SUMMER SESSION
June 18–August 19

HUNTERDON COUNTY YMCA
www.hcymca.org

Registration Begins:
May 13: Full Members (online only)
May 20: Open Registration

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REGISTER NOW
FOR Y SUMMER DAY CAMPS!
THE SUMMER STARTS NOW!

UPGRADE NOW TO FULL FACILITY MEMBERSHIP

LOWER MEMBERSHIP RATES*

* thru August 2018

+$0 JOINER’S FEE

+$50 Camp Savings, per week, per child

SPECIAL SUMMER MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Regular Monthly Rate</th>
<th>Summer Monthly Rate</th>
<th>Regular Joiner’s Fee</th>
<th>Joiner’s Fee Now</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (age 25-61)</td>
<td>$68</td>
<td>$56</td>
<td>$68</td>
<td>$0</td>
</tr>
<tr>
<td>Adult Couple (age 25-61)</td>
<td>$107</td>
<td>$92</td>
<td>$107</td>
<td>$0</td>
</tr>
<tr>
<td>Family (1 or 2 adults residing at same address and children up to age 24)</td>
<td>$109</td>
<td>$99</td>
<td>$109</td>
<td>$0</td>
</tr>
<tr>
<td>Senior (age 62+)</td>
<td>$56</td>
<td>$49</td>
<td>$56</td>
<td>$0</td>
</tr>
<tr>
<td>Senior Couple (age 62+)</td>
<td>$89</td>
<td>$76</td>
<td>$89</td>
<td>$0</td>
</tr>
<tr>
<td>Young Adult (age 18-24)</td>
<td>$49</td>
<td>$30</td>
<td>$49</td>
<td>$0</td>
</tr>
<tr>
<td>Teen (age 12-17)</td>
<td>$46</td>
<td>$28</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

JOIN NOW FOR THE BEST SUMMER EVER!

* Valid for new Full Facility Draft Memberships only. Reduced summer rate valid for May thru August drafts. Standard rate automatically resumes for September draft. Cannot be combined with Buddy Membership or any other offer.

Visit a Y Branch or Join Online
Deer Path Branch, 144 West Woodschurch Road, Flemington
Round Valley Branch, 1410 Route 22 West, Annandale

www.hcymca.org/join

Register Online: www.hcymca.org
YMCA Locations Phone # Hours
DEER PATH BRANCH 144 W. Woodschurch Road Flemington, NJ 08822 908-782-1030 Mon.-Fri. 5:00 am - 10:00 pm Sat.-Sun. 6:00 am - 8:00 pm (pool closes at 5 pm on Sun.)

ROUND VALLEY BRANCH 1410 Route 22 West Annandale, NJ 08801 908-236-0055 Mon.-Fri. 5:00 am - 9:30 pm Sat.-Sun. 6:00 am - 5:30 pm

CHILD LEARNING CENTER 1410 Route 22 West Annandale, NJ 08801 908-236-0055 Mon.-Fri. 6:45 am-6:00 pm Full-day childcare, year-round

Y ACTIVE OLDER ADULT CENTER 285 Route 513 Glen Gardner, NJ 08826 908-638-6515 Monday, Tuesday, Thursday 9:00 am - 3:00 pm

YMCA CAMP CARR DAY CAMP CAMP CARR CAMPGROUND 517 Hamden Road, Annandale, NJ 08801 908-735-5951 908-735-5950 End of June - Labor Day

MILFORD YMCA PRESCHOOL 70 Bridge Street Milford, NJ 08848 908-995-9107 September - June

OTHER MEMBERSHIP OPTIONS:

PROGRAM MEMBER
Allows a member to enroll in programs at the program member fee and free swim 4-5 pm Sundays.

NON-MEMBER
Not ready to enjoy the unlimited benefits of a full facility membership? Select programs have the option to register as a Non-Member.

Child Watch/Babysitting Hours
Deer Path Child Watch
Mon.-Fri. 8:15 am - 2:00 pm
Mon.-Thur. 3:45 pm - 8:00 pm
Friday 4:00 pm - 7:00 pm
Saturday 8:00 am - 12:00 pm

Round Valley Child Watch
Mon.-Fri. 9:00 am - 12:00 pm
Mon.-Thur. 4:00 - 8:00 pm
Friday 5:00 - 7:00 pm
Saturday 8:15 am - 12:00 pm
Childwatch staff is available to transport children to youth classes in MPR or Gym.

Child Watch/Babysitting Hours
Deer Path Child Watch
Mon.-Fri. 8:15 am - 2:00 pm
Mon.-Thur. 3:45 pm - 8:00 pm
Friday 4:00 pm - 7:00 pm
Saturday 8:00 am - 12:00 pm
Child watch staff is available to transport children to youth classes in MPR or Gym.

Y Policies and Procedures
The Y is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, individuals are asked to act appropriately at all times when in our facility and participating in our programs. Copies of our Membership Policies and Procedures, which includes the Y Code of Conduct, are available at the Welcome Center. Providing a safe environment is the top priority at the Y. With this in mind, the Y reserves the right to conduct background checks to determine membership eligibility and to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, or is a registered sexual offender. The Membership Director will investigate all reported incidents. Suspension or termination of Y membership privileges may result from inappropriate behavior.

Refunds, Credits & Cancellations
The Y reserves the right to cancel, combine or modify a program due to insufficient enrollment. If a program is canceled by the Y, every attempt will be made to place the enrollee in another section of the same level program. If the enrollee cannot be accommodated, the Y 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 credits are subject to a $5 processing fee. Credits valid for one year from issue date. In the event of inclement weather or any other emergency where the YMCA must close the facility or a class must be canceled, every effort will be made to schedule a make-up class at the same time and day of the week. Please note, no credits or refunds will be given.
### YOUTH SPORTS & ENRICHMENT

<table>
<thead>
<tr>
<th>Class Name &amp; Description</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Super Hero Training</strong></td>
<td>1½-3 years</td>
<td>Mondays</td>
<td>3:15-4:00 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sundays</td>
<td>10:45-11:30 am</td>
<td>Deer Path</td>
</tr>
<tr>
<td>Let’s Get Moving</td>
<td>1½-3 years</td>
<td>Thursdays</td>
<td>4:15-5:00 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td><strong>Soccer</strong></td>
<td>3-4 years</td>
<td>Thursdays</td>
<td>4:00-4:45 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td></td>
<td>3-5 years</td>
<td>Tuesdays</td>
<td>4:45-5:30 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td>5-7 years</td>
<td>Tuesdays</td>
<td>5:00-5:45 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td>6-9 years</td>
<td>Tuesdays</td>
<td>5:45-6:30 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>Baseball Skills</strong></td>
<td>3-5 years</td>
<td>Thursdays</td>
<td>3:30-4:15 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td></td>
<td>4-5 years</td>
<td>Tuesdays</td>
<td>3:45-4:30 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td></td>
<td>6-8 years</td>
<td>Tuesdays</td>
<td>4:45-5:30 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td></td>
<td>6-8 years</td>
<td>Thursdays</td>
<td>5:30-6:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td>7-12 years</td>
<td>Thursdays</td>
<td>5:15-6:00 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>Ninja Warrior Training</strong></td>
<td>4-5 years</td>
<td>Mondays</td>
<td>4:15-5:00 pm</td>
<td>Round Valley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thursdays</td>
<td>5:30-6:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fridays</td>
<td>10:30-11:15 am</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sundays</td>
<td>11:45 am -12:30 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>Spartan Warrior Training</strong></td>
<td>6-9 years</td>
<td>Fridays</td>
<td>4:15-5:00 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>Y Hoopsters</strong></td>
<td>6-9 years</td>
<td>Fridays</td>
<td>5:15-6:00 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>NERF &amp; Dodgeball Club</strong></td>
<td>6-8 years</td>
<td>Thursdays</td>
<td>6:30-7:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td>8-12 years</td>
<td>Wednesdays*</td>
<td>6:30-7:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td>8-12 years</td>
<td>Thursdays</td>
<td>4:30-5:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>GAGA Ball</strong></td>
<td>8-12 years</td>
<td>Thursdays</td>
<td>5:30-6:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td><strong>Young Art Masters at Work</strong></td>
<td>5-6 years</td>
<td>Tuesdays</td>
<td>5:45-6:30 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td></td>
<td>7-9 years</td>
<td>Tuesdays</td>
<td>4:30-5:30 pm</td>
<td>Deer Path</td>
</tr>
</tbody>
</table>

### YOUTH SPORTS CLINICS

<table>
<thead>
<tr>
<th>Sports Clinics</th>
<th>Ages</th>
<th>Group</th>
<th>Time</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soccer Clinics</strong></td>
<td>3-5 years</td>
<td>Rookies</td>
<td>8:30-9:15 am</td>
<td>Sundays</td>
</tr>
<tr>
<td></td>
<td>6-8 years</td>
<td>Winners</td>
<td>9:30-10:15 am</td>
<td>Sundays</td>
</tr>
<tr>
<td><strong>Baseball Clinics</strong></td>
<td>3-5 years</td>
<td>Rookies</td>
<td>9:30-10:15 am</td>
<td>Sundays</td>
</tr>
<tr>
<td></td>
<td>6-8 years</td>
<td>Winners</td>
<td>10:30-11:15 am</td>
<td>Sundays</td>
</tr>
</tbody>
</table>

Clinics for boys and girls are an introduction to competitive sports. Clinics will focus on skills and drills that culminate with scrimmages and games.

**45 Minute Classes & Clinics**
- **Family Full Member:** $20
- **Program Member:** $80
- **Non-Member:** $109

**One-Hour Classes**
- **Family Full Member:** $25
- **Program Member:** $86
- **Non-Member:** $116

Register early; $20 late registration fee applies after June 13.
Class Name & Description | Ages | Days | Time | Location
--- | --- | --- | --- | ---
**Kid’s Karate – Beginners**
Elements of balance, coordination and agility will be taught. Basic Karate techniques will be introduced. | 5–7 years | Mondays, Saturdays | 4:00-4:45 pm 9:00–9:45 am | Deer Path

**Kid’s Karate – Advanced**
Advanced students will continue their journey in Isshinryu Karate with more advanced forms, techniques and self-defense strategies. Developing stamina, mental focus and camaraderie. | 5–7 years | Mondays, Saturdays | 5:00–5:45 pm 10:00–10:45 am | Deer Path

**Youth Martial Arts – Beginners**
Get your body and mind active! Beginner students will learn the basic blocks, kicks, forms, strikes and self-defense in the Isshinryu style of Karate. Students will develop their self-confidence, self-control and respect for themselves and others. Geared towards earning yellow belt. | 8–14 years | Mondays, Saturdays | 6:00–7:00 pm 11:00 am–12:00 pm | Deer Path

**Youth Martial Arts – Advanced**
Advanced students will continue their journey in Isshinryu Karate with techniques and self-defense strategies. Develop stamina, mental focus and camaraderie with fellow students. Controlled sparring introduced. | 8–14 years | Mondays, Saturdays | 7:00–8:30 pm 12:15–1:45 pm | Deer Path

**Black Belt/Brown Belt Martial Arts**
This is the time to learn advanced techniques and concepts. Students will pursue an in depth analysis of kata, sparring and self-defense, as well as the mental and spiritual aspects that will help them move forward. | 10 years and up | Saturdays | 1:45–3:45 pm | Deer Path

**Adult Martial Arts**
Traditional Martial Arts class taught in a comfortable environment. Attain mental and physical growth. Learn to defend yourself, relieve stress and have fun. | 15 years and up | Mondays & Wednesdays (2x per week) | 8:30–10:00 pm 7:45–9:15 pm | Deer Path

**Kid’s Karate (5–7 years)**
Full Member: $73
Program Member: $105
Non-Member: $137

**Martial Arts Beginner**
Full Member: $80
Program Member: $112
Non-Member: $144

**Advanced/Brown Belt/Adult**
Full Member: $116
Program Member: $148
Non-Member: $180

Register early; $20 late registration fee applies after June 13.
Y Ballet Class Participants can purchase ballet and tap shoes. Please see Ms. Jill for additional info. Appropriate dance attire required (leotards, tights, leather ballet slippers, tap and/or dance shoes). Hair should be pulled back.
**GYMNASTICS**

<table>
<thead>
<tr>
<th>Class Name &amp; Description</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent/Child Tumble &amp; Fun</strong></td>
<td>1½-3 years</td>
<td>Tuesday</td>
<td>9:15-10:00 am</td>
<td>Deer Path</td>
</tr>
<tr>
<td>Play on our indoor gymnastics equipment playground. Great place to let out some energy. Parents are required to stay with children.</td>
<td></td>
<td>Fridays</td>
<td>9:45-10:30 am</td>
<td>Round Valley</td>
</tr>
<tr>
<td><strong>FULL AND PROGRAM MEMBERS: FREE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kinder Gymnastics – Level 1</strong></td>
<td>3-5 years</td>
<td>Tuesdays</td>
<td>10:15-11:00 am</td>
<td>Deer Path</td>
</tr>
<tr>
<td>This basic intro to gymnastics is perfect for the beginning gymnast. The class will help develop skills of spatial awareness and coordination, develop flexibility, increase strength and balance, promote motor skills, all while having fun and meeting new friends.</td>
<td></td>
<td>Fridays</td>
<td>10:45-11:30 am</td>
<td>Round Valley</td>
</tr>
<tr>
<td><strong>Kinder Gymnastics – Level 2</strong></td>
<td>3-5 years</td>
<td>Tuesdays</td>
<td>11:15 am-12:00 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td>This class will build on the fundamentals of gymnastics through games, stations, and specific instruction. Children will learn additional skills including tumbling, balance beam, spring board, low bars, and trampoline.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Junior Gymnastics – Level 1</strong></td>
<td>5-8 years</td>
<td>Wednesdays*</td>
<td>4:15-5:15 pm</td>
<td>Deer Path</td>
</tr>
<tr>
<td>Gymnasts begin to use regulation size equipment. Focus will be on safety, proper techniques, concentration, strength, flexibility and enhancing skills.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 45 Minute Classes                          |
| **Family Full Member: $20**                |
| Program Member: $80                        |
| Non-Member: $109                           |
| *No classes 7/4, classes will be prorated. Register early; $20 late registration fee applies after June 13. |

| One-Hour Classes                           |
| **Family Full Member: $25**                |
| Program Member: $86                        |
| Non-Member: $116                           |
| *No classes 7/4, classes will be prorated. Register early; $20 late registration fee applies after June 13. |

| Questions? Contact John Rice, Association Program Director at 908-483-4934 or jrice@hcymca.org |

**BIRTHDAY PARTIES**

Book your next Birthday Party at the Hunterdon County YMCA! All basic parties include 1 hour of activities in half of the gym or pool and culminates with 30 minutes of party time for food and drinks in the party room.

**STANDARD PARTY PACKAGE (1 and ½ hours):**
- Private Party Room
- Activities run by 2 enthusiastic Birthday Hosts
- Birthday child and siblings FREE!
- 20 Party guests ($5 each additional guest; adults free)
- Fully decorated party room with banners, balloons, and more
- Paper goods (plates, cups, napkins, & utensils), bowls, and platters
- Set up upon arrival and clean up at conclusion of party
- Fun music in gym and party room
- Splash parties are recreational swim (Hosts do not go in the pool)

**STANDARD PARTY FEE:** Member: $265   Non-Member: $340

**DELUXE PARTY PACKAGE** (can be added to any party): Additional $50
Includes everything in the Standard Party Package plus 3 large cheese pizzas, juice, and water.

**COMBO PARTY PACKAGE (2 hours):** Make it your own party; combine any two of our parties for 45 minutes of each activity and then 30 minutes in the party room. **COMBO PARTY FEE:**
Member: $340   Non-Member: $425 ($50 additional for premium)

**Party Times:**
- Saturdays: 2:00 pm – 3:30 pm (Splash Party Only)
  4:30 pm – 6:00 pm
- Sundays: 11:30 am – 1:00 pm (Splash Party Only)
  2:00 pm – 3:30 pm
  4:30 pm – 6:00 pm

*Other times may be available upon request

**Standard Party Themes:**
- Splash
- Fun and Games
- Tumbling
- Sports
- Super Hero
- Gaga Ball

**Premium Party Themes:**
- NERF
- Ninja Warrior
- Paint Night
- Star Wars
- Princess
- Lego Mania
- Art Adventure
- Puppies and/or Kitties

**PREMIUM PARTIES:** have an additional charge of $50 for specialized staffing and materials.

To book a party or for questions contact: Liz Palladino 908-782-1044 x 4953 or lpalladino@hcymca.org
BEFORE/AFTER SCHOOL PROGRAM

After School Programs
The Y is committed to nurturing the potential of every child and teen. In our After School Programs children receive help with homework and have an opportunity to explore arts, S.T.E.M., health and wellness, leadership skills, service learning, and more. 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 after care. We also offer drop-in care for those who need to use the program occasionally or need to add days. Programs run on early dismissal days and most school holidays. There is NO additional fee as long as these days fall on a day the child is normally scheduled to attend. Holiday drop-in care also available. Holiday care is NOT included in the Before School Program tuition, but can be added for the normal drop-in rate. After School Programs include Healthy U, a program that focuses on the importance of physical activity and healthy eating habits to fight childhood obesity. Horizon Blue Cross/Blue Shield of NJ invested in this project by allocating several million dollars to provide 366 after school programs in the state with staff training, curriculum activities and a huge assortment of equipment for each site (provided through the Flaghouse Company) to keep children active after school.

Before School Programs
Before School Programs begin at 7:00 am (Kingwood 7:15 am start) and operate until the school day begins. The Before School Program fee covers 5 days regardless of the number of days attending.

Questions? Contact Wendy Crocetti at 908-483-4622 or wcrocetti@hcymca.org.

Program Sites
• Barley Sheaf School
• Conley School (after school only)
• Copper Hill School
• Delaware Township
• Desmares School
• East Amwell Township School
• Holland Brook School (after school only)
• Holland Township School
• Kingwood Township School
• Lambertville Public* (after school only)
• Reading-Fleming Intermediate School
• Readington Middle School (after school only)
• Robert Hunter School
• Stockton Borough* (after school only)
• Tewksbury Elementary
• Three Bridges School
• West Amwell Township School
• Whitehouse School

*program at West Amwell School, students bused by the district.

Monthly Fees (2018-19):
After School Program:
5 days $394
4 days $329
3 days $202
2 days $196
1 day $103

Before School Program: $168 (regardless of number of days)
Drop-in care available for before/after care at most locations.

YMCA Summer Camps
SPORTS CAMP
CAMP CARR
SOUTH CAMP
PRE-KAMP
The Hunterdon County YMCA’s day camp programs offer kids an exciting, enriching experience to help them get more out of summer break – more friendships, more accomplishments and more belonging.

Learn more at www.hcymca.org/camp

Register Online: www.hcymca.org
Summer Session: June 18 - August 19
(no classes 7/4)

Summer fun for your little one
at the Y Child Learning Center
1410 Route 22 West, Annandale, NJ
PRE-KAMPERS at the Round Valley Branch
• Open 9:00 am to 4:00 pm (1/2 day and extended day options available)
• Perfect for your 3-5 year-olds
• Weekly/monthly pricing available
• Weekly Swim Lessons
• Bi-weekly Field Trips
• Indoor and Outdoor Adventures, including Wacky Water Days, Kids Yoga, Nature Trail Exploration, Sports Games, and so much more
• 9 Weeks from June 19-August 18
• Developmentally Appropriate Activities and Themes all Summer Long
• Plus, convenient bus transportation for your older camper.

Visit www.hcymca.org or call 908-236-0055x4605

Milford YMCA Preschool
At Milford Presbyterian Church
(908) 995-9107

The Y Preschool Program provides developmentally appropriate group and individual experiences for children ages 2½ to 5. School year runs September to May/June. Visit www.hcymca.org or call 908-483-4623.

• Small class size
• Experienced, certified staff
• Low teacher-to-child ratio
• Nationally Accredited School Readiness Curriculum
• Flexible morning and extended day schedules
**SWIM LESSONS**

**STRONG SWIMMERS**

**CONFIDENT KIDS**

**STAGE DESCRIPTIONS**

**SWIM STARTERS**

Accompanied by a parent/caretaker, infants and toddlers learn to be comfortable in the water.

**PARENT & CHILD**

6 months–3 years with parent

**SWIM BASICS**

Students learn personal water safety and achieve basic swimming competency by:

- Swim, float, swim — sequencing front glide, roll, back float, roll, front glide and exit.
- Preschool: 3–5 years
- Youth: 5–12 years

**SWIM STROKES**

Students learn and refine stroke technique as well as safety and survival skills.

- Preschool: 3–5 years (Level 4 only)
- Youth: 5–12 years

**1 / WATER ACCLIMATION**

Under the guidance of caring instructors trained to instill trust and a love of swimming, students learn to float and develop comfort with getting their faces wet, blowing out while underwater (bobs) and learn to safely exit the pool. Floatation devices used.

**2 / WATER MOVEMENT**

Students focus on body position and control, directional change and forward movement in the water continuing to perfect water safety and survival skills and underwater exploration. Floatation devices used.

**3 / WATER STAMINA**

Students learn how to swim to safety from a longer distance. Rhythmic breathing with integrated arm and leg action are introduced along with basic diving skills. Elementary backstroke introduced. No floatation devices used.

**4 / STROKE INTRODUCTION**

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and elementary backstroke.

**5 / STROKE DEVELOPMENT**

Students learn breaststroke and sidestroke while developing endurance and continue to refine front crawl and backstroke.

**6 / STROKE MECHANICS**

Students learn butterfly while continuing to develop endurance while refining breaststroke, back and front crawl and diving. Flip turns and diving from the block are introduced.

**HAVE MORE QUESTIONS?** Contact Flora Mannino, Aquatics Director at 908-483-4924 or fmannino@hcymca.org

Register Online: www.hcymca.org
### Session 1, 2, 3, 4, 5
Classes meet Monday through Thursday for 2 weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15–10:00 am</td>
<td>Preschool</td>
<td>Youth</td>
<td>Youth</td>
</tr>
<tr>
<td>10:45–11:30 am</td>
<td>Preschool</td>
<td>Youth</td>
<td>Youth</td>
</tr>
<tr>
<td>1:00–1:45 pm</td>
<td>Preschool</td>
<td>Youth</td>
<td>Youth</td>
</tr>
</tbody>
</table>

### Session A & B
Classes meet twice a week for 4 weeks.

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15–10:00 am</td>
<td>Mon. &amp; Wed.</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>10:00–10:45 am</td>
<td>Tues. &amp; Thurs.</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
</tr>
<tr>
<td>1:00–1:45 pm</td>
<td>Preschool</td>
<td>Youth</td>
<td>Youth</td>
</tr>
</tbody>
</table>

### Session C
Saturdays once a week for 8 weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00–8:45 am</td>
<td>Triathlon Training</td>
<td>Adult Intermediate Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>9:00–9:45 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>10:00–10:45 am</td>
<td>Mon. &amp; Wed.</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>11:00–11:45 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
</tbody>
</table>

### Session C
Classes meet once a week for 8 weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 – 7:00 pm</td>
<td>Tuesdays only</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
</tr>
</tbody>
</table>

### Session C
Classes meet twice a week for four weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:10–8:55 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>9:00–9:45 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>10:00–10:45 am</td>
<td>Mon. &amp; Wed.</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>11:00–11:45 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
</tbody>
</table>

### Session C
Classes meet once a week for 8 weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30–9:15 am</td>
<td>Aquatek I</td>
<td>Youth</td>
<td>Youth</td>
</tr>
<tr>
<td>9:30–10:15 am</td>
<td>Aquatek II</td>
<td>Youth</td>
<td>Youth</td>
</tr>
<tr>
<td>10:15–10:45 am</td>
<td>Aquatek II</td>
<td>Youth</td>
<td>Youth</td>
</tr>
</tbody>
</table>

### Session C
Classes meet twice a week for four weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30–9:15 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>9:30–10:15 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
<tr>
<td>10:30–11:15 am</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
<td>Youth</td>
</tr>
</tbody>
</table>

### Session C
Classes meet once a week for 8 weeks

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15–8:55 am</td>
<td>Tuesdays only</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
</tr>
<tr>
<td>9:15–9:45 am</td>
<td>Tuesdays only</td>
<td>Parent &amp; Child</td>
<td>Preschool</td>
</tr>
</tbody>
</table>

### 45-Minute Swim Lessons

**8 Lessons**
Sessions 1–5 and A, B, & C

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Level</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30–9:15 am</td>
<td>Aquatek I</td>
<td>Youth</td>
<td>Youth</td>
</tr>
<tr>
<td>9:30–10:15 am</td>
<td>Aquatek II</td>
<td>Youth</td>
<td>Youth</td>
</tr>
<tr>
<td>10:30–11:15 am</td>
<td>Aquatek II</td>
<td>Youth</td>
<td>Youth</td>
</tr>
</tbody>
</table>

**4 Lessons**
Mini-Sessions I & II

- **45-Minute Swim Lessons**
- **8 Lessons**
  Sessions 1–5 and A, B, & C
  Family Full Member: $82
  Program Member: $119
  Non-Member: $157
- **4 Lessons**
  Mini-Sessions I & II
  Family Full Member: $41
  Program Member: $59
  Non-Member: $78

### Summer Session Dates

- **Session 1**: June 18 – June 28
- **Session 2**: July 2 – July 12
- **Session 3**: July 6 – July 16
- **Session 4**: July 30 – Aug. 9
- **Session 5**: Aug. 13 – Aug. 23
- **Session A**: June 18 – July 12
- **Session B**: July 16 – Aug. 22
- **Session C**: June 18 – Aug. 23

### Questions?
Contact Flora Mannino at 908-483-4924 or fmannino@hcymca.org.
**Mermaid Club**
8-12 years
The Mermaid Club combines fun with fitness and swimming while building friendships and improving swim strokes, endurance and basic water safety skills. Dolphin kick is introduced and refined in the context of underwater and above water swimming routines. A dry land component focuses on building a strong core and students are challenged to be good stewards of the ocean and all its citizens. Fins will be provided and costumes (colorful swim leggings etc.) are encouraged as the Club explores and develops its Mermaid Culture.
August 14 - 23
Tuesdays and Thursdays
4:15-5:15 pm

**Family Full Member:** $58
**Program Member:** $78
**Non-Member:** $89

---

**Tween & Teen Swim Lessons, Ages 9-14**
Age-appropriate swim class for swimmers with a basic swimming knowledge who would like to improve technique and ability. Non-swimmers should take beginner lessons.

**AquaTek I**
Teaches and refines freestyle, backstroke and basic diving while beginning to build endurance.

**AquaTek II**
Teaches breaststroke while refining freestyle and backstroke and building endurance.

**AquaTek I & II**

<table>
<thead>
<tr>
<th></th>
<th>Full Member:</th>
<th>Program Member:</th>
<th>Non-Member:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$82</td>
<td>$119</td>
<td>$158</td>
</tr>
</tbody>
</table>

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**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. Need to pass Scout swim test? Try AquaTek I course.

---

**Advanced Swim Programs**

**Competitive Clinic**
Designed for swimmers who have passed Youth 6 (formerly Flying Fish) and want to learn about competitive swimming while refining their technique in all 4 competitive strokes. Starts, turns and finishes all taught. Once per week class.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-14 years</td>
<td>Tues. &amp; Thurs.</td>
<td>4:15-5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
<td>7:45-8:30 pm</td>
</tr>
<tr>
<td></td>
<td>Mon &amp; Wed.</td>
<td>4:15-5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>11:00-11:45 am</td>
</tr>
<tr>
<td></td>
<td>Sunday</td>
<td>10:40-11:25 am</td>
</tr>
</tbody>
</table>

**Power Swim**
Designed for students who have passed Youth 5 or Youth 6 and want the challenge of twice weekly workouts to improve their technique, endurance and fitness levels. Great for staying in shape between sport seasons.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-14 years</td>
<td>Wed. &amp; Fri.</td>
<td>4:15-5:00 pm</td>
</tr>
<tr>
<td></td>
<td>Tues. &amp; Thurs.</td>
<td>7:45-8:30 pm</td>
</tr>
<tr>
<td></td>
<td>Saturday</td>
<td>11:00-11:45 am</td>
</tr>
</tbody>
</table>

**Advanced Teen Power Swim**
Teens, take your swimming to the next level. This advanced course will feature challenging and fun one hour long workouts which improve technique, endurance and fitness levels. Includes worksheets to help students identify their individual swimming and fitness goals and to write and design their own swimming workouts.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teens</td>
<td>Tues. &amp; Thurs.</td>
<td>7:45-8:45 pm</td>
</tr>
</tbody>
</table>

Note: Swimmers age 15 and over must register for Advanced Teen Power Swim.

**Competitive Clinic/Power Swim**

<table>
<thead>
<tr>
<th></th>
<th>Full Member:</th>
<th>Program Member:</th>
<th>Non-Member:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$82</td>
<td>$119</td>
<td>$158</td>
</tr>
</tbody>
</table>

**Advanced Teen Power Swim**

<table>
<thead>
<tr>
<th></th>
<th>Full Member:</th>
<th>Program Member:</th>
<th>Non-Member:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$109</td>
<td>$119</td>
<td>$165</td>
</tr>
</tbody>
</table>

**8 Classes**
Classes run twice a week for 4 weeks (Session A/Session B) except Saturday/Sunday classes (Session C).

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**Stingrays Swim Team**
The Hunterdon County YMCA Stingrays is a year-round competitive swim team offering high-quality, professional coaching and technique instruction for ages 6 to 18 years. Our team competes in both YMCA and USA Swim meets.

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Register Online: www.hcymca.org
Summer Session: June 18 - August 19 (no classes 7/4)

For all Red Cross Courses: Students must provide a valid email address at registration to allow for communication with the instructor. Course textbooks can be downloaded for free by going to redcross.org and click on “Take A Class”. Click “Learn About Our Programs” on the left. Scroll down and click “Lifeguarding”. Bringing a copy of the book to class is recommended. Upon successful completion of one of our lifeguard classes, students will receive the following certifications: 1) American Red Cross Lifeguard and First Aid 2) CPR for Lifeguards with AED 3) Administering Emergency Oxygen. All certifications are valid for 2 years.

Red Cross Lifeguard Course
All candidates must be at least 15 years old by end of course and pass qualifying swim test which consists of treading water for 2 minutes, swimming 300 yards (6 lengths of the pool) continuously using freestyle and breaststroke and retrieving a 10 lb. brick from 10 feet depth and swimming 1 length with brick. Students who are unsure and wish to be pre-tested should contact Aquatic Director at (908) 483-4924. Students unable to pass pre-test on first day will receive a full refund less $25. Class provides all certifications necessary to be legally employed as a lifeguard.

Course XI: Saturdays, June 2 and 9: 8:00 am to 6:00 pm and Sunday, June 3: 8:00 am to 6:00 pm
Course XII: Saturdays, June 23 and June 30: 8:00 am to 6:00 pm and Sunday, June 24: 8:00 am - 6:00 pm
Course XIII: Sundays, July 8 and 15: 8:00 am - 6:00 pm and Saturday, July 14: 8:00 am - 6:00 pm
Course XIV: Sundays, July 29 and August 5: 8:00 am - 6:00 pm and Saturday, August 4: 8:00 am - 6:00 pm

Full Member: $295  Program Member: $330  Non-Member: $345

Lifeguard Recertification Course
THERE IS A 30 DAY GRACE PERIOD FOR EXPIRING LIFEGUARD CERTIFICATIONS. AFTER 30 DAYS, STUDENTS MUST RETAKE THE ENTIRE COURSE! Course includes pre-test, skill review and written and practical final test. BRING CPR Mask. Re-certifies Red Cross Lifeguard, First Aid, CPR, and AED valid for 2 years.

Course XI: Sunday June 10 - 8:00 am to 7:00 pm - One day course
Course XII: Saturday, June 16 8:00 am to 7:00 pm - One day course

Full Member: $179  Program Member: $199  Non-Member: $219

For all Red Cross Courses: Students must provide a valid email address at registration to allow for communication with the instructor. Course textbooks can be downloaded for free by going to redcross.org and click on “Take A Class”. Click “Learn About Our Programs” on the left. Scroll down and click “Lifeguarding”. Bringing a copy of the book to class is recommended. Upon successful completion of one of our lifeguard classes, students will receive the following certifications: 1) American Red Cross Lifeguard and First Aid 2) CPR for Lifeguards with AED 3) Administering Emergency Oxygen. All certifications are valid for 2 years.

Y Swim Lessons at Union Gap Village Outdoor Pool
100 Northslope, Clinton, NJ

Y Swim lessons held daily through the summer. Beginner through advanced intermediate levels. Two times a week for four weeks or four times a week for two weeks. Private lessons also available. Special pricing for Union Gap Village Condo Association Members. Enroll online or in person at the YMCA. Call Flora Mannino (908) 483-4924 or e-mail fmannino@hcymca.org for more information. Go to www.hcymca.org/union-gap for class schedule.

SPECIALTY AQUATICS PROGRAMS

Triathlon Swim Training
This workout addresses the top skills needed to improve swimming in a triathlon. Swimmers are taught to move through the water more efficiently by using their core muscles and focus on balance and active streamlining in the water. Drills used teach an awareness of the dynamics of swimming over and above the development of simple strength and power. This is a thinking person’s swim course. Saturdays: 8:00-8:45 am Fee: Full Member: $90  Program Member: $130  Non-Members: $150

Scuba Guru
Scuba certifications now available through Scuba Guru at the Deer Path Branch Pool. Call Scuba Guru to learn more and to register 908.379.8220 or visit www.scubaguru.org.
# Water Exercise Classes at Deer Path Branch Pool

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aquakinetiks</strong></td>
<td>Mondays</td>
<td>9:15-10:00 am</td>
</tr>
<tr>
<td></td>
<td>Wednesdays</td>
<td>9:15-10:00 am</td>
</tr>
<tr>
<td></td>
<td>Fridays</td>
<td>9:15-10:00 am</td>
</tr>
<tr>
<td><strong>Power Punch &amp; Splash</strong></td>
<td>Mondays</td>
<td>10:00-10:45 am</td>
</tr>
<tr>
<td></td>
<td>Wednesdays</td>
<td>10:00-10:45 am</td>
</tr>
<tr>
<td></td>
<td>Fridays</td>
<td>10:45-11:30 am</td>
</tr>
<tr>
<td><strong>H2O Body Shock</strong></td>
<td>Tuesdays</td>
<td>9:15-10:00 am</td>
</tr>
<tr>
<td></td>
<td>Thursdays</td>
<td>9:15-10:00 am</td>
</tr>
<tr>
<td><strong>Aqua Cardio-Core Fusion</strong></td>
<td>Tuesdays</td>
<td>10:00-10:45 am</td>
</tr>
<tr>
<td></td>
<td>Thursdays</td>
<td>10:00-10:45 am</td>
</tr>
<tr>
<td><strong>AquaMates</strong></td>
<td>Mondays</td>
<td>8:00-8:45 am</td>
</tr>
<tr>
<td></td>
<td>Wednesdays</td>
<td>8:00-8:45 am</td>
</tr>
<tr>
<td></td>
<td>Fridays</td>
<td>8:00-8:45 am</td>
</tr>
</tbody>
</table>

## Fee for Seven 45-minute classes: Full Member: Included | Program Member: $56 | Non-Member: $66

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# Adult Swim Lessons at Deer Path Pool

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ABSOLUTELY TERRIFIED!</strong></td>
<td>Wednesdays</td>
<td>10:45-11:30 am</td>
</tr>
<tr>
<td></td>
<td>Saturdays</td>
<td>1:00-1:45 pm</td>
</tr>
<tr>
<td><strong>Beginner Level</strong></td>
<td>Saturdays</td>
<td>12:00-12:45 pm</td>
</tr>
<tr>
<td></td>
<td>Sundays</td>
<td>8:00-8:45 am</td>
</tr>
<tr>
<td><strong>Intermediate Level</strong></td>
<td>Saturdays</td>
<td>8:00 – 8:45 am</td>
</tr>
<tr>
<td></td>
<td>Sundays</td>
<td>8:00-8:45 am</td>
</tr>
</tbody>
</table>

## Fee for Seven 45-minute Lessons: Full Member: $90 | Program Member: $130 | Non-Member: $150

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# Community Programs at Deer Path Branch Pool

<table>
<thead>
<tr>
<th>Program</th>
<th>Days</th>
<th>Time</th>
<th>Member Fee</th>
<th>Non Member Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Senior Swim</strong></td>
<td>Tues. &amp; Thurs.</td>
<td>11:30 am-1:00 pm</td>
<td>Included</td>
<td>$10 drop-in fee per day</td>
</tr>
</tbody>
</table>

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# Private Swim Lessons

Available at Deer Path Pool. For adults and kids who are trying to overcome the fear of water or who need to focus on a special skill. Call Aquatics Director, Flora Mannino at 908-483-4924 to schedule. Classes available weekdays and weekends. Six half-hour lessons.

- **Full Member:** $190
- **Program Member:** $205
- **Non-Member:** $225

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Register Online: [www.hcymca.org](http://www.hcymca.org)
### Youth Fitness Classes for 7–12 year olds

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boot Camp</strong></td>
<td>Cardio warm-up, then alternates between stations to improve endurance and strength while having fun!</td>
</tr>
<tr>
<td><strong>Cardio Club</strong></td>
<td>A variety of ways to get a great cardio workout with fun drills and games to get your heart pumping!</td>
</tr>
<tr>
<td><strong>Circuit Training</strong></td>
<td>Teaches kids how to safely and effectively perform body weight exercises and use bands and free weights.</td>
</tr>
<tr>
<td><strong>Explosive Power</strong></td>
<td>Improve your speed and agility with this high energy class to increase fitness levels.</td>
</tr>
<tr>
<td><strong>Fit &amp; Flexible</strong></td>
<td>Improve your strength and flexibility with this fun mix of yoga and pilates.</td>
</tr>
<tr>
<td><strong>Low Impact Cardio</strong></td>
<td>Kids experience the fun low-impact cardio machines in the Fitness Center like the ellipticals and bikes. Class size is limited. Kids under 12 are only allowed in the Fitness Center with their instructor for this class; otherwise kids must be 12+.</td>
</tr>
<tr>
<td><strong>Strong To The Core</strong></td>
<td>Strength and resistance training; use bands, light weights to develop good posture and a strong core.</td>
</tr>
<tr>
<td><strong>Upper/Lower Body Blitz</strong></td>
<td>Class is broken up into 30 minute segments – first half focuses on building a strong and stable upper body and second half focuses on leg work. Both segments use bodyweight, hand weights, steps and bands.</td>
</tr>
</tbody>
</table>

Visit [www.hcymca.org](http://www.hcymca.org) for Youth Fitness Class schedule.

**Included with Full Family Membership.** Program Members and Non-Members: 10 class punch card for $50. Children should wear comfortable sneakers, comfortable loose clothing they can move in and bring a water bottle.
**Active Together**
gives you all the training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements.

**Balance & Flex Together**
will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

**Cardio Step Together**
is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination and strength with exciting music and group energy.

**ViPR – Conditioning Together**
integrates strength and cardio training to build muscle, burn calories and improve agility. Revolutionize your whole body using Loaded Movement Training with the ViPR in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity intervals.

**Core Focus Together**
trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before.

**Defend Together**
is a gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

**Groove Together**
will make you sweat with a smile during this energizing hour of dance fitness. It’s a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to current hits and energetic songs.

**Strength Train Together**
will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**Not sure where to start?** Contact Teri Saccal, Director of Healthy Living, at 908-483-4933 or tsaccal@hcymca.org.

Updated monthly schedules are posted at the branches and online.

Check website for class cancellations/changes. Group Fitness and Indoor Cycling classes are for full members only. Classes are included with full membership and registration is not required.

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**ADULT GROUP FITNESS CLASSES**

**Body Shock** – A total body workout with step, body sculpting, and power bursts. Intermediate/advanced levels, but beginners welcome.

**Boot Camp** – This military style total body conditioning workout incorporates drills, cardiovascular as well as strength training.

**Bros and Joes** – Men only fitness class that focuses on the total body using strength, endurance and core exercises.

**Chair Yoga** – Using a chair, explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or for those that want less intensity.

**Functional Strength** – 45 minute functional strength training class that focuses on multi-directional, multi-muscle moves using weights, kettlebells, bars and body weight.

**Gentle Yoga** – Explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or for those that want less intensity.

**Indoor Cycling** – Please pick up reserved passes at the front desk no more than 15 minutes before the start of class.

**Kickboxing** – Sweat your stress away with kicks and punches using kickboxing bags.

**Low Impact** – Get a great cardiovascular workout with floor aerobics consisting of low impact moves that are great for your heart but easy on your joints.

**Pilates** – Concentrate on alignment and lengthening all of the muscles, while improving flexibility, coordination and strength.

**Pilates Fusion** – A combination of Pilates moves and stretching.

**Rock Your Core** – Intense 30 minute core-oriented workout using moves from a variety of disciplines including Pilates, Yoga and mixed martial arts all set to pop/rock beat. Come on in and rock your own core.

**Senior Shape-Up** – A non-impact aerobics class designed specifically for the active older adult.

**Step & Sculpt** – Total body workout using the step for cardio intervals and weights and body weight for strength moves. Core work finishes the workout, followed by a great stretch.

**Tabata** – A challenging, high-intensity interval workout. Each Tabata round is a maximum intensity interval for 20 seconds, with 10 seconds of recovery.

**Yoga** – Explore the mind-body connection by learning to focus, relax and improve circulation.

**Zumba** – Fuses Latin rhythms and easy to follow moves to create a dynamic workout.

Register Online: www.hcymca.org
TRX® SUSPENSION TRAINING

TRX Circuit: Full body boot-camp style cardio/strength workout. Intermediate to Advanced. Round Valley Branch: Monday 10:30 am
Round Valley Branch: Thursday 8:00 am
Round Valley Branch: Saturday 7:30 am

TRX Gold: Workout designed to make daily living activities easier; focuses on joint mobility, strength, balance and flexibility movements. All Fitness Levels.
Round Valley Branch: Monday 11:30 am TRX Gold
Round Valley Branch: Thursday 11:30 am TRX Gold

Break & ReMake: Not for the faint of heart. This session challenges mental grit, as well as physical stamina. When you’re ready for a workout with an intensity dumbbells can not match, this is the session for you. Deer Path Branch: Tuesday 7:00 pm

TRX/OCR Training: Workout designed for those that are planning to do an Obstacle Course Race (OCR) and/or for those that just enjoy the challenge of the workout. Intermediate to Advanced. Deer Path Branch: Thursday 8:00 pm

Nutrition Counseling
Work with a Registered Dietitian to create an individualized nutrition program. Call 908.782.1044x4951 or email Erika Laine, RD at elaine@hcymca.com.
One-Hour Session: $50, multiple-session discounts

Adult Tap
Is learning how to tap dance on your bucket list? Did you tap dance as a child and want to get back into it? Come join us to learn this classic American theater style of dance! Wear tap shoes and comfortable clothes.
Round Valley Branch: Mondays 7:30–8:30 pm
Deer Path Branch: Thursdays 7:30–8:30 pm
Full Member: $39 | Program Member: $62 | Non-Member: $85

Intro to Ballet for Adults
This class is designed for the novice dancer with no previous experience. Enjoy this graceful form of movement while learning new skills. Ballet shoes recommended
Deer Path Branch: Fridays 6:30–7:30 pm
Full Member: $39 | Program Member: $62 | Non-Member: $85

4 on 4 Full Court Basketball Leagues
Adult basketball league. Ten Regular Season Games plus playoffs. Full court league. All games refereed. Games on Tuesday or Thursday evenings on a rotating day/time schedule.
At Deer Path Gymnasium. Register Now!
Summer League starts on June 14
Members: $65 | Non-Members: $80

TRX Pricing

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<th>Session</th>
<th>Full Member</th>
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<td>15 Sessions</td>
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Purchase TRX sessions at either Welcome Center.

To learn more about TRX contact Carmen Farrand, Fitness and Wellness Program Coordinator, cfarrand@hcymca.org or 908.782.1044 ext. 4919.

Personal Training
Our nationally certified personal trainers will coach you through a progressive program created specifically for you. We will motivate and empower you to reach your goals. For more information or to get started contact Carmen Farrand, Fitness and Wellness Program Coordinator, cfarrand@hcymca.org or 908.782.1044 ext. 4919.

One Step for MS
One Step is a 12-week, 24 session course geared toward adults that have been medically diagnosed with Multiple Sclerosis. The goal of One Step is to provide safe, therapeutic exercise that addresses the issues of fatigue, walking, weakness and depression and empowers with emotional support. One Step curriculum is supported by the National MS Society of New Jersey. Free program open to the community.

Women’s Living–Well Club
The Women’s Living–Well Club (WLW) at the Deer Path Branch is for women who feel intimidated by the thought of joining a gym. Included with Full Membership.

Moving for Better Balance
A 60 minute Tai Chi based class that helps participants feel stronger, have better balance, increase flexibility and feel more confident in every day activity. 12 week course that meets twice a week, each class builds upon the previous for greater success. Registration required. Held at the Deer Path Branch.
Monday and Wednesday 3:00–4:00 pm
Full Member: Included | Program Member: $25 | Non-Member: $50

LiveStrong® at the YMCA
LIVESTRONG® at the YMCA is a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. This is a free 12-week program for cancer survivors and family members. Open to the community.

For more information on these Wellness Programs contact Beth Carpenter at 908-483-4937 or bcarpenter@hcymca.org.

WELLNESS PROGRAMS

Lifestyle Balance Program
Program for people who want to eat healthier, make better lifestyle choices and lose weight. Have fun learning new ways to cook and new foods to try; foodies and novice cooks are welcome. 16 week program. Full Members only. Fee: $100 with potential credit based upon meeting specific criteria. Held at Deer Path Branch

Nutrition Counseling
Program for people who want to eat healthier, make better lifestyle choices and lose weight. Have fun learning new ways to cook and new foods to try; foodies and novice cooks are welcome. 16 week program. Full Members only. Fee: $100 with potential credit based upon meeting specific criteria. Held at Deer Path Branch

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Preventing Child Sexual Abuse Training
To educate adults in the community about how to prevent, recognize and react responsibly to child sexual abuse, the Y has joined forces with Darkness to Light, a nationally recognized nonprofit organization and creators of Stewards of Children™ curriculum. Training also available in Spanish. Visit hcymca.org to learn more or call LuAnn Aversa, 908-483-4327.

Free Produce and Bread Distribution
Saturdays 10:30 am at the Flemington Baptist Church, 170 Main St., Flemington and Mondays 10:00 am at Evangel Chapel, 55 Leigh St., Clinton. Held in the parking lot or basement. Dedicated volunteers from the Y pick up and distribute the food donations, which are made available through America's Grow A Row and Panera Bread. Bring your own bags.

For more information call Gabriela Bonnavent, 908-892-7369.

Citizenship Study Group
Wednesdays 6:00-8:00 pm at United Way, 4 Walter Foran Blvd Suite 401, Flemington. Registration required. Free. Anyone who is eligible to become a US Citizen is welcome. The Y provides the forms and study materials from the United States Citizenship and Immigration Services (USCIS). The study group includes basic English lessons for reading and writing. Participants also have the opportunity to practice the interview process.

For more information call Gabriela Bonnavent, 908-892-7369.
Art Class
This instructor-led class allows participants to work at their own pace while exploring a variety of art mediums. Class members supply their own materials. $

Blood Pressure Screenings
Check the monthly calendar.

Chair Exercise
Strengthen muscles, improve posture, circulation, and endurance, enhance mobility. DVD instruction.

Contract Bridge
A challenging partnership card game.

Computer, Smartphone & Tablet Class
Classes for all levels from beginners to advanced. Pre-registration required.

Duplicate Bridge
A mentally challenging card game

Knitting, Crocheting & Needlepoint Club
Bring in what you are working on and work together with friends. Pack a lunch.

Mah Jong
Join us for this game of skill, strategy and calculation that also involves a certain degree of chance.

Mindful Movements
A mind-body exercise class; comparable to yoga. Two class options; chair and mat. Instructor led. $

Salon Day
First Monday of the Month Professional stylist provides haircuts at the Center. $10 per haircut

Senior Shape-Up
A low-impact workout. $

Singing—“Silver Belles & Beaus”
This group enjoys coming together and blending their voices in song. They perform for nursing homes and local organizations.

Stretch Fusion
This class includes elements of yoga and leaves participants feeling relaxed and refreshed. $

Walking Club
Meet at Lebanon Township Memorial Park. No fee. Walk at your own pace. Meet new friends!

Walking Indoors
Stay active in any weather! DVD instruction.

$ indicates fee-based program. All other programs at the Center are at no cost. Programs subject to change

DONATE
We’re more than a gym. We’re a cause. The Y believes that everyone should have the resources needed to learn, grow and thrive – regardless of age, income or background. Your gift to the Y directly impacts the life of a neighbor in need by ensuring that no one is turned away from our life-enhancing services because of an inability to pay. When you give to the Y, you strengthen our community.

FINANCIAL ASSISTANCE
The Y is committed to serving the whole community by making our programs, services and facilities available to everyone. No child, adult or family is ever denied access to YMCA programs and services due to financial limitation. To complete a financial assistance application, please visit our website or speak with a staff member.

GIVING BACK

VOLUNTEER AT THE Y
You may have joined the Y as a place to improve your well-being, help your kids learn and grow, or connect with others who share your interests. Now, your membership can mean even more. As a part of the leading charity committed to youth development, healthy living and social responsibility, you can play a role in making our community stronger.

We invite you to participate in Togetherhood™ a program that gives Y members and friends the opportunity to select, plan and lead meaningful community service projects that benefit people and organizations right here in our neighborhood.

To learn more about volunteer opportunities, both within the YMCA and out in our community, please visit www.hcymca.org.
Save the Date:

Monday, June 18
YMCA Golf Classic

Sunday, September 9
Skylands Triathlon

Sunday, October 7
Monster Mash Family Mud Run

Please visit www.hcymca.org/events for event details