



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL. TOGETHER. BETTER.



**2018 FALL I/FALL II PROGRAM GUIDE
SOUTH AMBOY YMCA**



YMCA of METUCHEN, EDISON, WOODBRIDGE & SOUTH AMBOY

Fall I 2018
Fall II 2018

September 4 - October 28
October 29 - December 23



Online registration available

ymcaofmews.org

WELCOME

SOUTH AMBOY YMCA
200 John T. O'Leary Blvd.
South Amboy, NJ 08879
732.553.9622

Membership at the YMCA of Metuchen, Edison, Woodbridge & South Amboy means you are part of a vibrant community.

At the Y, we are focused on youth development, healthy living and social responsibility. In every program, we are committed to ensuring members realize their full potential through the development of spirit, mind and body.

We are a diverse family with different backgrounds, interests, skills and needs. The great thing about our community is that there's something here for everyone to help you stay healthy, build meaningful connections, learn new things and meet new friends.

FULL MEMBER BENEFITS - Y join? So many reasons! Visit the Metuchen, Edison or South Amboy YMCAs for unlimited use of these facilities.

- Open 7 days a week
- Programs for the entire family
- Priority registration
- Reduced program rates
- State-of-the-art fitness equipment
- Group Exercise Classes for all fitness levels
- Small Group Studio
- New Member Wellness Orientation
- Fitness Assessment
- Child Watch for members using our facilities
- Basketball Gym
- Indoor heated pools
- Locker Rooms
- Nationwide Membership
- Wi-fi, and more

NO ANNUAL CONTRACTS

We never want your membership commitment to be a stressful one! If you need to leave for any reason, stop by the Welcome Center before the first of the month to cancel. We welcome you back within one year and we will waive the Joiner's Fee.

WELLNESS

New to a fitness facility? A complimentary one-on-one wellness session will introduce you to our exercise equipment. We also offer individual and group personal training. Beginners can take advantage of a buy-2-get-1-free promotion on personal training sessions to get you off to a strong start.

GROUP EXERCISE CLASSES

There's a workout class for every skill level, all included in your monthly membership. From high-intensity interval training, Zumba®, and meditative yoga; there's something for everyone.

CHILD WATCH

We help make it possible for busy parents to work out by offering free babysitting to family and adult members with children ages three months to 10 years. Parents must remain on premises while their children are in the Child Watch facility. Check the Welcome Center for specific hours. (2 hour maximum)

PROGRAM FEES

Full facility members receive reduced rates for all our fee-based programs.

PROGRAM REGISTRATION

YMCA online registration is a convenient way to register for your favorite YMCA programs.

Our online registration allows you to:

- Register for programs
- Make payments online
- Sign up for membership

Just go to ymcaofmews.org and follow the directions to log onto your membership account.

HOLIDAY HOURS

Closed:	Labor Day, September 3, 2018
	Thanksgiving, November 22, 2018
	Christmas, December 25, 2018
2:00pm closing:	Christmas Eve, December 24, 2018
4:00pm closing:	New Year's Eve, December 31, 2018
Open 10am-4pm:	New Year's Day, January 1, 2019

HOURS OF OPERATION

Monday-Friday 5:00am-10:00pm
Saturday & Sunday 7:30am - 6:00pm

PROGRAM SESSIONS

Fall I 2018 September 4 to October 28, 2018
Full Member Registration: August 20, 2018
Program Member Registration: August 27, 2018

Fall II 2018 October 29 to December 23, 2018
Full Member Registration: October 15, 2018
Program Member Registration: October 22, 2018

Convenient online registration available!
For up-to-the-minute class offerings visit
ymcaofmews.org/programs

THE Y. BETTER TOGETHER

REACHING OUT TO LEND A HAND

The YMCA of Metuchen, Edison, Woodbridge and South Amboy is committed to providing financial assistance for membership and programs. We believe that everyone deserves the right to be healthy and enjoy the benefits of Y membership and programs. The financial assistance we provide is supported by our Annual Support Campaign.

Everyone is welcome at the YMCA and through our Financial Assistance Fund, we extend this opportunity for membership and/or program assistance to anyone who may need it.

Financial assistance is available based on family income, number of household members and the availability of Y funds. It's provided fairly and openly on a first come, first served basis.

7TH GRADE INITIATIVE

Middle School has proven to be a critical time in children's lives when they start to make decisions on their own and form opinions about the world around them. Through the 7th Grade Initiative, we hope to encourage 7th graders to choose healthy habits that continue into adulthood. The YMCA of Metuchen, Edison, Woodbridge & South Amboy is committed to providing opportunities for youth to gain knowledge about healthy practices and nutrition, as well as opportunities to participate in a variety of physical activities. All area 7th graders are welcome to participate. We offer free membership for 7th graders from September to June. To activate your free membership, 7th Graders must sign up at the Welcome Center with a parent, a copy of your school ID and report card to prove your grade.

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel.

This is an essential part of our mission to strengthen communities.

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

WHAT YOU NEED TO KNOW

- Nationwide Membership enables Y members to visit any participating YMCA in the United States
 - Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants and Special memberships are not eligible for nationwide membership

GIVING TO THE YMCA OF METUCHEN, EDISON, WOODBRIDGE & SOUTH AMBOY

From preschool and personal training to adult enrichment and volunteerism, we're more than just a place — we're a cause. We strive to meet everyone's health and wellness needs, not only to strengthen bodies, but also to strengthen our community.

As a charitable, non-profit organization, the YMCA of Metuchen, Edison, Woodbridge & South Amboy is grateful for the generosity of hundreds of members, volunteers, staff and friends, as well as local businesses, corporations, foundations, and funding partners to further our charitable mission.

When you make a gift, you reaffirm your belief in our mission of service and demonstrate your concern for and willingness to help your neighbors. Gifts of all sizes make a big difference for hundreds of families each year and support free community programs such as LIVESTRONG® at the YMCA, a free program for cancer survivors and the 7th Grade Initiative which provides free membership to all area 7th graders to keep them engaged and active.

WHY VOLUNTEER?

The YMCA is a volunteer-led and volunteer-based organization. Volunteers are essential to the success of our programs and initiatives. The work that volunteers do enables the YMCA to continue providing the community with high-quality programs and services.

YMCA volunteers have the opportunity to impact community life. They assist in programs, raise money and help in our offices. They serve on boards and committees and ensure our programs are meeting community needs.

We depend on our volunteers! You may contact your local YMCA facility or Learning Center to find opportunities to volunteer.

MEMBERSHIP REFERRAL PROGRAM

We want you to meet all your goals, and sometimes having a friend with you is the best way to get there!

Our new Membership Referral program will do just that! If you refer a friend and they join the YMCA as a member you will receive a discount of 25% off your next month's membership fees, for each unit referred.

*Limit four (4) referrals per month, for a total of 100% off if all four referrals become a member.

Please stop by the Welcome Center and pick up a Membership Referral Form. New members must present the form at time of sign up for referral to be valid.

COMMUNITY

LIVESTRONG® AT THE YMCA

Free to the community- Registration Required

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The YMCA and LIVESTRONG® have joined together to create LIVESTRONG® AT THE YMCA, a physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with YMCA staff trained in supportive cancer care to safely achieve their goals of increasing their strength, balance, flexibility and endurance and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG® AT THE YMCA is helping people move beyond cancer in spirit, mind and body.

We offer a free 12 week program to cancer survivors which includes a full facility membership for the 12 week session.

To learn more about LIVESTRONG® AT THE YMCA, call 732-553-9622 or visit the Welcome Center.

DIABETES PREVENTION PROGRAM

Open to the community

The YMCA's Diabetes Prevention Program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. The program provides a supportive environment where participants work together to achieve the program goals of reducing individual weight by 7% and building up to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week for the purpose of reducing their risk for developing diabetes.

Led by a trained Lifestyle Coach in a classroom setting, the program is delivered over a 12-month period. It begins with weekly sessions for the first 16 weeks, followed by monthly maintenance meetings for the next 8 months. You will learn how to reduce your weight through strategies for healthy eating and increased physical activity.

Sign up to take control of your health. For information about program fees, financial assistance or to see if you qualify, contact the YMCA Diabetes Prevention Program Coordinator at 732-553-9622 ext. 4213.

EMPLOYMENT OPPORTUNITIES

For current employment opportunities, please visit ymcaofmwsa.org/employment

DAY OF SERVICE - SEPTEMBER 11

September 11th National Day of Service and Remembrance is the culmination of efforts, originally launched in 2002 that promotes community service on 9/11 as an annual and forward-looking tribute to the 9/11 victims, survivors, and those who rose up in service in response to the attacks.

The South Amboy YMCA will have volunteer opportunities available for this day. Please check our website or call our Welcome Center for details.

LOCKS OF LOVE

Sunday, October 7, 2018 1:00pm-4:00pm

Donate your hair to financially disadvantaged children, age 21 and under, suffering from long-term medical hair loss from any diagnosis.

Most children suffer from an autoimmune disorder called alopecia areata, which causes the hair follicles to shut down.

In addition to the loss of scalp hair, many also lose their eyelashes, eyebrows and all body hair. This hair loss is permanent in most cases, and there is no known cause or cure.

Locks of Love also provides assistance to victims of severe burns, cancer survivors or any number of skin disorders that cause permanent hair loss.



SAVE THE DATES

JANICE GARBOLINO MEMORIAL 5K RUN & WALK

Each year, walkers and runners participate in the 5K event in memory of Janice Garbolino, a former Health & Wellness Director at the Metuchen YMCA and a great advocate of the YMCA's charitable work. Janice lost her battle with breast cancer in 2002; we keep her memory strong with our annual 5K while supporting the LIVESTRONG® at the YMCA Cancer Survivor Exercise Program.

Janice would be pleased and proud of the work the YMCA is doing through LIVESTRONG® at the YMCA Program in her memory. More than 400 people have benefited from this life-changing program as they traveled on their journey back to health and wellness.

SATURDAY, SEPTEMBER 15, 2018

Lakeview School, Roosevelt Park, Edison

Check-in starts at 7:30am

Race begins at 8:30am, Post-Race Awards at 9:30am

BACK TO SCHOOL EVENT

SATURDAY, SEPTEMBER 22, 2018

Noon-2:00pm

Vendors, Face Painting, Food and more!

This is a FREE event.

YMCA TOT TROT & YOUTH FUN RUN

SUNDAY, OCTOBER 14, 2018

Metuchen High School Track

11:00am to 2:00pm

See page 14 for details.

HALLOWEEN AT THE YMCA

FRIDAY, OCTOBER 19, 2018

6:30-8:30pm

See the Welcome Center for details.

SWIM WITH SANTA!

SATURDAY, DECEMBER 8

1:30-3:30pm

See the Welcome Center for details.

MEMBERSHIP REIMBURSEMENTS

United Health Care Fitness Plans

With Optum® Fitness Advantage and AARP At Your Best from UnitedHealthcare®, it's easy to keep your fitness routine fresh and fun.

When you visit any participating location, you'll have access to a variety of exercise classes, fitness equipment and social activities. And you can visit any participating location at no additional cost to you, since Optum Fitness Advantage is part of your UnitedHealthcare Medicare Advantage plan you may be eligible to receive up to 100% off your membership dues.

If you have questions about Optum Fitness Advantage or the AARP At Your Best plan, please call the toll-free Customer Service number printed on the back of your member ID card to get your confirmation ID. Bring that confirmation ID with you to our location and begin your fitness journey!

CPR/AED/First Aid Certification –

Participant will be certified as a professional rescuer in CPR/AED and First Aid.

All classes are held from 6:00-10:00pm

Wednesday, September 26

Wednesday, October 10

Wednesday, November 14

Wednesday, December 12

CPR/AED/First Aid

Members: \$115 Non-members: \$135

CPR/AED

Members: \$90 Non-members: \$110

First Aid only

Members: \$90 Non-members: \$110

Recertification for CPR/AED: \$65

Recertification for First Aid: \$65



HEALTH & WELLNESS

STRONGER BODY STRONGER SELF

The Y is focused on healthy living, and one big component of that is wellness. There are lots of reasons why people choose to be active and exercise, and the Y is ready to help you reach your goal, whatever it may be!

Our Health & Wellness facilities include:

Indoor Heated Pool
Wellness Center with strength and cardio equipment
Group Exercise Studio
Cycling Room
Locker Rooms
Gymnasium
Free Use of Daily Lockers
A full array of Group Exercise classes
Child Watch while you work out



FITNESS ASSESSMENT

Free to all members. Regardless of your current level or experience, a Fitness Assessment is beneficial to develop a program that will meet your needs. The fitness assessment can include

- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility testing
- Body composition

NEW MEMBER FITNESS ORIENTATION

Free to all new members. Enjoy an individual appointment with Wellness Staff to learn proper equipment use and point you in the right direction toward a healthier you.

ADULT GROUP EXERCISE AND WATER EXERCISE

Classes are free to our Full Facility Members (ages 13 & up). Schedule and class descriptions available online or at the Welcome Center.

***Cardio and Strength Room Age Requirements**

Members who are 11 years old may use the Cardio Room with adult supervision. 7th Grade Initiative and teens ages 12 and older may workout in the Cardio and Strength Rooms without an adult. A free orientation is mandatory for all members ages 11-17.

ADULT PROGRAMS

FAMILIES COOKING TOGETHER

Looking to have more family time together? This is the class for you and your family. The class is led by two certified Chefs who will teach you and your family how to make meals together and have fun at the same time. There will be fun recipes to make in class as well as some to make at home.

Wednesday 7:00pm-8:00pm

3 ON 3 BASKETBALL (18+ years)

Participants will learn how to work together on a team, while enjoying the sport of Basketball in a smaller group setting.

Wednesday 7:00-8:00pm

ARCHERY (18+ years)

Using our equipment, the instructor will guide beginners of all ages to develop skills from range safety to accuracy through fun interactive archery exercises.

Friday 7:00-8:00pm

SALSA & BACHATA

Get your dancing shoes ready...because its salsa and bachata time! Participants will learn the basics of salsa for four weeks and the basics of bachata for four weeks.

Thursday 7:00pm-8:00pm

LIVING HEALTHY COOKING CLASS

Living on a fixed income can be a little stressful when you're also trying to eat healthy. This class will teach you how to stretch ingredients and still be able to eat delicious tasting food. The class will be led by a certified Chef who will also help you create easy recipes for your everyday living.

Tuesdays 12:30-1:30pm

PICKLEBALL (18 +)

A paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The Y will supply equipment but participants are welcome to bring their own equipment. Program is held in the Gym.

Monday, Tuesday & Wednesday 12:00pm-1:00pm

Registration at the Welcome Center required.

Members: FREE

Non-members: \$5.00

ADULT PROGRAM FEES

Fall I or Fall II Session: Members \$50 Non-Members \$75

HEALTH & WELLNESS

PERSONAL TRAINING

Our team of highly qualified nationally certified personal trainers is available to optimize your time, energy, and exercise routine. Trainers can provide you with a personalized, functional and effective workout.

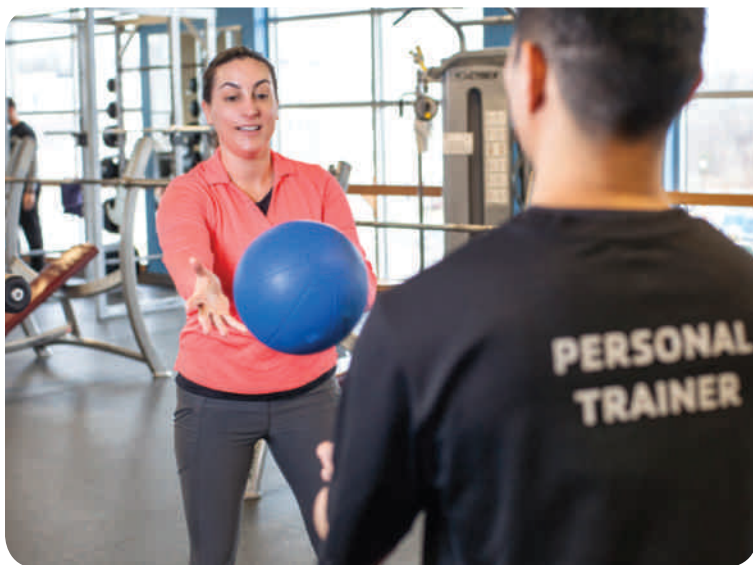
We offer a variety of programs to assist you in achieving your goals. You can work one-on-one with a nationally certified Personal Trainer, find a work out partner to learn about proper exercise techniques, or join small group training.

BENEFITS OF WORKING WITH A PERSONAL TRAINER

An individualized program will be designed for your personal needs and training goals including weight loss, sport specific training and a healthier you. Personal Training will help get maximum results in minimum time by keeping you focused on your goals. Proper form is a vital part of achieving results. Personal training can also help you break through plateaus.

BEGINNER PERSONAL TRAINING PACKAGE

Buy 2 Personal Training hours, get 1 FREE. Special pricing is available all year. Available for those who are new to Personal Training at the South Amboy Y. Fee: \$94.



INDIVIDUAL PERSONAL TRAINING

Programs are designed to specifically reach your individual goals while receiving personal attention. Your trainer will work with you one-on-one to obtain those goals. Training sessions are purchased in 60 minute increments and you can split 1 hour sessions into half hour sessions or use the full hour. The trainer will keep track of your sessions.

1 Hour Fees: One session: \$47
 Five sessions: \$210
 Ten sessions: \$367

DUAL PERSONAL TRAINING

You and your partner will take turns training and spotting each other during the session under the direction of a Personal Trainer. Emphasis will be placed on education and technique. You will be given a general workout in this program. Working out together builds relationships and helps you keep your commitment to wellness.

1 Hour Fees: One session: \$54 (\$27 per person)
 Five sessions: \$247 (\$123 per person)
 Ten sessions: \$440 (\$220 per person)

For more information call 732-553-9622 ext. 4208 or visit our website for current schedules.

PERSONAL TRAINING SPECIALS Buy 5 sessions, get 1 session free!

BACK TO SCHOOL
September 1-30, 2018

BLACK FRIDAY
November 23 to December 31, 2018



SWIM LESSONS

SWIM STARTERS PARENT* & CHILD LESSONS

Accompanied by a parent*, infants, toddlers and preschoolers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Water Discovery (6-18 months)

Introduces infants and toddlers to the aquatic environment.

30 minute class

Wednesday	5:50-6:20pm
Saturday	10:40-11:10am

Water Exploration (18 months-3 years)

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

30 minute class

Wednesday	5:50-6:20pm
Saturday	10:40-11:10am

*The YMCA defines parent as any adult in a child caregiving role.

SAVE THE DATE!
SWIM WITH SANTA!
Saturday, December 8
1:30-3:30pm

Free Swim Evaluations

Swim evaluations ensure that students are placed in the proper swim lesson level for safety and enjoyment. Evaluations are required for swim lesson registration and may be scheduled by contacting us at 732-553-9622.

SWIM LESSON FEES

30 minute class

Full Members: \$65 Non-members: \$95

40 minute class

Full Members: \$89 Non-members: \$121

SWIM BASICS

Students will learn benchmark skills: swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit—and jump, push, turn, grab.

Water Acclimation (3-5 years)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

30 minute class

Monday	5:40-6:10pm
Wednesday	4:30-5:00pm 5:50-6:20pm
Thursday	5:15-5:45pm
Saturday	8:55-9:25am 10:05-10:35am
Sunday	9:00-9:30am

Water Acclimation (5-12 years)

40 minute class

Monday	5:15-5:50pm
Wednesday	5:05-5:45pm
Thursday	4:30-5:10pm
Saturday	8:30-9:10am 10:40-11:20am
Sunday	9:00-9:40am

Water Movement (3-5 years)

Encourages forward movement in water and basic self-rescue skills performed independently.

30 minute class.

Monday	4:30-5:00pm
Thursday	5:15-5:45pm
Saturday	8:20-8:50am 9:30-10:00am
Sunday	9:40-10:10am

Water Movement (5-12 years)

40 minute class

SPRING II SESSION:

Monday	4:30-5:10pm
Saturday	9:15-9:55am 10:00-10:40am
Sunday	9:45am-10:25am

Water Stamina (3-5 years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

40 minute class

Monday	5:05-5:35pm
Wednesday	5:15-5:45pm
Saturday	8:55-9:25am 10:05-10:35am

Water Stamina (5-12 years)

40 minute class

Monday	5:15-5:50pm
Thursday	5:50-6:20pm
Saturday	9:15-9:55am

SWIM LESSONS

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Stroke Introduction (3-5 years)

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

30 minute class

Monday	5:55-6:25pm	
Thursday	5:50-6:10pm	
Saturday	8:30-9:10am	10:00-10:40am
Sunday	10:15-10:45am	

Stroke Introduction (5-12 years)

40 minute class

Wednesday	4:30-5:10pm	
Saturday	7:45-8:25am	10:00-10:40am
Sunday	10:30-11:10am	

Stroke Development (5-12 years)

Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

40 minute class

Monday	4:30-5:10pm	
Thursday	4:30-5:10pm	
Saturday	8:30-9:10am	

Stroke Mechanics (5-12 years)

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

40 minute class

Monday	5:55-6:35pm	
Thursday	4:30-5:10pm	
Saturday	7:45-8:25am	

Teen/Adult (13+ years)

Swimming is a vital skill that makes life safer and more fun. Understanding water safety and how to swim minimizes the risk of drowning while building self-reliance, self-confidence, and fitness abilities. We offer swim lessons for all ages. All ability levels are welcome.

40 minute class

Saturday	7:45-8:25am	10:40-11:20am
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SPECIALTY PROGRAMS

Special Needs Autism Swims (3-15 years)

The program is open to children and youth between ages 3-15. Parents will be asked to be in the water with their child.

Saturday 11:30am-Noon

Private/Semi-Private Lessons (5+ years)

Private and semi-private lessons will be offered for swimmers who would like individualized instruction. If you are interested, please fill out an interest form at the Welcome Center to be paired with a YMCA Swim Lesson Instructor. Allow approximately two weeks for lessons to be scheduled.

LIFEGUARD CERTIFICATION (15+ years)

Must be 15 years old by the last class.

Must be able to:

- Swim 300 yards continuously
- Tread water for 2 minutes using only the legs

Complete the following timed event within 1 minute, 40 seconds:

- Starting in the water, swim 20 yards
- Surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object
- Return to the surface and swim 20 yards on their back to return to the starting point
- Exit the water without using a ladder or steps

Pre-test

Thursday September 6 8:00pm

Classes September 14-16

Friday September 14 6:00-9:00pm

Saturday September 15 9:00am-5:00pm

Sunday September 16 9:00am-5:00pm

Lifeguard Certification Reimbursement

Any participant who takes a lifeguard course with us may apply for employment upon successful completion of the course. After six months of employment you may be eligible for 50% reimbursement of the course. Participant will be responsible for tracking their time and bringing back original receipt of purchase.

SWIM LESSON FEES

30 minute class

Full Members: \$65

Non-members: \$95

40 minute class

Full Members: \$89

Non-members: \$121

SWIM TEAM

CYCLONES SWIM TEAM

The South Amboy YMCA's competitive swim program, the Cyclones, offers quality coaching and technique instruction. We provide swimmers ages 6-18 the opportunity to improve swimming skills and achieve success at his or her level or ability.

Our Coaching staff focuses on stroke development conditioning and the fundamentals of competitive swimming. Members of the Cyclones establish lasting friendships, develop self-esteem and a sense of responsibility through goal setting.

If interested in becoming a member of the team, contact Susan Chanese at susan.chanese@ymcaofmewsa.org or 732-553-9622.



BIRTHDAY PARTIES

Birthday parties at the Y are a fun way to celebrate your child's special day! All parties at the South Amboy Y include 25 guests, 2 Party Hosts, 2 Pizzas and exclusive use of our Party Room for the duration of your party. Additional food is available, please see our on-line party menus for more details. Party invitations are available online.

TINY TOTS PRE-K PARTY

Our trained birthday party staff will lead your little ones in a variety of games and crafts.

Parties are two hours long.

Members \$275 Non-Member \$325

SWIMMING PARTY

With certified lifeguards, birthday child and guests will utilize our pool for free play swimming. Parties are two hours long.

Members \$300 Non-Member \$350

SPORTS PARTY

Your party will utilize our full gym to play games and sports of your choice lead by our trained birthday party staff. Parties are two hours long.

Members: \$225 Non-Members \$275

BOUNCE HOUSE PARTY

Bounce the hours away or join in our obstacle course led by our trained birthday party staff. Parties are two hours long.

Members \$250 Non-Members \$300

DANCE PARTY w/BOUNCE HOUSE OR DANCE PARTY w/ SWIMMING

You can combine a bounce house or swim party with a dance party. Parties are two and a half hours long.

Members \$330 Non-Members \$380

SWIM OR SPORTS W/BOUNCE HOUSE

You can combine a swim party or sports party with the bounce house. Parties are two and a half hours long.

Members : \$330 Non-Members \$380

CUSTOM PARTIES, SPECIAL OCCASIONS & ADD-ONS

Interested in a place to host your adult birthday party, bridal shower, baby shower, or other special event? We have the space to accommodate you!

Please call 732.553.9622 and speak to our Birthday Party coordinator for information and pricing for special event or visit ymcaofmewsa.org/programs/youth/birthday-parties



YOUTH & TEENS

FOR YOUTH DEVELOPMENT Nurturing the potential of every child and teen. We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

SCIENCE & TECHNOLOGY

Whether it's learning experiments or early discoveries of technology, your child will love our science and technology programs.

Scratch 1 (7-12 years)

Children will learn mathematical and computational ideas that are built into the Scratch experience. As students create programs in Scratch, they learn core computational concepts such as iterations and conditionals. They also gain an understanding of important mathematical concepts such as coordinates, variables, and random numbers. This project design process combines many of the 21st century learning skills that will be critical to success in the future: thinking creatively, communicating clearly, analyzing systematically, collaborating effectively, designing iteratively, learning continuously.

FALL I SESSION ONLY

Tuesday 5:30-6:30pm

Full Members: \$40 Program Members: \$56

Scratch 2 (7-12 years)

This course will help students through the creation and development of their own game. We will use Scratch learned in the previous courses to make their gaming dreams come to life. Students will work in teams to develop and code a game of their very own.

FALL II SESSION ONLY

Tuesday 5:30-6:30pm

Full Members: \$40 Program Members: \$56

Game Design Scratch (7-12 years)

Take your skills to the next level as you create and develop your own advanced game design using Scratch programming.

FALL I SESSION ONLY

Thursday 5:30-6:30pm

Full Members: \$40 Program Members: \$56

Game Design Scratch (13+ years)

FALL II SESSION ONLY

Thursday 5:30-6:30pm

Full Members: \$40 Program Members: \$56



PROGRAM SESSIONS

Fall I 2018 September 4 to October 28, 2018

Full Member Registration: August 20, 2018

Program Member Registration: August 27, 2018

Fall II 2018 October 29 to December 23, 2018

Full Member Registration: October 15, 2018

Program Member Registration: October 22, 2018

Convenient online registration available!

For up-to-the-minute class offerings visit
ymcaofmewsa.org/programs

YOUTH & TEENS

ARTS & HUMANITIES

YMCA arts classes encourage self-expression and critical thinking while developing your child's imagination and building their self-esteem. Exposure to the arts creates a better understanding of the various cultures and backgrounds that make up our community and helps foster uplifting relationships.

Eating Healthy Cooking (8-11 years)

Children will learn food safety while learning how to make easy recipes for foods that are not only delicious but also nutritious. The class will be led by a certified Chef who will make cooking fun for everyone.

Tuesday 7:00-8:00pm

Full Members: \$60 Program Members: \$80

Chess (5-12 years)

Whether you're just learning or want to become a better player. Learn and excel while playing against your peers. Kids learn the basics of Chess and different strategies.

FALL I SESSION ONLY

Beginner

Friday 6:00-7:00pm

FALL II SESSION ONLY

Advanced

Saturday 11:00am-Noon

Full Members: \$40 Program Members: \$56

Guitar (7-12 years)

Participants will learn the basics of how to play the guitar. Participants will need to supply their own guitar. Please come with proper instruments, no plastic guitars or toys.

FALL I SESSION ONLY

Beginners

Saturday 10:00-11:00am

FALL II SESSION ONLY

Advanced

Saturday 11:00am-Noon

Full Members: \$40 Program Members: \$56

Drumming for Beginners (7+ years)

Participants will be introduced to basic fundamentals and rudiments of drumming.

FALL I SESSION ONLY

Sunday 2:00-3:00pm

Full Members: \$40 Program Members: \$56

Intermediate Drumming (7+ years)

Participants will be introduced to different genre patterns and techniques in addition to learning to play collectively as part of a band the Real World experience.

FALL II SESSION ONLY

Sunday 3:00-4:00pm

Full Members: \$40 Program Members: \$56

Exploration Station (1-4 years)

Art stations, finger paintings, paper crafts, stamps, play dough, songs, bubbles, and much more.

FALL I SESSION ONLY

Friday 1:00-2:00pm

Full Members: \$40 Program Members: \$56

Art Beyond the Crayons (5-8 years)

Work with an art instructor to explore fine arts through a variety of media from watercolors to clay.

FALL I SESSION ONLY

Sunday 12:00pm-1:00pm

Full Members: \$40 Program Members: \$56

Art Beyond the Crayons (9-12 years)

FALL II SESSION ONLY

Sunday 1:00-2:00pm

Full Members: \$40 Program Members: \$56

Poetry (12-15 years)

Do you love to write poems? Want to write poems but are never sure where to start? Either way, this class is for you. Every day, we'll read poems, get inspired by what makes them work, write our own poems, and, finally, share what we've written and give each other useful, encouraging feedback. This class is designed to give you many ideas and starting points for getting into poetry.

Thursday 5:00-6:00pm

Full Members: \$40 Program Members: \$56

Teens Cooking Healthy (12-16 years)

Teens will learn how to create easy and delicious-tasting recipes. Your snacks creations will be taken to the next level and your taste buds will be thanking you. The class will be led by a certified Chef who will make cooking fun for your teen.

Tuesday 5:00-6:00pm

Full Members: \$60 Program Members: \$80

PROGRAM SESSIONS

Fall I 2018 September 4 to October 28, 2018

Full Member Registration: August 20, 2018

Program Member Registration: August 27, 2018

Fall II 2018 October 29 to December 23, 2018

Full Member Registration: October 15, 2018

Program Member Registration: October 22, 2018

Convenient online registration available!
For up-to-the-minute class offerings visit
ymcaofmews.org/programs

YOUTH & TEENS

SPORTS

A lifetime of healthy habits can start with sports at the YMCA! Your child will gain confidence that comes from learning good sports conduct and a physical activity to keep them healthy.

Youth Agility (see Welcome Center for ages)

Off season sports agility cross training class. Participants will focus on improving foundational movement, patterns and general strength and conditioning. This agility class will help to establish conditioning year round for all athletes.

Sunday 11:00am-Noon

Full Members: \$40 Program Members: \$56

Ready...Set...Go! (1-4 years)

Let the little ones improve their gross motor skills through play. Activities are designed to help children run, jump, climb, throw and much more with our parachute games, mats, and other physical toys designed for little hands and legs!

Tuesdays 11:15am-12:15pm

Wednesday 11:15am-12:15pm

Full Members: \$40 Program Members: \$56

Pee Wee Sports (3-5 years)

Each week children will explore the basic skills of a different sport, including soccer, basketball, t-ball, floor hockey, and gym games.

FALL I SESSION ONLY

Saturday 9:00-10:00am

Full Members: \$40 Program Members: \$56

Soccer (5+ years)

A fun way for your child to learn an exciting sport. We will teach the fundamentals of soccer and have fun game situations.

FALL II SESSION ONLY

Saturday 9:00-10:00am

Full Members: \$40 Program Members: \$56

Basketball (5-8 years)

Emphasis is placed on learning fundamentals of basketball while having a great time with friends. Develop individual skills of dribbling, shooting, and passing.

Saturday 10:00-11:00am

Full Members: \$40 Program Members: \$56

3 on 3 Basketball (9-13 years)

Emphasis on learning the fundamentals of basketball while in a team setting, stressing team work and building confidence.

Saturday 11:00-12:00pm

Full Members: \$40 Program Members: \$56

Archery (7+ years)

Using our equipment, the instructor will guide beginners to develop skills from range safety to accuracy through fun interactive archery exercises.

FALL II SESSION ONLY

Friday 6:00-7:00pm

Full Members: \$40 Program Members: \$56

Tennis (5-12 years)

Game, Set, Match! Learn all about tennis, build skills, and play modified matches. Follows USTA Curriculum.

Sunday 10:00-11:00am

Full Members: \$40 Program Members: \$56

Track (5-12 years)

Young athletes are welcome to come and learn about a multitude of track and field events. Participants (depending on age) will learn short distance sprints, middle distance, hurdles, cross country, relays, and more.

FALL II SESSION ONLY

Saturday Noon-1:00pm

Full Members: \$40 Program Members: \$56

Gymnastics Tumbling & Cheer (5-12 years)

From somersaults to handstands, cartwheels, back-springs and across the balance beam, children will learn the basics of gymnastics.

Thursday 7:00-8:00pm

Full Members: \$40 Program Members: \$56

Kid's Night Out

Want to get the kids interacting with others? Kids Night Out is great for that. Children enjoy movies, games, crafts, snacks and different themed activities supervised by our staff.

6:30-10pm

September 28, 2018 Fall into Autumn

November 30, 2018 Grateful, Thankful & Giving Back

December 21, 2018 Santa's Workshop

YOUTH & TEENS



LEADERS CLUB (12-18 years)

Leaders Club develops youth as leaders and fosters a culture of service. Leaders Club members will gain knowledge and training that will help them to better serve others and to shape a healthy lifestyle themselves.

Members of Leaders Club will have the opportunity to take college tours at local colleges as well as learn how to fill out a college application.

Members will also learn how to fill out job applications for future employment they may seek.

This Club is free to members and meetings occur twice a month to discuss upcoming events, volunteer opportunities and participate in workshops which will develop interpersonal skills, team building and build self-confidence.

For more information contact Mary Valera, Program Director at mary.valera@ymcaofmews.org or 732-553-9622.

TEEN VOLUNTEERING OPPORTUNITIES

Are you a teen and interested in volunteering at the Y or do you know someone who is looking to make a change in the community?

The YMCA has various opportunities throughout the year, as well as several special events, where teens can volunteer to earn credit towards their community service requirements.

Stop by the Welcome Center to pick up your Volunteer Application and get started today. The application is also available at ymcaofmews.org/giving/volunteer

FREE! 7TH GRADE MEMBERSHIP

The YMCA of Metuchen, Edison, Woodbridge & South Amboy is committed to providing opportunities for youth to gain knowledge about healthy practices and nutrition, as well as opportunities to participate in a variety of physical activities.

All area 7th graders are welcome to participate. We offer free membership for 7th graders from September to June.

To activate your free membership, 7th Graders must sign up at the Welcome Center with a parent, a copy of your school ID and report card to prove your grade.



EARLY CHILDHOOD & SCHOOL AGE EDUCATION

The YMCA of Metuchen, Edison, Woodbridge & South Amboy partners with parents to help children grow physically, cognitively, socially and emotionally through programs tailored for each age group: Infant/Toddler, Preschool and School Age.

As the nation's leader in early childhood and school age programming, the YMCA offers learning and readiness opportunities children six weeks through middle school. We offer families the support you need to nurture the potential of youth. Our programs focus on nurturing child development by providing a safe and healthy place to learn foundation skills; develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Our full and half-day programs at many locations* for children six weeks through middle school include:

- Outstanding academic programs with developmentally appropriate curriculum
- Caring staff professionally trained in child development, health and safety, and curriculum
- Safe environments fostering education and encouraging a healthy lifestyle
- A full range of activities that may include weekly swimming lessons, physical fitness programs, enrichment classes, seasonal field trips and so much more!

***Visit ymcaofmews.org/programs/child-care for ages served and locations.**

YMCA TOT TROT & YOUTH FUN RUN

The YMCA Tot Trot and Youth Fun Run helps the YMCA Early Learning Programs support families from our communities with scholarship assistance when they are unable to pay the full cost of child care.

The fund also provides aid to families in crisis and allows us to temporarily provide tuition assistance in the event of a family emergency. In 2017, we were able to support our community with \$130,000 in scholarship assistance for families unable to afford the full cost of our service.

Each year at the YMCA Tot Trot and Family Fun Run children ages 2-12 and their families have fun with races, food, vendors, crafts and activities for all. Medals are awarded to all participants.

SUNDAY, OCTOBER 14, 2018
Metuchen High School Track
11:00 am to 2:00 pm

SOUTH AMBOY YMCA SCHOOL AGE CHILD CARE (GRADES K-7)

When children enter the school age childcare program (SACC), a whole other world of imagination and growth opens up to them. In addition to supplementing what they have learned in school, children participate in interactive learning models that engage critical thinking skills, have access to a quiet homework room with computers and supplies, free swim on Tuesdays and Fridays, HEPA-approved snacks, and daily CATCH games. SACC provides an opportunity for children to socialize with peers and form long-lasting friendships that embrace their development, growth and self confidence. Our program focuses on learning enhancement, health and recreation, and building confidence in children. The program runs September – June.

Before Care: 7:00am until start of school day serving South Amboy Middle, South Amboy Elementary, Sayreville Schools: Arleth, Eisenhower, & Truman.

After Care: School dismissal to 6:30pm, including school holidays from 7:00am –6:30pm serving South Amboy Middle, South Amboy Elementary, Sayreville Schools: Arleth, Eisenhower, Samsel Upper Elementary, & Truman.

Extended Care: School dismissal to 7:00pm including school holidays.

Days/week	After Care	Morning Care
5	\$350	\$136
4	\$310	\$123
3	\$271	\$110
2	\$195	\$85

Extended Care	Days/week
2/3	\$20
4/5	\$30

Y Holiday Care

The Y is here to care for your children when school is out, excluding Thanksgiving Day, the day after Thanksgiving, Christmas Eve, Christmas, New Years Day, and Memorial Day. While at the YMCA children will have a day filled with sports, games, crafts, swimming, STEM, and much more. Drop off as early as 7:00am and pick up until 6:30pm.

Full Members \$50 daily Non-members \$70 daily.





YMCA OF METUCHEN, EDISON, WOODBIDGE & SOUTH AMBOY

ymcaofmews.org

SOUTH AMBOY YMCA
200 John T O'Leary Blvd
South Amboy, NJ 08879
(P) 732.553.9622
(F) 732.316.8215

STAFF DIRECTORY

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Matthew Kaefer, Membership & Marketing Director
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YMCA CORPORATE OFFICES
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Metuchen, NJ 08840
(P) 732.516.9200
(F) 732.516.9430

EDISON YMCA
1775 Oak Tree Rd
Edison, NJ 08820
(P) 732.494.3232
(F) 732.548.2598

METUCHEN YMCA
65 High Street
Metuchen, NJ 08840
(P) 732.548.2044
(F) 732.548.3614



EARLY CHILDHOOD & SCHOOL AGE PROGRAMS

EDISON

Edison YMCA
1775 Oak Tree Road
732.494.3232

Ken Shirk Learning Center
445 Old Post Road
732.287.1131

Our Savior's Learning Center
50 Calvert Avenue East
732.548.0523

EDISON/METUCHEN

Ready..Set...Learn (2 years old)
75 Glenville Rd (Register at Metuchen YMCA)
732.548.2044

METUCHEN

Metuchen YMCA
65 High Street
732.548.2044

Centenary Early Learning Center
200 Hillside Avenue
732.548.5468

Edgar Early Learning Center
150 Lake Avenue
732.632.8633

PERTH AMBOY

Grace Early Learning Center
600 New Brunswick Avenue
732.442.7190

Harborview Early Learning Center
45 Market Street
732.442.4199

SOUTH AMBOY

South Amboy YMCA
200 John T. O'Leary Blvd
732.553.9622

WOODBIDGE

Avenel Learning Center
238 Avenel Street
732.636.1100

Colonia Learning Center
400 Inman Avenue
732.340.9622

WOODBIDGE TOWNSHIP BEFORE AND AFTER SCHOOL CARE

732.340.9622

Mawbey St. School #1
Avenel School #4 & 5
Indiana Ave. School #8
Kennedy Park School #24
Lafayette Estates School #25
also serving Ford Ave. School #14 and
Menlo Park Terrace School #19
Robert Mascenik School #26
Matthew Jago School #28

For specific program offerings and hours, please visit
YMCAofMEWSA.org/locations/child-care