



YOUTH DEVELOPMENT PROGRAMS

SPRING 1 PROGRAM SCHEDULE



YOUTH SPORTS AND ENRICHMENT WITH PARENT/CAREGIVER

18 months – 3 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

3 - 6 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.

Monday 9:00 am

Tuesday 4:15 pm

3 ON 3 OUTDOOR EVENING BASKETBALL

- > Multiple Age Groups
- > Summer Only
- > Enjoy 3v3 basketball, with your friends at the Y! All games will be held on the outdoor basketball courts under the lights.



THE COMMUNITY YMCA

Family Health & Wellness Center
166 Maple Avenue
Red Bank, NJ 07701

P. 732.741.2504
membership@cymca.org

TheCommunityYMCA.org



Here for all.

Financial assistance is offered based on availability of funds.

SCHOOL-AGE SPORTS AND ENRICHMENT

1 Hour

Members \$55

Program participants \$75

DODGEBALL

Ages 8 - 12

This is not the game we grew up with! Improve your speed, accuracy and agility in a fun, team building environment. Come out to play a safe version of this classic game along with new and exciting variations of dodgeball including Gaga Ball, Hoop Shot Dodgeball, Four Square, Jedi Ball and more!

Wednesday 5:00 pm

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 pm

BOOT CAMP

Ages 7 - 13

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

Tuesday 5:30 pm

HOOPS SKILLS

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

Monday 4:00 pm for ages 8 - 12

Thursday 4:00 pm for ages 5 - 7

Y-ROOKIES

Ages 6 - 8

Y-Rookies is a non-competitive instructional program designed to teach fundamentals, rules, teamwork, sportsmanship, and motor skills. This class is a great opportunity for boys and girls to participate in a variety of their favorite sports and gym games while enhancing their self-esteem.

Wednesday 4:00 pm

HIP HOP DANCE

Ages 5 - 9

Hip Hop is a unique dance class for boys and girls. This is a great way to get moving and develop new skills. In this fun yet challenging Kid's Hip Hop class, your child will be learning freestyle moves and technical footwork as well as beginner break dance tricks. This class builds confidence, strength and flexibility, and develops self-expression through dance!

Tuesday 4:15 pm

SPORTS LEAGUE AND CLINICS

SOCCKER TRAINING

Ages 3-10

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.

Begins April 8. Time and location TBD.



THE FIRST TEE "DRIVE"

Ages 6 - 12 years

Partnered with The First Tee, we are happy to introduce our new DRIVE program. DRIVE by First Tee is a fun, engaging program for kids to get involved with the game of golf. DRIVE not only teaches the game of golf but also the core values that go along with it, such as Honesty, Sportsmanship and Respect.

Friday 4:00 pm



BIRTHDAY PARTIES

For information on hours and pricing, please contact Terrell Wilson at twilson@cymca.org.



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