BE HEART HEALTHY

SPRING 1 Session
Monday, February 25 through Sunday, April 21

1088 W Whitty Road,
Toms River, NJ 08755
732 341 9622 (P)
732 341 1629 (F)
ocymca.org
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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
Ass’t Youth Development Director ext 2212 or kames@ocymca.org

Jamie Beers
Aquatics Coordinator ext 2277 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

Elsa DiMiele
Healthy Living Coordinator ext 2236 or edimiele@ocymca.org

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

David Eldridge
Head Swim Team Coach ext 2221 or coachdave@ocytigersharks.org or deldridge@ocymca.org

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

Jennifer Friedhoff
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 Age Group 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
BECOME A MEMBER

SPRING 1 SESSION
Monday, 2/25 – Sunday, 4/21

REGISTRATION BEGINS
Online Registration 2/10
Annual Member 2/11
Program Member 2/14

ANNUAL MEMBERSHIP
Member has full use of Y facility including a competition size indoor pool, gymnasium, both wellness centers — cardio & strength, locker rooms, free child watch while using facility, advanced class registration and free or reduced class fees. You must be 16+ years of age to use wellness areas. Youth may enroll in our Strength Training Class for future use of wellness areas while Floor Trainer is on duty. Also available is Teen and Tween Fitness Center orientation.

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.

<table>
<thead>
<tr>
<th>Annual Membership Type</th>
<th>Enroll</th>
<th>Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family in same household (2 adults and all children through age 29)</td>
<td>$150</td>
<td>$69</td>
</tr>
<tr>
<td>Senior Couple (2 adults 62+)</td>
<td>$135</td>
<td>$58</td>
</tr>
<tr>
<td>Single Adult Family</td>
<td>$130</td>
<td>$56</td>
</tr>
<tr>
<td></td>
<td>(1 adult and all children through age 29)</td>
<td></td>
</tr>
<tr>
<td>Adult (30 &amp; older)</td>
<td>$120</td>
<td>$44</td>
</tr>
<tr>
<td>Senior Adult (62+)</td>
<td>$110</td>
<td>$39</td>
</tr>
<tr>
<td>Young Adult (18-29 years)</td>
<td>$70</td>
<td>$28</td>
</tr>
<tr>
<td>Student (6-17 years)</td>
<td>$30</td>
<td>$22</td>
</tr>
<tr>
<td>Primary (Newborn—5 years)</td>
<td>$30</td>
<td>$16</td>
</tr>
</tbody>
</table>

90 Day Membership Type | Cost |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family in same household (2 adults and all children through age 29)</td>
<td>$209</td>
</tr>
<tr>
<td>Senior Couple (2 adults 62+)</td>
<td>$175</td>
</tr>
<tr>
<td>Adult (30 &amp; older)</td>
<td>$133</td>
</tr>
<tr>
<td>Senior Adult (62+)</td>
<td>$115</td>
</tr>
<tr>
<td>Young Adult (16-29 years)</td>
<td>$ 85</td>
</tr>
</tbody>
</table>

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.

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.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family (2 adults/children through age 29)</td>
<td>$130</td>
</tr>
<tr>
<td>Adult (30 &amp; older)</td>
<td>$80</td>
</tr>
<tr>
<td>Youth (Newborn — 29 years)</td>
<td>$75</td>
</tr>
</tbody>
</table>

CHILD WATCH (AGES 10 & UNDER)
FREE babysitting 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.

<table>
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</tbody>
</table>

GUEST FEES
All guests must visit with a Member.
Adult $14, Family $24, Children (under 18) $7
All visiting individuals 18 and over must provide a government issued photo ID upon entry to any of our YMCA facilities, programs or services.

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

Y FOR ALL

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

* 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.
BECOME A MEMBER

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 2236 or email edimiele@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
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 CARES
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

VOLUNTEER LEADERSHIP TEAM

Brian J. Tramontano, Chair
Michael P. Ritacco, 1st Vice Chair
Peter Singagliese, CPA, Treasurer
Russell Whitman, Secretary
Jared Rhine, MBA, CPA. Immediate Past Chair
Ann Marie Baker
Heather Barberi
James Buffum
Roger Doty
Lynne A. Dunn, Esq.
John N. Ernst
Johanna Izdebski
Brian Klohn
Joseph A. LaDuca
Victoria Magliacane
David Manzo
Jonathan Z. Petro, Esq.

GIVE, JOIN & SUPPORT OUR Y

‘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.

YMCA MISSION

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

**Tuesday**
2/5 7:30PM

**Thursday**
2/7 & 2/14 7:30PM

**Saturday**
2/9 1:30PM

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

FREE SWIM EVALUATIONS
Not sure what class level your child belongs in? Children ages 3 & up 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

**Tuesday**
2/5 7:30PM

**Thursday**
2/7 & 2/14 7:30PM

**Saturday**
2/9 1:30PM

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

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** 10:45–11:15AM (Water Discovery/Exploration)
**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** 10:45–11:15AM (Water Discovery/Exploration)
**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** 5:00–5:30PM
**SA** 9:05–9:35AM

Annual Member $80, Program Member $124

SAFETY FIRST
SKILLS SECOND

Swimming is a progressive life-long skill. Start young and learn to swim today.

Give the gift of swimming! Provide the child in your life with 3 days of swim lessons to introduce water safety and basic swimming skills.

Child will have the choice of one of two class times on each of the following days, April 23rd, 24th, and 25th

Registration: Members $30, Non-members $40

Swimming is a progressive life-long skill. Start young and learn to swim today.

Give the gift of swimming! Provide the child in your life with 3 days of swim lessons to introduce water safety and basic swimming skills.

Child will have the choice of one of two class times on each of the following days, April 23rd, 24th, and 25th

Registration: Members $30, Non-members $40
AQUATICS

PRESCHOOL

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.

TU 10:00-10:30AM
TU 4:00-4:30PM
TU 5:25-5:55PM
W 6:05-6:35PM
SA 8:30-9:00AM
SA 9:40-10:10AM
SA 11:25-11:55AM
SA 12:00-12:30PM

Annual Member $80, Program Member $124

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.

TU 10:35-11:05AM
W 6:40-7:10PM
TH 4:00-4:30PM
F 5:10-5:40PM
SA 9:05-9:35AM
SA 10:15-10:45AM
SA 11:25-11:55AM

Annual Member $80, Program Member $124

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.

M 6:35-7:05PM
TU 11:10-11:40AM
TH 4:00-4:30PM
TH 6:35-7:05PM
SA 8:30-9:00PM
SA 9:40-10:10AM
SA 10:50-11:20AM

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.

M 5:15-6:00PM
TH 5:25-6:10PM
SA 9:20-10:05AM

Annual Member $96, Program Member $152

Mini-Mer Swim Lessons
Learn to swim in your mermaid tail with the Mermaids of “A Land and Sea Mermaid”. Child must be able to pass a deep end swim test. Five children max per session. Tails provided upon request. 30-minute lesson and 15 minute open swim.

Registration will begin February 18th.

Lessons:
Sunday – March 3rd, 10th, and 17th
Choice of 10:30-11:15AM or 11:30-12:15PM
$40 Members, $50 Non-Members

*No pictures will be allowed during this event, but a photo opportunity will be provided afterwards.
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.
M 4:35-5:05PM
W 7:15-7:45PM
TH 7:10-7:40PM
SA 8:30-9:00AM
SA 10:15-10:45AM
SA 10:50-11:20AM
*SU 2:00-2:30PM
Annual Member $80, Program Member $124
*Annual Member $70, Program Member $109

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.
M 5:10-5:40PM
TU 6:50-7:20PM
TH 6:00-6:30PM
SA 9:05-9:35PM
SA 11:25-11:55AM
*SU 1:25-1:55PM
Annual Member $109
*Annual Member $70, Program Member $109

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 6:05-6:50PM
TH 4:35-5:20PM
TH 5:25-6:10PM
F 6:35-7:20PM
SA 8:30-9:15AM
SA 11:20-12:05PM
*SU 12:35-1:20PM
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 6:55-7:40PM
TU 4:20-5:05PM
TH 6:15-7:00PM
F 5:45-6:30PM
SA 9:20-10:05AM
SA 11:05-11:50AM
Annual Member $96, Program Member $152

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.
M 5:45-6:30PM
TU 5:10-5:55PM
TH 4:35-5:20PM
SA 8:30-9:15AM
SA 10:15-11:00AM
*SU 11:45-12:30PM
Annual Member $96, Program Member $152
*Annual Member $84, Program Member $133

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.
TU 6:00-6:45PM
W 7:00-7:45PM
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.
SA 10:15-11:15AM
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 6:00-7:00PM
Annual Member $96, Program Member $152

TEEN (Ages 11 - 17)
This class is designed to meet individual goals.
TU 6:00-6:45PM
SA 12:15-1:00PM
Annual Member $96, Program Member $152
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.

March dates:
F 3/8, 5:00PM-9:00PM
SA 3/9, 11:00AM-5:00PM
F 3/15, 5:00PM-9:00PM
SA 3/16, 11:00AM-5:00PM
Must be signed up by 3/1
*EMAIL ADDRESS REQUIRED TO REGISTER

April dates:
F 4/5, 5:00PM-9:00PM
SA 4/6, 11:00AM-5:00PM
F 4/12, 5:00PM-9:00PM
SA 4/13, 11:00AM-5:00PM
Must be signed up by 3/29
*EMAIL ADDRESS REQUIRED TO REGISTER

Annual Member $250, Program $300, Public $350

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.
THE Y WILL BE CELEBRATING
HEALTHY KIDS DAY® ON SATURDAY, APRIL 27TH,
FROM 10:00AM–1:00PM
OUR NATIONAL INITIATIVE TO IMPROVE THE
HEALTH AND WELL-BEING OF KIDS.
JOIN US FOR THIS FREE COMMUNITY EVENT
WITH HEALTHY AND FUN ACTIVITIES
FOR THE WHOLE FAMILY.

YOU ARE THE Y

Join us for Healthy Kids Day
Saturday, April 27th, 10:00AM–1:00PM
Register for Summer Camp that day
and have the registration fee waived.
TIGER SHARKS SWIM TEAM

Team Website: ocytigersharks.org

David Eldridge, Head Coach
732 341 9622 ext 2221
deldridge@ocymca.org or
coachdave@ocytigersharks.org

Corey Matthews, Head Age Group Coach
732 341 9622 ext 2222
cmatthews@ocymca.org or
coachcorey@ocytigersharks.org

2019 TIGER SHARK SWIM TEAM – SPRING TRAINING

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 15th – June 23rd
*last day is tentative

TRYOUTS ARE MANDATORY FOR ALL NEW SWimmers.

Please choose one of the following dates (no appointment necessary):
Thursday’s 2/21, 2/28, 3/14, 3/21, 4/11

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 Swimmers will swim: 25 free, 25 back
Ages 9-12 Swimmers will swim: 50 free, 100 IM

**A swimmers age group for tryouts will be based on their age as of 04/15/2019.**

Ages 13/over who wish to tryout for the swim team please contact Head Coach Dave Eldridge at CoachDave@ocytigersharks.org or 732-342-9622 ext 2221

Annual memberships are required for all members of the Tiger Sharks Team
Membership must be valid through March 2020
Registration for Spring begins March 1, 2019

*Existing swimmers will register under the same group they participated in during their fall/winter season.

AGE GROUP PROGRAMS:

LEMON SHARKS (Ages 6-9)
For swimmers who wish to start or continue in a competitive program but have yet to complete or need continued lessons. Swimmers must be able to swim Freestyle with lateral breathing and Backstroke. The Lemon Sharks will be offered one intrasquad meet at the end of the spring session. Practices one time per week plus are 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 9:45-10:45AM

SAND SHARKS (Ages 6-9)
For swimmers who wish to start in our competitive program and have completed at least one session of Fish lessons or equivalent. 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 intrasquad meet at the end of the spring session. Practices two times per week:

Spring Season: Annual Members $229
TU, TH 5:45-6:45PM

MAKOS (Ages 7-10)
For swimmers 7-10 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 intrasquad meet at the end of the spring session.

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

THRESHER SHARKS (8-11)
For the 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.

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

Spring Season: Annual Members $329
M 6:30-7:45PM
F 7:00-8:15PM
SA 10:30-11:45AM
**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, and the highest YMCA and USA Championship meet in which they qualify. 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  5:15-6:45PM
- TU  7:00-8:30PM
- TH  6:30-8:00PM
- F  6:45-8:15PM

**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 important. Practice times include dry land and practice attendance recommendation is 70% or more. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets, and the highest YMCA and USA Championship meet in which they qualify. 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 and 10&Unders must have achieved at least two Junior Olympic Qualifying Times in prior season.

Spring Season: Annual Members $485
- M  6:15-8:00PM
- TU  5:30-7:15PM includes dryland
- W  6:00-8:00PM includes dryland
- F  5:00-7:00PM includes dryland
- SA  7:00-9:00AM

**BULL SHARKS (Ages 11 – 14)**
For the 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 swimmers, compete in the NJ YMCA dual meet league, Plus YMCA Invitational meets, and must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships. Stroke technique and racing skills are emphasized. Bull Sharks will be offered a minimum of one intrasquad meet at the end of the spring session plus any YMCA or USA meets they may qualify in.

Spring Season Only: Annual Members $455
- M  7:30-8:45PM
- W  7:00-8:30PM
- TH  7:15-8:45PM
- SU  4:45-6:30PM

**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. Practice times include dry land and practice attendance recommendation is 70% or more. Group members will be registered as YMCA and USA swimmers and will compete in the Friday Night Distance Series, YMCA and USA invitational meets, and the highest YMCA and USA Championship meet in which they qualify. Great White 13-14 swimmers must have achieved at least two YMCA Silver Qualifying Times and 11-12 swimmers must have achieved at least two Junior Olympic Qualifying Times in prior season, or by training ability based on coach approval.

Spring Season: Annual Members $549
- TU  6:15-8:30PM including dryland
- W, F  5:00-7:15PM including dryland
- TH  5:45-7:30PM
- SA  7:00-9:00AM
- SU  4:45-7:00PM
TIGER SHARKS SWIM TEAM

SENIOR GROUP PROGRAMS:

SILVER (Ages 13+)
This group will be for swimmers in eighth grade and 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, and the highest YMCA and USA Championship meet in which they qualify. Swimmers in this group are working to achieve USA Gold and or YMCA State times. Swimmers must have at least one YMCA Silver Qualifying Time in order to join this group with a desire and ability to train. All practice times include dry land training and practice attendance requirement is 70%.

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

GOLD (Ages 14+)
This group will be for swimmers in High School or going to High School in the fall. 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, and the highest YMCA and USA Championship meet in which they qualify. 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. All Practice times include dry land training and practice attendance requirement is 80%.

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

NATIONAL
(Girls age 13&up, Boys age 14&up)
This group will be for swimmers in High School or going to 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, and the highest YMCA and USA Championship meet in which they qualify. 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). Practice attendance requirement is 80%.

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

*ADDITIONAL FEES
USA Swimming Fee: $68

*Only for those who haven’t already paid this fee in the Fall/ Winter season. Registration lasts until December 31, 2019. For all swimmers in the Reef, Hammerhead, Great White, National, Gold, and Silver groups

BUILDING CONFIDENCE AND CHARACTER

ADDITIONAL COMPETITIVE PROGRAMS:
High School Competitive Stroke Clinic
Clinic’s are designed to help your high school swimmers gain the competitive knowledge to compete on a higher level and get them in better physical condition before your season starts. 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. They will also have a strong focus on improving their starts and turns

Spring Season: Tuesday March 19 through Thursday, June 13, 2019
Members and Non-Members $275.00
TU & TH 7:15-8:45PM

14 • ocymca.org
YOUTH PROGRAMS AGES 3 & UP

FANTASTIC FUN FITNESS (Ages 3 – 5)
High energy class, improved coordination, flexibility and agility skills. Circuits, jump rope, fitness obstacle courses, relays and games. Fitness is FUN!

TH 11:45-12:30PM Ages 3–5
Annual Member FREE, Program Member $36

HOP ABOARD THE S.T.E.A.M. TRAIN (Ages 5 – 8)
Hope aboard the steam train to explore science, technology, engineering, art & math with Miss Jamie. Weekly activities.

W 4:30-5:15PM
Annual Member $21, Program Member $42

READ AND MAKE (Ages 3–5)
Read a story weekly in a group setting and make a craft to coordinate with the book.

TH 10:45-11:30AM
Annual Member $21, Program Member $42

KARATE (Ages 4 – 7)

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

STRENGTH & CONDITIONING (Ages 10 – 15)
Enhance overall fitness level of an adolescent. A combination of strength training & cardio exercises. Train once a week with a certified Y trainer.

TU 6:30-7:30PM
F 7:00-8:00PM
Annual Member $37, Program Member $54

SOCCER STARTERS (Ages 3–5 & 6 – 8)
Soccer skills, focusing on fundamentals that children need to get started in the sport of soccer.

• Learn soccer rules and skills
• Dribbling & passing
• Shooting
• Teamwork

M 4:00-4:45PM Ages 3-5
M 4:50-5:30PM Ages 6-8
Annual Member $21, Program Member $25

YOUTH PROGRAMS AGES 8 & UP

CARDIO BLAST YOUTH (Ages 8 – 13)
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. 8 participant maximum

M 4:45-5:30PM
TH 4:15-5:00PM
Annual Member FREE, Program Member $36

KARATE (Ages 8 & up) Mixed Level

TU 5:30-6:15PM
Annual Member $42, Program Member $62

OFF THE HOOK FITNESS (All Levels)
This class provides a great workout focused on learning and developing Muay Thai fundamentals and techniques through partner drilling and padwork. Bring your boxing gloves.

W 4:15-5:00PM Ages 8 & Up
Annual Member $13, Program Member $22

Y BASKETBALL CLINIC (AGES 9 – 13)
Structured basketball clinic working on skills, teamwork, social interaction, building strength and endurance and having fun.

*SU 11:15-12:15PM no class 4/21
Annual Member FREE, Program Member $21
SUMMER CAMP

SUMMER CAMP REGISTRATION BEGINS MARCH 1st

Contact Ken Ames, Ass’t Youth Development 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 and so much more.

Summer Camp is available June 24th through August 30th

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 trained in our pre-camp training, including First Aid and CPR. We train in anti-bullying, behavior management, curriculum, CATCH and more.
LITTLE EXPLORERS
Campers entering Kindergarten and first grade in September 2018  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 2018  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 2018  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 1, 2019.

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).

REGISTRATION FEE FOR CAMP
$50 Members     $125 Non-Members
AM Care 6:30AM until 8:30AM $25 per week
PM Care 4:00PM until 6:00PM $25 per week

Grades K – 5
5 days per week $180
4 days per week $155
3 days per week $145
2 days per week $105

Grades 6 – 8
5 days per week $205
4 days per week $180
3 days per week $170
2 days per week $130

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.
Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

2018/2019 SCHOOL YEAR
Jennifer Friedhoff, 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
• 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 YKids.

For students at the intermediate level our Y-Kids program will be held at the following schools:
• 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.

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.

See next page for pricing information.

YKIDS REGISTRATION BEGINS APRIL 1ST FOR THE 2019/2020 SCHOOL YEAR. THE LAST DAY TO REGISTER TO START ON THE FIRST DAY OF SCHOOL IS AUGUST 9TH.

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, 2019 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.

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

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• Intermediate East will attend Silver Bay Elementary
• Intermediate North will attend Walnut Street Elementary
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We accept all State Subsidy Assistance, with valid contracts.

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 18
April 19, 22, 23, 24, 25 and 26.

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

ocymca.org
Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

**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

<table>
<thead>
<tr>
<th>AM PROGRAMS – 6:30AM to start of school</th>
<th>PM PROGRAMS – end of school to 6:00PM</th>
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<tbody>
<tr>
<td>2 days AM, $115/mo</td>
<td>2 days PM, $160/mo</td>
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<tr>
<td>3 days AM, $135/mo</td>
<td>3 days PM, $185/mo</td>
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<tr>
<td>4 days AM, $170/mo</td>
<td>4 days PM, $230/mo</td>
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<td>5 days AM, $185/mo</td>
<td>5 days PM, $255/mo</td>
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**TIER TWO DISTRICT SCHOOLS:**
Citta, Cedar Grove, East Dover, North Dover, Washington Street and West Dover Schools
So. Toms River PM

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<td>3 days PM, $140/mo</td>
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<td>4 days AM, $225/mo</td>
<td>4 days PM, $175/mo</td>
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<td>5 days AM, $250/mo</td>
<td>5 days PM, $190/mo</td>
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**BERKELEY SCHOOLS TIER THREE DISTRICT SCHOOL**

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<th>PM PROGRAMS – Bayville, Potter – until 6PM</th>
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<tr>
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**SCHOOL FEES:**

 -$80 Registration fee

**STAY CONNECTED**

**STAY INFORMED**

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

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**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 $175 and is valid throughout the current school year.

*$80 Registration fee

**For half days two passes will be applied**
MULBERRY BUSH PRESCHOOL PROGRAM

2018/2019 SCHOOL YEAR
Kirsten Bowker, 732 341 9622 ext 2215 or kbowker@ocymca.org

Registration must be done in person at the YMCA and is ongoing. State law requires a completed medical information form to be on file for all children enrolled in any child care program. Staff is First Aid and CPR certified.

A non-refundable $80 registration fee is due at time of registration. Y membership required.

Our State of New Jersey licensed Mulberry Bush Preschool, is designed for children ages 3 – 5 and who are toilet trained. We follow a structured learning curriculum focusing on:

- Socialization
- Interaction with literature through independent reading and story times.
- Sensory development with manipulative and group activities.
- Language development using handwriting focused activities.

Children are introduced to:

- Math and science with hands on learning with experiments and activities.
- Physical education
- Nutrition through our Healthy U physical fitness program
- Number and letter recognition
- Hand and eye coordination
- Fine motor and gross motor skills are worked on with both individual and group activities, with games, activities and structured programming.
- Weekly swim lessons

PROGRAM RUNS FROM 1:00PM – 4:00PM.

3 DAYS PER WEEK
M, W, F 1:00 - 4:00PM
3 years old by October 1, 2018
$250 per month
Payments due the 15th of each month.
HEALTH & AQUATIC FITNESS

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 Fitness & Cardio Areas is for Annual Members only.

PERSONAL TRAINING – 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

AQUATIC PERSONAL TRAINING – ONE ON ONE
Let our Certified Trainers get you started to begin to learn about how to get a water workout on your own with the use of various tools and techniques.

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.

YOUR HEALTH, OUR MISSION.

LINDA  ANNE  NANCY  REGINA
ELSA  NICHOLAS  MARYANN  LORI
RENEE  JESUS
LOIS  MARYANN  LANGER
MEREDITH  JACQUI  REBECCA
JESSICA  TERRY
JEAN  SARAH
DONNELL  MICHAEL
SARAH  MARY LUE

POSITIVITY WILL MOTIVATE AND INSPIRE YOU!
Welcome to the YMCA’s Weight Loss Program and your commitment to make your health a priority. We’re looking forward to taking this journey with you, and we are dedicated to supporting you with your health and wellness goals.

This program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable healthy habits.

Each week participants will weigh in, be introduced to a new topic relevant to weight loss, discuss as a group success/challenges/suggestions around the weekly topic, and develop goals for the upcoming week. Topics covered during the program include: nutrition, physical activity, stress and sleep, positive psychology, goal setting and sustainability.

**PROGRAM OVERVIEW**

- **12 Weeks / Weekly 60 minute session**
- Must be 18 years or older

**WHEN**

- **April 1st - June 24th**
- Monday at 10:15-11:15AM or 6:45-7:45PM

**COST**

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

**CONTACT**

Elsa DiMiele, Healthy Living Coordinator, 732 341 9622 ext 2236 or edimiele@ocymca.org
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 CARDIO & STRENGTH

(Beginner/Intermediate)

Different variations of cardio each week plus an overall strength workout that will take you out of your comfort zone.

M 7:15-8:00AM
W 8:15-9:00AM
F 7:15-8:00AM

Annual Member FREE, Program Member $36

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 7:45-8:45AM
F 8:00-9:00AM

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.

M 10:15-11:00AM

Annual Member FREE, Program Member $48

AQUA POWER 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

M 8:45-9:30AM

Annual Member FREE, Program Member $36

AQUAJOG DEEP (Intermediate)

Join us in the deep end of pool & strengthen core muscles with the use of a jogging belt. Learn how water exercise is a great way to start your day.

W 8:15-8:45AM

Annual Member FREE, Program Member $24

AQUA LITE

(Beginner-Intermediate)

Designed to improve cardiovascular endurance, strengthen muscles and improve flexibility and balance. No swimming skills required, program is held in the shallow end of pool.

W 8:45-9:30AM

Annual Member FREE, Program Member $36

AQUA PILATES

(Beginner-Intermediate)

Cool off with Pilates in the water!!

Pilates is a great way to strengthen your core. With the right technique you can benefit even more in the water. Noodles and aqua bands are used for resistance.

M 9:30-10:15AM

Annual Member FREE, Program Member $36

AQUA POWER HOUR

(Intermediate-Advanced)

Increase intensity using the resistance of the water without impact to joints. Power packed workout in both shallow and deep water.

F 9:15-10:15AM

Annual Member FREE, Program Member $48

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 7:45-8:30AM
*SU 8:45-9:45AM no class 4/21

Annual Member FREE, Program Member $36

*Annual Member FREE, Program Member $36

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.T.T. WORKOUT!

F 7:00-7:45AM

Annual Member FREE, Program Member $36

ARTHRTIS (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 10:45-11:20AM
TH 10:45-11:20AM

Annual Member FREE, Program Member $36

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

**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** 9:00-9:30AM
- **TH** 1:00-1:30PM

Annual Member **FREE**, Program Member **$24**

**BALLS, BANDS & BARS**
(Beginner/Intermediate/Advanced)
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!

- **M** 9:30-10:20AM Beginner/Intermediate
- **TU** 6:45-7:35PM Intermediate/Advanced

Annual Member **FREE**, Program Member **$36**

**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** 9:30-10:25AM
- **W** 7:00-7:50AM
- **SU** 9:45-10:15AM no class 4/21

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
- **M** 5:45-6:30PM
- **TH** 8:05-8:50AM

Annual Member **FREE**, Program Member **$36**

**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
- **W** 8:00-8:45AM
- **SA** 8:45-9:30AM

Annual Member **FREE**, Program Member **$36**

**CORE-FLEX (Beginner)**
This class will focus on strengthening the core, which includes the abdominals and low back muscles. Stretching will be incorporated to help improve your posture. Together they will help to increase core strength and flexibility, walk taller and feel stronger.

- **SA** 9:15-9:45AM

Annual Member **FREE**, Program Member **$36**

**HIT THE BARRE (All Levels)**
Full body workout that uses basic dance principles to create a fun effective workout. Class focuses on body control and alignment, arm exercises using light weights. Floor work to develop core and sculpt abs and tone the lower body. Socks with non slip soles required.

- **W** 6:00-6:45PM

Annual Member **FREE**, Program Member **$36**

**IMPACT KICKBOXING (All Levels)**
This energetic full body workout will increase overall strength and endurance. 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** 10:20-11:05AM no class 4/21

*Annual Member **FREE**, Program Member **$42**

**KETTLEBELL (All Levels)**
This specialized class will increase strength, cardiovascular fitness & burn calories

- **SA** 8:15-9:05AM

Annual Member **FREE**, Program Member **$42**

**KETTLEBELL/BOSU AND BATTLE ROPE**
(All Levels)
Combination of kettlebell BOSU AND battle ropes provides tools needed to build lean muscle while strengthening ligaments and tendons as well as balance and core.

- **TU** 9:45-10:35AM

Annual Member **FREE**, Program Member **$42**

**OFF THE HOOK FITNESS (All Levels)**
This class provides a great workout focused on learning and developing Muay Thai fundamentals and techniques through partner drilling and padwork. Bring your boxing gloves.

- **TH** 9:45-10:35AM

Annual Member **FREE**, Program Member **$42**

**PICKLEBALL (Beginner/Intermediate)**
Played on a badminton court with net lowered to 34 inches at the center. Fun with a great workout. Two, three, or four players are sufficient to have a game.

- **TU** 6:45-8:00AM
- **W** 1:00-3:00PM
- **TH** 6:45-8:00AM
- **F** 1:45-3:00PM

Annual Member **FREE**, Program Member **FREE**

Schedule is subject to change.
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 5:00-5:30PM
F 10:15-10:45AM

Annual Member FREE, Program Member $36

PLYOGA (All levels)
Combine the fitness essentials of strength and endurance with those of balance and flexibility. PLYOGA merges two fitness worlds while bringing athleticism together with body awareness and breath control. Modifiable to every fitness level.

* YOUR BODY IS POWER *
M 6:50-7:35PM

Annual Member FREE, Program Member $48

REIKI RELAXATION CIRCLE (All Levels)
Come experience the relaxation that Reiki can provide. Reiki 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, vibrational healing practice used to promote balance throughout the human system. Tap into new Wellness with this spiritual, vibrational healing practice.

M 11:30-12:30PM

Annual Member $5.00 per class, Program Member $10.00 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 10:30-11:15AM

Annual Member FREE, Program Member $36

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 10:50-11:35PM

Annual Member FREE, Program Member $36

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 12:00-12:45PM
TH 9:00-9:45AM
F 12:00-12:45PM

Annual Member FREE, Program Member $36

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.

TU 5:30-6:20PM
F 9:30-10:15AM

Annual Member FREE, Program Member $48

TAI CHI 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
TH 8:00-8:50AM

Annual Member FREE, Program Member $36

H.I.I.T. TABATA MAX (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 6:00-6:45PM

Annual Member FREE, Program Member $48
YOGA LAUGHTER (Beginner)
This class does not consist of Yoga poses. It is the yoga of breath and moving energy. It promotes healing and a sense of well-being through playful laughter and fun. You can participate in a chair so it is available to everybody. Anyone can laugh when times are good but Laughter Yoga teaches people how to laugh unconditionally so that they can laugh even when times are hard.

M 10:30-11:15AM BEGINS MARCH 4th
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
M 6:50-7:40PM
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

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.

TH 8:45-9:35AM
F 8:15-9:05AM
Annual Member FREE, Program Member $48

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 $36

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 $36

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 $36

Y WALK ?
Walking is more than just a way to get around. At any speed is a way to improve your fitness, burn calories and reduce the health risks of inactivity. You get even more benefits for health, fitness and weight loss by walking at a brisk walking pace that puts you into the moderate intensity exercise zone. Learn the right posture, arm motion and stride.

M 1:30-2:15PM
TH 9:30-10:15AM
Annual Member FREE, Program Member $48

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

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**SPECIAL NEEDS**
**SPECIAL NEEDS RECREATION SWIM**
Sponsored in part by
Toms River Elks Lodge #1875
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
Friday 11:00AM-12:00PM

**FREE & OPEN TO THE PUBLIC**

**SWIM INC.**
The mission of Swim, Inc. 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**

**ADULT PROGRESSIVE SWIM**
**ADULT SWIM LESSONS – (Ages 18 & up)**
Course is designed for the beginner swimmer. Emphasis is placed on getting comfortable in the water and building confidence.

SA 7:45-8:30AM

Annual Member $96, Program Member $152

**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 7:30-8:15AM

Annual Member FREE, Program Member $36

**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 $36

**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

TU 12:30-1:30PM
TH 12:30-1:30PM
SA 7:15-8:15AM

Annual Member $10, Program Member $30

**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 $48, Program Member $75

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**HEALTH & AQUATIC FITNESS**
The Y is the largest provider of before and after school care in Ocean County. The Y-KIDS program is a school based state licensed child care initiative designed to help families build self-sufficiency by providing a positive, safe, structured and welcoming environment for all. Our goal is to help youth learn new skills, build positive relationships and develop a sense of belonging. We partner with the Berkeley, Manchester and Toms River School Districts. For additional information contact Jennifer Friedhoff, Youth Development Director, at 732 341 9622 ext 2217 or jfriedhoff@ocymca.org.

Just a reminder that August 9th is the last day to register to start YKids on the first day of school.

ocymca.org