TURN OVER A NEW LEAF

PROGRAM SESSION DATES:
Fall I  October 6 – November 16
Fall II  November 17 – December 28

STOP BY THE WELCOME CENTER TO REGISTER OR REGISTER ONLINE AT WWW.RBAYMCA.ORG.
FACILITY HOURS
Monday–Friday: 5:00am–9:45pm
Saturday–Sunday: 7:30am–4:00pm

POOL HOURS
Monday–Friday: 5:30am–9:00pm
Saturday–Sunday: 9:00am–3:30pm
Limited recreational pool use:
Mon. thru Thurs. from 5–7pm
Saturday from 9–11am
Limited competitive pool use due to Masters Triathlete Club and Swim Team Practices:
Sun. from 9–10:30am
Sat. from 9–11am
Mon.– Fri. from 3:00pm–6:00pm

GYM HOURS
Monday–Friday: 5:00am–9:30pm
Saturday–Sunday: 7:30am–3:45pm
Limited gym use during our YMCA programs and/or events. Please stop by the Welcome Center for more information.

CHILD WATCH HOURS
Monday–Friday: 9:00am–12:00pm
Monday–Thursday: 5:00pm–9:00pm
Friday: 4:30pm–7:30pm
Saturday–Sunday: 9:00am–12:30pm
Child Watch is a service provided to our facility Members. Our caring team provides age appropriate activities, arts & crafts, storytelling, and physical games in a safe and fun environment, while the parent/guardian workout at the Y. Child Watch is for children ages 3mths–11 years of age. Limited space available.
Parent/Guardian MUST remain on YMCA premises.
MEMBER FEE $1.00 per child. 2-Hour Maximum.

INDOOR PLAY SPACE
Monday–Friday: 12:00pm–4:00pm
Saturday–Sunday: 1:00pm–3:00pm
Toddlers age 5 and under, along with their parent/guardian are welcome to open play in our indoor play place. Come join us, to make new friends in a safe and fun place.

2020 PROGRAM SESSION DATES:

Winter
Winter I  January 5 – February 15
Winter II  February 16 – March 28

Spring
Spring I  April 5 – May 16
Spring II  May 17 – June 27

Summer
Summer I  July 5 – August 15
Summer II  August 16 – September 26

Fall
Fall I  October 4 – November 14
Fall II  November 15 – December 26

HOLIDAY SCHEDULE!
Thanksgiving Eve – Closing early at 3pm
Thanksgiving – CLOSED
Christmas Eve – Closing early at 1pm
Christmas Day – CLOSED
New Year’s Eve – Closing early at 1pm
New Year’s Day – CLOSED
AROUND THE Y!

MEMBER STORIES
What does the Y mean to you? Do you have a YMCA story about how the Y helped you or your family? We want to hear from you! Share your passion for the Y by submitting your Y Story via email to Jennifer Roche, jroche@rbaymca.org.

VOLUNTEERS
Give back and volunteer! Consider your time a gift to the YMCA and your community. We are always looking for individuals who enjoy donating their time to help around the Y. Volunteer positions include but are not limited to youth sport coaches, event volunteers, fundraisers and facility volunteers. For more information go to www.rbaymca.org or contact Ramonita Pagan by email rpagan@rbaymca.org.

ANNUAL CAMPAIGN
The Raritan Bay Area YMCA is more than a swim and gym. As the Y is a leading nonprofit strengthening communities through youth development, healthy living and social responsibility.

Membership dues cover the cost of maintaining and operating our facilities. At the Y, no child, family or adult is turned away because of inability to pay.

Every year the Raritan Bay Area YMCA solicits funds for the Annual Campaign. With the generous donations of members, donors, and partners in the community we are able to keep our promise of making YMCA programs and services available to all.

EVENTS
September 16th–20th – Welcoming Week
October 12th – Les Mills Super Saturday
October 30th – Pool Pumpkin Patch
November 1–30 – Food Drive
November 14th – Ending Homelessness Fundraiser
November 26th – A Time of Thanksgiving Luncheon
November 26th–December 17th – Sock Drive
December 1–23 – Toy Drive

STRENGTHENING YOUR FAITH!
Noon Time Chat
Do you have questions about faith, the meaning of life, or about God, or the Bible? Come join our YMCA Chaplain, Pastor Bernadette Falcon Lopez, first Tuesday of the month at noon in our Welcome Center. Share a complimentary snack, or bring your lunch and just chat for a while with Pastor Berny!

Every first Tuesday of the month at 12pm.
We are open to ALL! At the Y, you are more than a membership card. You are part of a cause-driven community that is transforming lives.

Here are some of the ways we live our cause:

- We support one another’s journey in reaching our full potential.
- When you join a Y, you join a community organization that offers health, hope and opportunity.
- Parents find a safe, nurturing environment for their children to stay active, be engaged and learn positive values.
- Families come together to have fun and spend quality time with each other.
- Children and teens play and develop self-confidence while feeling accepted and supported.
- Adults connect with friends, pursue interests and learn how to live healthier.
- We all build relationships that further our sense of belonging and purpose.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Joiners Fees</th>
<th>Monthly Draft*</th>
<th>Pay As You Go!</th>
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<tbody>
<tr>
<td>Young Adult (Ages: 12-18)</td>
<td>$50.00</td>
<td>$18.99</td>
<td>$29</td>
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<tr>
<td>Young Adult (Siblings)</td>
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<td>Millennials (Ages 19-29)</td>
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<tr>
<td>Single Parent Family</td>
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<td>Family</td>
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<tr>
<td>Senior Adult (Age: 62+)</td>
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<td>Senior Couple (Age: 62+)</td>
<td>$50.00</td>
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<td>$43</td>
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</tbody>
</table>

*The monthly draft system allows members to pay on a monthly basis by having their credit card charged automatically. Visa, MasterCard, Discover and American Express are the only accepted forms of payment for the credit card draft. This membership is ongoing, not annual. 30-days written notice is required to cancel this membership. Please note: Membership and Joiners Fees are non-refundable. There is a $30 service fee for each returned payment and a $25 downgrade fee for membership changes.
¡Estamos abiertos para todos! Aquí en la Y, eres más que una tarjeta de membresía. Eres parte de una comunidad motivada por una causa que está transformando la vida de muchos.

Estas son algunas de las formas en que vivimos nuestras causa:

- Nos apoyamos uno al otro para poder alcanzar nuestro máximo potencial.
- Cuando te unes a la Y, te estás uniendo a una organización que ofrece salud, esperanza y oportunidad.
- Los padres encontrarán un ambiente seguro para que sus niños se mantengan activos, y también puedan aprender valores positivos.
- Las familias se unen para disfrutar y pasar momentos de calidad juntos.
- Los niños y adolescentes juegan y desarrollan confianza mientras reciben el apoyo de las personas a su alrededor.
- Los adultos se conectan con sus amigos y aprenden a vivir una vida saludable.
- Nosotros construimos relaciones que traen sentido de pertenencia y propósito.

<table>
<thead>
<tr>
<th>Tasa de Membresía</th>
<th>Cuota De Inscripción</th>
<th>Tarifa Mensual*</th>
<th>¡Pague a medida que vaya!</th>
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</thead>
<tbody>
<tr>
<td>Joven (Edad 12 - 18)</td>
<td>$50</td>
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<td>Hermanos Jóvenes</td>
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<tr>
<td>Edades Milenarias (Edad 19 - 29)</td>
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<td>$27.99</td>
<td>$38</td>
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<tr>
<td>Adultos (Edad 30 - 61)</td>
<td>$75</td>
<td>$42.99</td>
<td>$58</td>
</tr>
<tr>
<td>Padre Soltero (Un Adulto)</td>
<td>$50</td>
<td>$49.99</td>
<td>$63</td>
</tr>
<tr>
<td>Familia (Dos Adultos)</td>
<td>$75</td>
<td>$59.99</td>
<td>$74</td>
</tr>
<tr>
<td>Adulto Mayor Activo (Edad 62+)</td>
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<td>$22.99</td>
<td>$33</td>
</tr>
<tr>
<td>Pareja Mayor Activa</td>
<td>$50</td>
<td>$32.99</td>
<td>$43</td>
</tr>
</tbody>
</table>

*El sistema de giro mensual les permite a los miembros pagar mensualmente haciendo que se cargue su tarjeta de crédito automáticamente. Visa, MasterCard, Discover y American Express son las únicas formas de pago aceptadas para el giro de la tarjeta de crédito. Esta membresía es continua, no anual. Se requiere un aviso por escrito de 30 días para cancelar esta membresía. Por favor, tenga en cuenta: las tarifa de membresía y cuota de inscripción no son reembolsables. Hay un cargo por servicio de $30 por cada pago devuelto y un cargo de $25 por cambio de membresía.
YOU SPOKE, WE HEARD!

We thank all of you who took the time to share your feedback, ideas and hopes with us. Your valuable input is helping The Y grow to better support your voice and the voices of our wider community.

To better serve you we have:

Swim Season! Better Together. At the Y, our members come first. That’s why we love to hear from you. Because of you, this swim season has been scaled back not only to allow more pool time for you, but more court time as well. We hope you see a difference this season and can enjoy your YMCA more!

October – December 2019
Pool and Basketball Court Closures

Please be advised, programs will still run in the family court section of the gymnasium.

October 19 & 20– Pools and Basketball Court will be closed
November 2 & 3– Pools and Basketball Court will be closed
November 15– Competitive Pool will close at 3pm
November 16 & 17– Pools and Basketball Court will be closed
December 7– Competitive Pool closed
December 8– Pools and Basketball Court be will closed

We welcome your feedback, share your comments or concerns on our website, www.rbaymca.org.
Welcoming Week is a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community.

Join Us! We invite you to take a tour of our facility!

- Membership **MONDAY**
  - Facility Tours
  - AM International Coffees
- Civic **TUESDAY**
  - Perth Amboy Police Department
  - Volunteer Information
- Wellness **WEDNESDAY**
  - Amerigroup Silver Sneakers
  - Volunteer Information
  - Movie Under the Stars
- Challenge **THURSDAY** with the H&W Department
- Welcoming **FRIDAY**
  - Behavioral Health
  - Counseling Services Information

**RARITAN BAY AREA YMCA**

357 New Brunswick Avenue
Perth Amboy, NJ 08861
732.442.3632
memberservices@rbaymca.org
Join us for our 5th Annual

Floating Pumpkin Patch

Wednesday, October 30th
5:30 - 6:30pm

Member Fee: FREE!
Non-Member Fee: $8 per child

Tired of searching those dusty fields for your perfect pumpkin? We are too! Hunt for your pumpkin in the pool this year. Once you pick your pumpkin, you can decorate it at our decorating stations.

A TIME OF THANKSGIVING
JOIN US FOR PRAYER

WHEN: November 26, 2019
TIME: 12:00pm

A Time of Thanksgiving! Join us as we gather to remember our blessings in a brief time of prayer and thanksgiving with YMCA, followed by our annual Thanksgiving Luncheon – Community Welcome.
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AEROBIC STUDIO
9:05–9:35AM    BODYCOMBAT
9:45–10:15AM    BODYPUMP
10:20–10:50AM   CXWORX
10:55–11:25AM   BODYATTACK
11:30–12:00PM   BODYFLOW

Join us and bring a friend!

LES MILLS
SUPER SATURDAY
WE ARE LIMITLESS

OCTOBER 12TH | 9am – 12noon
IGNITING YOUR CHILD’S POTENTIAL!
The Y’s Afterschool Program helps foster cognitive, social-emotional and physical development through experiences which focus on achievement, relationship and belonging. We provide a safe, and supportive, atmosphere for youth in preschool and elementary schools, from Monday through Friday, from dismissal to 6:00pm. The program elements include:

- Homework Assistance
- Nutritious Snack
- Group Discussions/Workshops
- Physical Activities
- Sports
- STEM Activities
- And so much more...

BEFORE CARE IS HERE FOR YOU!
DID YOU KNOW...

- Services are provided at a CONVENIENT location
- You can drop off as early as 7:00 AM
- Breakfast is provided
- Transportation is provided to the local schools
- Financial Assistance available
- 15% Sibling Savings

For more information visit the Y or contact us at:
Marivel Ramirez, Director of Child Care
mramirez@rbaymca.org
732.442.3632 Ext. 6512

Our BEFORE CARE Program establishes an environment where children begin their day in a positive manner. You can drop them off without worry, knowing your child(ren) are safe and well cared for.
¡AYUDANDO A SU NIÑO A ALCANZAR SU POTENCIAL!

El Programa Después de la Escuela de la Y ayuda a fomentar desarrollo cognitivo, socioemocional y físico a través de experiencias que se centran en el logro, la relación y la pertenencia.

Proporcionamos un ambiente seguro y de apoyo para los jóvenes en las escuelas pre-escolares y primarias, de lunes a viernes, desde la salida hasta las 6:00pm. Los elementos del programa incluyen:

- Ayuda con la tarea
- Merienda Nutritiva
- Actividades Físicas / Deportes
- Membresía gratuita al YMCA.
- Y mucho más...

¡BEFORE CARE ESTA AQUÍ PARA USTED!

SABÍAS...

- Los servicios se brindan en nuestra YMCA para su CONVENIENCIA.
- Puede dejar a su hijo a las 7:00 AM.
- El desayuno está incluido.
- Se proporciona transporte a las escuelas públicas de Perth Amboy.
- Asistencia financiera disponible.
- ¿Más de un niño? ¡Se proporciona un 15% de ahorro para hermanos!

Para más información visite la Y o contáctenos:

RARITAN BAY AREA YMCA
357 New Brunswick Avenue,
Perth Amboy, NJ 08861
732.442.3632 -www.rbaymca.org

Marivel Ramirez, Director of Child Care
mramirez@rbaymca.org
732.442.3632 Ext. 6512
CELEBRATE WITH US!

Birthday Parties at the Y

Get your party started at the Y! Music, games, smiles and laughter... get the action started with your favorite sport, game or make a splash in the pool. Let us host your child's best birthday party ever!

All of our parties include:
- 60-minutes of your favorite activity
- 60-minutes of celebrating in a party room
- 20 of your friends
- YMCA Party Host

All-Inclusive Birthday Party
Just bring the kids and leave the rest to us! We supply the pizza, beverages and tableware. We do the set-up, clean-up and provide you with the best party ever!

Member Fee: $375   Community Member Fee: $410

Basic Birthday Party
Bring food and drinks of your choice for the celebration in our birthday party room. Balloons, centerpieces or other table décor are welcome.

Member Fee: $275   Community Member Fee: $310

$75 Non-Refundable Deposit is required when booking. Remaining balance must be scheduled and paid 1-week prior to the party date.

PARTY THEMES

POOL PARTY   Ages 2+
Come and make a splash! While in the pool, guests will have access to noodles and beach balls. Lifeguards are provided; however, for parties over 25 people in the pool (adults and children) a third lifeguard will be needed at additional $15 per hr. fee.

SPORTS PARTY   Ages 4+
Dribble, shoot swing and more! Get into action for your birthday! Choose from soccer, basketball, baseball, kickball or just choose fun fitness games and let your children play. Our party host will be sure to keep your kids active.

BOUNCY HOUSE PARTY   Ages 3+
Jump, Bounce, Flip and Play into birthday fun along with your friends at the Y! Enjoy our bouncy house in the gymnasium or bring the fun outdoors to our playground.

Party Add-ons
- 30 Minute add-on $50
- Additional Children $5
- Bouncy House $75
- Additional Pizza $10
- Popcorn Machine $50
- Pool Wibit (ages 6+) $75

Contact Samm Hague to book your party today!
732.442.3632 ext. 6516
shague@rbaymca.org
**MAKE IT A PLAY DATE**

**KIDS’ NIGHT OUT**

Parents, whether you’ve got errands to run, dinner plans, or just want to relax at home; we’ve got you covered. Register your child for Kids’ Night Out at the Y where they will enjoy a fun evening with friends, dinner, games and more. All participants need to bring a bathing suit and a towel.

**WHERE:** RARITAN BAY AREA YMCA  
357 New Brunswick Avenue  
Perth Amboy, NJ 08861

**TIME:** 5:00pm-8:00pm

**WHO:** Open to the Community

**WHEN:** Friday, October 4th  
Friday, December 6th

**COST:** Y Member $8 / Community Member $12

**AGES:** 6-11yrs

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**BLACK FRIDAY**

**KIDS’ DAY OUT**

Are you looking for a fun child care options for your kids? We have you covered! Drop off your kids for some Holiday fun under the supervision of our fun, energetic staff! This **SPECIAL KIDS DAYS OUT** is for those who want to hit the stores extra early. Breakfast, a healthy snack and drinks will be provided throughout the event.

**WHERE:** RARITAN BAY AREA YMCA  
357 New Brunswick Avenue  
Perth Amboy, NJ 08861

**TIME:** 6:00am-12:00pm

**WHO:** Open to the Community

**WHEN:** Friday, November 29th

**COST:** $25 per child and $5 for each sibling

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Registration is required. For more information, please contact Member Services | 732.442.3632
# LITTLE NINJAS
This pre-martial arts class begins to build basic taekwondo techniques. A fusion of discipline and positive play will encourage social skills.

**MARTIAL ARTS - BEGINNER**
Setting a strong foundation in taekwondo, students will develop a strong mind, body and spirit. Discipline and respect are emphasized every class.

**MARTIAL ARTS - INTERMEDIATE**
Further progression within the taekwondo practice, students will be held to higher standards. Training will be more challenging and technique will hold a greater pertinence.

*Uniform is required with program. Please speak to Instructor for more info.*

<table>
<thead>
<tr>
<th>Session Name</th>
<th>Session Day</th>
<th>Session Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Sports 3-6 yrs.</td>
<td>Saturday</td>
<td>9-9:45am or 11-11:45am</td>
<td>Member FREE Community Member $10</td>
</tr>
<tr>
<td>Soccer Academy 7-13 yrs.</td>
<td>Saturday</td>
<td>2-3pm</td>
<td>Member $30 Community Member $40</td>
</tr>
<tr>
<td>Competitive Sports 7-13 yrs.</td>
<td>Saturday</td>
<td>1-2pm</td>
<td>Member $30 Community Member $40</td>
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</tbody>
</table>

## INTRO TO SPORTS
Each week your child will explore the basic skills of a different sport, including soccer, basketball and t-ball.

## SOCCER ACADEMY
This is a fun way for your child to learn an exciting sport without the pressure of winning. We will teach the fundamentals of soccer and have fun in game situations.

## COMPETITIVE SPORTS
Ready to take sports to the next level but not sure which sport? Our Intro to Competitive Sports is the perfect class! Experienced coaches will guide your child down the right path towards sportsmanship. All participants will play in scrimmages and games while competing to win.

<table>
<thead>
<tr>
<th>Session Name</th>
<th>Session Day</th>
<th>Session Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Ninjas 2-5yrs.</td>
<td>Saturday</td>
<td>10:30-11am</td>
<td>Member $25 Community Member $30</td>
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<tr>
<td>Martial Arts Beginner 5-8yrs.</td>
<td>Monday &amp; Friday</td>
<td>6-6:45pm</td>
<td>Member $50 Community Member $60</td>
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<tr>
<td>Martial Arts Intermediate 7-11yrs.</td>
<td>Monday &amp; Friday</td>
<td>6:45-7:30pm</td>
<td>Member $50 Community Member $60</td>
</tr>
</tbody>
</table>

## SPORTS CONDITIONING - BEGINNER
Geared towards children ages 7 to 11 that are interested in developing a strong athletic foundation.

## SPORTS CONDITIONING - ADVANCED
Geared towards teens ages 12 to 17 that are looking to take their abilities to the next level.

## KIDS FIT
Kids Fit is an instructor-led class that will introduce participants to basic fitness moves that will keep them healthy. Kids participate in activities and games for strength, flexibility and balance. They will skip, hop and jump their way to fitness!
GYMNASTICS
Gymnastics is a terrific way for children to develop fine motor skills, self-esteem, self-discipline and coordination. Have fun stretching, rolling, balancing, crawling and more! We are dedicated to providing kids of all ages positive opportunities in a safe, fun environment.

HIP-HOP
Simple but awesome dance moves let out your inner swagger—even if dance isn’t your natural forte. Our instructor will introduce you to the choreography and lead you every step of the way. Have fun in this non-stop dance party!

BOOTCAMP
The program strives to increase the overall health and fitness level of children in a fun, safe, positive & motivating environment. We emphasize proper form & safe technique in our high energy workouts, which include but are not limited to: Cardiovascular training, resistance training, calisthenics & functional fitness.

<table>
<thead>
<tr>
<th>Session Name</th>
<th>Session Day</th>
<th>Session Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Chefs 5-12yrs.</td>
<td>Thursday</td>
<td>6-6:45pm</td>
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<td></td>
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<tr>
<td>Ballet 5-9yrs.</td>
<td>Saturday</td>
<td>10-11:00am</td>
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<td></td>
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<td>Community Member $40</td>
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<tr>
<td>Little Slippers 4-8yrs.</td>
<td>Saturday</td>
<td>11-11:30am</td>
<td>Member $30</td>
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<td></td>
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<td>Community Member $40</td>
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<tr>
<td>Basketball Clinic 5th-8th Grade</td>
<td>Sunday</td>
<td>8:30-10:00am</td>
<td>Member $40</td>
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<tr>
<td>9th-12th Grade</td>
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<td>Community Member $50</td>
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<tr>
<td>Jr. Artist at The Y 8-17yrs.</td>
<td>Monday</td>
<td>6:30-7:30pm</td>
<td>Member $40</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Community Member $50</td>
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</table>

LITTLE CHEFS
This special enrichment program will show Little Chefs the basics of cooking healthy and nutritious snacks/meals. Each week our Little Chefs will learn different skills and techniques to help keep their passion for cooking growing. Children will be making a variety of recipes each class. Building self-confidence, creativity and life-long skills are important ingredients to the program.

BALLET- BEGINNER
Ballet will teach your child the basic turns, leaps, and how to dance to a song the whole class will pick. Your child will also gain motor skills, coordination and flexibility.

LITTLE SLIPPERS
Introduces the art of dance teaching independence, social skills, control over movement and educates them on the fundamentals of Ballet.

BASKETBALL CLINIC
Ready to become a future basketball star? This program will focus on the fundamental skills and drills your child needs to become a basketball champion.

JR. ARTIST AT THE Y
Each child will create and explore the artist within them, while our instructor guides each student to properly use and care for painting tools, difference in paint, brush strokes, technique and more.
PERSONAL TRAINING
Personal Training is one of our exciting resources at the YMCA for fitness results, education, motivation & inspiration. This gives you the opportunity to receive the guidance you need to get the results you want & the opportunity to develop some resourceful fitness relationships at the YMCA.

<table>
<thead>
<tr>
<th>1-Hour Sessions</th>
<th>1– One hour session</th>
<th>1– One hour session once a week for 4 weeks</th>
<th>2– One hour session per week for 4 weeks</th>
<th>3– One hour session per week for 4 weeks</th>
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<tbody>
<tr>
<td>Member Fee:</td>
<td>$55</td>
<td>$220</td>
<td>$418</td>
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<tr>
<td>Community Member Fee:</td>
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<td>$260</td>
<td>$498</td>
<td>$714</td>
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<table>
<thead>
<tr>
<th>30 Minute Sessions</th>
<th>One 30-min. session</th>
<th>One 30-min. session per week for 4 weeks</th>
<th>Two 30-min. sessions per week for 4 weeks</th>
<th>Three 30-min. sessions per week for 4 weeks</th>
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</thead>
<tbody>
<tr>
<td>Member Fee:</td>
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<td>$128</td>
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<tr>
<td>Community Member Fee:</td>
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<td>$360</td>
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</tbody>
</table>

NEW Clients ONLY!!!  Three – One hour sessions  Member Fee: $99
Must be used within 30 days of purchase.

STRENGTH & CONDITIONING
Strength and Conditioning is a small group training with effective workouts to get results. Emphasis is on full-body movements using kettlebells, dumbbells, battle ropes, medicine balls, and other top-notch equipment. It focuses on the core muscles of the body to develop functional fitness and build lean muscle, to burn twice as much fat!

<table>
<thead>
<tr>
<th>Session Name</th>
<th>Session Day</th>
<th>Session Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength &amp; Conditioning 16+yrs.</td>
<td>Wednesday</td>
<td>7:30–8:30pm</td>
<td>Member $45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Community Member $55</td>
</tr>
<tr>
<td>Adult Martial Arts 16+yrs.</td>
<td>Monday &amp; Friday</td>
<td>7:30–8:15pm</td>
<td>Member $50</td>
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<tr>
<td></td>
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<td>Community Member $60</td>
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</tbody>
</table>

ADULT MARTIAL ARTS
Begin your journey towards your black belt with this Adult Martial Arts program. Participants will be guided through a Tae Kwon Do curriculum, learning various types of blocks, kicks, strikes, and form. The key focus is developing a healthy mind, body, and spirit.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>*5:45-6:15am SPIN Isai</td>
<td></td>
<td>*5:45-6:30am CYCLING Cindy</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Nikki</td>
<td>Nikki</td>
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</tr>
<tr>
<td></td>
<td>10:15-11:10am ZUMBA Marisol</td>
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<tr>
<td>11:30am-12:15pm ZUMBA GOLD Rachel</td>
<td>11:30am-12:25pm CHAIR YOGA Chara</td>
<td></td>
<td>11:30am-12:25pm CHAIR YOGA Jade</td>
<td>11-11:55am</td>
<td>11-11:55am</td>
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<td></td>
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</tr>
<tr>
<td>5:30-6:15pm BODYATTACK Annette</td>
<td>5:30-6:25pm BODYCOMBAT Alicia</td>
<td>5:15pm VINYASA YOGA Daria</td>
<td>5-5:55pm BODYPUMP Annette</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:20-7:15pm BODYFLOW Chara</td>
<td>6:30-7:15pm BODYPUMP Alicia</td>
<td>6:15-7pm CHAMPIONS TRAINING Matt</td>
<td>6-6:55pm BODYPUMP Marissa</td>
<td>6:05-6:50pm VINYASA YOGA Daria</td>
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<tr>
<td></td>
<td>*6:30-7:15pm CYCLING Cindy</td>
<td>*6:30-7pm SPRINT Nick</td>
<td>*6:30-7:15pm RPM Cathy</td>
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<tr>
<td>7:25-8:10pm BODYCOMBAT Nick</td>
<td>7:20-7:50pm CXWORX Alicia</td>
<td>7:05-8pm BODYATTACK Annette</td>
<td>7:05-8pm BODYCOMBAT Marissa</td>
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</tr>
<tr>
<td>8:10-9:05pm ZUMBA Marisol</td>
<td>8:05-9pm ZUMBA Marisol</td>
<td>8:05-8:35pm CXWORX Nick &amp; Annette</td>
<td>8:05-8:35pm</td>
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<tr>
<td>For the safety of our members, we ask you to arrive on time to each class. All members must wait until each class is finished and the room is cleared of equipment before entering the studio. CHILDREN UNDER THE AGE OF 12 ARE NOT PERMITTED IN GROUP FITNESS CLASSES. Schedule is subject to change based on attendance and instructor availability. On occasion, a different instructor may sub classes and the class format may be modified. We hope you stay and enjoy the class!</td>
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<tr>
<td>We offer a wide variety of classes and times designed for all levels of fitness. All classes have scalable intensities. We encourage you to try all classes and choose the best ones for you!</td>
<td>Download our app for more info, class cancelations &amp; more! Click: More-Preferences-Notifications</td>
<td>Download our app for more info, class cancelations &amp; more! Click: More-Preferences-Notifications</td>
<td>Download our app for more info, class cancelations &amp; more! Click: More-Preferences-Notifications</td>
<td>Download our app for more info, class cancelations &amp; more! Click: More-Preferences-Notifications</td>
<td>Download our app for more info, class cancelations &amp; more! Click: More-Preferences-Notifications</td>
<td>Download our app for more info, class cancelations &amp; more! Click: More-Preferences-Notifications</td>
</tr>
</tbody>
</table>
Monday & Wednesday / Tuesday & Thursday: Member Fee: $115 | Community Member Fee: $135  
Saturday: Member Fee: $80 | Community Member Fee: $100

IMPORTANT NOTICE: In order to comply with the new NJ Bathing Code and for your safety, the Competition pool will have lanes 1-3 open from 7am-3pm, Monday-Friday. All other lanes will be closed. Thank you for your understanding!

<table>
<thead>
<tr>
<th>Session Name</th>
<th>Session Day</th>
<th>Session Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Child</td>
<td>Saturday</td>
<td>9:30-10:00am</td>
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<tr>
<td>6months-3yrs.</td>
<td></td>
<td></td>
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<tr>
<td>Pike</td>
<td>Monday &amp; Wednesday/Tuesday &amp; Thursday/Saturday</td>
<td>5:30pm-5:30pm/9:30am</td>
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<tr>
<td>3-5 yrs.</td>
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<tr>
<td>Eel</td>
<td>Monday &amp; Wednesday/Tuesday &amp; Thursday/Saturday</td>
<td>5:00pm-6:00pm/10:30am</td>
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<tr>
<td>3-5 yrs.</td>
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</tbody>
</table>

Proper Swim Attire is required

**PARENT/CHILD**
This class introduces water in a fun way to infants, toddlers and their parents. Children learn basic arm and leg movements while singing songs and playing games. Parents will accompany their child in the pool as instructor provides guidance in how to help your child develop coordination, motor skills, balance and social skills in the water. A swim diaper is required if your child is not toilet trained. If they are wearing a disposable swim diaper, they must be wearing a plastic pant over it.

**PIKE**
This class is designed for beginners who have little to no water experience. Emphasis is on basic swimming skills, safe pool behavior, acclimation to the water, development of independent movement in the water, independent submersions, safety swimming & Freestyle.

**EEL**
Swimmers must successfully complete Pike or have the skills required to pass the previous class. Swimmers will learn safety swimming, improve their Freestyle, learn Backstroke as well as breathing straight up.

**RAY**
To join this level, swimmers must successfully complete Eel or have the skills required to pass the previous class. Swimmers will master safety swimming as well as treading. Swimmers will also learn Breaststroke and diving while improving their Freestyle and Backstroke.

**ALL SWIM PARTICIPANTS MUST BE IN PROPER SWIM ATTIRE:**
Males MUST use swim trunks or jammer above the knee. Females should use a modest one piece bathing suit, which must fit securely. Infants must use a bathing suit with a swim diaper underneath as well as a plastic pant, if using a disposable swim diaper. Swim caps and goggles are STRONGLY RECOMMENDED for all swimmers. Cotton shirts, street or workout clothes, underwear and basketball shorts are not permitted in the pool!
**POOL HOURS:**
Monday-Friday 5:30am-9:00pm  
Saturday-Sunday 9:00am-3:30pm

**Monday & Wednesday / Tuesday & Thursday:** Member Fee: $115 | Community Member Fee: $135  
**Saturday:** Member Fee: $80 | Community Member Fee: $100

**IMPORTANT NOTICE:** In order to comply with the new NJ Bathing Code and for your safety, the Competition pool will have lanes 1-3 open from 7am-3pm, Monday-Friday. All other lanes will be closed. Thank you for your understanding!

POLLIWOG
This class is designed for beginner swimmers. Emphasis is placed on water orientation, basic swimming, treading water, personal safety, survival floating and confidence building. In this level, swimmers will be introduced to the basic techniques, safety swimming and Freestyle.

**GUPPY**
Swimmers must successfully complete Polliwog or have the skills required to pass the previous class. Swimmers are introduced to Breaststroke while improving their Freestyle and Backstroke endurance. Swimmers will master safety swimming, taking a breath and will begin rotary breathing and beginner turns.

**MINNOW**
Swimmers must successfully complete Guppy or have the skills required to pass the previous class. Students will gain endurance in Freestyle, Backstroke & Breaststroke while learning Butterfly arms, legs and coordination. Swimmers will also learn flip turns and diving.

**ADULT BEGINNER**
This class is for non-swimmers looking to develop basic skills such as front and back float, treading water, front and back crawl, and water safety.

**With completion of this level, swimmers will have the opportunity to try out for the RBAY Tsunami Swim Team.**

<table>
<thead>
<tr>
<th>Session Name</th>
<th>Session Day</th>
<th>Session Time</th>
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</thead>
<tbody>
<tr>
<td>BEGINNER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polliwog</td>
<td>Monday &amp; Wednesday Tuesday &amp; Thursday Saturday</td>
<td>7:00pm/7:30pm 5:00pm 9:30am/11:00am</td>
</tr>
<tr>
<td>ADV. BEGINNER</td>
<td></td>
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<tr>
<td>Guppy</td>
<td>Tuesday &amp; Thursday Saturday</td>
<td>7:30pm 10:00am</td>
</tr>
<tr>
<td>INTERMEDIATE</td>
<td></td>
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<tr>
<td>Minnow</td>
<td>Tuesday &amp; Thursday</td>
<td>6:30pm</td>
</tr>
<tr>
<td>BEGINNER</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult</td>
<td>Saturday</td>
<td>9:00am</td>
</tr>
</tbody>
</table>

Please note, due to the Holidays there will be NO CLASSES ON:  
11/27 and 11/28  
12/24 and 12/25

Make up Lessons are as follow:  
11/27 on 11/29  
11/28 on 12/26  
12/24 on 12/13  
12/25 on 12/20

For more information contact Samantha Hague, Director of Aquatics & Sports  
shague@rbaymca.org, 732.442.3632 ext. 6516
PRIVATE LESSONS
Private lessons are beneficial in meeting the specific needs of the beginner, intermediate, and advanced swimmer. Lessons are arranged and scheduled based on instructor and swimmer's availability. The duration of each lesson is 30-minutes.

<table>
<thead>
<tr>
<th></th>
<th>4 Lessons</th>
<th>8 Lessons</th>
<th>12 Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Fee:</td>
<td>$120</td>
<td>$225</td>
<td>$310</td>
</tr>
<tr>
<td>Community Member Fee:</td>
<td>$160</td>
<td>$300</td>
<td>$420</td>
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</table>

SEMI - PRIVATE LESSONS
Semi-private lessons are booked for two swimmers of the same swimming level. Lessons are arranged and scheduled based on instructor and swimmer’s availability. The duration of each lesson is 30-minutes.

<table>
<thead>
<tr>
<th></th>
<th>4 Lessons</th>
<th>8 Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Fee:</td>
<td>$75 per person</td>
<td>$130 per person</td>
</tr>
<tr>
<td>Community Member Fee:</td>
<td>$105 per person</td>
<td>$195 per person</td>
</tr>
</tbody>
</table>

ADAPTIVE PRIVATE LESSONS  All Ages
The Y offers adaptive lessons modified for individuals with special needs. Program curriculum will include water entry and exit, water submersion, floating, swimming to the edge of the pool, and swim–float–swim technique. With a recommendation from the instructor, swimmers will have the opportunity to try-out for RBAY’s Tsunami Swim Team. (Need proof of diagnosis to sign up)

<table>
<thead>
<tr>
<th></th>
<th>8 Lessons</th>
<th>12 Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Fee:</td>
<td>$160</td>
<td>$215</td>
</tr>
<tr>
<td>Community Member Fee:</td>
<td>$200</td>
<td>$275</td>
</tr>
</tbody>
</table>

SUNDAY SWIM CLUB
This program offers students with special needs and their family an opportunity to participate in recreational swim. This club has the ability to build our participants self-esteem, their confidence, their social skills, and overall quality of life.

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<table>
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<tbody>
<tr>
<td>Member Fee:</td>
<td>FREE</td>
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<tr>
<td>Community Member Fee:</td>
<td>$15 per family (4 swimmers)</td>
</tr>
</tbody>
</table>

AMERICAN RED CROSS LIFEGUARDING / CPR & FIRST AID / AED
This course is designed to teach, train and certify candidates to be able to Lifeguard and provide emergency care. On successful completion of this course, participants receive American Red Cross certificate for Lifeguarding/First Aid/CPR/AED. Certification Valid For 2 Years.

Must turn 15 years old by the end of the class. Pass swimming pre-test. Pass both the Lifeguarding Skills and the CPR/AED for the Professional Rescuer and First Aid Written Exams with a minimum score of 80% to receive American Red Cross Certificates. **Attend and participate in every class.** Demonstrate competency in all skills and activities. Demonstrate competency in all required final rescue skill scenarios.

**Certification:**
Full Class Fee: $385  Recertification Fee: $250
Blended learning class: Home assignments must be completed before the start of the class.
Pretest: October 29th  6:00-8:00pm
Classroom:
November 4th  8:00am–2:00pm
November 5th and 6th  7:00am–2:00pm

**Recertification:**
November 7, 2019 Recertification 7:00am-3:00pm

POOL HOURS:
Monday–Friday  5:30am–9:00pm
Saturday–Sunday  9:00am–3:30pm
Try-Out Dates:
September 16th 6:00-8:00pm
September 18th 11:00am-1:00pm
October 5th and 12th 1:30-3:30pm

PIRANHAS – SPECIAL OLYMPICS SWIM TEAM
The Y and the NJ Special Olympic Local Chapter host a competitive swim team. The swim team meets for practice every week. This team is for swimmers only. Learn new strokes and techniques, while gaining strength and confidence and make some great friends along the way!

Participation in the swim team is by try-out and each swimmer must complete the try-out and be a member of the YMCA to participate in PIRANHAS. Fee includes the whole season, 2 bathing suits, a pair of goggles with a bungee strap and a swimming cap. Additional fees for competitions.

Query proof of diagnosis and three year medical form to join. For more information, please see the Aquatics staff or email them at shaque@rbaymca.org.

USMS MASTERS & TRIATHLETE TRAINING
Members of our Masters program will be able to swim 4 days per week with help and training tips from our Y Coaches. Swimmers will be able to use any YMCA equipment as well as have access to workouts that emphasize stroke development, endurance and racing strategies.

Practice Days:
Monday, Tuesday & Thursday 8:00am-9:30am
Coach on Deck:
Thursday 6:30pm-8:00pm
Sunday 9:00am-10:30am
Member Fee: FREE US Masters: $5 Drop-In Fee
Our caring and certified, licensed Y professional counselors offer youth and families the necessary support to navigate and transition through trying situations. Our team are experienced and trained to work with youth and families specializing in social work and clinical counseling. The Raritan Bay Area YMCA works closely with families to meet the ever changing needs of the community and provide safe, confidential services which strengthen family life and individual growth.

INTENSIVE IN-COMMUNITY SERVICES

The Intensive In-Community Services (IIC) provides emotional and behavioral support for youth and their families. These support services are provided in a convenient community location, such as your home, by a licensed behavioral health clinician. It is a comprehensive plan of care that is youth-specific and family-driven. The Y’s community based service provides an array of support services that are culturally diverse and comprehensive. These support services include but are not limited to:

- Therapeutic intervention to address family conflicts
- Parenting education and developmental guidance
- Problem-solving skills and coping skills
- Resources and support
- Skill building to enhance self-esteem and self-confidence

CHILDREN’S SYSTEM OF CARE SERVICES PROGRAM

The Raritan Bay Area YMCA works closely with families to meet the ever changing needs of the community and provide safe, confidential services which strengthen family life and individual growth.

SERVICIOS INTENSIVE IN-COMMUNITY

Los Servicios Intensive In-Community (IIC) brindan apoyo emocional y conductual a los jóvenes y sus familias. Estos servicios de apoyo se proporcionan en un lugar conveniente tal como su hogar, por un profesional con licencia en salud conductual. Es un plan integral de atención que es específico para la juventud y orientado a la familia. El servicio de la Y basado en la comunidad proporciona una variedad de servicios de apoyo que son culturalmente diversos y comprensivo. Estos servicios de apoyo incluyen, pero no se limitan a:

- Terapia familiar para resolver los conflictos
- Educación para los padres y orientación al desarrollo
- Habilidades para resolver y afrontar problemas
- Recursos y apoyo
- Capacitación para mejorar su autoestima y confianza en sí mismo

For more information please contact Lauren Capaci at 732.442.3632, lcapaci@rbaymca.org.
FAMILIES FIT TOGETHER

A FREE 14-week STRENGTHENING FAMILIES PROGRAM for Middlesex County families with children in grades 5th to 8th Grade.

Providing support to improve parent/child relationships, learn effective parenting skills, reduce behavioral concerns, improve school performance, substance abuse prevention and much more.

DATE: Every Monday Evening
TIME: 5:30pm - 8:30pm (Dinner provided/FREE childcare)
LOCATION: RARITAN BAY AREA YMCA
357 New Brunswick Ave., Perth Amboy, NJ 08861
CONTACT: Lauren 732.442.3632 x 6506

REGISTRATION IS NOW OPEN
FREE Y MEMBERSHIP INCLUDED!
Giving back and providing support to our community...

At the Y, we believe we have a duty to try to help where help is needed. We believe with support, resources and guidance, people can improve their own lives and the lives of others. This is why we provide opportunities for people to volunteer, engage, advocate and donate, and we provide a caring environment where people know they’re not alone.

This is what we do... Want to become part of something greater? Here’s how you can join us:

STOCK SHELVES FILL BELLIES

Community Food Drive **November 1–30.** All canned goods will be donated to local food pantries for distribution to our community.
BRING CHEER
TO EVERY
BOY & GIRL

Community Toy Drive **Dec. 1–23, 2019**
Donate new toys and Santa will drop off
all toys to families on Christmas Eve.
Tis the season for giving and giving back to your community.

Join the RARITAN BAY AREA YMCA by donating SOCKS for the homeless. Socks are the number one most requested item in shelters, so let’s give the gift of warm and toasty feet to those experiencing homelessness and poverty.

Last year, we collected over 1,200 pairs of socks - and with your help we can do it again. Take your first step in making a difference because we can’t do it alone!

Our sock donation drive will run from **NOVEMBER 26 TO DECEMBER 17, 2019.**

Bring NEW socks to the Y, let’s show those who are less fortunate how a little warmth may spread so much joy this season.

#GivingTuesday
#SockDrive
#Y SOCKS
SAVE THE DATE

Ending Homelessness Fundraiser

Thursday, November 14, 2019
Portuguese Sporting Club
Perth Amboy, NJ

5:30pm | $30 Per Person

Join us for Reflection and Dinner!
Register today at https://conta.cc/2khFrDy

SPONSORSHIPS NEEDED!
For more information please contact
Jennifer Roche, 732.442.3632 ext. 6513  jroche@rbaymca.org
STAY CONNECTED

PHONE
732.442.3632

ONLINE
www.rbaymca.org
Facebook.com/rbaymca
Twitter.com/ymcaperthamboy
Instagram.com/rbaymca

GO MOBILE!
Download our FREE mobile app. The mobile app is easy to use, completely free, and now available to download through the Apple and Android stores (make sure to type RARITAN BAY AREA YMCA when searching for the app).

NOTIFICATIONS
To receive mobile notifications regarding cancelled classes, facility closures due to holidays, inclement weather or any other important information, please make sure to enable your preferences.