



# YOUTH DEVELOPMENT PROGRAMS

## SPRING 1 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

### 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

### 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

### 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.

Tuesday 4:15 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

1 Hour

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 pm

### BOOT CAMP

Ages 7 - 13

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

Tuesday 5:00 pm

### HOOPS SKILLS

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

Thursday 4:00 pm for ages 5 - 7

Thursday 5:00 pm for ages 8 - 12



### Dodgeball Club

Ages 8 - 10

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

## SPORTS LEAGUE AND CLINICS

### THE FIRST TEE "DRIVE "

Ages 8 - 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.

Wednesday 4:00 pm



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