members, ages 8–10, during Trainer’s hours with adult supervision
  1. Adult Supervision required
  2. Complete Trainer’s orientation
  3. Obtain a wristband from Trainer’s office
• Annual Members, ages 11–13, during Trainer’s hours
  1. Complete Youth Strength Functional Training class
  2. Obtain a wristband from Trainer’s office
• Annual Members, ages 14 and older, start your Smart Start Sessions with a Personal Trainer.
HEALTH & AQUATIC FITNESS

POSITIVITY WILL MOTIVATE AND INSPIRE YOU!

PERSONAL TRAINING FOR YOUTH AND ADULTS

Let our Health and Wellness Department help you achieve your goals for strength, weight loss and special health considerations.

Call 732 341 9622 ext 2223 or email PersonalTrainers@ocymca.org to make your appointment.

Use of FAC, Fitness & Cardio Areas is for Annual Members only.

PERSONAL TRAINING – LAND & AQUATIC -- ONE ON ONE

Individual one hour session by appointment with a certified trainer for your personally designed fitness program, focusing on future goals, and assisting you in maximizing your results.

By appointment:

One hour or two half hour sessions  Annual Member $50
Three one hour or six half hour sessions Annual Member $120
Ten one hour or twenty half hour sessions Annual Member $325

Paid appointment cancellation and late policy.

24 hours notice required to cancel paid appointment. If notice is less than 24 hours it will be considered a paid appointment. Late arrival will not constitute additional time on your appointment.

Walking Club

Find a partner!

Walking is a great way to boost your overall well being – lose weight, support strong bones, muscles and heart health while enjoying the great outdoors walking at your own pace.

M, TU, W  11:45-12:30PM
Annual Member FREE, Program Member FREE
ADULT

FITNESS LEVELS

**Beginner** – Includes gentle range of motion, strengthening and flexibility exercises with little impact.

**Intermediate** – Moderate exercises with some impact and use of resistance equipment, modifications are demonstrated.

**Advanced** – Vigorous class, medium to high intensity, may include all levels of impact and resistance equipment.

**AGELESS BOOT CAMP (Beginner/Intermediate)**
Achieve all-around physical fitness by combining strength, aerobic, balance, agility, and flexibility activities in a circuit format. Exercises are designed specifically to enhance the daily living of the adult. All ages are welcome and will benefit from this class.

*M  7:15-8:00AM no class 5/27
Annual Member FREE, Program Member $48

**AGELESS CARDIO & STRENGTH (Beginner/Intermediate)**
Different variations of cardio each week plus an overall strength workout that will take you out of your comfort zone.

W  8:15-9:00AM
Annual Member FREE, Program Member $48

**AGELESS EXTREME FIT (Beginner/Intermediate)**
Using different equipment and variations of cardio each week plus an overall strength workout that will take you out of your comfort zone to break through barriers.

F  7:15-8:00AM
Annual Member FREE, Program Member $48

**AQUA FIT (Intermediate-Advanced)**
Challenge yourself with water fitness! This class is invigorating and fun while you help your body get strong using the principles of aerobic combinations.

*M  7:45-8:35AM no class 5/27
F  8:00-8:50AM
Annual Member FREE, Program Member $48

**AQUA ROM (All Levels)**
Range of Motion is the amount of motion possible in a joint. With losses in motion, functional activities can become more difficult to perform. A flotation belt is used for this class for resistance and support. Movements can be performed in the shallow end if needed.

W  8:15-8:45AM
Annual Member FREE, Program Member $44

**AQUA COMBO (Intermediate)**
A mix of shallow and deep areas of the pool. Combines aerobics, flexibility and balance with Aqua Barre, Kickboxing, and maybe even some Aqua Zumba.

*M  10:15-11:00AM no class 5/27
Annual Member FREE, Program Member $48

**AQUAPOWER JOG (Intermediate-Advanced)**
The jogging belt worn in this class allows the participant both added buoyancy and resistance to increase core strength by keeping the jogging position in the deep end of the pool

F  9:00-9:50AM
Annual Member FREE, Program Member $44

**AQUA STEP (Intermediate/Advanced)**
Looking for a challenge in your aquatic fitness classes? This class will enhance muscle strengthening, balance, and most importantly is a challenge to your coordination. No swimming skills required, program is held in the shallow end of pool.

TU  8:15-9:00AM
Annual Member FREE, Program Member $44

ONLINE REGISTRATION IS AVAILABLE AT OCYMCA.ORG
HEALTH & AQUATIC FITNESS

AQUA TABATA (Intermediate/Advanced)
Water exercise is a great non impact fitness experience that includes full-body movements. Tabata training is high intensity interval training. Combine with the two and you have a powerful H.I.I.T. WORKOUT!
F 7:00-7:50AM
Annual Member FREE, Program Member $44

ARTHRITIS (All Levels)
AFYEP This exercise program can and will have a huge and positive impact on individuals with arthritis. Gentle movements will increase flexibility and range of motion along with muscle strength, using a chair for support.
TU 10:15-11:00AM
TH 11:30-12:15PM
Annual Member FREE, Program Member $48

BAD TO THE BONE AND MORE FOR THE CORE (All Levels)
This class increases muscle strength and bone health. You will be working with various equipment in the FAC.
F 8:15-9:00AM
Annual Member FREE, Program Member $48

BALANCE IT OUT (All Levels)
Balance training, focusing on exercises that improve lower body muscle strength, visual acuity, core strengthening, neck flexibility and ankle dexterity.
TU 11:00-11:30AM
Annual Member FREE, Program Member $40

BALLS, BANDS & BARS (All Levels)
Increase core strength and muscle definition. This class is designed to use stability balls, medicine balls for balance and coordination, bands for definition, and bars for strength!
TU 6:50-7:40PM
Annual Member FREE, Program Member $48

BODY SHOCK BOOTCAMP (Advanced)
A dose of everything for everyone. HIIT High Intensity Training, Suspension Training, Kickboxing, weights in a circuit format that will get your heart pumping and create an afterburn.
W 7:00-7:50PM
Annual Member FREE, Program Member $48

BODY BLAST PUMP (All Levels)
Class size limited to 11
Blast your muscles with high-rep weight training work out using an adjustable barbell, weight plate and body weight.
W 9:30-10:20AM
Annual Member FREE, Program Member $48

CARDIO BLAST (All Levels)
Held in the Cardio Room, leads you through efficient precisely designed intervals on the treadmill, cross trainer, row machine and bikes. Increase endurance and cardiovascular strength.
*M 9:45-10:30AM no class 5/27
*M 5:45-6:30PM no class 5/27
Annual Member FREE, Program Member $48

CHAIR CORE (Beginner)
Strengthen low back and abdominal muscles without having to get on the floor. Decrease low back pain through a combination of postural, flexibility and strengthening exercises.
*M 8:30-9:15AM no class 5/27
W 8:30-9:15AM
Annual Member FREE, Program Member $48

CIRCUIT TRAINING (Intermediate)
A full body workout, incorporating circuits. The time between circuit training is short with rapid movements to each of the next exercises.
*M 6:00-6:50AM no class 5/27
W 6:00-6:50AM
Annual Member FREE, Program Member $48

CORE-MAX (Intermediate)
Work your core to the max with aqua fit bags and body weight exercises. These super tough bags are filled with air and water. Activate muscles, with the unstable weight, that almost never becomes activated in a weight room.
*M 5:00-5:45PM no class 5/27
F 5:30-6:15PM
Annual Member FREE, Program Member $44

CORE AND RESTORE (All Levels)
Core exercises targeting abs, oblique’s and glutes. Finish with a foam roller to get soft tissue massage for the overactive muscles.
TU 10:30-11:00AM
Annual Member FREE, Program Member $48

CORE-LOCK (Intermediate)
Make yourself stronger than your excuses! Lift, twist and crunch various weights to burn fat and build muscle. Blocks of cardio will push fat burning systems into high gear. Keep your body guessing with a different variety every week, ready to sweat and ready to leave feeling stronger.
F 6:15-7:00PM
Annual Member FREE, Program Member $48

FUNCTIONALLY FIT AND FAB (All Levels)
Challenge and motivate your body using various equipment as well as body weight exercises.
TH 9:30-10:20AM
Annual Member FREE, Program Member $48

FUNCTIONALLY FIT AND FAB (All Levels)
Challenge and motivate your body using various equipment as well as body weight exercises.
TH 9:30-10:20AM
Annual Member FREE, Program Member $48

HEALTH & AQUATIC FITNESS

KETTLEBELL/BOSU

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HEALTH & AQUATIC FITNESS

(Intermediate/Advanced)
Combination of kettlebell, BOSU that provides all the tools needed to build lean muscle while strengthening ligaments and tendons as well as balance and core.

TU  9:30-10:20AM
SA  8:30-9:20AM

Annual Member FREE, Program Member $48

KICKBOX BOOTCAMP
(Intermediate/Advanced)
This energetic full body workout will increase overall strength endurance and cardio vascular fitness. Learn proper technique while striking, kicking, and blocking on and off the bags. Stress relief is a great benefit while sculpting a stronger and leaner body.

SU  9:30-10:15AM

Annual Member FREE, Program Member $48

LITE & FIT (Beginner/Intermediate)
Low-impact aerobics are combined with intervals of strength and balance moves for a complete well wounded fun workout.

TU  9:30-10:15AM

Annual Member FREE, Program Member $48

PILATES (All Levels)
Workout will focus on strengthening, stretching the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles conditioning the core & total body.

TU  5:30-6:00PM

Annual Member FREE, Program Member $40

REIKI RELAXATION CIRCLE (All Levels)
Come experience the relaxation that Reiki can provide. Reiki is a “Spiritually guided life force energy”. Participants are seated in a chair for increased comfort. The small group is led by a Reiki Master Level 111/Reiki Practitioner. Reiki is a spiritual healing practice used to promote balance throughout the human system. Tap into new Wellness with this spiritual healing practice. Paid Weekly

*M  10:30-11:30AM no class 5/27

Annual Member $5.00 per class,
Program Member $10.00 per class
Non Member $15.00 per class

SILVERSNEAKERS CLASSIC (Beginner)
Exercises are designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, exercise ball, elastic tubing with handles for resistance are used. Chair used for sitting/standing support.

*M  10:45-11:30AM no class 5/27

Annual Member FREE, Program Member $44

SILVERSNEAKERS CIRCUIT (Intermediate)
Take the next step from SilverSneakers Classic. Low-impact cardiovascular conditioning class designed in a circuit format using resistance tools. A chair is used for standing support.

F  9:30-10:15AM

Annual Member FREE, Program Member $44

SILVERSNEAKERS SPLASH (All Levels)
SilverSneakers Splash is an aquatic fitness class designed to enhance each individual’s quality of life. Kick boards used to develop strength, balance and coordination.

*M  9:30-10:15AM no class 5/27
TH  9:30-10:15AM

Annual Member FREE, Program Member $44

WHY THE Y?
EVERY GOAL HAS ONE THING IN COMMON. A BEGINNING.
HEALTH & AQUATIC FITNESS

STEP, POWER & TONE (All Levels)
Sweat yourself to a fit body. This class includes non-stop calorie burning step choreography to increase your cardiovascular fitness and weights to sculpt your shape.
*M  9:45-10:30AM no class 5/27
TU  6:15-6:45PM
Annual Member FREE, Program Member $48

SUSPENSION TRAINING (Beginner/Intermediate)
Use straps to improve your strength, endurance, balance, and coordination. Suspension training gives an edge over conventional strength training.
*M  6:45-7:35PM no class 5/27
Annual Member FREE, Program Member $48

QIGONG (All Levels)
All levels of fitness can benefit!
Based on the principles of Qigong Tai Chi, participants learn to incorporate deep restorative breathing with slow and mindful movement. The slow and mindful pace will help to increase balance, flexibility, and increased relaxation. Tai Chi is an exercise of both body and mind.
TU  8:00-8:50AM
Annual Member FREE, Program Member $48

H.I.I.T. TABATA MAX (Intermediate/Advanced)
A total body heart pumping, aerobic and strength conditioning workout. Interval based and designed to tone your body, improve endurance and clear your mind.
TH  6:00-6:50PM
F  9:30-10:20AM
Annual Member FREE, Program Member $48

YOGA LEVEL 1 (Beginner)
A traditional Hatha Yoga program designed to increase flexibility and strengthen the body. This class combines breathing techniques, yoga postures and relaxation to reduce stress and balance the body, mind and spirit.
*M  9:30-10:20AM no class 5/27
*M  6:30-7:20PM no class 5/27
W  9:30-10:20AM
Annual Member FREE, Program Member $48

YOGA LEVEL 2
(Beginner/Intermediate)
Must have completed Yoga Level I. New yoga postures and breathing techniques to prepare students for transition to Intermediate/Advanced. This class combines breathing techniques, yoga.postures and relaxation to reduce stress, increase flexibility and balance the body, mind and spirit.
TU  9:30-10:20AM
TH  9:30-10:20AM
TH  6:30-7:20PM
Annual Member FREE, Program Member $48

YOGA (Intermediate/Advanced)
For students who have completed Levels 1 & 2. Advanced yoga postures & variations that can be tailored to each student’s abilities. Class types might include Power (yang), Restorative, Balance & Meditative, Vinyasa Flow and Hip Opener (yin). Extended class combines breathing techniques, yoga postures & relaxation, with increased emphasis on form & alignment.
TU  6:45-7:50PM
Annual Member FREE, Program Member $60

YOGA, GENTLE (Beginner)
Improve range of motion, strength, balance, and flexibility with foundational yoga postures. Class moves at a slow and mindful pace to assure proper body alignment and emphasizes mental relaxation through a series of breathing instructions.
TU  10:30-11:20AM
TH  10:30-11:20AM
Annual Member FREE, Program Member $48

YOGA, FRIDAY FLOW
(For Students who completed Yoga Levels 1 & 2)
This class will have a continuous Sun-Salutation flow, weaving postures throughout the flow. Class will begin with breathing techniques and will end with a relaxation and short meditation.
F  9:30-10:20AM
Annual Member FREE, Program Member $48

YOGA, THERAPEUTIC CHAIR (Beginner)
Hatha Yoga program developed for students with limited mobility, disabilities, wheelchair-bound, arthritis and those not comfortable getting on the floor. All postures are done sitting in a chair.
TU  11:30-12:20PM
W  10:30-11:20AM
F  8:30-9:20AM
Annual Member FREE, Program Member $48

ZUMBA (All Levels)
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Energize your body and achieve long-term benefits while experiencing an absolute blast.
*M  8:00-8:45PM no class 5/27
TU  8:15-9:05AM
TH  8:15-9:05AM
Annual Member FREE, Program Member $48
ADULT PROGRESSIVE SWIM AQUATIC TRAINING & CONDITIONING FOR TRIATHLETE (Ages 13 & up)
For the beginner and intermediate triathlete with focus on refining swim techniques, body position, breathing, kicking, pace clock and endurance.
TU 7:00-8:00AM and
TH 7:00-8:00AM
Annual Member $36, Program Member $62

MASTERS SWIM TEAM (Ages 18 & up)
If you enjoy swimming laps, join our Masters Swim Team. Members choose to compete in swim meets, or swim laps for fun with the group. Register for each session. For more information contact masterscoach@ocytigersharks.org
SA 7:15-8:15AM
Annual Member $10, Program Member $30

SWIM FIT LITE (Beginner)
Learn to swim in a class setting combining beginner techniques to start to develop strokes and with water aerobics to develop endurance in the water
W  7:20-8:10AM
Annual Member FREE, Program Member $48

SWIM FIT (Intermediate)
Learning how to swim is FUN and quite a workout! Class focuses on the techniques & principles of swimming. Swim cap and goggles recommended.
TU 9:15-10:00AM
TH 8:15-9:00AM
Annual Member FREE, Program Member $44

SPECIAL NEEDS SPECIAL NEEDS RECREATION SWIM
Children & adults with special needs enjoy pool time. Interested participants or their caretakers must first call our Aquatics Dept. @ 732 341 9622 ext 2279 to be evaluated for this program.
Monday 11:00AM-12:00PM no class 5/27
Friday 11:00AM-12:00PM

FREE & OPEN TO THE PUBLIC

Y SWIM
The mission of Y SWIM is to provide a safe and supportive environment for adults with impaired mobility. Aquatic exercise emphasizes faculties of body, mind, and spirit in a social gathering of caring and respect. Contact our Aquatics Dept. @ 732 341 9622 ext 2279 to be evaluated for this program.
W 12:45-1:45PM Pool
2:00-3:00PM Social

FREE & OPEN TO THE PUBLIC

Respect fellow members...
Locker rooms are a no phone zone...

“Your kids learned to swim, now its your turn!”, said Jamie Beers, Aquatics Director at the Y. “So many parents take the time to be sure their kids learn to swim, for their safety as well as for their enjoyment; but they don’t take the time to do the same for themselves. Learning to swim, at any age, is great for your body, mind, and spirit!”

HEALTH & AQUATIC FITNESS

...
YMCA’s Weight Loss Program

Studies repeatedly show that “NOW” is the best time of day for you to start that healthier diet and lifestyle change.

PROGRAM OVERVIEW
12 Weeks / Weekly 60 minute session
Must be 18 years or older

WHEN
May 6th – July 22nd

COST
Annual Members $60
Program / Non-Members $120

CONTACT
MaryAnn Schober, Personal Trainer, 732 341 9622 ext 2223 or mschober@ocymca.org

SENIOR HEALTH & FITNESS CELEBRATION

At the Y our goal is to increase awareness of the benefits of a regular work out program and make exercise fun for older adults. Join us for our FREE Senior Health & Fitness Celebration to receive information on keeping healthy and fit. See reverse for a few of the community partners that will be joining us for the event.

Ages
Adults of all ages

When
Wednesday, May 27th
9:00AM-11:00AM

Where
Ocean County YMCA
1088 W Whitty Road, Toms River

Registration
No registration necessary
Guests must fill out a guest waiver at check in.
Bring a friend!!!!

Contact
JoAnn Kermick, Membership & Marketing Director  732 341 9622 ext 4255 or jkermick@ocymca.org