



# YOUTH DEVELOPMENT PROGRAMS

## WINTER PROGRAM SCHEDULE



### YOUTH SPORTS AND ENRICHMENT WITH PARENT/CAREGIVER

18 months – 4 years old

45 minutes

Members \$50

Program participants \$70

Non-member program registration \$85

### PAINT AND PLAY

Explore, paint, glue, collage and create with play dough while making new friends. Great for fine motor skills, social and creative development.

Friday 10:00 am

### KINDER GYM

Introduction to motor skill development. Toddlers have fun while developing everyday skills such as running, jumping, catching, throwing and balance. Great opportunity for young toddlers to socialize with others.

Wednesday 9:30 am

### YOUTH SPORTS AND ENRICHMENT ON MY OWN

5 - 7 years old

45 minutes

Members \$50

Program participants \$70

### SPORTS FUSION

Non-competitive instruction program designed to teach fundamentals, rules, teamwork and sportsmanship. Combines variety of sports and games while enhancing child's self-esteem.

Wednesday 3:15 pm



### BIRTHDAY PARTIES

For information on hours and pricing, please contact Terrell Wilson at [twilson@cymca.org](mailto:twilson@cymca.org).



### THE COMMUNITY YMCA

Family Health & Wellness Center

166 Maple Avenue  
Red Bank, NJ 07701

P. 732.741.2504  
[membership@cymca.org](mailto:membership@cymca.org)

[TheCommunityYMCA.org](http://TheCommunityYMCA.org)



### Here for all.

Financial assistance is offered based on availability of funds.

## SCHOOL-AGE SPORTS AND ENRICHMENT

Members \$55

Program participants \$75

### LEGO CREATORS

Ages 5 - 10

Bring your imagination for both team and individual building projects from inventor inspired themes to race tracks.

Monday 4:15-5:15pm

### BOOT CAMP

Ages 7 - 13

Focus on improving strength, speed, and agility. Stay active while having fun!

Tuesday 5:00-5:45pm

Thursday 4:00-4:45pm

### HOOPS SKILLS

Learn the fundamentals of the game while developing ball handling, passing, shooting, offensive skills and team work.

Tuesday 5:00-6:00pm for ages 8 - 12

Thursday 5:00-6:00pm for ages 5 - 7



## SPORTS LEAGUE AND CLINICS



### FUTSAL TRAINING

Ages 6-13

The YMCA will be partnering with Pure Soccer Academy to provide a professional positive learning environment for youth soccer players by delivering the best possible soccer development and growth opportunity under the direction of experienced, highly qualified instructors.

Friday 4:30-6:00pm for ages 6-7

Friday 6:00-7:30pm for ages 8-10

Friday 7:30-9:00pm for ages 11-13



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