



# YOUTH DEVELOPMENT PROGRAMS

## FALL 1 PROGRAM SCHEDULE

### September 4 – October 28



#### YOUTH SPORTS AND ENRICHMENT WITH PARENT/CAREGIVER

2 – 4 years old  
45 minutes  
Members \$50  
Program participants \$70

#### 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.

Thursday 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.

Tuesday 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 4:30 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 6 - 10

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

Monday 4:15 pm

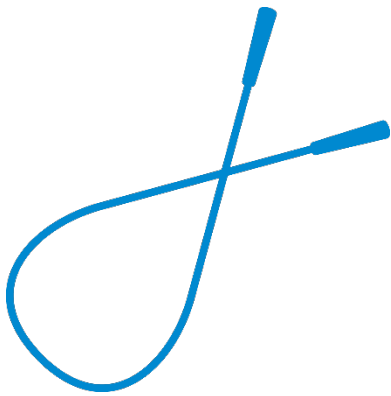


### BOOT CAMP

Ages 7 - 12

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

Thursday 5:00 pm



### HOOPS SKILLS

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

Wednesday 5:30 pm for ages 8 - 12

Thursday 4:00 pm for ages 5 - 7



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