



YOUTH DEVELOPMENT PROGRAMS

SPRING 1 PROGRAM SCHEDULE

> February 25 – April 21

YOUTH SPORTS AND ENRICHMENT WITH PARENT/CAREGIVER

2 – 4 years old

45 minutes

Members \$50

Program participants \$70

Paint and Play

Thursdays 10:00 a.m.

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

> 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.

Kinder Gym

Tuesdays 9:00 a.m.

> 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.



YOUTH SPORTS AND ENRICHMENT ON MY OWN

5 – 7 years old

45 minutes

Members \$50

Program participants \$70

Hoops Skills

Thursdays 4:00 p.m.

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

Sports Fusion

Tuesdays 4:15 p.m.

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

SCHOOL-AGE SPORTS AND ENRICHMENT

1 Hour

Members \$55

Program participants \$75

Generation Pound

Thursday 4:00 p.m.

Ages 6-13

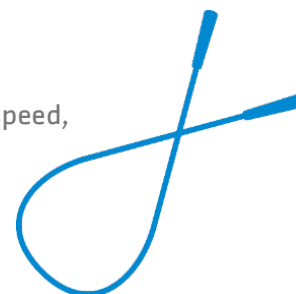
> Generation Pound is a youth oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills.

Boot Camp

Wednesday 4:30 p.m.

Ages 7 – 12

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



Specialty Programs

Members \$150

Program Participant \$175

Advanced Basketball Agility Training

Wednesday 5-6pm (6 week program Feb 27-April 3)

Ages 10-13

> Instructed by Athletic Enhancement Inc., the basketball program will help develop fundamental skills such as dribbling, defense, shooting and lay ups. But most importantly participants will learn to develop sportsmanship, team comradery and leadership.

BIRTHDAY PARTIES

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



THE COMMUNITY YMCA

Red Bank Family YMCA

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TheCommunityYMCA.org



Here for all.

Financial assistance is offered based on availability of funds.