



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER



## WINTER 1

Monday, November 4th through Sunday, December 22nd

## WINTER 2

Thursday, January 2nd through Wednesday, February 19th

1088 W Whitty Road  
Toms River, NJ 08755  
732 341 9622 (P)  
732 341 1629 (F)  
[ocymca.org](http://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

Ass't Youth Development Director ext 2212 or [kames@ocymca.org](mailto:kames@ocymca.org)

### Jamie Beers

Aquatics Director ext 2276 or [jbeers@ocymca.org](mailto:jbeers@ocymca.org)

### Kirsten Bowker

YKids Coordinator ext 2215 or [kbowker@ocymca.org](mailto:kbowker@ocymca.org)

### Jennifer Colasurdo

Ass't Finance Director ext 2266 or [jcolasurdo@ocymca.org](mailto:jcolasurdo@ocymca.org)

### Elsa DiMiele

Healthy Living Coordinator ext 2236 or [edimiele@ocymca.org](mailto:edimiele@ocymca.org)

### Marta Dobrovic

Senior Finance Director ext 2254 or [mdobrovic@ocymca.org](mailto:mdobrovic@ocymca.org)

### Joy S. Epting

Associate Director of Development ext 2211 or [jepting@ocymca.org](mailto:jepting@ocymca.org)

### Jennifer Friedhoff

Youth Development Director ext 2217 or [jfriedhoff@ocymca.org](mailto:jfriedhoff@ocymca.org)

### Gretchen Insole

Associate Executive Director ext 2208 or [ginsole@ocymca.org](mailto:ginsole@ocymca.org)

### JoAnn Kermick

Membership & Marketing Director ext 4255 or [jkermick@ocymca.org](mailto:jkermick@ocymca.org)

### Corey Matthews

Interim Head Coach ext 2222 or [cmatthews@ocymca.org](mailto:cmatthews@ocymca.org) or [coachcorey@ocytigersharks.org](mailto:coachcorey@ocytigersharks.org)

### Rafael Ramos

Building Superintendent ext 2213 or [rramos@ocymca.org](mailto:rramos@ocymca.org)

### Peter T. Rosario

President & CEO ext 2202 or [prosario@ocymca.org](mailto:prosario@ocymca.org)

### Barbara Serpi

Welcome Center Supervisor ext 2400 or [bserpi@ocymca.org](mailto:bserpi@ocymca.org)

## Other important Y emails for your assistance with questions:

For swim evaluations or questions regarding the program - [aquatics@ocymca.org](mailto:aquatics@ocymca.org)

YKids schedule changes & correspondence - [ykids@ocymca.org](mailto:ykids@ocymca.org)

Personal Training appointments - [personaltrainers@ocymca.org](mailto:personaltrainers@ocymca.org)

Billing Questions - [billing@ocymca.org](mailto:billing@ocymca.org)

Membership Questions - [memberservices@ocymca.org](mailto:memberservices@ocymca.org)

Camp Information - [camp@ocymca.org](mailto:camp@ocymca.org)

## 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 (2 adults and all children through age 29)	\$150	\$75
Senior Couple (2 adults 62+)	\$135	\$63
Single Adult Family (1 adult and all children through age 29)	\$130	\$58
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 (2 adults and all children through age 29)	\$225
Senior Couple (2 adults 62+)	\$189
Adult (30 & older)	\$147
Senior Adult (62+)	\$132
Young Adult (16-29 years)	\$ 90

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.

## WINTER 1 SESSION

Monday, 11/4 – Sunday, 12/22

### REGISTRATION BEGINS

Online Registration Monday, 10/14  
Annual Member Tuesday, 10/15  
Program Member Friday, 10/18

## WINTER 2 SESSION

Thursday, 1/2 – Wednesday, 2/19

### REGISTRATION BEGINS

Online Registration Monday, 12/9  
Annual Member Tuesday, 12/10  
Program Member Friday, 12/13

## 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.

# 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 2236 or email [edimiele@ocymca.org](mailto: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](http://ocymca.org)

Like us on Facebook [Ocean County YMCA](https://www.facebook.com/OceanCountyYMCA)

Twitter.com/[ocymca](https://twitter.com/ocymca)

Follow us on Instagram [ocymca](https://www.instagram.com/ocymca)

Follow us Pinterest [ocymca](https://www.pinterest.com/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](http://ocymca.org).



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

## 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 Y BOARD OF DIRECTORS

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.  
David Wintrode Jr.  
Harvey York, Esq.

## 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.**

## MAKING A DIFFERENCE FOR NEARLY

# 50 YEARS

1970 - 2020

## OCEAN COUNTY YMCA BUILDING A STRONGER US....

### 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 nearly 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](mailto: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

- Monday**  
10/7 6:30PM
- Wednesday**  
10/9 4:30PM
- Friday**  
10/11 5:15PM

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

- TU 11:15-11:45AM Discovery/Exploration combo
- W 6:05-6:35PM Discovery/Exploration combo
- \*SA 9:40-10:10AM no class 12/14

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

**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.

- TU 11:15-11:45AM Exploration/Discovery combo
- W 6:05-6:35PM Exploration/Discovery combo
- \*SA 10:15-10:45AM no class 12/14

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

**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 5:30-6:00PM
- \*SA 9:05-9:35AM no class 12/14

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

**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.



# 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

M 5:40-6:10PM  
M 6:30-7:00PM  
TU 9:30-10:00AM  
TU 6:15-6:45PM  
\*SA 8:30-9:00AM no class 12/14  
\*SA 9:05-9:35AM no class 12/14  
\*SA 10:15-10:45AM no class 12/14

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 5:05-5:35PM  
M 5:40-6:10PM  
M 6:50-7:20PM  
TU 10:05-10:35AM  
TU 5:40-6:10PM  
\*SA 8:30-9:00AM no class 12/14  
\*SA 9:40-10:10AM no class 12/14  
\*SA 11:25-11:55AM no class 12/14

Annual Member **\$80**, Program Member **\$124**

\*Annual Member **\$70**, Program Member **\$109**

### 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 no class 11/28  
\*SA 8:30-9:00AM no class 12/14  
\*SA 9:05-9:35AM no class 12/14

Annual Member **\$80**, Program Member **\$124**

\*Annual Member **\$70**, Program Member **\$109**

### 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 no class 12/14  
\*SA 11:25-12:20PM no class 12/14

Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

## A SPLASH OF FUN



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

Contact [aquatics@ocymca.org](mailto: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 5:05-5:35PM  
 \*SA 9:40-10:10AM no class 12/14  
 \*SA 10:50-11:20AM no class 12/14  
 \*SA 11:25-11:55AM no class 12/14

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

TU 5:40-6:10PM  
 TU 6:15-6:45PM  
 \*TH 5:05-5:35PM no class 11/28  
 \*TH 6:50-7:20PM no class 11/28  
 \*SA 10:15-10:45AM no class 12/14  
 \*SA 10:50-11:20AM no class 12/14

Annual Member **\$80**, Program Member **\$124**  
 \*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 5:30-6:15PM  
 M 6:15-7:00PM  
 \*TH 5:55-6:40PM no class 11/28  
 \*TH 6:45-7:30PM no class 11/28  
 \*SA 8:30-9:15AM no class 12/14  
 \*SA 10:15-11:00AM no class 12/14

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 5:40-6:25PM  
 M 6:20-7:05PM  
 \*TH 5:00-5:45PM no class 11/28  
 \*TH 6:45-7:30PM no class 11/28  
 \*SA 9:20-10:05AM no class 12/14  
 \*SA 10:15-11:00AM no class 12/14

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 no class 11/28  
 F 5:30-6:15PM  
 \*SA 8:30-9:15AM no class 12/14  
 \*SA 11:05-11:50AM no class 12/14

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.

W 6:40-7:25PM  
 \*F 6:20-7:05PM no class 12/13

Annual Member **\$96**, Program Member **\$152**  
 \*Annual Member **\$84**, Program Member **\$133**

### PORPOISE CLUB (Ages 8 & up)

For swimmers with goals of leadership or recreation swimmers. Swimmers must be approved by Jamie at [jbeers@ocymca.org](mailto:jbeers@ocymca.org) before registering and completed Stroke Development level.



\*F 6:00-7:00PM no class 12/13

\*Annual Member **\$84**, Program Member **\$133**

### 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](mailto: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 no class 12/14

Annual Member **\$96**, Program Member **\$152**  
 \*Annual Member **\$84**, Program Member **\$133**



## 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](mailto: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.**

#### October Lifeguard Recert Class

F, 10/25 5:00-9:00PM

SA, 10/26 10:00AM-5:00PM

#### November dates:

M 11/4, 8:00AM-4:00PM

TU 11/5, 8:00AM-4:00PM

W 11/6, 8:00AM-4:00PM

Must be signed up by 10/27

**\*EMAIL ADDRESS REQUIRED TO REGISTER**

#### December dates:

F 12/27, 8:00AM-4:00PM

SA 12/28, 8:00AM-4:00PM

SU 12/29, 8:00AM-4:00PM

Must be signed up by 12/19

**\*EMAIL ADDRESS REQUIRED TO REGISTER**

#### January Lifeguard Recert Class

SA, 1/18 7:00AM-5:00PM

#### February/March dates:

F 2/28, 5:00PM-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**

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

**Lifeguard Recert** - Annual Member **\$150**, Program **\$193**, Public **\$205**



# HEALTHY STARTS HERE

## TIGER SHARKS SWIM TEAM

**Team Website:**  
[ocytigersharks.org](http://ocytigersharks.org)

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

Annual memberships are required for all members of the Tiger Sharks Team  
\*\*Membership must be valid through March 2020\*\*

**Practice will start on Wednesday, Sept. 11th, following your groups' practice schedule.**

**- The season will end on Thursday, Feb. 20th for: LEM, SAN, MKO, THR**

**-The season will end on Thursday March 5th for: REF, HMH, GWT, BUL, SRB, SRS, SRG, SRN, unless you qualify for Championship meets.**

### GROUP PLACEMENT:

Individual placements are based on the best interest of the swimmer for long term development and are dependent upon training ability, level of commitment, group availability, proficiency in the necessary skills by age group and coaches approval. All group placements are considered by the entire coaching staff. Achievement of Championship Qualifying Times are used as general guidelines, not specific criteria.

# BELIEVE

## LEMON SHARKS (Ages 6-9)

For swimmers who wish to start in our competitive program but have yet to complete or need continued lessons. Swimmers must be able to swim Freestyle with lateral breathing and Backstroke. Lemon Sharks will participate in some closed YMCA swim meets but will not be registered for the YMCA Dual Meet League or YMCA Championships. Swimmers will practice one time per week and are required to be enrolled in one lesson each session throughout the season

Saturday 9:45-10:45AM

Annual Member **\$150** (PAY IN FULL ONLY with no discounts) plus \*Activity fee, See Activity fee information.

## SAND SHARKS (6-9)

For swimmers who wish to start in our competitive program and have completed at least one session of Youth Stroke Development, lessons or equivalent. Swimmers must have strong technique in Freestyle with lateral breathing and Backstroke with an understanding of Breaststroke and Butterfly. Sand Sharks may participate in the YMCA Dual Meet League and YMCA Invitational meets. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships.

TU, TH 5:45-6:45PM

Annual Member **\$325** plus \*Activity Fee

## 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. Mako Sharks may participate in the YMCA Dual Meet League and YMCA Invitational meets. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships.

M, W 5:15-6:30PM

SA 8:45-10:00AM

Annual Member **\$579** plus \*Activity Fee



# TIGER SHARKS SWIM TEAM

## 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. Group members will be registered as YMCA swimmers, compete in the NJ YMCA dual meet league, Plus YMCA Invitational meets. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships.

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

Annual Member **\$579** plus \*Activity Fee

## REEF SHARKS (Ages 9-12)

Competitive training is introduced with continued emphasis on stroke technique and racing skills. The 200 Free and 200 IM are introduced at this level. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA invitational meets, and the highest YMCA and USA Championship meet in which they qualify. Reef Sharks may participate in the YMCA Dual Meet League in any events they have not achieved a YMCA Silver time. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships. 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.

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

Annual Member **\$950** Plus USA Swimming Registration **\$70** and \*Activity Fee

## HAMMERHEADS (Ages 10-13)

Transitional level where swimmers move from primarily stroke instruction to aerobic and 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, and technical efficiency is of utmost importance. 200 Butterfly, Backstroke and Breaststroke are introduced at this level. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA Championship meet in which they qualify. Hammerheads may participate in the YMCA Dual Meet League in any events they have not achieved a YMCA Silver time. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships. 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 should have achieved at least two YMCA Silver Qualifying Times and 10 & Unders should have achieved at least two YMCA State Qualifying Times in the previous season, or by training ability based on coach approval. Practice times include dry land with a practice attendance requirement of 70%.

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 4:45-6:30 PM

Annual Member **\$1,149** Plus USA Swimming Registration **\$70** and \*Activity Fee

## 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. Stroke technique and racing skills are emphasized. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA invitational meets and the highest YMCA and USA Championship meet in which they qualify. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships.

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

Annual Member **\$975** Plus USA Swimming Registration **\$70** and \*Activity Fee

**BUILDING  
CONFIDENCE  
AND  
CHARACTER**

## GREAT WHITES (Ages 11-14)

For athletes with desire and ability to train and compete at the highest levels. Swimmers will train to compete at the local and regional level with aspirations of competing at the YMCA National Level. Swimmers must have strong competitive background in all four competitive strokes. Group members will be registered as YMCA and USA swimmers and will compete in YMCA and USA invitational meets and the highest YMCA and USA Championship meet in which they qualify. Great Whites may participate in the YMCA Dual Meet League in any events they have not achieved a YMCA Silver time. Group members must attend three closed YMCA meets during the season if they would like to participate in YMCA Championships. Great White 13-14 swimmers should have achieved at least two YMCA Silver Qualifying Times and 11-12 swimmers should have achieved at least two YMCA State Qualifying Times in the previous season, or by training ability based on coach approval. Practice times include dry land and practice attendance requirement is 70%.

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

Annual Member **\$1,275** Plus USA Swimming Registration **\$70** and \*Activity Fee

### \*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+)

For those 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 be required to compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers in this group have YMCA Bronze times only and have a desire to achieve YMCA Silver times. Swimmers can also join this group based on coaches 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 dryland training and practice attendance requirement is 75%.

M, W, F 3:45-6:45PM including dryland.  
TU, TH 3:45-5:30PM

Annual Member **\$1,285** Plus USA Swimming Registration **\$70** and \*Activity Fee

### SILVER (Ages 13+)

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 regularly. Group members will be registered as YMCA and USA swimmers and will be required to compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. 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. Swimmers can also join this group based on coaches 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 1:25 for a minimum 10 x 100's.

All practice times include dry land training and practice attendance requirement is 75%.

M, W, F 3:45-6:45PM including dryland.  
TU, TH 3:45-6:00PM  
SU 7:00-9:30PM (Fall Only, ends 11/24/19)  
SU 4:45-7:00PM

Annual Member **\$1,299** Plus USA Swimming Registration **\$70** and \*Activity Fee



# TIGER SHARKS SWIM TEAM

## 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 required to compete in YMCA and USA swimmers and will be required to compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season.

Swimmers must have YMCA State qualifying times in order to train in this group, or by training ability based on coach approval. As a general guideline for this group, swimmers must be able to train and hold a pace of 1:15 for a minimum 10 x 100's. 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%.

M, W, F 3:45-6:45 PM including dryland.

TU, TH 3:45-6:00 PM

SU 7:00-9:30 AM (Fall only, ends

11/24/19)

SU 4:45-7:00 PM (required doubles, you must come to both Sunday practices)

Annual Member **\$1,299** Plus USA Swimming Registration **\$70** and \*Activity Fee

## NATIONAL (Girls age 13 and up, Boys age 14 and up)

This group will be for swimmers who have qualified for Nationals 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 be required to compete in YMCA and USA Invitational meets and the highest YMCA and USA Championship meet in which they qualify. Swimmers must attend three closed YMCA meets during the season. Swimmers must have a SC National time and/or have participated in the previous SC or LC Nationals season to be considered for the 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 pace of 1:10 to 1:15 or faster for a minimum 10 x 100's.

Practice attendance requirement is 80%.

M, W, F 3:45-6:45 PM including dryland.

TU, TH 3:45-6:00 PM

SU 7:00-9:30 AM (Fall Only, ends

11/24/19)

SU 4:45-7:00 PM (required doubles, you must come to both Sunday practices.)

Annual Member **\$1,325** Plus USA Swimming Registration **\$70** and \*Activity Fee

## ACTIVITY FEES:

Lemon Sharks - \$15 Sand - \$30, Mako - \$50, Thresher - \$50, Reef - \$100, Hammerhead - \$100 Bull - \$75, Great White - \$150, Bronze - \$100, Gold & Silver - \$200, National - \$250 \*Activity Fees are required for each swimmer on the team. The Activity Fee is Payable in full or can be charged half on 12/16/19 and remaining balance on 2/16/20. To help you pay these fees, There will be fundraising opportunities offered through STAC. Your individual fundraising will be applied to your activity fee. These fees are to help subsidize coaches' travel and banquet fees. Note: All Fall/Winter OCY swimmers can attend the Banquet at no charge in April 2020.



## GET FIT

### A New Way to Move!

In accordance with the Health Reforms Affordable Care Act and the Lets Move Campaign: the Family Resource Network has utilized the past 8 years to implement programs focused upon increasing health promotion and wellness opportunities. Get Fit is dedicated to promoting an inclusive culture of health and wellness for people with Disabilities and their Caregiver. Ocean County YMCA is proud to announce the collaboration of this program.

#### When:

November 4th through December 20th

#### Where:

Ocean County YMCA  
1088 W Whitty Road

**FREE Family Program**

#### Contact

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



#### **FAMILY FUN AND FIT DROP IN (Parent/Child ages 4 & Up)**

High energy class! Circuits, jump ropes, obstacle courses and more. All activities lead by one of our certified instructors

F 6:00-6:45PM

Annual Member **FREE**, Non-Member **\$7.00**

#### **FAMILY PERSONAL TRAINING (Ages 8 & up)**

Having fun is Fun-damental

Our goal with families is to personalize fun, in an effective, and safe training session in the Family Activity Center.

#### **By appointment:**

Three one hour or six half hour sessions

Annual Member Parent/Child **\$120**

#### **FAMILY TAI CHI QIGONG (Parent/Child ages 4-7)**

Tai Chi is a fun activity of mind and body to develop your child's concentration and coordination while the adult is benefiting with balance and strength. Forms of Tai Chi Chuan and Qigong will be explored.

M 4:45-5:30PM

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

# YOUTH DEVELOPMENT

## PRESCHOOL

### KARATE (Ages 4 - 5)

Increase confidence, hand-eye coordination, discipline, concentration and self-control.

Learn self-defense, Kata, sparring and theory of Martial Arts. Gi's required for belt testing.

Speak with instructor prior to purchasing.

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**



### GYMNASTIC MOVES FOR BEGINNERS (3 - 5)

The first step in taking gymnastics is learning basic tumbling, balance beam and bar.

\*TH 10:45-11:30AM no class 11/28

Annual Member **\$25**, Program Member **\$39**

### TAI CHI QIGONG

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 11:15-12:00PM

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

## YOUTH

### CARDIO BLAST INTERVAL (Ages 8 - 11)

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

Annual Member **FREE**, Program Member **\$44**

### FUN & FUNCTIONAL (Ages 8 - 11)

Keep your children engaged, entertained and happy while working out on the turf. with all types of equipment.

\*TH 5:40-6:40PM no class 11/28

Annual Member **FREE**, Program Member **\$48**

### HOOP IT UP (Ages 7-11)

Basic basketball fundamentals dribbling, passing, shooting ending with various basketball games thinking outside the net!!

\*TH 4:30-5:15PM no class 11/28

Annual Member **\$25**, Program Member **\$39**

### 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 **\$28**, Program Member **\$44**

### KARATE (Ages 6 - 7)

Increase confidence, hand-eye coordination, discipline, concentration and self-control.

Learn self-defense, Kata, sparring and theory of Martial Arts. Gi's required for belt testing. Speak with instructor prior to purchasing.

TU 4:00-4:45PM Beginner Class

Annual Member **\$42**, Program Member **\$62**

### KARATE (Ages 8 & up) Mixed Level

Increase confidence, hand-eye coordination, discipline, concentration and self-control. Learn self-defense, Kata, sparring and theory of Martial Arts. Gi's required for belt testing. Speak with instructor prior to purchasing.

TU 5:30-6:15PM

Annual Member **\$42**, Program Member **\$62**

**ATTENTION 7<sup>th</sup> GRADERS**

**TAKE OVER THE Y!**

All Ocean County 7<sup>th</sup> 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. **LET THE Y TAKE YOU THERE!**

\*Membership valid 9/1 through 8/31 of students' 7<sup>th</sup> grade year

**STRENGTH TRAINING VS FUNCTIONAL TRAINING... YOU DECIDE (Ages 11 - 14)**

8 week program that combines 4 weeks of functional workouts and 4 weeks of conditioning on strength machines. Free to 7<sup>th</sup> Grade Initiative members.

TU 6:30-7:30PM

F 7:00-8:00PM

Annual Member **\$32**, Program Member **\$48**



**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 no class 12/15

Annual Member **\$96**, Program Member **\$152**

\*Annual Member **\$84**, Program Member **\$133**

**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.

**SAFE, RESPONSIBLE, AND SUCCESSFUL BABYSITTERS**  
**Red Cross Babysitter Training**

Interested in being more qualified as a babysitter? Attend our American Red Cross Babysitter's Training class! In this program, you will learn to be prepared with skills to better equip you as a childcare provider. First aid/CPR certification will be provided at the end of class upon proper demonstration of skills.

**AGES**

11-15

**WHEN**

November 7<sup>th</sup> and 8<sup>th</sup> 8AM-4PM (both days)

**REGISTRATION**

\$40 for 7<sup>th</sup> grade members

\$60 Y members

\$95 for the public

**CONTACT**

aquatics@ocymca.org



# Y-KIDS BEFORE & AFTER SCHOOL PROGRAM

## 2019/2020 SCHOOL YEAR

Jennifer Friedhoff, Youth Development Director  
732 341 9622 ext 2217, [jfriedhoff@ocymca.org](mailto: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 YKids.

**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 1<sup>st</sup> 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](http://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](mailto: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.

**November 4th, 5th, 6th, 7th & 8th**

**December 23rd, 26th, 27th & 30th**

**January 2nd & 3rd**

**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

## Y-KIDS REGISTRATION

**\$80 registration and 1<sup>st</sup> 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

### 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, \$125/mo  
3 days AM, \$145/mo  
4 days AM, \$180/mo  
5 days AM, \$195/mo

### 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, \$168/mo  
3 days PM, \$193/mo  
4 days PM, \$238/mo  
5 days PM, \$263/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

### POTTER STUDENTS, AM ONLY

8:30AM to the start of school  
\$95 per month

### 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\*



## 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 [edimiele@ocymca.org](mailto:edimiele@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.

## 2020

### COMMIT TO BE FIT CHALLENGE

#### GET YOUR GOALS BACK ON TRACK (Beginner/Intermediate)

Transformation requires a commitment and we're here to help. This challenge will not only change your body and mind but completely transform your approach to your health and fitness goals.

OR

#### TRY THE NEW "EXTREME CHALLENGE" (Advanced)

An intense challenge that includes heavy lifting, power moves, and definitely will challenge your inner being and deliver the WOW effect.

#### WHEN

Weigh in at your first class

January 6th – March 23rd

Commit to Be Fit

Tuesday 8:45-9:45AM

Tuesday 5:30-6:30PM

Thursday 8:45-9:45AM

Friday 9:45-10:45AM

Extreme Challenge

Monday 9:30-10:30AM

Monday 7:00-8:00PM

Tuesday 5:00-6:00PM

Thursday 5:00-6:00PM

#### COST

\$50.00

This 12 week program includes prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in each group

#### CONTACT

Elsa DiMiele, Healthy Living Coordinator, 732 341 9622 ext 2236 or [edimiele@ocymca.org](mailto:edimiele@ocymca.org)

22 • [ocymca.org](http://ocymca.org)



**YOU CANNOT SPELL  
CHALLENGE  
WITHOUT  
CHANGE**

## 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 **\$44**

### 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.

W 8:15-8:45AM

Annual Member **FREE**, Program Member **\$44**

### 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 8:45-9:15AM

Annual Member **FREE**, Program Member **\$40**

### 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 9:15-10:00AM

Annual Member **FREE**, Program Member **\$44**

### AQUA PILATES/KICKBOXING (Intermediate)

Pilates is a great way to strengthen your core. Kickboxing is great for weight loss. Cool off getting a whole body workout!

M 8:45-9:30AM

Annual Member **FREE**, Program Member **\$44**

### 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

F 9:00-9:45AM

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**

### 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 7:00-7:45AM

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 10:00-10:45AM

\*TH 10:30-11:15AM no class 11/28

Annual Member **FREE**, Program Member **\$44**

### 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 9:15-9:45AM

Annual Member **FREE**, Program Member **\$40**

**SUPPORTING  
WELLNESS  
TOGETHER**

ONLINE REGISTRATION  
IS AVAILABLE AT [OCYMCA.ORG](http://OCYMCA.ORG)



# HEALTH & AQUATIC FITNESS

## **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

M 5:45-6:30PM

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

W 8:30-9:15AM

F 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. Class begins September 16<sup>th</sup>

M 6:00-6:50AM

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

F 5:45-6:30PM

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 **\$44**

## **FAT BURNER (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.

M 9:30-10:20AM

F 6:00-6:50PM

Annual Member **FREE**, Program Member **\$44**

## **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 no class 11/28

Annual Member **FREE**, Program Member **\$48**

## **THE INTIMIDATOR (Ultimate Beginner)**

Intimidated by traditional fitness? Can't tell the difference between a slamball or a medicine ball? This class is designed for the naysayer, the doubter, the beginner; come join us and transform the way we do fitness! This class is only for the beginner.

\*TH 10:30-11:15AM no class 11/28

Annual Member **FREE**, Program Member **\$44**

## **KETTLEBELL/BOSU**

**(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**

## **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, TH 6:45-8:00AM

M, W, TH, F 1:30-4:00PM

Saturday 9:30-12:00PM

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

**No registration is needed for  
land & aquatic classes.  
They are all drop in programs**

# HEALTH & AQUATIC FITNESS

## 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 10:45-11:35AM

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

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 9:30-10:15PM

\*TH 9:30-10:15AM no class 11/28

Annual Member **FREE**, Program Member **\$44**

## 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

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

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

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 no class 11/28

F 9:30-10:20AM

Annual Member **FREE**, Program Member **\$48**

LINDA ANNE NANCY REGINA  
ELSA PETER MARYANN KARIN  
LORI YOUR HEALTH, JACQUI JESUS  
LOIS OUR MISSION. TERRY  
MEREDITH JEAN JENNA REBECCA MICHAEL  
JESSICA DONNELL SARAH MARY LUE



# HEALTH & AQUATIC FITNESS

## 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 6:30-7:20PM  
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 no class 11/28  
\*TH 6:30-7:20PM no class 11/28

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 no class 11/28

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.

TU 8:15-9:15AM  
\*TH 8:15-9:15AM no class 11/28

Annual Member **FREE**, Program Member **\$48**

## 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

January 6<sup>th</sup> - March 23<sup>rd</sup>  
Wednesday at 10:30-11:30AM

### COST

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

### CONTACT

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

**26 • ocymca.org**



## 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 7:00-7:45AM and

TH 7:00-7:45AM

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](mailto: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 no class 11/28

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

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...**



## EATING SMART, BEING ACTIVE

- Planning, shopping and saving to stretch food dollars
- Choosing healthy ingredients to create delicious meals
  - Ways to get active and build strong bones.

**Tuesday's @ 5:00PM 11/19, 11/26, 12/3 & 12/10**

**FREE OPEN TO THE PUBLIC**



**Y GIVE  
ANYTHING  
ELSE?**

\*Gift cards can be used for YMCA Programs,  
Personal Training, or Membership.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



**This holiday season why would you  
give anything else?**

**Our health and well-being effort redefine  
STRONG to include strong friendships, strong  
habits, and strong community. We are so much  
more than pumping iron and aerobics, we launch  
wellness journeys. We help our friends prepare  
for marathons AND to race after their children.  
Measuring wellness not by the number of reps  
but by the number of friends and milestones  
reached. We are more than a fitness center, we  
are a launching pad.**

**GIVE THE GIFT OF GOOD HEALTH THIS SEASON!  
OCYMCA.ORG**

**OCEAN COUNTY YMCA  
1088 W WHITTY ROAD  
TOMS RIVER, NJ 08755**