



Hunterdon County YMCA

We build strong kids, strong families, strong communities

FALL | 2008 PROGRAM GUIDE • SEPTEMBER 8 - OCTOBER 25

Everyone Belongs at the Y!



www.hcymca.org



GROUP STEP
DISCOVER NEW HEIGHTS!

Launching
Sept. 10th
See
page 4

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FALL I SESSION: SEPT. 8 - OCT. 25

REGISTRATION BEGINS:

FULL MEMBERS - AUG. 10, 2008

PROGRAM MEMBERS - AUG. 17, 2008

ONLINE REGISTRATION

Online registration is now available to YMCA members for programs and classes. To register, log onto www.hcymca.org and click on the "Register for Classes" link.



REGISTER ONLINE!

Classes that are available for registration online are indicated with the computer icon throughout the program guide. Select programs cannot be registered for online because they require additional paperwork for registration.

The deadline to register online for the Fall I session is Sept. 8.

Due to the success of online registration and to better serve our members in person we will no longer be taking registration by phone.

La YMCA Del Condado De Hunterdon Tiene Muchas Actividades Para Ti Y Tus Hijos. Para Informacion En Espanol Llama al (908) 782-1044 ext. 638.

A YMCA MEMBERSHIP BUILDS FRIENDSHIPS AND FAMILIES

A YMCA membership is one of the best investments you can make for personal or family well-being and fun. Being a YMCA member has advantages! Lose weight, tone-up, reduce stress, spend time with your family, make friends, provide value-based activities for your child, or just feel better. Through programs that build healthy spirit, mind, and body, the YMCA builds strong kids, strong families, and strong communities. Come discover the fantastic opportunities that await you!

YMCA MISSION STATEMENT:

The Hunterdon County YMCA is committed to helping people grow in spirit, mind, and body.

We are a community service organization founded upon Christian values, which today embraces all faiths, serving individuals regardless of age, race, or economic means.

The YMCA is guided by our core principles of caring, honesty, respect, and responsibility.

YMCA FINANCIAL ASSISTANCE

It is the goal of the YMCA to be affordable to all. As a result, a financial assistance program is available. This is made possible by the generous support of members, individuals, foundations and businesses. Financial assistance is available to those in need, so that no person is excluded from YMCA programs. Financial assistance applications are available at the Welcome Center or online at www.hcymca.org.

MEMBERSHIP SATISFACTION GUARANTEE

We are so confident in meeting your needs that we offer a 30-day satisfaction guarantee. We will refund your fees within the first 30 days of your join date, provided you have used the YMCA 6 times and attended a fitness orientation with a staff member.

(Program memberships are not included.)

FACILITY LOCATION / HOURS

DEER PATH BRANCH

**144 W. Woodschurch Road
Flemington, NJ 08822**

Conveniently located only 4 miles north of Flemington Circle,
6 miles south of Route 22/78 in Readington Township.

Phone: 908.782.1030 Fax: 908.782.0871

Monday - Friday	5:15 am - 10:00 pm
Saturday	6:30 am - 7:00 pm
Sunday	8:00 am - 5:00 pm

Program areas close 10 minutes prior to facility closing.

CHILD WATCH / BABYSITTING:

Monday - Friday	8:00 am - 2:00 pm
Monday - Thursday	4:00 pm - 8:00 pm
Friday	4:00 pm - 7:00 pm
Saturday	8:00 am - 12:00 pm

ROUND VALLEY BRANCH

**1410 Route 22 West
Annandale, NJ 08801**

Conveniently located 1/2 mile from the intersection of Route
22/78 in Clinton Township.

Phone: 908.236.0055 Fax: 908.236.4187

Monday - Friday	5:15 am - 9:30 pm
Saturday	6:30 am - 5:30 pm
Sunday	8:00 am - 4:00 pm

CHILD WATCH / BABYSITTING:

Monday - Friday	9:00 am - 12:00 pm
Monday - Thursday	4:00 pm - 8:00 pm
Saturday	8:30 am - 12:00 pm

ROUND VALLEY CHILD LEARNING CENTER

**1410 Route 22 West
Annandale, NJ 08801**

Phone: 908.236.0055 Fax: 908.236.0449
Monday - Friday 7:00 am - 6:00 pm

CAMP CARR AND OUTDOOR SWIMMING POOL (SEASONAL)

Hamden River Road, Annandale, NJ

Phone: 908.735.5951 Fax: 908.735.6460

Monday - Thursday	6:00 pm - 8:00 pm
Friday	5:00 pm - 8:00 pm
Saturday	10:00 am - 7:00 pm
Sunday	10:00 am - 6:00 pm

e-mail: info@hcymca.com • web: www.hcymca.org
For Hearing Impaired: 1.800.853.7879 (TTD)

ENJOY THE BENEFITS OF YMCA MEMBERSHIP AT TWO LOCATIONS: ANNANDALE AND FLEMINGTON

Full Membership allows members to utilize the Round Valley and Deer Path facilities and participate in programs at a preferred rate.

Full Membership Benefits:

- Wholesome family-oriented environment
- INCLUDED Adult Fitness Classes (land & water classes)
- INCLUDED Appointments with Wellness Mentor
- INCLUDED Childwatch/Babysitting
- INCLUDED FitLinxx system to track progress
- Priority class registration
- Guest privileges (see page 2)
- A.W.A.Y Membership
- Over 50% reduction in fees for youth classes
- Use of Camp Carr outdoor pool (in season)
- Cybex strength training center
- Cardiovascular training center
- Free weight center
- Recreational & lap swimming (Deer Path only)
- Open basketball & volleyball (Deer Path only)

FULL MEMBER RATES - EFFECTIVE JAN. 1, 2008

Membership Type	Monthly Rate	Joining Fee
Family*	\$95/Month	\$190
Adult (Age 18-61)	\$57/Month	\$114
Adult Couple (Age 18-61)	\$88/Month	\$176
Senior (Age 62+)	\$45/Month	\$90
Senior Couple	\$67/Month	\$134
Teen (Age 13-17)	\$37/Month	N/A
Student (Age 18-22 with full-time student I.D.)	\$40/Month	\$80

*Family Membership - 1 or 2 adults, plus dependents under 18.

The YMCA reserves the right to change membership fees on a periodic basis.

AUTOPAY - AS EASY AS 1-2-3

Continuous membership through payment of a low monthly fee.

1. Complete a membership application form.
2. Complete and sign authorization for bank or credit card company to make monthly membership payment to YMCA.
3. Provide YMCA with a voided check/credit card number and a down payment (first month and joining fee).

On-going membership. Cancellation must be in writing, within 30 days of next draft date.

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

CHILD WATCH / BABYSITTING



Our caring staff creates a fun, safe environment for children, 8 weeks of age and older. This service is for the convenience of members while they are in the YMCA facilities working out. Children will enjoy playtime, crafts, books, and our outdoor play areas. CPR certified staff are scheduled in our Child Watch room at all times. Visits are limited to two hours or less per day. Parents/guardians are required to abide by the sign-in/sign-out policy.

Full Member: Included • Program Member: \$3 per hour, per child
For additional information, pick-up a parent packet from Child Watch.
See hours on page 1.

GUESTS

We encourage our members to introduce friends and family to the YMCA. This guest policy has been adopted to protect your membership and to assure safety to members and guests. Guests using the fitness centers must be 15 years of age or older. Members may bring in guests under the following guidelines:

- Your Full Membership provides you with 3 free guest passes per membership each calendar year.
- Once the first 3 free guest passes are used, the cost is \$10 per person per visit.
- All guests must sign in.
- All guests must follow HCYMCA policies and procedures.

AWAY PROGRAM

Members are Always Welcome At YMCAs. The AWAY Program allows members to use their memberships at over 2,400 YMCAs (free of charge or at reduced rates) nationwide. To find any YMCA in the U.S. call (800) 333-9622 or visit www.ymca.net.

HOLIDAYS

The YMCA will be closed on the following holidays:

- **Monday, Sept. 1, 2008 Labor Day**
- **Thursday, Nov. 27, 2008 Thanksgiving**
- **No classes on Friday, Nov. 28 except adult fitness classes on a limited schedule.**

FACILITY MAINTENANCE AND UPGRADE CLOSINGS:

It is necessary from time to time to close YMCA areas and/or the building for short periods due to facility improvements and construction. The YMCA does not provide refunds or credits due to occasional building or specific facility area closings.

Pool closings for renovations:

- **Aug. 30 - Sept. 5**

PROGRAM MEMBERSHIP

This membership allows a member to enroll in classes at the program member fee. Use of the facility is limited to the class or program for which the member is registered.

	Annual Rate
Youth (age 17 & under)	\$70
Adult (age 18-61)	\$85
Senior (age 62+)	\$80
Family (2 adults plus dependents under 18)	\$140

VOLUNTEER OPPORTUNITIES

Coach... Teach a special needs child to swim... Work in the office... Photograph programs... Work at a special event...

Throughout the YMCA program guide, you will see the "V" icon above, attached to particular programs. It identifies the dozens of volunteer opportunities available at the Hunterdon County YMCA — ways for you to get involved. Over 375 individuals volunteer for the YMCA, you can too!

The Hunterdon County YMCA is currently seeking members for the PR/Marketing Committee. This committee works to increase the community's awareness of the programs and services that the YMCA has to offer

Call Kathy Martini, Volunteer Administrator at 908.236.7879 x14.

Volunteers... We need you!



EMPLOYMENT OPPORTUNITIES

The Hunterdon County YMCA embraces the character development values of caring, honesty, respect, and responsibility. We are continually seeking individuals who share the same values. We have a number of part-time positions available in a variety of areas. Our employees enjoy many benefits and opportunities for growth. Several areas offer the chance for flexible hours. Since we are open to our members over 100 hours per week and have over 20 locations around the county, it's very likely that we have an employment schedule to fit your needs!

- **Lifeguards / Swim Instructors**
- **School Age Childcare Directors/Assistants/Aides**

Call Judy Beck, Recruitment Coordinator at 908.236.7879x26 or email jbeck@hcyymca.org. Visit our website at www.hcyymca.org download an employment application online!

The Hunterdon County YMCA is an equal-opportunity employer.



PERSONAL FITNESS™

We build strong kids, strong families, strong communities.

PERSONAL TRAINING

Personal training is a results-driven one-on-one program. We provide the guidance and attention needed to attain individualized fitness goals. Personal training is available to Full Members only. To schedule an appointment call:

The Welcome Center (RV Branch): 908-236-0055 x43

The Welcome Center (Deer Path Branch): 908-782-1030

One Session: \$46

Set of 3 One-Hour Sessions: \$126 (\$42 per session)

Set of 6 One-Hour Sessions: \$228 (\$38 per session)

Set of 12 One-Hour Sessions: \$408 (\$34 per session)

One and 1/2 Hour Session: Two people (\$37 per person)

NUTRITION COUNSELING

Nutrition Counseling includes a detailed analysis of lifestyle and personal preferences to create a nutrition program designed just for you. Analysis may include: general nutrition wellness, weight management, diabetes, high cholesterol, high blood pressure, sports nutrition, and pediatrics. To schedule an appointment, call Erika Reichert, RD at 908-782-1044 x656

One-Hour Sessions

Full Member: \$47 per session

Program Member: \$67 per session

FITNESS TESTS

As an added benefit to your membership we are offering free private fitness tests and assessments. Tests include Body Composition, Cardiovascular, Blood Pressure Readings, Strength and Flexibility. Sign up by calling 908-782-1044 x 644.

WALKING CLUB

Member-led Walking Club for active, healthy adults. 5 minute warm-up, 35 minutes of brisk walking, 5 minute stretch. Meet at the Welcome Center of Deer Path YMCA.

Tues & Thurs 9:30 - 10:15 am

Full Membership: Included

Program Member: \$55

Fitness Seminars

To learn about the fitness seminars call the Wellness Coordinators. Fitness seminars are included with full membership.

Round Valley Wellness Coordinator at 908-236-0055 x43

Deer Path Wellness Coordinator at 908-782-1044 x644

Women's Living-Well Club

The Women's Living-Well Club at the Deer Path YMCA is specifically designed for women who feel intimidated by the thought of joining a gym. Our female staff is available to greet you and discuss an individualized fitness program. The hardest step is the first one... coming through the door. Give our Living-Well Club a try! You'll feel better and meet new friends. We look forward to helping you achieve a healthier lifestyle.

Call to schedule your private orientation with Beth at 908-782-1044 x660 and you will be greeted at the door.

FitLinxx®

Intelligent Exercise Solutions™

Imagine getting immediate feedback on every exercise you do and having access to that information online. It's possible with Fitlinxx, the country's leading fitness innovator!

Achieve your health and fitness goals! Schedule your orientation appointment with fitness staff.

Included with Full Membership.

BE-FIT CIRCUIT

8-12 years

The Be-Fit program at the Deer Path branch consists of strength training equipment designed specifically for 8 to 12 year-olds and fun physical activities. All participants must complete three orientations with a youth fitness instructor to learn proper use of the equipment. To schedule an appointment for your child, please speak with a member service representative at the Welcome Center of the Deer Path branch.

Be-Fit Circuit Hours

Monday-Friday 4:00-8:00 pm

Saturday 9:00 am - 12:00 pm

Included with Full Family Membership.

QUESTIONS? Call Daryl Cobb, Round Valley Wellness Coordinator at 908-236-0055 x43 or
Deer Path Wellness Coordinator at 908-782-1044 x644

ADULT FITNESS CLASS DESCRIPTIONS

Over 80 fitness classes a week are included with YMCA full membership. Classes are offered for all fitness levels and are available at both branches. Registration is not required. For a class schedule visit the the welcome center of either branch or www.hcymca.org.

AB ATTACK - Challenge yourself to this rewarding workout guaranteed to tighten and tone your abdominal muscles.

BALLET FUSION/PILATES - A toning and conditioning class suitable for all levels and ages using a combination of Pilates and dance movements.

BODY SHOCK - A total body workout. Strengthen your muscles with intervals of step, floor aerobics & body sculpting.

BOOT CAMP - Drills and more drills! This military style total body conditioning workout incorporates cardiovascular as well as strength training.

BUTTS & GUTS - This class specifically focuses on the abdominal & glute muscles.

See pages 14-15
for Teen Fitness
Classes

CARDIO BLAST - Get a great cardiovascular workout with floor aerobics consisting of low, intermediate, and high combinations.

CARDIO GLIDING - Gliding is a unique sliding disc exercise system that allows for smooth, fluid, graceful movements.

KICKBOXING - Sweat your stress away with jump ropes and kickboxing bag with this aerobic conditioning and kickboxing class.

HIP-HOP - Move to the beat with different dance patterns. Get a great workout and have fun while doing it!

LOW IMPACT - Get a great cardiovascular workout with floor aerobics consisting of low impact moves.

PILATES - Conditioning class that improves muscle control, flexibility, coordination, and strength. Pilates concentrates on alignment, lengthening all of the muscles of the body.

RESIST-A-BALL - The dynamic nature of the resist-a-ball improves strength, flexibility and cardiovascular fitness by making the body aware of balance and posture.

SENIOR SHAPE-UP - A non-impact aerobics class designed specifically for the active older adult. Using weights, bands, and ending with a relaxing stretch.

SILVER SNEAKERS® - Strength and range of movement benefits are the focus of this creative multi-level conditioning exercise program. Choreography with hand-held weights, elastic tubing, and balls for a complete, fun and safe workout.

STEP IT UP - Try this energetic step class that utilizes creative choreography and optional power moves. Class ends with body sculpting, abdominal work, and a relaxing stretch.

STRETCH IT OUT - Improve your flexibility and coordination while lengthening and stretching your muscles.

YOGA - Explore the mind-body connection by learning how to focus, relax and improve circulation.



This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.



NEW! Discover new heights with Group Step®! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

FITNESS PARTIES FOR ADULTS & TEENS

Celebrate a birthday, anniversary, or special occasion with a fun personalized fitness class led by a certified instructor. Then go to a private party room to cool down and socialize with healthy snacks and beverages. Choose from a variety of Party Themes including: Indoor Cycling • Yoga/Pilates • Group Power • Kickboxng • Cardio Dance

All parties include: decorated party room, party set-up and clean-up, instructor led fitness classes tailored to your needs, and healthy snacks. Max # of guests: 15 • Fee: \$250

For questions or to book a party call Karen Kloss, Fitness Coordinator at 908-782-1044 x647.

QUESTIONS? Call Karen Kloss, Fitness Coordinator at 908.782.1044 x647



Register online for all classes on this page

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

INDOOR CYCLING CLASSES

Using indoor cycling bikes, instructors lead this multi-level group exercise class on a calorie-burning journey. By simulating outdoor terrain, indoor cycling has the same benefits as bicycling and climbing hills, only it's safer. You will build strength, endurance and expend calories. Work at your own proper fitness level. Towel and water bottle required!

There are two options to sign-up for indoor cycling. Pre-registration for class to guarantee bike is reserved or the Cycling Pass system to take advantage of any open classes.

ROUND VALLEY BRANCH INDOOR CYCLING SCHEDULE

Classes held in the cycling studio.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 am		6:00-7:00 am			8:30-9:30 am	8:30-9:30 am
9:15-10:15 am		9:15-10:15 am	10:00-10:45 am			
6:00-7:00 pm		7:30-8:15 pm		5:30-6:15 pm		

DEER PATH BRANCH INDOOR CYCLING SCHEDULE

Classes held in the fitness studio.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15 am	6:00-6:45 am		6:00-6:45 am	6:00-6:45 am	7:00-8:00 am	8:30-9:30 am
12:00-1:00 pm	9:30-10:30 am	1:00-2:00 pm	8:45-9:30 am	10:30-11:30 am		
6:00-6:45 pm	7:00-8:00 pm					

FEE STRUCTURE:

Family Full Members: \$12

Full Members: \$14

Class fees are per 7 week session

All cycling classes are for Full Members only. Classes and Instructors are subject to change - if no one registers for a class, the YMCA has the right to cancel the class. Towel and water bottle required.

QUESTIONS? Call Karen Kloss, Fitness Coordinator at 908.782.1044 x647



Register online for all classes on this page

YADULT AQUATICS™

We build strong kids, strong families, strong communities.

ADULT WATER EXERCISE AT DEER PATH

AQUAKINETICS

The ultimate “low impact” class. This deep-water workout uses flotation belts that keep the body vertical while jogging, cycling, skiing, flutter kicking and exercising to lively music. This workout combines fat burning aerobic exercise that will increase daily energy levels with strengthening, stretching and toning moves.

AQUA ZEN

Experience the Yin and Yang power of the water. Beneficial for all fitness levels, water provides an ideal medium for exercising as it resists as well as assists. Incorporating different eastern disciplines and led by a Master of Asian arts and movement, students will practice yoga techniques and slow moving resistive exercises for stretching, strengthening core muscle groups and improving circulation. Class is taught in deep water using flotation belts. Students must be comfortable in deep water.

LOOKING GOOD, FEELING GOOD

Arthritis? Joint dysfunction? Haven’t exercised lately? This low impact, shallow water class focuses on stretching and toning with an emphasis on safe exercise.

H2O BODY SHOCK

This deep-water workout uses flotation belts and combines aerobic exercise with a strengthening and sculpting program. The aerobic segment offers options for all fitness levels while the sculpting segment is designed to strengthen and define muscles.

POWER PUNCH & SPLASH

A high energy workout, this shallow water class combines the intense resistance of water with powerful kickboxing moves and pumps up the fun with a combination of aerobic dance, strengthening and toning exercises

Fees for water exercise classes:

Full Member: Included
Program Member: \$37

ARTHRITIS AQUACIZE

Join our YMCA instructor for a warm water workout at the Hunterdon Developmental Center’s shallow water, therapeutic pool in Clinton. Water temperature is 88-90 degrees. Benefits include increased range of motion and circulation. Increase flexibility and balance while strengthening and toning muscles.

Tuesday 11:45 am-12:45 pm
Thursday 11:45 am-12:45 pm

ARTHRITIS PLUS

Includes more advanced exercise at a higher cardiovascular level. A doctor’s note is required to participate in the **Arthritis Aquacize** and **Arthritis Plus** classes.

Friday 11:45 am-12:45pm

Full Member: Included
Program Member: \$14 for seven, 1-hour classes

SWIM INC. (SPECIALIZED WATER INTEREST MOVEMENT)

Held at the Deer Path YMCA, this water exercise class and support group is for adults with physical disabilities. Adults with muscular problems such as multiple sclerosis, post-stroke, arthritis, etc. are encouraged to attend. One hour of pool time is followed by a social hour with refreshments. To register call Eleanor Kover 732-560-0582.

Friday 10:00 am -Noon FREE

Safety Note: Non-slip deck shoes should be worn by all participants to the pool.

ADULT WATER EXERCISE CLASS SCHEDULE

TIME	MON	TUE	WED	THURS	FRI
8:00 - 8:45 am	Looking Good, Feeling Good		Looking Good, Feeling Good		Looking Good, Feeling Good
9:15 -10:00 am	Aquakinetics	H ² O Body Shock	Aquakinetics	H ² O Body Shock	Aquakinetics
10:00 -10:45 am	Power Punch & Splash	Aqua Zen	Power Punch & Splash	Aqua Zen	Swim Inc.
10:45 -11:30 am					Power Punch & Splash
11:45 -12:45 pm		*Arthritis Aquacize		*Arthritis Aquacize	*Arthritis PLUS
8:30 - 9:15 pm		Power Punch & Splash		Power Punch & Splash	

All classes held at Deer Path Branch unless noted (*Held at Hunterdon Developmental Center)

QUESTIONS? Call Flora Briechele, Aquatics Director at 908.782.1044 x624

YAQUATICS™

We build strong kids, strong families, strong communities.

SWIM INSTRUCTION AT DEER PATH

ADULT/TEEN SWIM LESSONS

Small Group Size (3-5)

Instruction includes basic water safety and survival, treading water, front crawl, backstroke and breathing techniques. Breaststroke, sidestroke and diving are taught according to individual progress and level. Flotation devices provided for non-swimmers.



Saturday 12:00 - 12:45 pm Non-Swimmer/Beginner & Intermediate Level

Family Full Member: \$69
Full Member: \$89
Program Member: \$114

ADULT/MASTERS WORKOUT

A comprehensive training program for the lap swimmer with an understanding of basic strokes who wants to improve technique and refine swimming skills. Enjoy interval training and new workout ideas.



Tuesday and Thursday 9:15 - 10:00 am

Family Full Member: \$69
Full Member: \$89
Program Member: \$106

PRIVATE SWIM LESSONS (ADULTS & CHILDREN)

The YMCA offers people the chance to participate in private swim lessons for those that are trying to overcome the fear of the water or who need to focus on a special goal or skill. With private swim lessons, students have the opportunity to work one-on-one with an instructor. The YMCA offers the opportunity to schedule all private lessons in advance. 24 hours notice must be given for any lesson that must be missed otherwise the lesson may not be made up. Call our Aquatics Director, Flora Briechle at (908) 782-1044 Ext. 624 to schedule.

Family Full Member: \$180
Full Member: \$195
Program Member: \$220

SENIOR SWIM

Seniors from the community are welcome to swim at the Deer Path pool. If transportation is an issue contact The LINK, 800-842-0531, which provides rides for many of our swimmers.

Tuesday and Thursday 11:30 am - 1:00 pm

Full & Program Member: Included
Non Member: \$2 drop-in fee per day

SPECIAL OLYMPICS SWIM TEAM

Mentally and physically challenged swimmers of all ages and levels are invited to join the Special Olympics Area 4 Dolphins. Practice includes instruction as well as conditioning workouts with emphasis on competitive strokes, starts and turns. Athletes must be able to participate in a group and swim 2 lengths of the pool. Registration includes completion of a Special Olympics Medical Form as well as completion of membership and registration forms at the YMCA prior to participation. Work-outs start on Monday, Sept. 15, 2008.

Monday 4:45-5:30 pm Free

DEER PATH POOL SCHEDULE

Fall 1 Session: September 8 - October 25

The Deer Path pool will be closed from August 30 - September 5 for deck resurfacing.

The pool schedule will change each session and during breaks. Please pick up a current pool schedule at the Deer Path YMCA or go to the YMCA website at www.hcymca.org to see the updated schedule.



QUESTIONS? Call Flora Briechle, Aquatics Director at 908.782.1044 x624



Register online for all classes on this page

YOUTH SWIM LESSONS™

We build strong kids, strong families, strong communities.

PRESCHOOL & YOUTH SWIM LESSONS AT DEER PATH

PARENT/CHILD WATER ADJUSTMENT CLASSES **Ages 6 Months - 3 Years**

Classes provide parent and child the opportunity to learn how to be safe, comfortable and relaxed in the water. Children will become aware of the differences between moving through the water and on dry land. Classes are designed to allow children to have fun in the water while the parent guides him/her to learn aquatic skills. **Swim diapers with rubber pants are required.**

WATER BABIES **Ages 6 - 12 Months**

Beginner water adjustment class.

FATHER-TOT **Ages 1 - 3 Years**

Parent/child water adjustment class, designed for dads!

PARENT-TOT **Ages 1 - 3 Years**

Parent/child water adjustment class.

TADPOLES **Ages 2 ½ - 4 Years**

Designed for the child who has participated in Parent-Tot and is ready for a more challenging curriculum but is still too young to attend on their own in a class setting. Instructors will guide students through the skills taught in Pike while also reinforcing learning skills such as listening, taking turns and being able to participate in a group setting.

PERFECTLY PETRIFIED PIKES **Ages 3 ½ - 5 Years**

Water adjustment class with parent. Intended for the child who is new to the water and/or is fearful of the water and could benefit from parent support. This class will challenge you to expand your child's independence and prepare him/her for a Pike or Polliwog class.

PRESCHOOL SWIM LESSONS **Ages 3 ½ - 5 Years Without Parent**

PIKE **Water Orientation** **Ages 3 ½ - 4 Years**

Water orientation class designed for the new swimmer. Child must be comfortable in

the water without the parent. Flotation device used. Children develop safe pool behavior, adjust to the water and develop independent movement in the water. Basic paddle stroke, kicking skills, back float and blowing bubbles in the water introduced.

EEL **Beginner Level** **Ages 4 - 5 Years**

Flotation device used. Skills include flutter kick, front and back float, paddle stroke, rhythmic breathing (bobs), treading water and water safety. Child must be able to tread and swim without flotation device to move to next level. Upon reaching grade school age, child will advance to Polliwog.

RAY **Intermediate level** **Ages 4 - 5 Years**

No flotation devices are used. Skills include water safety, fundamentals of rotary breathing, and building endurance by swimming on front and back. Diving skills are introduced. Child must be able to swim 15 yards of the pool using rotary breathing and float and kick on the back to move to the next level. Upon reaching grade school age, child will advance to Guppy.

STARFISH **Advanced level** **Ages 4 - 5 Years**

Review skills learned in Ray, refine front crawl, back-stroke, diving and floating skills. Upon reaching grade-school age, child will advance to Guppy or Minnow level based on progress report.

GRADE SCHOOL SWIM LESSONS **Ages 6 - 12 Years**

This national program develops the whole child while teaching proper swimming skills. Five basic components are stressed: personal safety, stroke development, water sports and games, personal growth and rescue skills. Personal progress reports are provided at the end of each session.

POLLIWOG **Beginner Swimmer**

Floating, gliding, kicking and rhythmic breathing (bobs) are learned. Swimming 15 yards using the paddle stroke without flotation must be demonstrated before advancing to Guppy.

GUPPY **Intermediate Beginner**

Rotary breathing (proper breathing with front crawl), backstroke, and water safety are learned. Diving skills are introduced. Child must swim 15 yards demonstrating rotary breathing before advancing to Minnow.

MINNOW **Advanced Beginner**

Refining front and back crawl, diving and building endurance is the goal of this level. Child must swim 25 yards demonstrating proficiency at front and back crawl to advance to Fish.

FISH **Intermediate**

Breast stroke, butterfly kick, and continued refinement of front and back crawl are taught. Includes endurance swimming using varied strokes and turns. Child must swim 25 yards using a properly coordinated kick and pull in breast stroke to advance to Flying Fish.

FLYING FISH **Advanced Intermediate**

Butterfly stroke, and continued refinement of breast stroke, front and back crawl are taught. Starting from the block and flip turns are introduced. Child must do an individual medley (25 yards each of butterfly, backstroke, breast stroke and front crawl) to advance to Shark.

SHARK **Advanced**

Competitive swimming skills are introduced. Further emphasis is also placed on stroke mechanics, starts, turns and endurance.

PORPOISE **Watermanship**

Introduction to lifesaving and teaching skills as well as continued refinement of all strokes. Designed for the child who has passed Shark and is interested in learning to be a swim instructor and/or lifeguard. Child will have the opportunity to work alongside a certified instructor as a volunteer swimmer's aide.

Safety Note: Non-slip deck shoes should be worn by all participants to the pool.

QUESTIONS? Call Flora Briechle, Aquatics Director at 908.782.1044 x624

YOUTH SWIM LESSONS™

We build strong kids, strong families, strong communities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00 am	Tadpoles Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Tadpoles Pike Eel Ray Starfish	Petrified Pikes Pike Eel Ray Starfish	Tadpoles Pike Eel	(8:00-8:45 am) Water Babies Parent-tot Pike Eel Ray
10:00-10:45 am	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Pike Eel Ray Starfish	Eel Ray Starfish	(9:00-9:45 am) Father-tot Parent-tot Pike Eel Ray Starfish Polliwog Guppy Minnow Flying Fish Shark Porpoise
10:45-11:30 am	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish	Water Babies Parent-tot Pike Eel Ray Starfish		
1:00-1:45 pm	Pike Eel Ray Starfish	Petrified Pikes Pike Eel Ray Starfish	Tadpoles Pike Eel Ray Starfish	Pike Eel Ray Starfish		
4:00-4:45 pm	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish	(10:00-10:45 am) Father-tot Parent-tot Pike Eel Ray Starfish Polliwog Guppy Minnow Fish
4:45-5:30 pm	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish	Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Starfish Polliwog Guppy Minnow Fish Flying Fish Shark Porpoise	Pike Eel Ray Starfish Polliwog Guppy Minnow	Pike Eel Ray Polliwog Guppy Fish Flying Fish Shark Porpoise	(11:00-11:45 am) Tadpoles Petrified Pikes Pike Eel Ray Polliwog Guppy Minnow Fish Flying Fish
7:05-7:50 pm		Father-tot Parent-tot Pike Eel Ray Starfish Polliwog Guppy Minnow Fish		Tadpoles Petrified Pikes Pike Eel Ray Starfish Polliwog Guppy Minnow Flying Fish		(12:00-12:45 am) Tadpoles Petrified Pikes Pike Eel Ray Polliwog Guppy Minnow Adult/Teen Beginner Adult/Teen Intermediate

Fall Swim Lessons at Deer Path
Fall I: Sept. 8 - Oct. 25
Seven 45 Minute Lessons

Family Full Member: \$46
Program Member: \$84

Please register early as classes will be canceled for low enrollment. Classes of similar levels may be combined to insure continuity of instruction; however, the needs of all students will be met.

Y CERTIFICATIONS™

We build strong kids, strong families, strong communities.

YMCA CERTIFICATION COURSES AT DEER PATH

RED CROSS LIFEGUARD COURSE

Upon successful completion of a practical and written exam, students will receive the four certifications required to be legally eligible for lifeguard employment.



- **CPR for the Professional Rescuer (1-Year Certification)**
- **First Aid for Lifeguarding (3-Year Certification)**
- **Red Cross Lifeguarding Certification (3-Year Certification)**
- **AED and Oxygen (1-Year Certification)**

All books, certification fees, and pocket mask included. Students must be 15 by end of course and must take a prerequisite swim test during the first class to qualify for course.

Lifeguard swim pre-test on first day: Swim 300 yards using front crawl and breast stroke, surface dive and recover a 10lb. brick from 7-10 ft. depth and swim 20 yards while carrying the brick. Students must attend all classes.

Course I: Sundays 9:00 am - 5:00 pm
Sept. 21, Sept. 28, Oct. 5, Oct. 19

Course II:
Oct. 26, Nov. 2, Nov. 9, Nov. 16

Family Full Member: \$245
Full Member: \$255
Program Member: \$278
Non Member: \$294



LIFEGUARD CHALLENGE

A recertification course for Red Cross Lifeguards. Includes CPR. No books or supplies provided. Students must pass written and practical tests. No review will be given, please come prepared.

Sunday, Oct. 19 1:00-5:00 pm or
Sunday, Nov. 16 1:00-5:00 pm or

Family Full Member: \$98
Full Member: \$115
Program Member: \$136
Non Member: \$152

CPR FOR THE PROFESSIONAL RESCUER (WITH AED AND OXYGEN)



Full Course Option

For those who have not been certified in the new Red Cross material.

Sunday, Sept. 28 9:00 am - 5:00 pm or
Sunday, Nov. 2 9:00 am - 5:00 pm or

Family Full Member: \$67
Full Member: \$77
Program Member: \$88
Non Member: \$96



Challenge Option

This course is only available to those certified in the new material presented in 2007. Come prepared for a written and practical test - please bring your pocket mask.

Sunday, Sept. 28 1:00 - 5:00 pm or
Sunday, Nov. 2 1:00 - 5:00 pm or

Family Full Member: \$42
Full Member: \$52
Program Member: \$60
Non Member: \$67

SCUBA DIVING

Learn the necessary skills for a certification in scuba diving with the most up to date equipment and methods. Orientation is free and equipment is provided on the first night.

Monday 7:00 pm -10:00 pm
FEE: \$415



For information or to register, call
Whitehouse Aquatic Center at 908-534-4090.

SCOUT BADGES

Scout members will be guided through specific scouting requirements to earn aquatic badges or pins (provided by scout leader). Minimum 8 scouts. \$10 per scout. Fee includes pool space and instruction.

To schedule, call Flora Briechele, Aquatics Director at 908.782.1044 ext. 624.

QUESTIONS? Call Flora Briechele, Aquatics Director at 908.782.1044 x624

Y SWIM TEAM™

We build strong kids, strong families, strong communities.

WINTER SWIM TEAM 2008 - 2009 AT DEER PATH



YMCA WINTER SWIM TEAM

6-18 years, boys and girls

The Hunterdon County YMCA will continue its tradition of excellence in competitive swimming. Our multi-level program starts beginner swimmers (age 8 & under) as Little Stingrays and leads them to become potentially national caliber swimmers. Our more committed swimmers continue on to swim in college at various levels of competitiveness.

FACILITIES

All swimmers practice out of the Deer Path and Raritan Valley Community College pools. Home dual meets as part of the North NJ YMCA Swim League are held from November - January at RVCC for all squads. Other swim meets, including USA Swimming competitions, are held at various pools across North & Central NJ area including Rutgers University and Princeton University. All parents required to volunteer throughout the season at swim meets or other team functions.

WINTER SWIM TEAM SEASON

The winter swim team season runs from September 2008 and concludes in March/April 2009. The team is comprised of 2 boys and 2 girls squads for dual meets to serve various levels of competitiveness within the team, which ranges from novice to highly competitive. Swimmers are assigned to these squads based on time trials in October.

TRYOUT INFORMATION

We will be conducting tryouts for the team during August 2008 for all new swimmers to the winter program only. There will also be make-up tryouts during the first week of September 2008. Selection to the team is limited. However, we offer other competitive training programs and classes for those swimmers not selected, to continue to learn and grow in the sport of swimming and prepare them to try out again for our team or their high school team. All former swimmers will be contacted regarding information for preregistration by August 1, 2008.

PRACTICE GROUPS & TIMES

Upon selection to the team, swimmers are assigned practice groups according to age and level of competitiveness. Weekly practice hours vary depending on the level from 2 hours per week for our novice Little Stingrays to 12-14 hours per week. Almost all practices are held in the late afternoon or evening hours.

NEED MORE INFORMATION?

Information will be made available at the Welcome Center of the YMCA and also online at www.hcymca.org/SwimTeam/index.htm. or call Head Coach, Barbara Huey at 782-1044 x 655. All swim team participants must be full-facility members of the YMCA. Fees and practice schedules will be available in August 2008.

LITTLE STINGRAYS SWIM TEAM

6-8 years, boys and girls

Is your child bursting with energy and bored with regular swim lessons? Does he/she just love being in the water and enjoy competition? Then join the Little Stingrays team! Two practice sessions per week stress stroke development, endurance and teamwork. The children compete in up to 6 dual meets with the team, 3 invitational meets and the Hunterdon County YMCA Stingrays' Splash meet.

Practices are held Tuesday & Thursday 3:45 - 4:45 pm
Season runs September 2008 - February 2009

PRE-SWIM TEAM

5-7 years

Is swim team on the horizon for your little fish? Get a head start into learning about competitive swimming, and also have fun! Join this class for those little swimmers not quite ready for swim team and its commitments, but learn from the competitive coaching staff.



Friday 5:30-6:00 pm	
Family Full Member	\$48
Program Member	\$57

POWER SWIM

12 years +

A great class for those swimmers who are not able to participate in swim team, but want to continue in the fun sport of swimming. Do you just love to swim and not necessarily compete? Trying to stay in shape with a sport you enjoy? Swimmers will practice previously learned skills and build endurance. Class is scheduled for Fall I & Fall II continuously (14 weeks).



Tues & Thurs 7:50-8:50 pm • 14 week session

Family Full Member	\$245
Student Full Member	\$270
Program Member	\$294



HIGH SCHOOL SWIMMING CLINIC



We will be offering a 10 week clinic running from September 8 through November 12 for high school swimmers who do not swim for the YMCA or other club team. Swimmers will be able to work on stroke technique as well as build endurance before the HS season starts. Get in shape and be ready for your HS season!

Mon & Wed 8:00-9:00 pm • 10 week session

Family Full Member	\$200
Student Full Member	\$220
Program Member	\$240

QUESTIONS? Call Barbara Huey, Competitive Aquatics Director at 908.782.1044 x655



We build strong kids, strong families, strong communities.

KARATE AT DEER PATH FOR CHILDREN, TEENS AND ADULTS

KARATE KIDS

Ages 5 - 7 years-old

Learn character skills and self-defense techniques through this martial arts based program. Physical development, mental concentration, self-esteem, respect, and discipline are some of the virtues taught. Advanced classes challenge students mentally and physically as well as introduce new techniques.

Introduction / Beginner

Monday 4:00 - 4:50 pm
Thursday 4:00 - 4:50 pm
Saturday 9:00 - 9:50 am

Advanced (Yellow Stripe and Up)

Monday 5:00 - 5:50 pm
Thursday 5:00 - 5:50 pm
Saturday 8:00 - 8:50 am

Family Full Member: \$44
Program Member: \$90



MARTIAL ARTS

14 years through adult

American Okinawan Karate Do Class. Master Instructor Ed Westling, a 7th degree Black Belt has been teaching energetic, fun classes for over 25 years. Beginning students will learn basic blocks, punches, and kicks along with Isshinryu forms, a Jujitsu-style self-defense techniques. Advanced students continue studies with advanced techniques, forms and sparring.

Monday 8:00 - 10:00 pm
Wednesday 8:00 - 10:00 pm
Saturday 1:30 - 3:30 pm

Family Full Member: \$68
Full Member: \$93
Program Member: \$114

MARTIAL ARTS

Ages 8 - 14 years-old

The Isshinryu style is well suited to today's young people and may improve attention spans, flexibility, and coordination. Beginners learn basic techniques, form and self-defense. Advanced students learn advanced techniques, additional forms and controlled sparring.

Introduction / Beginner

Monday 6:00 - 7:00 pm
Thursday 6:00 - 7:00 pm
Saturday 11:00 - 12:00 pm

Advanced

Monday 7:00 - 8:00 pm
Thursday 7:00 - 8:00 pm
Saturday 12:15 - 1:30 pm

Family Full Member: \$49
Full Member: \$74
Program Member: \$95

ADULT SPORTS AT DEER PATH

OPEN BASKETBALL

High school and older

Participants play a competitive pick-up game. Teams are formed from members who are present. Participants should be fundamentally strong in basic basketball skills.

Tuesday 8:00-9:45 pm
Full Member: Included

OPEN VOLLEYBALL

High school and older

Participants must have played organized volleyball and be able to perform basic volleyball skills such as passing, setting and serving. Teams are formed from members who are present.

Sunday 8:00-9:30 am
Thursday 8:15-9:45 pm
Full Member: Included

For a copy of the gym schedule, visit the Deer Path welcome center or www.hcymca.org.

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653



Register online for all classes on this page

ROUND VALLEY YOUTH PROGRAMS

We build strong kids, strong families, strong communities.

KARATE KIDS AT ROUND VALLEY FOR BOYS AND GIRLS

KARATE KIDS

5-7 years

Students will have fun learning character skills and self-defense techniques in this martial arts-based program. Classes focus on physical development and mental concentration. Self-esteem, respect, and discipline are just some of the virtues taught.

Wednesday 3:45 - 4:30 pm

KARATE KIDS ADVANCED

5-7 years

Yellow stripes and up. Advanced classes will challenge students physically and improve character skills. Self-esteem, respect, and discipline continue to be taught. New techniques are introduced for those who have earned their new stripes.

Wednesday 4:30 - 5:15 pm

Family Full Member: \$44

Program Member: \$90

YOUTH SPORTS CLASSES AT ROUND VALLEY

ROLLING RASCALS

18 months - 3 years with parent

Instructor-led activities include light stretching, guided discovery, obstacle courses and fun games.

Friday 10:00-10:45 am

PARENT TOT TUMBLERS

2 1/2 - 3 1/2 years w/ parent

Parents will lead children through a variety of basic sporting activities designed to develop balance, coordination and motor skills.

Thursday 9:15-10:00 am

TERRIFIC TUMBLERS

3-4 years

Children will be working independently with the teacher. Strength, flexibility and agility will be taught as a proper foundation for overall body awareness.

Friday 11:00-11:45 am

JUNIOR GYM JUMPERS

3-5 years

Instructors will lead children through obstacle courses and basic tumbling along with fun and games!

Wednesday 9:30-10:15 am

SNEAKER JAM

3-4 years

Energizing class designed to introduce children to exercise through a variety of sports and gym games. Kids will be ready for naptime after this class!

Wednesday 10:30-11:15 am

ALL-SPORTS

4-6 years

Designed to introduce children to a variety of sports including soccer, basketball, T-ball, floor hockey and more.

Thursday 10:15-11:00 am

These classes will be held outside the facility in the field behind the administrative building. All classes will be held weather permitting. Please call in advance if there is a possibility of poor weather.

SOCCER CLINICS

3 to 5 years

This program will include basic instruction of soccer skills. Emphasis will include: dribbling, kicking, passing, ball control and team play.

Monday 1:00-2:00 pm

Wednesday 4:00-5:00 pm

SPORTY TOTS

3-5 years

This class will offer children the opportunity to try a variety of sports. It will focus on basic sport skills such as running, catching, kicking, and passing all in a fun and exciting format. Parents bring your sport chairs and sit and relax while we entertain your kids.

Monday 4:00-5:00 pm

Friday 1:00-2:00 pm

Fees for 45 minute classes:	Fees for 1 hour classes
Family Full Members: \$34	Family Full Members: \$39
Program Members: \$80	Program Members: \$85

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653



Register online for all classes on this page

ROUND VALLEY YOUTH PROGRAMS

We build strong kids, strong families, strong communities.

DANCE CLASSES AT ROUND VALLEY

PARENT CHILD DANCE CLASS

2-4 years with parent

Help your little one begin an exciting journey into the world of dance. Children are encouraged to wear a leotard and ballet slippers. Parents are encouraged to wear comfortable movement clothes (no ballet slippers needed).

Tuesday 9:30-10:15 am

PRE-BALLET

3-4 years

This class is a wonderful introduction to the joy of dance. It is geared to children with no dance experience and combines the basics of ballet and creative movement.

Tuesday 3:45-4:30 pm

BALLET I/TAP

4-6 years

This class is designed for beginner level ballerinas that have some ballet experience from either Pre-Ballet class or another exposure. Optional tap offered the last 15 minutes of class.

Tuesday 10:15-11:15 am

Tuesday 4:30-5:30 pm

BALLET II/TAP

6-8 year olds

This class is a continuation of Ballet I (or other exposure to ballet that included ballet fundamentals) with focus on building a combination of moves and small routines. If student is appropriate age but has no previous ballet experience, please contact instructor. Optional tap offered the last 15 minutes of class.

Tuesday 5:30-6:30 pm

All dance classes will conclude on the last day of the 7-week session with a recital. Proper attire required for ballet - leotard, tights and ballet slippers.

See Dance Classes at Deer Path on page 19.

Fees for 45 minute classes:	Fees for 1 hour classes:
Family Full Member: \$34	Family Full Member: \$39
Program Member: \$80	Program Member: \$85

TEEN/YOUTH FITNESS CLASSES AT ROUND VALLEY

JAZZ & HIP HOP DANCE

7-14 years

This fast paced dance class teaches a variety of dance steps along with exercises and stretches in a friendly environment.

Thursday 6:30-7:30 pm

Full Members: Included

Program Members: \$85

YOGA KIDS

7-14 years

Discover the fun while you transform your body into cobras, lions, and butterflies. Experience greater flexibility, strength and balance!

Monday 5:30-6:30 pm

Full Members: Included

Program Members: \$85

KIDS BOOT CAMP

7-14 years

This class introduces children to a healthy lifestyle. Beginning with a little cardio workout, then alternating between various stations to improve cardiovascular endurance, and strength while having fun!

Tuesday 7:30-8:30 pm

Full Members: Included

Program Members: \$85

SPEED AND AGILITY

7 years and up

Here at the YMCA we know speed, agility, and quickness training! Whether you want to increase speed & agility for football, basketball, soccer, tennis, baseball, hockey, or any other sport - we can help!

Wednesday 6:45-7:45 pm

Family Full Members: \$39

Program Members: \$85

Full and Program members must register for teen/youth fitness classes.

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653



We build strong kids, strong families, strong communities.

TEEN/YOUTH FITNESS CLASSES AT DEER PATH

FITNESS, FLEXIBILITY & FOCUS

8-12 years

In this class, students will learn how to improve their well-being by participating in exercises intended for building a healthy body and mind. Each class will include aerobic exercises for the heart, stretches for flexibility, and breath work for concentration and focus.

Tuesday 4:30-5:30 pm
Family Full Members: \$39
Program Members: \$85

KIDS JAZZ & HIP HOP DANCE

8-12 years

This fast paced dance class teaches a variety of dance steps along with exercises and stretches in a friendly environment.

Monday 4:30-5:30 pm
Full Members: Included
Program Members: \$85

KIDS PILATES

7 years and up

A special class for kids that improves muscle control, flexibility, coordination, and strength. Pilates concentrates on alignment, lengthening all of the muscles of the body into a balanced whole.

Thursday 5:00-6:00 pm
Full Members: Included
Program Members: \$85

KIDS BOOT CAMP

7-14 years

This class introduces children to a healthy lifestyle. Beginning with a little cardio workout, then alternating between various stations to improve cardiovascular endurance, and strength while having fun!

Thursday 5:30-6:30 pm
Full Members: Included
Program Members: \$85

Full and Program members must register for teen/youth fitness classes.

**CHECK OUT THE
YOUTH BE-FIT CIRCUIT
AT DEER PATH. SEE PAGE 3.**

TEEN LEADERSHIP AND DEVELOPMENT

NEW JERSEY YOUTH AND GOVERNMENT

Grades 9-12

Members are sought for this model state government program. Two student Assembly members and one student Senator work together on bills which are to be debated at a three day conference in April 2009. Students may also participate in the Judiciary, as Lobbyists, or as members of the Press Corps. Meetings to prepare for the Conference will be held on a schedule determined by the members of the group. School clubs are running at North Hunterdon, Hunterdon Central and Delaware Valley. Other students can join a YMCA based group. Through county funding, financial assistance is available.

LEADERS CLUB

Grades 7-12

Join teens from throughout the county who volunteer to help with YMCA activities and community projects planned by club members. Contact us at 908-782-1044 x 640 for more information.

TEEN NIGHTS

Grades 6-8

Held at the Youth Center in Glen Gardner. Teen Nights are held twice per month on Saturdays from 7-9:30pm. \$3 admission includes activities such as sports & games, board games, crafts, DDR, snack and special events.

MODEL UNITED NATIONS

Grades 9-12

International issues are discussed and solutions proposed in this YMCA Conference for high school students. Students are assigned a topic area and county and research its views on world problems. Solutions are debated with teens from throughout New Jersey, Pennsylvania, Maryland, Delaware and DC. School clubs are running at North Hunterdon, Hunterdon Central and South. Other students can join a YMCA based group.

Community Service and Volunteer Opportunities available at the Hunterdon County YMCA. Teens ages 12 and up can volunteer at the YMCA in a variety of areas including youth sports, dance gymnastics, aquatics, Childwatch and more!

Please call Kathy Martini, Volunteer Program Administrator at 908.236.7879 x 14 for more information.

QUESTIONS? Call Len Yacullo, Teen Program Director at 908.782.1044 x640



Register online for all classes on this page

YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.

YOUTH SUPER SPORTS AT DEER PATH

INDOOR T-BALL

4-6 years

Focusing on the basic skills of baseball including hitting, throwing, catching and base running.

Thursday 11:30-12:30 pm

Friday 2:00-2:45 pm

EXTREME SPORTS

4 years and up

Old school gym is back! Kids will have a blast playing dodgeball, capture the flag, floor hockey, basketball, lacrosse, and more!

4-6 years Thursday 1:00-2:00 pm

6 years and up Wednesday 4:00-5:00 pm

BASKETBALL SKILLS

4-6 years

Focus will be on the fundamentals of basketball skills such as ball handling, passing, shooting and defense.

Thursday 2:00-2:45 pm

FLOOR HOCKEY

4 years and up

This course is designed for all sports kids. Children will work on the fundamentals of stick handling, shooting, passing and team play.

Tuesday 4:00-5:00 pm

Thursday 10:30-11:30 am

SOCCER SKILLS

4-6 years

This program will include basic instruction of soccer skills, including dribbling, kicking, passing and team play.

Monday 2:00-2:45 pm

SCORE!

4-6 years

Children will learn the basic rules and fundamentals of both soccer and soft play floor hockey. Emphasis will be on scoring and team play.

Tuesday 11:30-12:30

DODGEBALL

7 years and up

Have fun throwing and dodging a soft plastic ball. Join us for one of the newest and most popular sports at the YMCA.

Wednesday 6:00-7:00 pm

Fees for 45 minute classes:	Fees for 1 hour classes:
Family Full Member: \$34	Family Full Member: \$39
Program Member: \$80	Program Member: \$85

TENNIS

5 years and up

Designed to introduce the game of tennis, teaching proper techniques in front hand, back hand, serving, and game rules. Child must bring his/her own tennis racquet. Member may only register for 1 tennis class.

Bronze Level 5-7 years Tues. 5:00-5:45 pm

Silver Level 7-9 years Tues. 5:45-6:30 pm

Gold Level 9 years and up Tues. 6:30-7:15 pm

YOUTH BASKETBALL

5-12 years

Excellent for player development! Focusing on the fundamentals of ball handling, passing, shooting, defense, team play and sportsmanship.

Bronze Level 5-6 years Friday 4:00-5:00 pm

Silver Level 7-9 years Friday 5:00-6:00 pm

Gold Level 10-12 years Friday 6:00-7:00 pm

SOCCER CLINIC

5-12 years

This program will include basic instruction of soccer skills. Emphasizing skills such as dribbling, kicking, passing and team play.

5-8 years Wednesday 7:00-8:00 pm

9-12 years Friday 7:00-8:00 pm

SPEED AND AGILITY

7 years and up

Here at the YMCA we know speed, agility, and quickness training! Whether you want to increase speed & agility for football, basketball, soccer, tennis, baseball, hockey, or any other sport - we can help!

Tuesday 7:15-8:00 pm

These classes will be held outside in the field next to the building. All classes will be held weather permitting. Please call in advance if there is a possibility of poor weather.

FLAG FOOTBALL

4-8 years

This program is designed to introduce the game of football to boys and girls at the beginner's levels. Skills include catching, throwing, chasing, running, and much more.

4-6 years Friday (in gym) 1:00-2:00 pm

5-8 years Monday (outside) 6:00-7:00 pm

LACROSSE

5-8 years

This program is designed to introduce the game of lacrosse to boys and girls at the beginner's level. Skills will include throwing, catching scooping, and shooting. Soft-sticks will be provided.

Thursday 6:00-7:00 pm

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653



Register online for all classes on this page

GYMNASTICS™

We build strong kids, strong families, strong communities.

TUMBLE FUN AND SPORTS CLASSES AT DEER PATH

JAMMIN GYM BABIES

10 months- 17 months with parent

Through songs, movement, exploration and interaction, children will become physically stronger, more balanced and socially active.

Thursday 9:15-10:00 am

CLIMBERS

2 years with parent

This class will allow for the strengthening and development of skills through spatial awareness, balance skill, and muscle strengthening.

Friday 9:30 - 10:15 am

JUMPERS

2-3 years

In this class focus will be on balance, flexibility, and coordination.

Wednesday 11:15-11:50 am

TWISTIN TIKES

3-4 years

This class will incorporate gymnastic skills development that includes basic tumbling, balance, flexibility and coordination. This class will also begin to do partner activities that encourage cooperation and friendship.

Tuesday 1:00-1:45 pm

Wednesday 9:30-10:15 am

SPRINGERS

4-6 years

This class will prepare and enhance the beginner gymnast's skills for the next level of development.

Tuesday 1:45 -2:45 pm

Wednesday 10:15-11:15 am

ROCKIN ROLLER

4-6 years+

Children will work on basic gymnastics skills and all over body strength and agility. Regulation size equipment will be used to develop balance, flexibility and coordination. Safety, proper technique and confidence are taught.

4-6 years Wednesday 4:00-5:00 pm

6 years+ Wednesday 5:00-6:00pm

TUMBLE AND SPORT CLASS

Children spend half the class working on tumbling skills such as balance, flexibility, coordination, and spatial awareness. The other half of class will be spent building a foundation in exercise and movement utilizing various pieces of sports equipment.

Parent Tot Tumble and Sports for 18 months - 2 year olds

Monday 9:15 - 10:00 am

Tumble and Sports for 2-3 year olds

Monday 10:00-10:35 am

Wednesday 12:00-12:35 pm

Tumble and Sports for 3-4 year olds

Friday 10:15 - 11:00 am

Tumble and Sports for 4-6 year olds

Wednesday 1:00-1:45 pm

Friday 11:00-11:45 am

YOUTH SUPER SPORTS AT DEER PATH

SNEAKER JAM

3-4 years

Energizing class designed to introduce children to exercise through a variety of sports and gym games. Kids will be ready for naptime after this class!

Monday 11:00-11:45 am

Friday 12:00-12:45 pm

ALL-SPORTS

4-6 years

Designed to introduce children to a variety of sports including soccer, basketball, T-ball, floor hockey and more!

Monday 1:00-2:00 pm

Tuesday 10:30-11:30 pm

GIRL POWER!

4-6 years

This course is specifically designed for girls. Sports covered include soccer, basketball, soft-ball, hockey, and much more. Go Girl Power!

Tuesday 9:30-10:30 pm

GAME TIME

4-6 years

This class is filled with all the old classic games. Various tag games, circle games, songs, challenges and much more.

Wednesday 5:00-6:00 pm

Fees for 35 & 45 minute classes:

Family Full Member: \$34

Program Member: \$80

Fees for 1 hour classes:

Family Full Member: \$39

Program Member: \$85

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653

YOUTH SUPER SPORTS™

We build strong kids, strong families, strong communities.



YOUTH SPORTS LEAGUES AT DEER PATH

FALL BASEBALL LEAGUES

Starts September 13 or 14

For boys & girls ages 3-9

New 8 Week Session

T-Ball (ages 3-5)

Register for T-Ball if your child is age 3-5 by September 13 or has no playing experience. T-ball games will be played on weekends.

Coaches Pitch (ages 6-9)

Register for Coaches Pitch if your child is 6-9 by September 13 or has played in our league before. Coaches Pitch games will be played on the weekends.

GAME SCHEDULE

Games will be played at Deer Path YMCA on a rotating field/time schedule.

First day of games: Saturday or Sunday, September 13 or 14

Last day of games: Saturday or Sunday, November 1 or 2

Coaches' training: Wednesday, September 10, 6:30-8:30 pm
Deer Path YMCA

Registration begins: Saturday, July 5 (must register in person)

Registration deadline: Saturday, September 6

Family Full Member: \$70
Program Member: \$120

FALL SOCCER LEAGUES

Starts September 13

For boys and girls ages 3-12

New 8 Week Session

Super Tots (ages 3-4)

An introduction to soccer

Rookies (ages 4-5)

Beginner level

Winners (ages 6-8)

Intermediate level

Champions (ages 9-12)

Advanced level

GAME SCHEDULE

Games will be played on Saturdays at Deer Path YMCA on a rotating time schedule. Games can start as early as 9:00 am and end as late as 3:45 pm. Champions games will be played on Wednesdays at Deer Path YMCA at 5:00 pm or 5:30 pm.

First day of games: Saturday, September 13

Wednesday, September 17 (Champions)

Last day of games: Saturday, November 1

Wednesday, October 29 (Champions)

Coaches' training: Tuesday, September 9, 6:30-8:30 pm
Deer Path YMCA

Registration Starts: Saturday, July 5 (must register in person)

Registration deadline: Saturday, September 6

Family Full Member: \$70
Program Member: \$120

**VOLUNTEER
COACHES
NEEDED!**

FALL BASKETBALL LEAGUES

Starts October 17 or 18

For boys & girls ages 5-13 years old

Rookies (ages 5-6) - Skill builder level

Winners (ages 6-7) - Beginner level

Champions (ages 8-10) - Intermediate level

All-Stars (ages 11-13) - Advanced level

Get ready for the regular winter basketball season! If you are signed up for fall soccer or baseball, we will make sure that soccer and/or baseball and basketball do not conflict!

GAME SCHEDULE

Games will be played at Deer Path YMCA. Teams will play one game per weekend on a rotating schedule (day and time).

Friday evenings (6:15, 7:30 pm) or

Saturdays (8:30 am, 9:45 am, 11:00 am, 12:15 pm, 1:30 pm, 2:45 pm).

First day of games: Friday, Oct. 17 or Saturday, Oct. 18

Last day of games: Friday, Nov. 21 or Saturday, Nov. 22

Coaches' training: Wednesday, Oct. 10, 6:30-8:30 pm
Deer Path YMCA

- Registration begins: Saturday, Aug. 16 (must register in person)
- Registration deadline: Saturday, Oct. 11

Family Full Member: \$58
Program Member: \$110

Registration must be done in person for all leagues. \$10 late fee for registration received after the registration deadline. No make-ups or credits for leagues. Players are randomly placed on teams.

NOTE: YMCA reserves the right to change game times/dates.

QUESTIONS? Call Mike Triano, Youth Sports League Coordinator at 908.782.1044 x634 or mtriano@hcyymca.org



Register online for all classes on this page

YDANCE™

We build strong kids, strong families, strong communities.

DANCE CLASSES AT DEER PATH

PARENT CHILD DANCE CLASS

2-4 years with parent

Help your little one begin an exciting journey into the world of dance. Children are encouraged to wear a leotard and ballet slippers. Parents are encouraged to wear comfortable movement clothes (no ballet slippers needed).

Wednesday 11:15-12:00 pm

JAZZY KIDS

4-6 years

This class touches on various disciplines including ballet, jazz, hip-hop, and rhythmic dance. Attire should be comfortable clothing for lots of movement.

Friday 1:15-2:00 pm

JAZZY JUNIORS

7-10 years

Students will learn the fundamentals of jazz dance in a fun and creative environment. Jazz shoes and dance wear are recommended. Students should wear clothes that allow for a full range of movement. Ballet slippers or lightweight sneakers may be worn instead of jazz shoes.-

Thursday 4:00-5:00 pm

PRE-BALLET

3-4 years

This class is a wonderful introduction to the joy of dance. It is geared to children with no dance experience and combines the basics of ballet and creative movement.

Monday 12:45-1:30 pm

Wednesday 10:30-11:15 am

Thursday 1:45-2:30 pm



BALLET I/TAP

4-6 years

This class is designed for beginner level ballerinas that have some ballet experience from either Pre-Ballet class or another exposure. Optional tap offered the last 15 minutes of class.

Wednesday 4:00-5:00 pm

Monday 1:30-2:30 pm

Thursday 12:45-1:45 pm

Monday 5:30-6:30 pm

BALLET II/TAP

6-8 year olds

This class is a continuation of Ballet I (or other exposure to ballet that included ballet fundamentals) with focus on building a combination of moves and small routines. If student is appropriate age but has no previous ballet experience, please contact instructor. Optional tap offered the last 15 minutes of class.

Wednesday 5:00-6:00 pm

BALLET III

7-10 year olds

This class is a continuation of Ballet II (or previous exposure to a similar ballet class.) Ballet III will concentrate on developing ballet skills, refining techniques and learning new and extended combinations. If student is appropriate age but has no previous ballet experience, please contact instructor.

Wednesday 6:00-7:00 pm

Dance classes will conclude on the last day of the 7-week session with a recital. Proper attire required for ballet - leotard, tights and ballet slippers

See Dance Classes at Round Valley on page 14.

Fees for 45 minute classes:	Fees for 1 hour classes:
Family Full Member: \$34	Family Full Member: \$39
Program Member: \$80	Program Member: \$85

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653



We build strong kids, strong families, strong communities.

ADVENTURE GUIDES



Father and children, ages 5-9

The purpose of this program is to foster understanding and companionship between father and child. Monthly meetings will include circle time for each child to share latest adventures, stories, snack, and an activity. In addition to monthly meetings, special events such as camp-outs, parades, and parties are scheduled.

TRAILBLAZERS



Father and children, ages 10 & up

This program is in addition to or a continuation of the Adventure Guides program. Children are welcome to join in on any Adventure Guides monthly activity in addition to participating in adventures geared toward the older child.

**A LOT MORE ADVENTURES AWAIT!
ALL EVENTS ARE BRING A
FRIEND!**

Registration information and upcoming events can now be found on our website, www.hcymca.org. Check it out!



Adventure Guide & Trailblazers Registration Fee:

Full and Program Members: \$10

Register for Adventure Guides & Trailblazers at the Deer Path YMCA. Includes monthly newsletter. Some events have an additional cost.

ADVENTURE GUIDES AND TRAILBLAZERS CALENDAR

Meetings / activities are held at the third Sunday of each month at the Deer Path branch from 3:30 - 5:00 pm. Special events listed below.

SEPTEMBER 8, 7:30 PM: 1st Dad's Longhouse Meeting for the new program year

SEPTEMBER 13 3PM: Join us for a "Get to know the Adventure Guide Program" Fishing Derby. Held at Deer Path Pond.

OCTOBER: Trailblazers Paintball Event

OCTOBER 19: Pumpkin Carving. BYOP to carve

OCTOBER 24-26: Fall Camp-out at Camp Ockanickon in Medford, NJ

DECEMBER: Clinton holiday parade

DECEMBER 14: Swim & Gym with Santa

JANUARY 16-18: Winter Camp-out at Frost Valley in Claryville, NY

FEBRUARY 15: Winter Monthly Event

APRIL 4: Easter Egg Hunt at the YMCA

APRIL 11: Back into Nature at the YMCA

APRIL 24-26: Spring Camp-out at Fairview Lakes YMCA in Newtown, NJ

MAY 2: Trailblazer event - Paintball

JUNE 19-21: Family summer camp-out at Camp Carr in Clinton, NJ

QUESTIONS? Call Audrey Aguirre, Adventure Guides Coordinator at 908.782.1044 x651

BIRTHDAY PARTIES AT THE YMCA!

SPLASH PARTY (Ages 6 and up)

Includes 1 hour of recreational swim, tunnel slides, fun noodles, and boats, then 30 minutes of party time for food and drinks.

Max # of Guests: 20

FUN & GAMES PARTY (Ages 4 - 7)

Includes 1 hour of party games, fun with balloons, parachute, scooters, music and more, then 30 minutes of party time for food and drinks.

Max # of Guests: 15

SPORTS PARTY (Ages 4 - 7)

Includes 1 hour of sports in the gym, then 30 minutes of party time for food and drinks in the party room. Choose from soccer, floor hockey, t-ball, whiffle ball, basketball, dodgeball or scooter games!

Max # of Guests: 15

ALL PARTIES INCLUDE:

- Decorated party room
- Party set-up & clean-up
- Fun music
- Activities run by enthusiastic staff

SUNDAYS ONLY • FEE \$250

Party Times:

10:00 am - 11:30 am

12:30 pm - 2:00 pm

3:00 pm - 4:30 pm

QUESTIONS? Call Jen Black, Program Director at 908.782.1044 x653

Y SCHOOL-AGED CHILD CARE

We build strong kids, strong families, strong communities.

YMCA SCHOOL-AGE CHILD CARE PROGRAMS

SCHOOL-AGE CHILD CARE PROGRAMS

The YMCA Before and After School Programs provide convenient, reliable and safe care for children and parents and have been operating in Hunterdon County since 1985. All programs are licensed by the state of New Jersey and the adult to child ratio averages 1:10.

Before school programs begin at 7:00 am or 7:15 am depending on the location (see school listing for start time at each school) and operate until the school day begins. After school programs begin at dismissal and run until 6:00 pm.

There is a choice of 2, 3, 4, or 5 days per week for the after school program. The before school program fee covers 5 days per week regardless of the number of days attending.

Program activities include homework time, group activities, community service projects, and a time for free play. A monthly calendar highlights group and theme activities and special events. Programs run on most school holidays and are available to children in the after school program only. There is no additional fee for this program as long as the holiday falls on a day a child is normally scheduled to attend.

REGISTRATION INFORMATION FOR THE 2008/2009 SCHOOL YEAR

Registration for the 2008/2009 school year is ongoing.

Blackout Period: Children registered between August 23rd and September 12 will not be admitted to programs until September 15, and will be assessed a \$50 registration fee.

- Register early, space is limited at some sites.
- Registration must be done in person.
- Registration is on a first-come, first served basis and is ongoing.
- Waiting lists will be established for any programs that fill.

REGISTRATION REQUIREMENTS:

- A YMCA membership for child.
- A completed registration packet.
- \$25 registration fee.
- \$50 non-refundable deposit, which will be deducted from the first month's tuition.



PROGRAMS AND LOCATION SITES

- Barley Sheaf School (kindergarten program also provided)
- Conley School
- Copper Hill School (kindergarten program also provided)
- Desmares School (kindergarten program also provided)
- East Amwell Township School
- Hampton School (after school only)
- High Bridge Elementary School
- Holland Brook School
- Holland Township School
- J.P. Case Middle School (after school only)
- Kingwood Township School*
- Reading-Fleming Intermediate School
- Readington Middle School (after school only)
- Robert Hunter School (kindergarten program also provided)
- Tewksbury Elementary School (kindergarten program also provided)
- Three Bridges School (after school only)
- West Amwell Township School (after school only)
- Whitehouse School

* 7:15 am start to before school program, remaining before school programs start at 7:00 am.

2008/2009 FEES (PER MONTH)

AFTER SCHOOL PROGRAM: DAYS/WEEK 6:00 PM PICKUP.
5 days: \$291 4 days: \$243 3 days: \$201 2 days: \$135

Fees include all scheduled half-days, in-service days and most school holidays. 10% second child discount. Please call for rates for Kindergarten Program.

BEFORE SCHOOL PROGRAM

\$120/Month regardless of number of days attending. Fees include regular school days only.

QUESTIONS? Call Wendy Crocetti, Director of School-Age Childcare Programs at 908.236.0055 x22

YCHILD CARE™

We build strong kids, strong families, strong communities.

YMCA FULL-DAY CHILD CARE and LEARNING CENTER FOR INFANTS TO 5 YEARS



- Excellent staff ratios
- Small class sizes
- Great hours
- Convenient location
- Enrichment activities
- Developmentally-appropriate curriculum

YMCA CHILD CARE A Good Place to Grow

Call today to
schedule a
tour!

Natural curiosity. It strengthens children's relationships with you and the people around them, which is at the heart of our philosophy: Good child care has to be good family care. Here at the YMCA we understand that high quality, safe child care provided by caring, trained staff gives parents peace of mind.

**It's 9:35 in the morning...
You don't have to worry...
You know where your kids are...
And they couldn't be in better hands.**



*Child care for Infants to 5 years.
Monday-Friday. Open 7:00 am - 6:00 pm all year.*

1410 ROUTE 22 WEST • ANNANDALE, NJ 08801



***Every day a child learns something new.
At YMCA Child Care, each child learns
something valuable.***

At the YMCA Child Care and Learning Center:

- 98% of our parents would recommend the Center to other parents.
- We have Early Childhood Certified staff.
- Our low staff turn-over creates a consistent stable environment for children.
- We utilize the nationally recognized, research-based Creative Curriculum

Visit www.hcymca.org to take a virtual tour of the Child Care and Learning Center!

THE YMCA IS THE LARGEST PROVIDER OF CHILD CARE IN HUNTERDON COUNTY!

QUESTIONS? For more information, pricing or to schedule a tour, call Karin Smith at 908.236.0055 x21



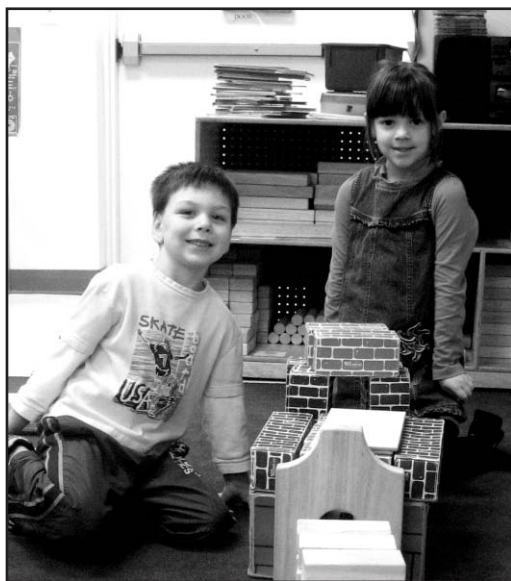
YMCA Preschools - a Hunterdon County tradition for over 30 years!

The YMCA Preschool Program provides developmentally appropriate group and individual experiences for children ages 2½ to 5 years of age in a half-day setting.

We carefully design our activities to expand imaginations nurture physical, intellectual, emotional and social growth and encourage lifelong positive learning and values. School year runs September to May/June,

YMCA Preschool - a great place to grow!

- Small class size.
- Low teacher-to-child ratio.
- Flexible morning and extended day schedules.



**CLINTON YMCA PRESCHOOL
AT CLINTON PRESBYTERIAN CHURCH**

- **ON MY OWN FOR 2 ½-YEAR-OLDS**
Choose one day or two days.
Monday and/or Wednesday
9:15 am - 11:15 am
- **PRESCHOOL FOR 3-YEAR-OLDS**
Choose either morning or afternoon.
Tuesday and Thursday
9:00 am - 11:30 am

Extended day option
Tuesday and Thursday
9:00 am - 1:00 pm
- **PRESCHOOL FOR 4-YEAR-OLDS**
Class meets three days per week.
Monday, Wednesday, Friday
9:00 am - 11:30 am

Extended day option
Monday, Wednesday, Friday
9:00 am - 1:00 pm

**MILFORD YMCA PRESCHOOL
AT MILFORD PRESBYTERIAN CHURCH**

- **ON MY OWN FOR 2 ½-YEAR-OLDS**
Choose one day or two days.
Tuesday and/or Thursday
9:15-11:15 am
- **PRESCHOOL FOR 3-YEAR-OLDS**
Choose two day or three day option.
Tuesday and Thursday
9:00 am - 11:30 am
Monday, Wednesday, Friday
9:00 am - 11:30am
- **PRESCHOOL FOR 4-YEAR-OLDS**
Choose two or three day option.
Tuesday and Thursday
9:15 - 11:45am
Monday, Wednesday, Friday
9:00 am - 11:30 am

Extended day option
Monday, Wednesday, Friday
9:15 am - 1:15 pm



Must be age eligible by Oct 1, 2008 for 3 & 4 year old programs and Aug. 1, 2008 for On My Own programs.

QUESTIONS?

CLINTON PRESCHOOL – Call Pam Ezra, Director at 908.735.8057 • MILFORD PRESCHOOL – Call Sharon Klamik, Director at 908.995.9107 or Carla Myer, Director of Early Childhood Education at 908.236.0055 x23

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

YMCA NORTH HUNTERDON SENIOR CENTER, 285 ROUTE 513, GLEN GARDNER



The YMCA Senior Center has been serving seniors in the area for over 30 years.
The center provides a place to socialize, learn and grow.

ART CLASS

Tuesday • 9:30 am

For all levels of artists, this instructor-led class allows participants to work at their own pace while exploring a variety of art mediums. Each class member supplies his/her own materials.

Fee: \$35 per 8 week session *Instructor: Laurel Adams*

CANASTA

Tuesday • 10:00 am

Players in this exciting card group enjoy the competition of the game while engaging in strategy and socialization.

CONTRACT BRIDGE

Monday • 12:00 pm

A challenging partnership card game.

COMPUTER CLASS

First 2 Thursdays of each month 12:30 pm

Classes for all levels from beginners to advanced. Help with any questions or problems is provided.. Pre-registration required.

DUPLICATE BRIDGE

Thursday • 12:00 pm

A mentally challenging card game and fun-loving group.

EXERCISE

Monday • 10:00 am

Thursday • 9:30 am

Strengthen muscles, improve posture and circulation, build endurance, enhance agility and mobility.

HELPING HANDS

Tuesday • 10:00 am

This group makes lap blankets and slippers. Knitted and crocheted items are donated to local nursing homes. Materials supplied.

MONTHLY BLOOD PRESSURE SCREENINGS

Check the monthly calendar.

RELAX AND STRETCH

Tuesday • 10:30 am

The soothing scent of lavender & gentle sound of music make this a class you will want to attend every week.

SINGING - "SILVER BELLES & BEAUS"

Monday • 9:30 am

This group enjoys coming together and blending their voices in song. They perform for various nursing homes, retirement homes and other organizations throughout the area.

2-24 INVESTMENT CLUB

2nd and 3rd Tuesday • 12:30 pm

Members of this club participate in discussions related to investment strategies and options.

TRIPS

Watch for announcements of scheduled trips in the monthly calendars! Musicals, Flower Shows, and more!

WALKING CLUB

Wednesday • 9:30 am

Friday • 9:30 am

Meet at Voorhees State Park at 9:30 Wednesday and Friday mornings. No fee. Walk at your own pace. Weather permitting! Meet new friends!

The Hunterdon County YMCA offers a variety of program for active older adults, including:

Silver Sneakers	page 4
Senior Shape-up	page 4
Arthritis Aquacize	page 6
Senior Swim	page 7
Volunteer Program	page 2

Located at 285 Route 513, Glen Gardner
inside the Bunnvale Assembly of God

Open Monday, Tuesday & Thursday
9:00 am - 3:00 pm

Meals on Wheels every Monday &
Thursday - 11:45 am

QUESTIONS? Or to receive a monthly calendar, call Beth Wolfmayer, Senior Center Director at 908.638.6515

Y POLICIES AND PROCEDURES

We build strong kids, strong families, strong communities.

YMCA CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines prohibited action, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Smoking on YMCA property- the YMCA and its property is a smoke-free environment.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior. Including angry or vulgar language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior, any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Transferring membership cards.
- Loitering within or on the grounds of the YMCA.

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense in relation to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person on duty.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Membership Director will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Membership Director if in their discretion a violation of the YMCA Member's Code of Conduct has occurred.

PROGRAM/CLASS FEES

All session fees must be paid in full at time of registration. Payments are accepted by cash, check, ATM or bank debit card, or credit card (Visa, MasterCard, American Express, or Discover). Memberships must be current through length of program.

LOCKER ROOMS

GENERAL LOCKER ROOMS -

Locker rooms are available to all members and guests. Children ages seven (7) and older must use appropriate gender locker rooms. Family/special needs changing rooms are available near the Welcome Center at our Deer Path Branch. Lockers are available for daily use only.

ADULT LOCKER ROOMS -

Adult locker rooms are available at our Deer Path Branch for members age 18 and over. Personal items should be secured at all times. Locks may be purchased at the Welcome Center. Lockers are available for daily use only. Kit lockers are available for rent.

FITNESS PROGRAM GUIDELINES

Use of all exercise equipment is restricted to members 12 years of age or older. Members 12, 13 and 14 years of age must complete orientation with fitness instructor.

Appropriate clothing must be worn.

Gym bags and additional clothing or personal items should be left locked in lockers.

Please utilize sign-up boards in the fitness centers. All members should follow the posted guidelines for treadmill and crosstrainer etiquette. As a courtesy to other members, please utilize the cleaning solution and towels to wipe down pieces of equipment after your workout. When using free weights, please be sure to return the weights to their racks when finished.

GYMNASIUM GUIDELINES

Open gymnasium is available to Full members. Open gymnasium schedules are available in the lobby. In order to accommodate the variety of programs offered at the YMCA, there are specific times throughout the day that the gymnasium is "closed" for classes. We ask that you respect the class participants by honoring the gym schedule and the designated "closed gymnasium" times. For the safety of our members, use of program equipment is to be utilized only during structured classes.

LOST OR STOLEN ITEMS

We encourage you to leave your valuables at home. Locks are available at the Welcome Desk to purchase or borrow. The YMCA is not responsible for lost or stolen items. Any lost or stolen personal items should be reported immediately to the Welcome Desk. Found items are held in our lost & found area for 14 days.

Y POLICIES AND PROCEDURES™

We build strong kids, strong families, strong communities.

CELL PHONES

Cell phone use is restricted to the lobby and hallways of our facilities.

FOOD AND DRINK

DEER PATH BRANCH - Vending machines are located in our member lounge. Food and drink are allowed in the member lounge only. Free coffee is available. Water may be used throughout the facility, in unbreakable containers only.

ROUND VALLEY BRANCH - Coffee and beverages are available by the Welcome Center. Water may be used throughout the facility, in unbreakable containers only.

MEMBERSHIP CARDS

Each member receives a coded membership card. Your membership identification card is required for access into facilities. If you forget this card, you will be required to check in at the Welcome Center. All members are required to have a photo on file.

MEMBER REFERRALS

Satisfied members are our best advertisement! When a friend referred by you joins the YMCA, you get one month free after your friend has completed their first 3 (three) months of full yearly membership! Thank you!

GENERAL POLICIES

All youth 11 years and under must be supervised by an adult when using our facilities.

To assure all feel welcome within our YMCA, access through the halls, workout areas, and to exercise equipment and programs will be maintained at all times.

Safety is a priority. Members should report any injury sustained in the YMCA to a staff person or the Welcome Center when it occurs. YMCA staff will provide first aid or call for emergency assistance depending on the nature of the injury.

To assure safety and quality, specific rules and regulations are posted in program areas. Please abide by posted rules.

REFUNDS, CREDITS AND CANCELLATIONS

The YMCA reserves the right to cancel, combine or modify a program due to insufficient enrollment. If a program is cancelled by the YMCA, every attempt will be made to place the enrollee in another section of the same level program. If the enrollee cannot be accommodated, the YMCA will issue a full refund.

If a participant decides not to take a class, credit for that class must be requested prior to the first class of the session. After the session has started, credits will only be issued for extended illness/injury and with a doctor's note. Credits will be prorated based upon attendance and all requests for credit are subject to a \$5 processing fee. Credits are good for one year from issue date. Credit requests are available at the Welcome Center.

INCLEMENT WEATHER/EMERGENCY CLOSINGS

In the event of inclement weather or any other emergency where the YMCA must close the facility and a class must be cancelled, every effort will be made to schedule a make-up class at the same time and day of the week. If you cannot attend that make-up class, contact the Program Director to arrange for another make-up. No credits or refunds will be given. Weather closings or delayed openings will be announced on FM 101.5. To avoid dangerous driving conditions, please call the YMCA before venturing out.

CLASS MAKE-UPS

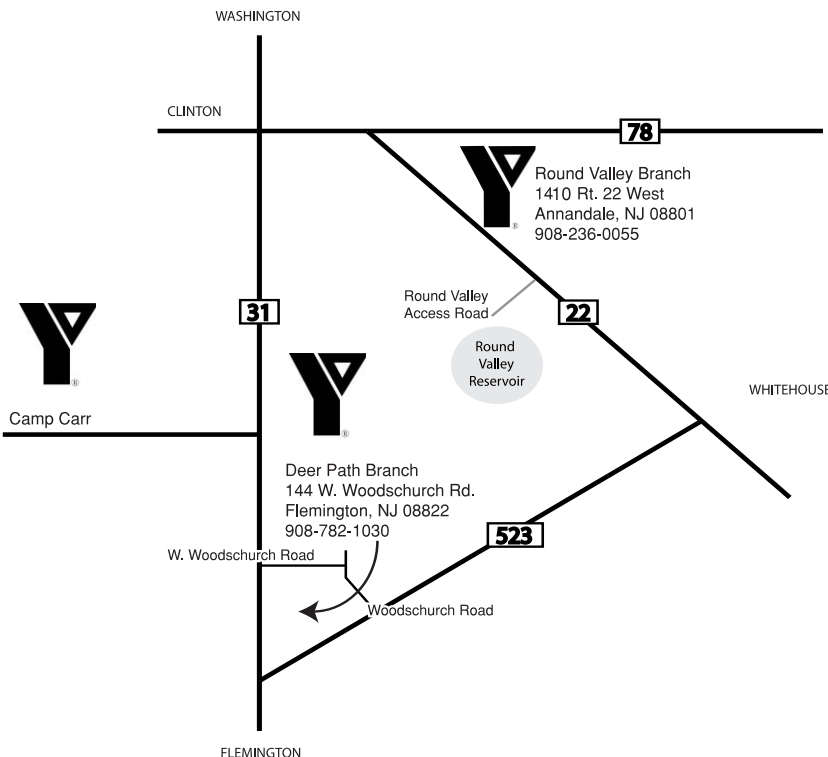
Please attend your scheduled class as make-up classes are not available for non-attendance. No credits or refunds will be given.

AUTOPAY

A 30-day written notice is required prior to your next scheduled draft date (15th or 30th) to stop autopay. It is the member's responsibility to check monthly bank/credit card statements to ensure the cancellation has taken effect. No refund will be given for an autopay that occurs during the 30-day cancellation period. The YMCA will not take responsibility to cancel your autopay. Accounts with non-sufficient funds (NSF) will be re-drafted the next autopay date for the returned draft, the current draft, plus a \$20 service fee. If the account drafted has NSF a second time, or has been closed, the YMCA has the right to suspend the membership until all fees have been reconciled.

NON-SUFFICIENT FUNDS

Checks returned as non-sufficient funds (NSF) will be re-deposited and a \$20 service fee will be charged to the member. If the account has NSF a second time, or has been closed, the YMCA has the right to suspend the membership until all fees have been reconciled.



Y POLICIES AND PROCEDURES™

We build strong kids, strong families, strong communities.

The YMCA is advised by a volunteer Board of Trustees. If you are interested in learning more or volunteering for a YMCA committee, please contact, Bruce Black President/CEO, at 236-7879 x15.

John Bedard	James Lewy	Terry Shlimbaum
Johnnie Byrer	Robert Luciano	Ralph Slaght
Bart Fellin	Gene McCarthy	Peter Tarricone
Jason Hayes	Libby McDonald	Bill Taylor
Joseph Hudicka	John Quirke	Alex Van Veldhuisen
Bob Kreilick	Margaret Raymond-Flood	Harry Woske
Thomas La Marca	Jared S. Rhines	Bob Zellej
Dan Leta	Pat Schriver	

IMPORTANT NUMBERS (AREA CODE: 908)

Adventure Guide Coordinator	Audrey Aguirre	782-1044	x651
Aquatics Director	Flora Briechle	782-1044	x624
Association Properties Director	Chuck Hyndshaw	782-1044	x609
Billing Coordinator	Tracy Pieper	782-1044	x631
Bilingual Program Coordinator	Gabriela Bonnavent	782-1044	x638
Chief Financial Officer	Jane Loh	782-1044	x625
Chief Operating Officer	Frank Barlow	782-1044	x623
Child Learning Center Director	Karin Smith	236-0055	x41
Child Learning Center Assistant Director	Christine Hill	236-0055	x21
Child Watch Coordinator	Anne Lemieux	782-1044	x615
Communications & Marketing Director	Heather Ruggeri	236-7879	x24
Communications & Development Administrator	Jill Brown	236-7879	x13
Competitive Aquatics Director	Barbara Huey	782-1044	x655
Development Director	Hilary Kruchowy	236-7879	x11
Early Childhood Education Director	Carla Myer	236-0055	x23
Fitness Coordinator	Karen Kloss	782-1044	x647
Human Resources Director	Lu Ann Aversa	236-7879	x12
Membership Director, Round Valley	Johnathan White	236-0055	x42
Membership Coordinator, Deer Path	Marianna Bunce	782-1044	x639
Membership Coordinator, Round Valley	Kim Torres	236-0055	x44
President/Chief Executive Officer	Bruce Black	236-7879	x15
Program Director	Jen Black	782-1044	x653
Recruitment Coordinator	Judy Beck	236-7879	x26
School Age Childcare Programs Director	Wendy Crocetti	236-0055	x22
Senior Center Director	Beth Wolfmayer	638-6515	
Senior Membership Director	Linda Milo	782-1044	x614
Senior Program Director	Kristin Heimall	782-1044	x619
Teen Programs Director	Len Yacullo	782-1044	x640
Volunteer Program Administrator	Kathy Martini	236-7879	x14
Women's Living-Well Club	Beth Carpenter	782-1004	x660
Wellness Coordinator, Round Valley	Daryl Cobb	236-0055	x43
Youth Sports League Coordinator	Mike Triano	782-1044	x634

6th Annual Hunterdon County YMCA Golf Classic

**Monday, October 20, 2008
Copper Hill Country Club
Ringoes, New Jersey**

A special golf event to support the YMCA financial assistance program. For more information contact Hilary Kruchowy 908-236-7879 ext. 11 or hkruchowy@hcymca.org.



17th Annual Comedy Night

**Friday, November 21, 2008
Hunterdon Hills Playhouse
Three Great Comedians!
One Great Show!**

Join us for some side-splitting fun! Proceeds benefit the YMCA financial assistance program. For more information contact Heather Ruggeri at 908-236-7879 ext. 24 or hruggeri@hcymca.org.



YREGISTRATION™

We build strong kids, strong families, strong communities.

Fall I Session: Sept. 8 - Oct. 25

Registration Begins: Aug. 10 - Full Members • Aug. 17 - Program Members

HOW TO REGISTER

Online: www.hcymca.org

****This is the fastest and easiest way to ensure registration****

In Person , Mail or Fax:

- 144 W. Woodschurch Rd
Flemington, NJ 08822
- 1410 Route 22 West
Annandale, NJ 08801

**Fax: 908.782.0871 (Deer Path)
908.236.4187 (Round Valley)**

REGISTRATION PROCEDURES

Registrations for current members are accepted online, in-person, by mail, or by fax.

Registrations faxed or mailed will be processed the evening of the registration date and in the order in which they are received. There is no guarantee of class enrollment.

Membership must be current through program session. Applications for new memberships must be done in person.

CREDITS

If a participant decides not to take a class, credit for that class must be requested prior to the first class of the session. After the session has started, credits will only be issued for extended illness/injury and with a doctor's note. Credits will be prorated based upon attendance and all requests for credit are subject to a \$5 processing fee. Credits are good for one year from issue date. Credit requests are available at the Welcome Center.

**REGISTRATION FORM • REGISTER ONLINE AT: WWW.HCYMCA.ORG
REGISTER EARLY - LIMITED SPACE AVAILABLE!**

For use by current members only-new members must apply in person

Membership Type: Full Member Program Member

Current Renewal Expiration Date _____

Participant's Name _____ DOB _____

Participant's Name _____ DOB _____

(If registering a child, please enter parent/guardian name after participant's name)

Street Address _____

Town _____ State _____ Zip _____

E-mail _____ Home _____ Work _____

Cell _____

Emergency Contact _____ Phone _____

PROGRAM/CLASS INFORMATION

Program/Class Name	Day(s)	Time	Fee
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

Total Amount Due: _____

Checks made payable to the Hunterdon County YMCA.

Payment Method _____ Visa MasterCard AMEX Discover ATM

Cardholder Name _____ Cardholder Signature _____

Credit Card Number _____ Expiration Date _____

Security Code Number _____

FAX REGISTRATIONS TO LOCATION OF PROGRAM - Deer Path - 908.782.0871 or Round Valley - 908.236.4187



Hunterdon County YMCA
We build strong kids,
strong families, strong communities.

Making a Difference for Hunterdon County

YMCA Strong Kids Campaign

For many families in Hunterdon County, the costs of YMCA programs and membership is more than they can afford. Participation in these programs for many of our families is made possible through the Strong Kids Campaign. This past year, the Hunterdon County YMCA awarded nearly \$300,000 in scholarships, camperships and financial assistance to more than 2,100 adults, children and families who could not afford our programs. The funds awarded in 2007 were a 25% increase from the assistance that was given out in 2006 and we are projecting a similar increase for 2008.



How can you help?

Become a storyteller!

Have you had a positive experience with the Hunterdon County YMCA that you would like to share with others? Are you comfortable asking people to join you in supporting a worthy cause? Join our Strong Kids Campaign.

Join a committee for our fundraising events!

- Annual Golf Outing – October 20, 2008. Our golf committee is forming. We are seeking foursomes, tee sponsors, in-kind donations for our giveaways and silent auction items.
- Comedy Night - November 21, 2008
- 19th Lend-A-Hand-to-Youth Annual Dinner – April 24, 2009 (tentative). Do you have an interest or flare for planning events? Please join our dinner committee!

YMCA BANNER RECOGNITION PROGRAM

Support the YMCA and receive recognition for your local business or company

MAKE AN IMPACT ON THE COMMUNITY

Your donation to the YMCA of \$1,000 is an investment in the community. An investment in the health of adults and families. An investment in future generations who learn leadership skills and values each day at the Y. The YMCA of Hunterdon County reaches more than 180,000 people annually with over 1,000 individuals served on a daily basis.

RECEIVE RECOGNITION AND THANKS

In gratitude and recognition of your generous support of \$1,000 or more, we will hang a banner with your company name in our branch. The banner is a way to for us to publicly thank you for your support, but it also positions you as a civic leader who cares about the health of our community's kids and families.



Where else will your company be promoted?

- On our website www.hcymca.org which receives 50,000 hits annually.
- On six program brochures that are sent to 60,000 households.
- In the annual report that is sent to 6,000 households.
- On our camp registration and information guides that are sent to 12,000 households.
- In our newsletters that are sent to 6,000 households

To find out more about how you can participate in the YMCA banner program, Strong Kids Campaign or special events, please contact Hilary Kruchowy at 908-236-7879x11 or hkruchowy@hcymca.com.



HUNTERDON COUNTY YMCA
144 WEST WOODSCHURCH ROAD
FLEMINGTON, NJ 08822



YMCA Members: Register online for programs & classes at www.hcymca.org.

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Strong Kids Membership 7th Grade Initiative

Do you have a 7th grader?

The Hunterdon County YMCA is offering all county 7th graders a special complimentary membership from 9/1/08-8/31/09. Visit www.hcymca.org to learn more.

7th grade has proven to be an important time for children to continue to remain active and gain the life-long fitness practices that will help them develop healthy habits.



They need us. We need you.



You can make the difference in the life of a child. Please give generously to the Hunterdon County YMCA Strong Kids Campaign.

Did you know that the Hunterdon County YMCA is a 501(c)3 charitable organization? Please consider the YMCA in your charitable contributing and estate planning.



The Hunterdon County YMCA is a United Way Member Agency.