



HEALTHY FAMILY

Winter Programs:

Jan. 8 – Mar. 3, 2012

RARITAN BAY AREA YMCA

Registration begins:

Member Dec. 11 Non-Member Dec. 18

MUST REGISTER FOR ALL PROGRAMS!



GENERAL INFORMATION

RARITAN BAY AREA YMCA

In Perth Amboy:
357 New Brunswick Avenue
Perth Amboy NJ 08861
732.442.3632
www.rbaymca.org

In Sayreville:
333 Cheesequake Road
Parlin, NJ 08859
732.317.0333

NEW!

Kidz Zone

Kidz Zone is a service provided for our facility members. Our caring team provides age appropriate activities, physical games and Aquatics in a safe and fun environment, while the parent/guardian workout at the Y. There is a \$1 fee per child, after two (2) hours there will be a late charge of \$1.00 per minute per child. **Parent must provide swimsuit and towel; Kidz Zone is for children 8-11 years of age.**

HOURS OF OPERATION

Monday-Friday 5:30 AM to 9:45 PM
Saturday 7:30 AM to 5:45 PM
Sunday 7:30 AM to 4:45 PM

CHILDWATCH

Members may use childwatch for a maximum of two (2) hours. Members **MUST** remain in the building while their child is in childwatch. There is a \$1 fee per child, after two (2) hours there will be a late charge of \$1.00 per minute per child.

SAFETY & WELL-BEING

The Y is fully insured under a general liability policy. Should an accident occur, it is the family's health insurance that provides primary coverage for the participant.

CREDITS/REFUNDS

- No refunds for membership or after classes start.
- Credits will be issued after classes start only when a serious illness is certified by a doctor, a doctor note is required.
- The YMCA reserves the right to cancel programs. Credits or refunds will be given toward a later program.
- Credits are valid for one year from date of issue and must be presented for redemption.
- Please allow 4-weeks for credits or refunds to be processed.
- Returned checks, EFTs, credit cards and debit cards will incur a \$30 return fee.

The Raritan Bay Area YMCA reserves the right to modify and/or change any policies, fees, and/or regulations without notice.

METHOD OF PAYMENT

- Money order, credit card or cash.
- Credit Card Payments are accepted online or at the Y. We accept MasterCard, Visa, Discover and American Express.
- Payment plans are made at the discretion of the President/CEO.

YCARES

The RARITAN BAY AREA YMCA offers program participation to all people who desire to experience the life-changing services provided through our organization. People who are not able to pay the standard program fees may be awarded a scholarship based on their income and their demonstrated ability to pay.

This program is especially for families that are unable to qualify for any other form of financial assistance outside of the Y. Assistance may be limited by the resources available at the time the application is processed. Applying for YCARES is completely confidential.

For more information and/or an application please contact our member services at 732.442.3632 for guidance or visit our website at www.rbaymca.org.

NEW!!! Special Scholarships available for Swim Lessons. Please email mlawrence@rbaymca.org for details.

NEW AGE GUIDELINE FOR YOUNG ADULT...

To better serve our Young Adult population, the Y has MODIFIED the Young Adult age requirement to enter the facility WITHOUT a parent/guardian. **Young Adults 12 and over are allowed in the facility without a parent/guardian. For more information please visit the Welcome Center.**

Have you heard about the **ONLINE** registration and payment feature that provides easy access and convenience all at your fingertips? All you have to do is visit our website www.rbaymca.org and Login In. Setting up your account takes less than 5 minutes and you're well on your way to viewing your secure account. The benefits to online access:

- Convenient access to your account from home, work, or school with online capabilities
- Register or view available programs
- Make online payments
- View your account transaction history and balances
- Make donations

OPEN GYM TIMES

Come and enjoy the gym with family and friends during these times. Balls and goals are available upon request of the gym supervisor.

	Gym A Left Side	Gym B Right Side
Monday		
Gym A&B	5:30am-4:30pm	Equipment by sign out at Welcome Center
Gym A&B	4:30pm-6:00pm	Open Gym
Gym A	7:00pm-9:30pm	Open Gym
Tuesday		
Gym A&B	5:30am-4:30pm	Equipment by sign out at Welcome Center
Gym B	4:30pm-9:30pm	Open Gym
Wednesday		
Gym A&B	5:30am-4:30pm	Equipment by sign out at Welcome Center
Gym A	4:30pm-6:00pm	Open Gym
Gym B	7:00pm-9:30pm	Open Gym
Thursday		
Gym A&B	5:30am-4:30pm	Equipment by sign out at Welcome Center
Gym A&B	4:30pm-6:30pm	Open Gym
Gym b	6:30-9:30pm	Open Gym
Friday		
Gym A&B	5:30am-4:30pm	Equipment by sign out at Welcome Center
Gym A&B	4:30pm-6:00pm	Open Gym
Gym A	7:00pm-9:30pm	Open Gym
Saturday		
Gym A&B	7:30am- 9:00am	Open Gym
Gym A	12:00pm- 1:00pm	Open Gym
Gym A&B	1:00pm-5:30pm	Open Gym
Sunday		
Gym A&B	8:00am-12:45pm	Open Gym
Gym B	12:00pm-2:00pm	Family Gym Time

* For a detailed gym schedule please visit the Welcome Center.

MEMBERSHIP INFORMATION

15 Great Reasons to Join the Y this Winter!

1. The Y is your solution to your new year's resolution! Summer will be here before you know it, Keep that summer shape that you worked so hard to achieve!
2. Become a part of the growing Y Family, 20 million strong!
3. Group classes provide encouragement and support.
4. New Kidz Zone for your children while you work out!
5. Boost brainpower: research suggests that an active and strong body is crucial for building a strong, active, mind.
6. You can't spell family without the "Y"
7. You have invested in more than a facility; you're part of the YMCA Family -serving the community through its missions.
8. Impress your out of town guests and bring them to the Y with your free guest pass.
9. Your friends are here!
10. Be an Away Member when you are on vacation at Y's everywhere!
11. Take advantage of our NJ Reciprocity program- enjoy the use of every Y in New Jersey – no additional fees!
12. Family Bonding- Your child will have great stories to share at the dinner table about the fun they had at the Y!
13. Come in out of the cold and warm up in our Activity Pool or in our Lap Pool.
14. Put your kids in our programs and swim lessons at a reduced Membership rate!
15. We have the best values in town! Respect, Responsibility, Caring and Honesty!

Come see what the excitement is all about!

For a personal tour, learn more about the Y and Membership:

Stop by our Welcome Center or call us 732.442.3632

Visit our website at www.rbaymca.org

Community Access Week

January 2 – January 8, 2012

EXPERIENCE THE Y BEFORE YOU JOIN - FREE 1-WEEK TRIAL MEMBERSHIP

On your initial visit we'll be happy to give you and your family a tour and show you all we have to offer.

Birthday Party includes:

- Activity of your choice: Swim, Theater, Sports & Arts & Crafts
- 2 pizzas' & juice
- Carvel Cake
- Private room
- Y Host
- 2½ hours
- 15 guests

For more information please visit the Welcome Center.



Y - FREE Member Events!

Family Movie Night! Wednesdays – Jan. 4th, Feb. 1st, & Mar. 7th 6:30pm. Bring your family and experience a great night at the Y. Light Refreshments and popcorn will be served.

Teen Movie Night! Wednesdays – Jan. 11th, Feb. 8th, & Mar. 14th 6:30pm. Ages 12-19. Bring your friends and experience a great night at the Y. Light Refreshments and popcorn will be served.

Brown Bag BINGO! Thursdays – Jan. 19th, Feb. 16th, & Mar. 15th in Lobby Area. Join us for a great time playing bingo. Bring a friend. All seniors in the community are welcome to attend this FREE event. Participants must provide their own lunch. Light refreshments will be provided to participants. Enjoy social interaction with others.

PROGRAMS

Baby Ballet

If your baby, toddler or child has the bug for ballet and wants to learn to dance, come and join the fun at baby ballet, a preschool dance class.

Saturday 1:00pm
Member Fee: \$35
Non-Member Fee: \$45

Ages 18mths-3

Tumbling Tots

A fun class to develop the foundations of physical activities such as running, jumping, climbing and balancing. Tumbling Tots aim to increase children's confidence and self-esteem through physical challenge and achievement and to encourage cooperation and interaction with other children.

Saturday 11:00am
Member Fee: \$35
Non-Member Fee: \$45

Ages 18mths-3

Little Ninjas

Instructors will introduce your child to the fundamentals of traditional martial arts. Skills gained in this program will help increase your child's fitness and prepare them for further levels of martial arts. (Uniform is required)

Monday and Friday 6:00pm
Member Fee: \$35
Non-Member Fee: \$45

Ages 3-5

Y Preschool Afterschool Program

We are state-licensed program staffed by Certified teachers with a stimulating environment for the mental, emotional and physical development of 3, 4 and 5 year old preschool children. Our teaching style is based on creative curriculum and a multi sensory, hands on, play-to-learn approach. The program is located in all 3 Preschools. For more information please call 732.442.3632
September 2011 – June 2012

Ages 3-5

Holiday Care

YMCA Holiday Care is provided when Perth Amboy Public Schools are closed. While parents are at work they can leave their child in a safe and healthy structured environment. Your child will enjoy a day of fun-filled activities, such as arts & crafts, sports, movies, organized indoor and outdoor games. Parent must provide their child(ren) with a bagged lunch, the Y provides a PM nutritious snack.

School Age Hours of operation 7:30am until 6:00pm
Preschool Hours of operation 8:00am until 6:00pm
Member Fee: \$20 per day
Non-Member Fee: \$25 per day

Ages 3-13

Y FIT!!

Help promote and control healthy growth in your child with the assistance of certified personal trainers and group fitness instructors. It is our mission to keep your children active and fight childhood obesity.

Ages 4-6

Wednesday 5:00pm

Ages 7-10

Wednesdays 6:00pm
Member Fee: NO FEE!
Non-Member Fee: \$20 Registration is required!

Ages 4-10

Youth Ballet

This level focuses on ages 5-7 years old. This class establishes basic ballet techniques, alignment, physical development, stretching and strengthening.

Saturday 12:00pm
Member Fee: \$35
Non-Member Fee: \$45

Ages 5-7

MARTIAL ARTS

A complete course central to the YMCA mission of developing strong mind, body, and spirit. This mixed age class will be taught by multiple instructors to provide a more personal and meaningful experience than your typical class. (Uniform Required).

Monday and Friday 6:00pm
Member Fee: \$35
Non-Member Fee: \$45

Ages 5-9

NEW!!! Rover Soccer Clinic

Soccer clinic will focus on skill development for young soccer players. Participants will learn soccer skills and techniques through exercises and games specifically designed for the young player. The emphasis is always on fun and learning.

Sunday Ages 3-4/5-6 3:00pm
Monday Ages 5-7/8-10 7:00pm
Monday Ages 10-11/12-13 8:00pm

Ages 5-11

For Member and Non-Member fees please contact us.

SNAP Special Needs Active Play

Children with special needs and their families are invited to play and socialize in an informed and fun filled environment. Some games, crafts and entertainment will be provided but feel free to bring a toy, game or craft that you and your family would like to share. Swimming is the last Friday of every month. Call to find out this month's theme. Free to ALL families with special needs. Please call to reserve a space, as room is limited. Families must stay for the event.

Friday 6:00pm – 7:30pm
Fee: NO FEE, Open to ALL! Registration is Required!

Ages 5-12

Y School Age Afterschool Program

The YMCA provides services in all five Elementary Schools and both Middle Schools. During our fun-filled day participants enjoy a nutritious snack along with homework assistance and energetic activities from 3:00pm-6:00pm. For more information please call 732.442.3632
September 2011 – June 2012

Ages 5-13

FAMILIES FIT TOGETHER PROGRAM

The Families Fit Together Secondary Prevention Program provides Middle School students counseling, case management, and mentoring services which are a critical component of the program. The group sessions follow the Cultural Context Therapeutic Model and support for families. Our goal is to provide our youth and parents with a comprehensive support network and skills. As part of our goals, we continue to promote positive behavior in developing *Y Leaders*. To participate, please contact the Y.
Mondays 6:00pm – 8:00pm Grades 9-12
Wednesdays 6:00pm – 9:30pm Grades 5-8

Grades 5-12



COMING SOON!!!

Baseball Speed & Agility Training...

**For more information please contact Jackie, 732.442.3632
or jsienkiewicz@rbaymca.org**

PROGRAMS

Dancing at the Y!

Ages 6-10

Contemporary Hip-Hop, Jazz, Tap, and modern dance. Classes start with a basic warm-up. The instructor breaks the class down with a combination. The classes are geared towards students who are at the beginner level. Beginner basics is for those who are new to the dance style. In this class the instructor will layout the foundations of different movement styles.

Saturday 11:00am
 Member Fee: \$35
 Non-Member Fee: \$45

Basketball Clinic

Ages 7-10

A new and exciting introduction to basketball basics. Participants will run through age-appropriate games and drills.

Saturday 10:00am
 Member Fee: \$35
 Non-Member Fee: \$45

Flag Football

Ages 7-10

Come and join a summer of Flag Football. It's similar to touch football except plays end when the ball carriers flag has been pulled out of his/her belt.

Saturday 10:00am
 Member Fee: \$35
 Non-Member Fee: \$45

NEW!!! Advanced Youth Ballet

Ages 9-12

This class focuses on teaching longer combinations to familiarize students with movement patterns created by joining ballet steps.

Saturday 2:00pm
 Member Fee: \$35
 Non-Member Fee: \$45

NEW!!! Advanced Martial Arts

Ages 10-13

An exciting new martial arts class!!! The classes involve strength training, cardio, stretching, discipline and respect. Your child will be inspired, motivated and come away with a smile on their faces. (Uniform required)

Monday and Friday 7:00pm
 Member Fee: \$35
 Non-Member Fee: \$45

Doug Flutie, Jr. Foundation for Autism

Ages 13-17

Alianza - Recreational Sports (RS) will provide boys and girls ages 13-17 with Autism Spectrum Disorder (ASD) who reside in the Perth Amboy (Middlesex County) New Jersey and surrounding communities with an opportunity to experience peer to peer socialization, recreation and physical fitness. During the course of a year there will be four program seasonal cycles of eight weekly sessions.

Thursday 6:00pm-8:00pm
 Member Fee: NO FEE!
 Non-Member Fee: NO FEE!

ZUMBA!!!!

Ages 16+

The ZUMBA!! Program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to workout, to love working out, to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Thursday 7:30pm
 Member Fee: \$40
 Non-Member Fee: \$50

Kickboxing

Ages 16+

Get fit!! Kickboxing classes are a combination of martial arts techniques and circuit training that will strengthen and tone every muscle in your body. It's a great way to burn fat and kick your body into shape.

Tuesday and Thursday 7:30pm
 Member Fee: \$40
 Non-Member Fee: \$50

Adult Men's Basketball League

Ages 18+

Enter our Men's Basketball League of competitive Basketball, where you are able to compete and at the same time have fun playing basketball. Must be register to participate. Starting January 24th and last day of registration is January 20th.

Tuesday and Thursday 7:00pm
 Team Fee: \$250

Movie & Lunch Day

Seniors

Come and enjoy a afternoon of fun!! Enjoy a lunch and a recently released Movie in our beautiful Y Theater.

Fridays Lunch 12:00pm - Movie 1:00pm
 Member Fee: NO FEE!
 Non-Member Fee: \$5 Registration is Required!

Aqua Fitness

Seniors

A fun hour of fitness for anyone who wants to ease into a new water exercise program, you'll get the heart pumping and blood flowing with each low-impact exercise presented in this program.

Monday 11:00am
 Wednesday 10:00 am
 Member Fee: NO FEE!
 Non-Member Fee: \$25

SilverSneakers Fitness Program

Seniors

Healthways SilverSneakers Fitness program is a comprehensive older-adult physical activity program. Participants will receive a membership that includes the opportunity to participate in SilverSneakers group exercise classes. Fee: Please visit the Welcome Center for more details.



SCHEDULES



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Class Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
F i t n e s S t d i o	6:00am								
	9:15am	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYCOMBAT	9:00am	LES MILLS BODYATTACK	
	10:15am	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP	LES MILLS BODYPUMP	10:00am	Champions Training	
	11:15am		MSROM Silver Sneakers Fitness Program	10:15am Spin&Gym	MSROM Silver Sneakers Fitness Program		11:00am	LES MILLS BODYFLOW	LES MILLS BODYCOMBAT
	5:00pm			LES MILLS BODYFLOW		LES MILLS BODYPUMP			
	5:30pm	LES MILLS BODYATTACK	LES MILLS BODYPUMP		LES MILLS BODYPUMP				
	6:00pm			LES MILLS BODYPUMP		LES MILLS BODYFLOW			
	6:30pm	LES MILLS BODYFLOW	Hard Core Abs		LES MILLS BODYCOMBAT				
	7:00pm		LES MILLS BODYCOMBAT	LES MILLS BODYATTACK					
	7:30pm								
	8:00pm			Hard Core Abs					
	S p i n	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6:00am		SPIN				SPIN			
7:30am			GENTLE SPIN				10:00am	LES MILLS RPM	
6:00pm				LES MILLS RPM					
6:30pm		LES MILLS RPM	LES MILLS RPM						
7:00pm									
P o o l	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	11:15am	Aqua Fitness		Aqua Fitness		Aqua Fitness			

Sign up required for Monday 6:30pm RPM. This is a free class but please stop by the Welcome Center to sign up!

Personal Training

Personal Training is one of our exciting resources at the Y for fitness results, education, motivation and inspiration. This gives you the opportunity to receive the guidance you need to get the results you want - and the opportunity to develop some resourceful fitness relationships at the Y. See front desk or a member of our wellness team for packages and pricing.

Boot Camp

Get fit by challenging your physical fitness and mental toughness with Matt and a motivated group of Y members and staff. To help you achieve your personal fitness goals, we have created a 6 week program that tracks your progress and makes it easy and fun regardless of your age, fitness level or prior experience. Boot Camp will meet every week on Tuesday and Thursday mornings at 5:45am. Members \$85, Non Members \$100



AQUATIC PROGRAMS

Monday & Wednesday

Member Fee: \$100
Non-Member Fee: \$120

Tuesday & Thursday

Member Fee: \$100
Non-Member Fee: \$120

Saturday

Member Fee: \$65
Non-Member Fee: \$85

Parent Child

Ages: 6-36 months

Parents accompany their child in the pool to acquaint them with the water environment. Through games and songs, an instructor guides your little swimmer toward developing coordination, motor skills, balance and social skills in the water. Swim Diaper Required.

Saturday 10:45am, 11:15am

Pike

Ages: 3-5

This class is designed for the beginner who has little or no water experience. The emphasis is on basic swimming skills, safe pool behavior, and acclimation to the water, development of independent movement in the water and pool safety. Prerequisite: at least 3 years old.

Monday & Wednesday 5:00pm, 5:30pm

Tuesday & Thursday 5:00pm, 5:30pm

Saturday 9:00am, 9:30am

Eel

Ages: 3-5

To join this level swimmers have successfully completed level 1. This level is for the swimmer who can go underwater with or without assistance. The child should be able to swim 10 yards on their front & back with a floatation belt and 5 feet without. Children should feel confident being in the pool.

Monday & Wednesday 5:00pm, 5:30pm

Tuesday & Thursday 5:00pm, 5:30pm

Saturday 9:00am, 9:30am

Ray

Ages: 3-5

To join this level swimmers have successfully completed level 2. This level is for children who can float on their front & back and swim 25 yards with a floatation belt and 15 feet without. Children improve stroke skills, rotary breathing, safety, rescue skills, build endurance and learn to tread water.

Monday & Wednesday 5:00pm, 5:30pm

Tuesday & Thursday 5:00pm, 5:30pm

Saturday 9:00am, 9:30am

Polliwog

Ages: 6-12

This class is designed for beginner swimmers. Emphasis is placed on water orientation, basic swimming, personal safety, survival floating and confidence building.

Monday & Wednesday 5:35pm, 6:05pm

Tuesday & Thursday 5:35pm, 6:05pm

Saturday 9:35am, 10:05am

Guppy

Ages: 6-12

To join this level swimmers have successfully completed level 4 (Polliwog). This level is for children that can swim 25yds. of the pool using the paddle stroke with or without a floatation belt. Children are introduced to the front and back crawl, breaststroke and elementary backstroke.

Monday & Wednesday 5:35pm, 6:05pm

Tuesday & Thursday 5:35pm, 6:05pm

Saturday 9:35am, 10:05am

Minnow

Ages: 6-12

To join this level swimmers have successfully completed level 5 (Guppy) or can swim 50 yards on their front and back using alternating paddles, be able to swim 25 yards of the pool without a floatation belt using rudimentary rhythmic breathing. Students will further refine front and back crawl, focusing on rotary breathing, elementary breaststroke and sidestroke.

Monday & Wednesday 5:35pm, 6:05pm

Tuesday & Thursday 5:35pm, 6:05pm

Saturday 9:35am, 10:05am

New Jersey Waves

The Y and the NJ Special Olympic Local Chapter will host a competitive swim team. The swim team will meet for practice every Tuesday from 7 to 9 pm. If you are interested please contact the Aquatic Department or email erasmussen@rbaymca.org.

Fish

Ages: 6-12

To join this level swimmers have successfully completed level 6 (Minnow) or are able to swim 50 yards of freestyle, breaststroke and backstroke, and are looking to continue to develop in these strokes.

Monday & Wednesday 6:10pm, 6:40pm

Tuesday & Thursday 6:10pm, 6:40pm

Saturday 10:10am, 10:40am

Adult Swim

Ages: 16+

Adult Beginner 1

If you are a non-swimmer looking to develop basic skills that include front and back floating, treading water, front crawl, and water safety.

Sunday 1:00pm, 1:30pm

Adult Beginner 2

To take this class you are a beginner swimmer looking to refine floating, treading water, and to develop front crawl, back crawl, breaststroke and possibly an introduction to butterfly.

Sunday 1:40pm, 2:10pm

Competitive Stroke (Pre Swim Team) Ages 6-15

To join this level swimmers have successfully completed level 7 (Fish). This class is designed to improve technique in front crawl (free), breaststroke, backstroke and butterfly. (4 days a week, 24 lessons)

Tuesday-Friday 6:00pm-7:00pm
Member Fee: \$200.00 Non-Member Fee: \$250.00

Masters Swimming Club

Train with our Masters Team to develop strong techniques and build endurance. Whether to train for your upcoming race or get a great swim workout, you'll enjoy making friends and setting goals to obtain your personal best.

Monday and Wednesday 7:00pm-8:30pm

Friday 6:00am-7:30am

Sunday 9:00am-10:30am

For more information please contact the Aquatic Department or email erasmussen@rbaymca.org

Private Lessons/Semi Private Instruction

One-on-one swim instruction tailored to fit your individual needs and goals. Half-hour lessons are scheduled at your convenience. Private lessons are great for beginners or to improve stroke techniques. We recognize that some people, such as those with certain disabilities and those who have had a negative experience with water, may benefit from one-on-one instruction. Please contact Aquatics Office for details.

Perth Amboy Y Swim Team

Come join the Perth Amboy Y Swim Team... Classes will work on perfecting strokes, building strength, endurance and being a team member. Please contact the Aquatics Office for information regarding training for High School Swimmers.

CPR and CPR Re-Certification

Weeknights (Times and dates TBD by Instructor and member need)
Certification Fee: \$65.00 Re-Certification Fee: \$45.00

PADI Scuba

Scuba Padi Certification Course

Open Water Diver Referral Course (Open Water Part One)

This class is a prerequisite to open water training (Open Water part two) and a requirement for open water certification, including rehearsal of scuba skills in confined water.

Open Water Diver Course (Part Two)

Complete Open Water Dives 1-4

After your confined water dives, your underwater adventure continues while your PADI instructor provides individualized instruction around needed open water skills. The four dives are typically scheduled over a two-day period. Course meets after completion of Part One.

Scuba Re-Certification

Open Water Diver Referral Course (Open Water Part One)

This class is a refresher to open water training (Open Water part two) and a refresher for open water certification, including rehearsal of scuba skills in confined water.

All Scuba course times to be arranged with instructor, please contact Aquatics Office for details.

RARITAN BAY AREA YMCA

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