



HEALTHY FAMILY

Winter Programs:

Jan. 8 – Mar. 3, 2012

THE Y AT CENTER FOR LIFELONG LEARNING

Registration begins:

Member Dec. 11 Non-Member Dec. 18

MUST REGISTER FOR ALL PROGRAMS!



GENERAL INFORMATION

HOURS OF OPERATION

Monday-Friday	6:00am to 9:00am 3:00pm to 10:00pm
Saturday	7:30am to 6:00pm
Sunday	12:00pm to 6:00pm

Pool closes at 9:30pm. Fitness Center & Gym closes at 9:45pm. For extended hours please visit our Perth Amboy location.

KIDS CLUB

Members may use Kids Club for a maximum of two (2) hours. Members **MUST** remain in the building while their child is in Kids Club. After two (2) hours there will be a late charge of \$1.00 per minute per child.

Monday-Thursday	5:00pm to 8:00pm
Friday	CLOSED
Saturday	9:00am to 12pm
Sunday	CLOSED

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. All accidents must be reported immediately.

METHOD OF PAYMENT

- Personal check, 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.

OPEN GYM TIMES

Come and enjoy the gym with family and friends during these times. Balls and goals are available upon request to the gym supervisor. Please see our gym schedule for a complete listing of programs and activities.

Monday:	6:00am-8:45am 3:00pm-5:15pm 9:00pm-9:45pm
Tuesday:	6:00am-8:45am 5:00pm-7:00pm 8:30pm-9:45pm
Wednesday:	6:00am-8:45am 3:00pm-4:15pm 9:00pm-9:45pm
Thursday:	6:00am-8:45am 5:00pm-7:00pm 8:00pm-9:45pm
Friday:	6:00am-8:45am 3:00pm-4:15pm 5:30pm-9:45pm
Saturday:	7:30am-9:00am 12:00pm-1:00pm 2:00pm-5:45pm
Sunday:	12:00pm-1:00pm 2:00pm-5:45pm

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

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. **Effective Immediately: Young Adults 12 and over are allowed in the facility without a parent/guardian. For more information please visit the Welcome Center.**

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 YMCA. 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 for guidance or visit our website at www.rbaymca.org.

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's 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 \$30.00 return fee.

The RARITAN BAY AREA YMCA reserves the right to modify and/or change any policies, fees, classes, schedules, and/or regulations without notice.

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. Boost brainpower: research suggests that an active and strong body is crucial for building a strong, active, mind
5. You have invested in more than a facility; you're part of the YMCA Family -serving the community through its missions.
6. Impress your out of town guests and bring them to the Y with your free guest pass.
7. Your friends are here!
8. Be an Away Member when you are on vacation at Y's everywhere!
9. Take advantage of our NJ Reciprocity program- Enjoy the use of every Y in New Jersey – no additional fees!
10. Family Bonding- Your child will have great stories to share at the dinner table about the fun they had at the Y!
11. Come in out of the cold and warm up in our Lazy River, Activity Pool or in our Lap Pool
12. Free Kids Club for your children while you work out!
13. Put your kids in our programs, swim lessons and day camp at reduced Membership rates!
14. We have the best values in town! Respect, Responsibility, Caring and Honesty!
15. You can't spell family without the "Y"

Come see what the excitement is all about!

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

Stop by our Welcome Center

Call us 732.317.0333

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.

Family Time at the Y & Member Events!

Family Fun Friday

Looking for something for the family to come out and participate in together this winter? Starting January, join us every 2nd Friday of the month at 6:00 p.m. for Family Fun Friday! **Members ONLY No Fee!**

January 13th Volleyball & Basketball Game

February 10th Fitness warm up and relay races

Attention Members – Check this out! Movie night at the **Y in Perth Amboy!** The state of the art theatre at the Y in Perth Amboy sits 180 people. Please call 732-317-0333 or 732-442-3632 for more information.

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 13-19. Bring your friends and experience a great night at the Y. Light Refreshments and popcorn will be served.

MEMBERS PLEASE NOTE:

High School Swim Team - Effective November 15, 2011 Swim Team will be utilizing the lap pool from 3-5pm. Please be aware, we will be hosting swim meets in the competition pool. To stay informed of the upcoming swim meets and events please STOP by the Welcome Center and provide your email address. If you have any questions, please contact the Aquatics Department.

PROGRAMS

Little Ninjas

Ages 3-6

A complete course in the traditional South Korean teachings of Tang Sao Do style of martial arts. Central to this program is the YMCA mission, developing a strong mind, body, and spirit with an increased self-esteem.

Saturday 11:00am-12:00pm
Member Fee: \$40
Non-Member Fee: \$52

Basketball Skills & Drills

Ages 5-9

Develop and fine-tune your child's skills and fitness in preparation for basketball season. Achieve the compulsory skills and training to better prepare your young athlete for the challenges faced in organized sports.

Sunday 1:00pm-2:00pm
Member Fee: \$25
Non-Member Fee: \$35

SNAP Special Needs Aquatic Play

Ages 3+

Children with special needs and their families are invited to swim and socialize in an informed and fun filled environment. 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!

Youth Soccer

Ages 5-12

Participants will learn soccer skills and techniques through exercises and games specifically designed for the young player.

Friday 4:30pm-5:15pm
Member Fee: \$30
Non-Member Fee: \$40

Martial Arts

Ages 7-12

A complete course in the traditional South Korean teachings of Tang Sao Do style of martial arts. Central to this program is the YMCA mission, developing a strong mind, body, and spirit with an increased self-esteem.

Saturday 10:00am-11:00am
Member Fee: \$40
Non-Member Fee: \$52

Speed & Agility

Ages 13-23

Our Speed Training Program is specifically designed for each athlete with a common goal to enhance foot speed, agility, power and flexibility. Speed, Agility and Quickness Training is a system of progressive exercises and instruction aimed at developing fundamental motor ability to enhance the capability of athletes to be more skillful at faster speeds and with greater precision.

Saturdays 1:00-2:00pm
Member Fee: \$15
Non-Member Fee: \$25

Yoga

Ages 8+

Come join Yoga and have fun with your family. Yoga is the use of animated poses and basic stretching exercises that promotes strength, flexibility, coordination and body awareness. Breathing and visualization techniques will teach you how to focus and develop self-control.

Tuesday 7:00pm-8:00pm
Member Fee: \$40
Non-Member Fee: \$52

Fitness Orientation

Ages 12+

Have you had your free fitness orientation? Take a free tour through all the weight machines and/or the cardio equipment and let our friendly staff show you proper form. Schedule your appointment at the Welcome Center.

Y-FIT

Ages 4-10

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.

Wednesday 4:30pm-5:15pm
Member Fee: NO FEE
Non-Member Fee: \$30
Registration is Required!



PROGRAMS

TAB (Teen Advisory Board) Ages 13-19

The mission of the RARITAN BAY AREA Teen Advisory Board is to identify, educate, and develop future leaders who will motivate their peers to use their talents and creativity to generate innovative teen centered ideas for teens around the City of Sayreville. Members Only! Please see the Welcome Center for more information.

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. 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 7:00pm-8:00pm
Member Fee: \$40
Non-Member Fee: \$50

Volunteer Ages 16+

The YMCA is made up of volunteers who work in all different areas. Coaches, wellness coaches, fitness center attendants, or member services are just a few of the areas. Becoming a YMCA volunteer means you are a part of the YMCA family. There are many different opportunities for volunteering. Please see Welcome Center for more information.

Healthy Heart Aqua Ages 16+

This is a moderate intensity class that will incorporate aerobic, strength, and flexibility components. This class is great for people looking for a medium level workout.

Monday, Wednesday 7:30am
Member Fee: NO FEE!

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.

Les Mills Group Fitness Class Package

Register for our most popular group fitness classes, **Body Pump** and **Body Vive!** This package gives you access to 4 classes every week for the price of one!

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

Mondays 5:30pm
Wednesdays 6:30pm
Member Fee: NO FEE!
Non-Members: \$40

BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength.

Wednesdays 5:30pm
Saturdays 9:00am
Member Fee: NO FEE!
Non-Members: \$40

PARTY AT THE Y!

Birthday Party includes:

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

For more information please visit the Welcome Center.



SCHEDULES



Fitness, Sports and Recreation Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
M o r n i n g	6:15am						9:00am		
	7:45am	Healthy Heart Aqua Fitness		Healthy Heart Aqua Fitness			9:00am		
	9am - 3pm	Serving the needs of the MRESC students.						10:00am	Martial Arts \$
A f t e r n o o n / E v e n i n g	3:15pm		Swim Team 3:00PM-5:00PM		Swim Team 3:00PM-5:00PM	Open Gym	11:00am	Little Ninjas \$	
	4:15pm						12:00pm		
	4:30pm			YFit! 4:30-5:15		Youth Soccer 4:30-5:15	1:00pm	Speed & Agility \$	Basketball Skills and Drills (5-9) \$
	5:30pm						2:00pm		
	5:45pm						3:00pm		
	6:00pm					Family Gym 6:00-7:30	3:00pm		
	6:30pm	Family Gym 6:30-7:30						PERSONAL FITNESS COUNSELOR PLEASE SIGN UP	
	7:00pm		YOGA \$		ZUMBA \$				
	7:30pm	Volleyball	Teen Basketball @ 7pm	Volleyball	Teen Basketball @ 8pm-9:45pm	Open Gym		Open Gym - Please see schedule *Schedule is subject to change	
	8:30pm	Open Gym 9:00pm	Open Gym at 8:30	Open Gym @ 9:00pm	Open Basketball				

Aquatics Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
M o r n i n g	6:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	7:30am	Open Swim	
	7:45am	Healthy Heart Aqua Fitness		Healthy Heart Aqua Fitness			9:00am		
	9am - 3pm	Serving the needs of the MRESC students.						9:30-12:30pm	Swim Lessons 2 lanes open
	3:00-5:00pm	Open Swim	Open Swim	Open Swim	Open Swim	SNAP 6-7:30pm	12 noon		Swim Lessons 4 Lanes open 1-2:45pm Open Swim Sunday Swim Club
	5:00-7:45pm	Swim Lessons 3 lanes open	Swim Lessons 3 lanes open	Swim Lessons 3 lanes open	Swim Lessons 3 lanes open		5:30pm	Activity Pool Open during Hours of Operation	
	6:45-9:30p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			

\$ = There is an additional fee for this program.

Please stop by the Welcome Center to register!

AQUATIC PROGRAMS

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	11:45am
Sunday	2:10pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

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	5:30pm
Tuesday & Thursday	5:30pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	10:00am, 10:35am
Sunday	1:00pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

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	5:30pm
Tuesday & Thursday	5:30pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	10:00am, 10:35am
Sunday	1:00pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

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	5:30pm
Tuesday & Thursday	5:30pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	10:00am, 11:45am
Sunday	1:00pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

Poliwog

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	6:05pm, 6:40pm
Tuesday & Thursday	6:05pm, 6:40pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	10:00am, 10:35am, 11:10am
Sunday	1:00pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

Guppy

Ages: 6-12

To join this level swimmers have successfully completed level 4 (Poliwog). 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	6:05pm, 6:40pm
Tuesday & Thursday	6:05pm, 6:40pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	10:35am, 11:10am
Sunday	1:35pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

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	6:05pm
Tuesday & Thursday	6:05pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	11:10am
Sunday	1:35pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

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	6:40pm
Tuesday & Thursday	6:40pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	11:10am
Sunday	1:35pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

Flying Fish

Ages: 8-14

At this advanced level, students work on refining their strokes and increasing their endurance. They develop the ability to perform more complex combinations of strokes, treading water, and diving from the deck and the block. Students in this class are preparing a full time commitment to the swim team.

Tuesday & Thursday	7:15pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Sunday	1:35pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

Adult Swim Lessons

Ages: 16+

This class is designed to be student centered. The adult sets his/her goals for the class and the instructor provides him/her with instruction and techniques to meet those goals.

Monday & Wednesday	7:15pm
Tuesday & Thursday	7:15pm
Member Fee:	\$100.00
Non-Member Fee:	\$120.00
Saturday	11:45am
Sunday	2:10pm
Member Fee:	\$65.00
Non-Member Fee:	\$85.00

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)

Monday, Tuesday & Wednesday	7:15pm
Member Fee:	\$190.00
Non-Member Fee:	\$230.00

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. For more information please contact the Welcome Center.

Community Swim for Women & Children Ages 7+

Join us for a private hour of swimming for women and children, boys 7 years and younger are welcome to attend.

Sunday	11am-12pm
Member Fee:	\$40.00
Non-Member Fee:	\$80.00

RARITAN BAY AREA YMCA

Perth Amboy:
357 New Brunswick Avenue
Perth Amboy, NJ 08861
732.442.3632

Parlin/Sayreville:
333 Cheesequake Road
Parlin, NJ 08859
732.317.0333

www.rbaymca.org