




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EXCEL AFTER THE BELL 

Before/After School Programs - Page 12

DISCOVER YOUR Y

HUNTERDON COUNTY YMCA
www.hcymca.org   

FALL SESSION

Begins September 16

Registration Begins: August 11: Full Members (online only) August 18: Open Registration



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The Best Gets Better!

We are making a major investment in our pool to better serve you:

- New HVAC system for better air quality
- New pool lining
- Refreshed pool deck

Please note, in order to perform this upgrade the pool will be closed 8/19-9/8.



Check Out What's New:

- Stingrays Swim Academy
- Personal Training with Monthly Draft Option
- Enhance Fitness for Active Older Adults

LOCATIONS & HOURS



YMCA Locations	Phone #	Hours
DEER PATH BRANCH 144 W. Woodschurch Road Flemington, NJ 08822	908-782-1030	Mon.-Fri. 5:00 am-10:00 pm Sat.-Sun. 6:00 am-8:00 pm (pool closes at 5 pm on Sun.)
ROUND VALLEY BRANCH 1410 Route 22 West Annandale, NJ 08801	908-236-0055	Mon.-Fri. 5:00 am-9:30 pm Saturday 6:00 am-5:30 pm Sunday 6:00 am-3:00 pm
CHILD LEARNING CENTER 1410 Route 22 West Annandale, NJ 08801	908-236-0055	Mon.-Fri. 6:45 am-6:00 pm Full-day childcare, year-round
Y ACTIVE OLDER ADULT CENTER 285 Route 513 Glen Gardner, NJ 08826	908-638-6515	Monday, Tuesday, Thursday 9:00 am-3:00 pm
YMCA CAMP CARR DAY CAMP CAMP CARR CAMPGROUND 517 Hamden Road, Annandale, NJ 08801	908-735-5951 908-735-5950	End of June-Labor Day April 1-October 31
MILFORD YMCA PRESCHOOL 70 Bridge Street Milford, NJ 08848	908-995-9107	September-June

Child Watch/Babysitting Hours

Deer Path Child Watch

Mon.-Fri.	8:15 am-2:00 pm
Mon.-Thur.	3:45 pm-8:00 pm
Friday	4:00 pm-7:00 pm
Saturday	8:00 am-12:00 pm

Round Valley Child Watch

Mon.-Fri.	9:00 am -12:00 pm
Mon.- Thur.	4:00-8:00 pm
Friday	4:00-7:00 pm
Saturday	8:15 am-12:00 pm

Childwatch staff is available to transport children to youth classes in MPR or Gym.

MEMBERSHIP



	HCYMCA
Most affordable all-inclusive price for family	✓
No Contract Required	✓
Adult & Youth Fitness Classes Included	✓
Fitness Tracking Software Included	✓
Full Size Pool - Voted Best in Hunterdon County	✓
Childwatch/Babysitting Included	✓
Nationwide Membership	✓
Family Nights Included	✓
Keeps Kids Safe: Comprehensive Child Protection Plan	✓
CPR Training Provided for All Staff	✓
Buddy Membership: special rate for joining with a friend	✓
Non-Profit Organization	✓
Supporting the Community for 115 Years	✓

MEMBERSHIP RATES	
Full Facility Membership	Full Facility Monthly Rate
Adult (age 25-61)	\$70
Adult Couple (age 25-61)	\$109
Family (1 or 2 adults residing at same address and children up to age 24)	\$112
Senior (age 62+)	\$58
Senior Couple (age 62+)	\$92
Young Adult (age 18-24)	\$50
Teen (age 12-17)	\$48

* please visit www.hcymca.org/membership for current Joiner's Fee

The Hunterdon County YMCA was named Nicest Place in NJ



Y Policies and Procedures

The Y is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, individuals are asked to act appropriately at all times when in our facility and participating in our programs. Copies of our Membership Policies and Procedures, which includes the Y Code of Conduct, are available at the Welcome Center. Providing a safe environment is the top priority at the Y. With this in mind, the Y reserves the right to conduct background checks to determine membership eligibility and to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, or is a registered sexual offender. The Membership Director will investigate all reported incidents. Suspension or termination of Y membership privileges may result from inappropriate behavior.

Refunds, Credits & Cancellations

The Y reserves the right to cancel, combine or modify a program due to insufficient enrollment. If a program is canceled by the Y, every attempt will be made to place the enrollee in another section of the same level program. If the enrollee cannot be accommodated, the Y will issue a full refund. If a participant decides not to take a class, credit for that class must be requested prior to the first class of the session. After the session has started, credits will only be issued for extended illness/injury and with a doctor's note. Credits will be prorated based upon attendance and all requests for credits are subject to a \$5 processing fee. Credits valid for one year from issue date.

In the event of inclement weather or any other emergency where the YMCA must close the facility or/and a class must be canceled, every effort will be made to schedule a make-up class at the same time and day of the week. Please note, no credits or refunds will be given.

OTHER MEMBERSHIP OPTIONS:

PROGRAM MEMBER: Allows a member to enroll in programs at the Program Member fee and free swim 4-5 pm Sundays.

NON-MEMBER: Not ready to enjoy the unlimited benefits of full facility membership? Select programs have the option to register as a Non-Member.

- Programs
- Schedules
- Location Hours
- And More!

Download Our Mobile App!

Search **Daxko** in your App Store

To view a complete list of all Y Policies & Procedures, please visit www.hcymca.org/membership-policies.

Fall Session: September 16 - November 24



FAMILY FIRST

FAMILY FIRST FRIDAYS

Every 1st Friday of the month from 6:30-8:00 pm, we invite your family to join us for an evening of themed crafts, activities, obstacle course, snacks, and fun. Held at the Deer Path Branch.

September 6: Circus Cruise

October 4: Game Show Arena

November 1: Planet Earth

New! Price per Child (ages 1½-14)

Adult Chaperone: Free - at least 1 adult must register for Family First Friday Events

Family Full Members: Free Program Members: \$5 per child Non Members: \$7 per child



Parents Night Out

Friday, September 27

5:30-9:00 pm Deer Path Branch
Ages 4-12 years

An evening where the YMCA provides a safe and fun environment for children while you enjoy an evening out. The event will include a craft, pizza, gym games, snack and movie. Children are welcome to come in PJs.

Family Paint Night

Friday, October 11

6:30-8:00 pm Deer Path Branch

Families are invited to bring their young artist to enjoy multiple paint based crafts and activities, along with a guided painting activity. Refreshments provided.

Family NERF Night Friday, October 18

6:30-8:00 pm Deer Path Branch

Join us for a night of NERF. Families can bring their own NERF gear or borrow our YMCA equipment. A course will be provided in the gym for games of NERF tag and challenges. Come in costume for extra fun!

Parents Night Out (First Child):

Full Members: \$25
Program Member: \$30
Non Member: \$40
\$10 each additional child

Family Paint Night

Full Members: \$10 per person
Program Members: \$15 per person
Non Members: \$20 per person
Includes Canvas, paint supplies, & instruction

Family Nerf Night:

Full Family Members: \$5 per person
Program Members: \$7 per person
Non Members: \$10 per person

Please note, for all Family Events, spaces are limited-advanced registration is highly encouraged to reserve your spot. To register please visit or call the YMCA Welcome Center or register online. Registration is per person and required for all attendees. At least one adult is required to accompany children during family events (with the exception of Parents Night Out).

Ninja Warrior Contest

Friday, November 15 | Deer Path Branch

Back by popular demand! Contestants will have the chance to race through an action packed specially made obstacle course. Challenges will be created for different age groups throughout the evening. Spectators are invited to cheer on their ninjas. Each contestant must have at least 1 adult spectator present. Themed, safe costumes encouraged. All contestants will receive prizes and the top three in each age category will be crowned our Fall 2019 YMCA Ninja Warriors!

Ages 1.5-3 4:00-5:00pm Ages 3-5 5:45-6:45pm
Ages 6-8 7:00-8:00pm Ages 9-13 8:15-9:00pm

Times are estimates and subject to change.

Contestant spaces are limited. Early registration encouraged.

Contestant Entry Fee:

Members: \$25 Program Members: \$30 Non Members: \$35

Price includes contestant prize and T-shirt for registrations before

11/1. Participants of Fall Ninja Training session receive 25% off Ninja Warrior Contest Entry Fee.

Spectator Tickets: \$3 each



Schools Out: NERF & Ninja Day

Ages 6-12 years

Monday, September 30: 8:30-4:30 pm

Wednesday, October 9: 8:30-4:30 pm

While school is out the YMCA will be open for a day of Ninja Warrior Training, Contests, NERF Tag, and fun activities. An emphasis is placed on team building, creative thinking, and problem solving during activities to keep minds working throughout the day. Pizza lunch provided. Fee Per Day:

Full Member: \$60

Program Member: \$75

Non-Member: \$90

Register Online: www.hcymca.org

SPECIAL EVENTS



ULTIMATE FIELD DAY

Saturday, September 21

The Ultimate Field Day is a throwback event, built with adults in mind. The HCY will host classic events like tug of war, relay races, obstacle courses, etc. – plus new games and some surprises throughout the day! Teams will earn points in each event to add up to your total for the day. Learn more and register www.hcymca.org/field-day.

ULTIMATE FIELD DAY

Saturday, September 21 · 10 am – 2 pm
Hunterdon County YMCA, Deer Path



MONSTER MASH FAMILY MUD RUN

Sunday, October 20

This 1.5 mile obstacle course challenge is suitable for the whole family. Get muddy climbing through different obstacles on the property of YMCA Camp Carr. Come in costume for muddy Halloween fun (no masks please)! Learn more at www.hcymca.org/mud-run

COMEDY NIGHT

Friday, November 22

The Hunterdon County YMCA will host its 28th Annual Comedy Night at the Hunterdon Hills Playhouse on Friday, November 22, 2019. Doors open at 6:30 pm. Event includes social hour with cash bar and passed hors d'oeuvres, premium seated dinner, and three top comedians. Plus, don't miss chances to win fabulous gifts in our auctions. An evening full of fun and laughs to benefit the YMCA financial assistance program. Learn more and register at www.hcymca.org/comedy

**Preschool & Kinder
Halloween Party**
Thursday, October 24

10:00-11:30 am Deer Path Branch

Free! Open to members and the community. Bring a friend!



GIVING BACK

DONATE

We're more than a gym. We're a cause. The Y believes that everyone should have the resources needed to learn, grow and thrive – regardless of age, income or background. Your gift to the Y directly impacts the life of a neighbor in need by ensuring that no one is turned away from our life-enhancing services because of an inability to pay. When you give to the Y, you strengthen our community.

FINANCIAL ASSISTANCE

The Y is committed to serving the whole community by making our programs, services and facilities available to everyone, regardless of ability to pay. No child, adult or family is ever denied access to YMCA programs and services due to financial limitation. To complete a financial assistance application, please visit our website or speak with a staff member.

VOLUNTEER AT THE Y

You may have joined the Y as a place to improve your well-being, help your kids learn and grow, or connect with others who share your interests. Now, your membership can mean even more. As a part of the leading charity committed to youth development, healthy living and social responsibility, you can play a role in making our community stronger.

We invite you to participate in Togetherhood,TM a program that gives Y members and friends the opportunity to select, plan and lead meaningful community service projects that benefit people and organizations right here in our neighborhood.

To learn more about volunteer opportunities, both within the YMCA and out in our community, please visit www.hcymca.org.



YOUTH ENRICHMENT

Enrichment Classes	Age	Day	Time	Location
Preschool DiscoverY Students will explore a variety of engaging music, art, story telling, food, dance, and messy activities.	1½-3 years	Mondays	9:30-10:15 am	Deer Path
Kinder DiscoverY Students will explore a variety of engaging music, art, story telling, food, dance, and messy activities.	3-5 years	Mondays	10:30-11:15 am	Deer Path

Chess Clinics	Age	Day	Time	Location
Youth Chess Clinic This instructional and social class is designed for participants to learn and practice the basics of chess, make friends, and discover a higher level of thinking that will last a lifetime. Students gain problem solving skills and analytical reasoning while enjoying a classic game.	Beginner: 6-12 years	Saturdays	9:30-10:15 am	Deer Path
	Intermediate: 7-12 years	Saturdays	10:30-11:30 am	Deer Path

DiscoveryY & Chess - Early Registration before 9/1 Family Full Member: \$50 Program Member: \$70 Non-Member: \$130	DiscoveryY & Chess - Registration 9/1-9/9 Family Full Member: \$60 Program Member: \$80 Non-Member: \$140 <i>Late registration after 9/9 - \$20 late fee</i>
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Food Classes - 4 Week Session	Age	Day	Time	Location
Culinary World Tour NEW! Tired of the same old thing for dinner? Come have fun making gourmet meals using unique ingredients from around the world found in local markets. Learn how to make a meal in 30 minutes using distinctive spices with fresh vegetables and proteins while learning about different cultures. You will also acquire healthy cooking techniques and learn how to make beautiful food art displays. This is a hands-on kitchen adventure for anyone who loves food. Recipe book included. Class length 2 hours.	Youth/Teen/ Adult	Sundays	9:30-11:30 am	Deer Path
Holiday Meals in Minutes NEW! Don't start stressing about the menu for the upcoming holidays. In these hands-on classes you will learn how to prepare well-balanced healthy meals that are sauté or oven ready with 5 ingredients. You will learn how to count portions when you have a multitude of dishes and how to have your family share the work and the fun. We will plan a delicious 5 course meal including proteins, carbs, vegetables, fruits and sweets then prepare and cook 3 recipes per class. Each attendee will receive a recipe book at the last session. Ages 7+. Class length 2 hours.	Youth/Teen/ Adult	Sundays	9:30-11:30 am	Deer Path

Cooking Classes Family Full Member: \$115 Program Member: \$130 Non-Member: \$160	Parent/Child & Buddy Pricing: Sign up for either cooking class with a parent or friend and receive \$10 off per person.
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Home School Gym & Swim

The Home School Program consists of team sports and fun group activities. Children will learn proper exercising, play sports, swim and participate in fitness games, relays, and obstacle courses. After class, kids stay and have lunch and socialize with friends. Must bring your own lunch. Parents do not need to stay.

Held at the Deer Path Branch.
 Mondays 11:15 am-1:30 pm
 Members: \$120 | Non-members: \$170
 September 16-November 24



Questions? Contact John Rice, Association Program Director at 908-483-4934 or jrice@hcmca.org

PRESCHOOL SPORTS



Preschool & Kinder Classes -Ages 1½- 6 years	Age	Day	Time	Location
Preschool Sports Students will explore a variety of seasonal sports, t-ball, soccer, track, basketball, football and more on an introductory level.	1½-3 years 1½-3 years 1½-3 years	Tuesdays Thursdays Fridays	3:30-4:15 pm 9:30-10:15 am 9:45-10:30 am	Round Valley Deer Path Round Valley
Kinder Sports Students will explore a variety of seasonal sports, baseball, soccer, track, basketball, lacrosse, football, and more on an introductory level.	3-5 years 3-6 years 3-6 years 3-6 years	Thursdays Thursdays Fridays Sundays	10:30-11:15 am 3:45-4:30 pm 3:30-4:15 pm 9:15-10:00 am	Deer Path Deer Path Deer Path Deer Path
Soccer Introduce your child to one of the most captivating sports around the world! Emphasis on proper kicking, passing, dribbling, shooting, and scoring.	3-6 years 3-6 years 3-6 years	Tuesdays Thursdays Sundays	4:30-5:15 pm 5:15-6:00 pm 11:15am-12:00 pm	Round Valley Deer Path Deer Path
Little Runners Fun and engaging drills, games, and exercises to get students moving while utilizing our outdoor trail and field to enhance running, throwing, and jumping skills.	3-6 years	Saturdays	10:15-11:00 am	Round Valley
Baseball Focusing on the basic skills of baseball including hitting, throwing, catching and base running.	3-6 years	Saturdays	9:15-10:00 am	Round Valley

Preschool/Kinder Classes - Early Registration before 9/1 Family Full Member: \$40 Program Member: \$55 Non-Member: \$115	Preschool/Kinder Classes - Registration 9/1-9/9 Family Full Member: \$50 Program Member: \$65 Non-Member: \$125 <i>Late registration after 9/9 - \$20 late fee</i>
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YOUTH SPORTS AND PHYSICAL EDUCATION

Youth Sports Classes- 6 - 12 years	Age	Day	Time	Location
Soccer Introduce your child to one of the most captivating sports around the world! Emphasis on proper kicking, passing, dribbling, shooting, and scoring.	6-12 years 6-12 years 6-12 years	Tuesdays Fridays Sundays	5:30-6:15 pm 4:30-5:15 pm 9:15-10:00 am	Round Valley Deer Path Deer Path
Baseball Need extra practice for baseball season? This class will focus on hitting, throwing, catching and fielding.	6-12 years 6-12 years	Mondays Sundays	5:30-6:15 pm 12:15-1:00 pm	Round Valley Deer Path
Y Hoopsters A great introduction to basketball. Focus is on building skills; ball handling, passing, shooting, defense, team play and sportsmanship.	6-12 years	Tuesdays	6:30-7:15 pm	Deer Path
Tennis Introduces the skills of tennis, including the forehand, backhand and serve with emphasis on proper techniques. Players should bring their own racquet.	6-9 years	Tuesdays	5:30-6:15 pm	Deer Path
Extreme Sports Club Capture the flag, dodge ball, ultimate Frisbee, kickball, lacrosse, extreme soccer, and more!	6-9 years	Thursdays	4:45-5:30 pm	Deer Path
Track & Field Club Drills and exercises to develop strength, coordination, and speed in the area of track and field. Utilizes our outdoor trail and field to enhance the experience.	7-12 years	Saturdays	10:15-11:00 am	Round Valley
Youth P.E. Classes- 6 - 16 years	Age	Day	Time	Location
NERF & Dodgeball Club Kids will develop team work, problem solving, sportsmanship, and put strategy into practice through games of NERF tag, dodgeball, challenges, and scenarios. The Y provides the equipment, obstacles, coordination, and fun!	7-12 years 6-12 years	Wednesdays Sundays	6:30-7:15 pm 10:15-11:00 am	Deer Path Deer Path

Youth Classes- Early Registration before 9/1 Family Full Member: \$50 Program Member: \$70 Non-Member: \$130	Youth Classes- Registration 9/1-9/9 Family Full Member: \$60 Program Member: \$80 Non-Member: \$140 <i>Late registration after 9/9 - \$20 late fee</i>
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NINJA WARRIOR TRAINING

Ninja Warrior Training Introducing our new program curriculum -designed to challenge aspiring ninjas through energizing obstacle course training. Activities are further enhanced through martial arts, fitness, and gymnastics based components. This program uses adventurous age appropriate systems to allow students to enhance their coordination, balance, and strength based skills in a supportive, social atmosphere.	1½-3 years	Fridays	9:30-10:15 am	Deer Path
	1½-3 years	Fridays	3:15-4:00 pm	Deer Path
	1½-3 years	Sundays	9:15-10:00 am	Deer Path
	4-6 years	Mondays	4:15-5:00 pm	Round Valley
	3-5 years	Fridays	10:30-11:15 am	Deer Path
	4-6 years	Fridays	4:15-5:00 pm	Deer Path
	4-6 years	Sundays	10:15-11:00 am	Deer Path
	6-10 years	Fridays	5:15-6:00 pm	Deer Path
	6-10 years	Sundays	11:15am-12:00pm	Deer Path



Ninja Warrior Training - Early Registration before 9/1
Family Full Member: \$50
 Program Member: \$70
 Non-Member: \$130

Ninja Warrior Training - Registration 9/1-9/9
Family Full Member: \$60
 Program Member: \$80
 Non-Member: \$140
Late registration after 9/9 - \$20 late fee

GYMNASTICS & TUMBLE

Class Name & Description	Age	Days	Time	Location
Parent/Child Tumble & Fun Play on our indoor gymnastics equipment playground. Great place to let out some energy. Parents are required to stay with children. Register for the session or daily drop in option*.	1½-3 years	Wednesdays	9:15-10:00 am	Deer Path
Bubbles, Bounce, & Gym Our gym will be transformed into a play area with moon bounces, bubbles, and activities designed to support skill development. Bouncing climbing, sliding, and movement, complimented by music, craft option, and snack. Children ages 1.5-3 must have a parent/guardian present. Register for the session or daily drop in option*.	1½-5 years	Tuesdays	9:45-10:45 am	Deer Path
Parent/Child Tumble Fun and Bubbles, Bounce, & Gym Session Option - 10 Weeks Daily Drop In Option Family Full Member: \$20 Family Full Member \$5 Program Member: \$60 Program member \$8 Non-Member: \$100 Non-Member \$12				
Kinder Gymnastics-Level 1 This basic intro to gymnastics is perfect for the beginning gymnast. The class will help develop skills of spatial awareness and coordination, develop flexibility, increase strength and balance, promote motor skills, all while having fun and meeting new friends.	3-5 years 3-5 years 3-5 years 3-5 years 4-6 years	Wednesdays Wednesdays Thursdays Fridays Saturdays	10:15-11:00 am 3:15-4:00 pm 3:45-4:30 pm 11:00-11:45 am 11:30am-12:15 pm	Deer Path Deer Path Round Valley Round Valley Round Valley
Kinder Gymnastics-Level 2 Class builds on the fundamentals of gymnastics through games, stations, and specific instruction. Children will learn skills including tumbling, balance beam, spring board, low bars, and trampoline.	4-6 years	Wednesdays Wednesdays	10:15-11:00 am 3:15-4:00 pm	Deer Path Deer Path

Kinder Gymnastics - Early Registration before 9/1
Family Full Member: \$38
 Program Member: \$55
 Non-Member: \$115

Kinder Gymnastics - Registration 9/1-9/9
Family Full Member: \$50
 Program Member: \$65
 Non-Member: \$125 *Late registration after 9/9 - \$20 late fee*

Junior Gymnastics-Level 1 Featuring tumbling and floor skills which will culminate in a floor routine showcase for families.	6+ years	Wednesdays Wednesdays	4:15-5:15 pm 5:15-6:15 pm	Deer Path Deer Path
Junior Gymnastics-Level 2 This class is designed to build on previous skills. Introduction to hand stands, cartwheels, back bends, and body position.	6+ years	Wednesdays	5:15-6:15 pm	Deer Path

Junior Gymnastics - Early Registration before 9/1
Family Full Member: \$50
 Program Member: \$70
 Non-Member: \$130

Junior Gymnastics - Registration 9/1-9/9
Family Full Member: \$60
 Program Member: \$80
 Non-Member: \$140 *Late registration after 9/9 - \$20 late fee*

DANCE



Class Name & Description	Age	Days	Time	Location
Dance with Me Designed for youngsters with an accompanying adult. Children will build coordination, musicality, motor skills, balance, and more through creative movement and basic ballet. A fun introduction to the world of dance!	1½-3 years	Tuesdays	9:45-10:15 am	Round Valley
Pre-Ballet A wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using props, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment.	3-4 years	Mondays Tuesdays Wednesdays Thursdays Saturdays	12:45-1:30 pm 3:15-4:00 pm 4:15-5:00 pm 9:30-10:15 am 10:00-10:45 am	Deer Path Round Valley Deer Path Round Valley Round Valley
Ballet I/Tap The perfect combination class for 4 to 6 year olds! Ballet promotes coordination, balance, and grace while tap develops a sense of rhythm, timing, and musicality. An exciting introduction to dance!	4-6 years	Mondays Tuesdays Wednesdays Saturdays	5:00-6:00 pm 4:00-5:00 pm 1:30-2:30 pm 11:00 am-12:00 pm	Deer Path Round Valley Deer Path Round Valley
Ballet II/Tap This combination of ballet and tap dance will further develop the dance skills learned at the previous level. Focus will be on technique and strength. Tap basics learned in Level 1 will be expanded.	6-8 years	Tuesdays Thursdays Saturdays	5:00-6:00 pm 4:30-5:30 pm 12:00-1:00 pm	Round Valley Deer Path Round Valley
Ballet III/Tap In this expanded 1½ hour combination class, the focus will be on classical ballet technique through barre, center, and across the floor work. In tap we will continue to build on the skills learned in level 2. The first hour will be devoted to ballet, and the last 30 minutes will be devoted to tap.	9+ years	Thursdays	5:30-7:00 pm	Deer Path
Jazz/Hip Hop This class blends the techniques of Jazz dance with the basics of Hip Hop. No dance experience required for this fast paced, high energy class. Age appropriate music and moves used. Wear comfortable clothes/shoes. Class held in Fitness Studio (upstairs) at Deer Path Branch.	5-7 years 8-11 years	Wednesdays Wednesdays	5:15-6:00 pm 6:00-6:45 pm	Deer Path Deer Path
Hip Hop Kids Fun filled class for kids who love to dance. Kids will work on motor skills, flexibility, strength, listening skills, and Hip-Hop dance basics. Wear comfortable clothes and shoes.	3-6 years	Mondays Fridays	4:15-5:00 pm 4:00-4:45 pm	Deer Path Round Valley

30 Minute/45 Minute Classes

Family Full Member: \$57

Program Member: \$107
Non-Member: \$137

One-Hour/90 Minute Classes

Family Full Member: \$68

Program Member: \$115
Non-Member: \$150

10 Week Session Register Early! Class fees will increase \$20 after September 9.

Adult Tap

Is learning how to tap dance on your bucket list? Did you tap dance as a child and want to get back into it? Come join us to learn this classic American theater style of dance! Wear tap shoes and comfortable clothes.

Round Valley Branch
Mondays 7:30-8:30 pm-Beginner level

Deer Path Branch
Wednesdays 7:45-8:45 pm-Beginner level
Thursdays 7:30-8:30 pm-Intermediate

Never danced before? Register for the Monday or Wednesday class. Those with tap experience try the Thursday class.
Full Member: \$39 | Program Member: \$62
Non-Member: \$85



Ballet Class Participants can purchase ballet and tap shoes through the Y Welcome Center. Please see Ms. Jill for additional info. Appropriate dance attire required (leotards, tights, leather ballet slippers, tap and/or dance shoes). Hair should be pulled back.

Fall Session: September 16 - November 24



YOUTH & ADULT KARATE

Free Gi included for all new students!

Class Name & Description	Ages	Days	Time	Location
Kid's Karate -Beginners Elements of balance, coordination and agility will be taught. Basic Karate techniques will be introduced.	5-7 years	Mondays Saturdays	4:00-4:45 pm 9:00-9:45 am	Deer Path Deer Path
Kid's Karate -Advanced Advanced students will continue their journey in Isshinryu Karate with more advanced forms, techniques and self-defense strategies. Develop stamina, mental focus and camaraderie.	5-7 years	Mondays Saturdays	5:00-5:45 pm 10:00-10:45 am	Deer Path Deer Path
Youth Martial Arts – Beginners Get your body and mind active! Beginner students will learn the basic blocks, kicks, forms, strikes and self-defense in the Isshinryu style of Karate. Students will develop their self-confidence, self-control and respect for themselves and others. Geared towards earning yellow belt.	8-14 years	Mondays Saturdays	6:00-7:00 pm 11:00 am-12:00 pm	Deer Path Deer Path
Youth Martial Arts – Advanced Advanced students will continue their journey in Isshinryu Karate with techniques and self-defense strategies. Develop stamina, mental focus and camaraderie with fellow students. Controlled sparring introduced.	8-14 years	Mondays Saturdays	7:00-8:30 pm 12:15-1:45 pm	Deer Path Deer Path
Black Belt/Brown Belt Martial Arts This is the time to learn advanced techniques and concepts. Students will pursue an in depth analysis of kata, sparring and self-defense, as well as the mental and spiritual aspects that will help them move forward.	10 years and up	Saturdays	1:45-3:45 pm	Deer Path
Adult Martial Arts Traditional Martial Arts class taught in a comfortable environment. Attain mental and physical growth. Learn to defend yourself, relieve stress and have fun.	15 years and up	Mondays & Wednesdays (2x per week)	8:30-10:00 pm 7:45-9:15 pm	Deer Path Deer Path



<p><u>Kid's Karate (5-7 years)</u> Full Member: \$82 Program Member: \$114 Non-Member: \$146</p>	<p><u>Martial Arts Beginner</u> Full Member: \$97 Program Member: \$132 Non-Member: \$162</p>	<p><u>Advanced/Brown Belt/Adult</u> Full Member: \$122 Program Member: \$162 Non-Member: \$202</p>
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Register Early! Class fees will increase \$20 after September 9.

Please see Sensei Jack for uniform sizing and additional information.

BIRTHDAY PARTIES & SPECIAL EVENTS



Book your next Birthday Party at the Hunterdon County YMCA! All basic parties include 1 hour of activities in half of the gym or pool and culminate with 30 minutes of party time for food and drinks in the party room.

STANDARD PARTY PACKAGE (1 and ½ hours):

- Private Party Room
- Activities run by 2 enthusiastic Birthday Hosts
- Birthday child and siblings FREE!
- 20 Party guests (\$5 each additional guest; adults free)
- Fully decorated party room with banners, balloons, and more
- Paper goods (plates, cups, napkins, & utensils), bowls, and platters
- Set up upon arrival and clean up at conclusion of party
- Fun music in gym and party room
- Splash parties are recreational swim (Hosts do not go in the pool)

PARTY TIMES:

Saturdays: 2:00 pm – 3:30 pm (Splash Party Only)
4:30 pm – 6:00 pm

Sundays: 11:30 am – 1:00 pm (Splash Party Only)
2:00 pm – 3:30 pm
4:30 pm – 6:00 pm

*Other times may be available upon request

STANDARD PARTY FEE:

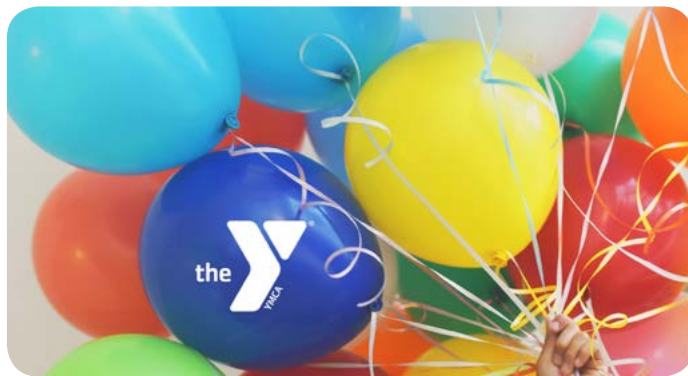
Member: \$280 Non-Member: \$350

DELUXE PARTY PACKAGE (can be added to any party):

Additional \$50: Includes everything in the Standard Party Package plus 3 large cheese pizzas, juice, and water.

PREMIUM PARTIES

Additional charge of \$50 for specialized staffing and materials.



COMBO PARTY PACKAGE (2 hours):

Make it your own party; combine any two of our parties for 45 minutes of each activity and then 30 minutes in the party room. COMBO PARTY FEE: Member: \$340 Non-Member: \$425 (\$50 additional for premium themes)

STANDARD PARTY THEMES:

- Splash (Recreational Swim) - ages 6+
- Fun and Games
- Tumbling
- Sports
- Gaga Ball

PREMIUM PARTY THEMES:

- NERF
- Super Hero
- Ninja Warrior
- Paint Night
- Art Adventure
- Science Fun



To book a party or for questions contact: Liz Palladino 908-782-1044 x 4953 or lpalladino@hcymca.org

Special Events

Interested in a team building activity? Group outing? Baby shower? Or other special event?

Email JRice@hcymca.org to discuss how we may assist.



BEFORE & AFTER SCHOOL PROGRAMS

Before School Programs

Before school programs begin at 7:00 am (Kingwood 7:15 am start) and operate until the school day begins. The before school program fee covers 5 days regardless of the number of days attending.

After School Programs

After school programs begin at dismissal and run until 6:00 pm. There is a choice of days per week for after care. We also offer drop-in care for those who need to use the program occasionally or need to add days. Programs run on early dismissal days and most school holidays. There is NO additional fee as long as these days fall on a day the child is normally scheduled to attend. Holiday drop-in care also available. Holiday care is NOT included in the Before School Program tuition, but can be added for the normal drop-in rate. Program activities follow our 9 Components:

- 1) Academic Enrichment
- 2) College & Career Exploration
- 3) 21st Century Skills
- 4) Service Learning
- 5) Arts Education
- 6) Leadership Development
- 7) Health And Wellness
- 8) Global Learning
- 9) Parent And Family Engagement

Questions? Contact Wendy Crocetti at 908-483-4622 or wcrocetti@hcmca.org

Available in the following school districts:

- Bethlehem Township
- Delaware Township
- East Amwell Township
- Flemington-Raritan
- Holland Township*
- Kingwood Township
- Lebanon Borough*
- Readington Township
- South Hunterdon Regional School District
- Tewksbury

*call 908-483-4622 for pricing

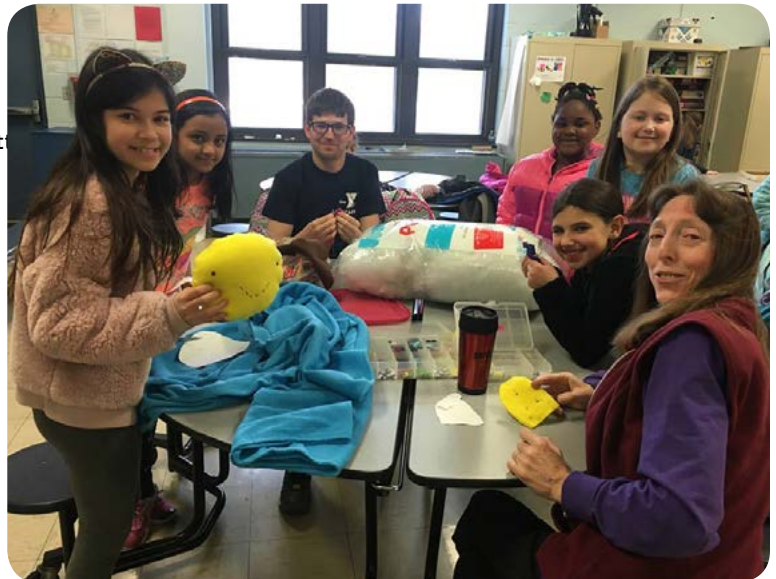
2019/20 Monthly Fees

After School Program:

- 5 days: \$401
- 4 days: \$335
- 3 days \$283
- 2 days \$208
- 1 day \$106

Before School Program: \$173 (regardless of number of days)
Drop-in care available for both before and after care at most locations; pre-registration required.

Registration requires: A YMCA membership for the child, A \$40 registration fee and \$100 deposit which will be deducted from June 2020 tuition.



SUMMER DAY CAMPS

BEST SUMMER EVER™

The Hunterdon County YMCA's day camp programs offer kids an exciting, enriching experience to help them get more out of summer break – more friendships, more accomplishments and more belonging.

CAMP CARR, CLINTON TOWNSHIP
PRE-KAMP (Ages 3-5), ROUND VALLEY BRANCH
SPORTS CAMP, DEER PATH BRANCH
SOUTH CAMP, LAMBERTVILLE

Learn more at www.hcmca.org/camps

EARLY LEARNING & PRESCHOOL



CHILD DEVELOPMENT PROGRAMS WITH A RICH EDUCATIONAL FOUNDATION

Y Child Learning Center

1410 Route 22 West, Annandale, NJ

Monday-Friday,
6:45 am-6:00 pm
Open all year

**Infants, Toddlers,
Preschool & Pre-K**



- Convenient location
- Competitive tuition rates
- Flexible schedules
- Enrichment activities
- Nationally Accredited School Readiness Curriculum
- Reduced Y membership rate with full-time enrollment

Visit www.hcymca.org or call 908-236-0055x4605.



Milford YMCA Preschool

At Milford Presbyterian Church

(908) 995-9107

The Y Preschool Program provides developmentally appropriate group and individual experiences for children ages 2½ to 5 years. School year runs September to May/June. Visit www.hcymca.org or call 908-483-4623.

- Small class size
- Experienced, certified staff
- Low teacher-to-child ratio
- Nationally Accredited School Readiness Curriculum
- Flexible morning and extended day schedules
- 2, 3, and 5 day schedules available



Fall Session: September 16 - November 24



TWEENS & TEENS

Teen Leadership

Leaders Club Grades 7-12

Join teens from throughout the county who volunteer to help with Y activities and community projects planned by club members. The Leaders Club meets twice per month at the Deer Path Branch. Visit the Teen page of our website for more information or contact John Rice, Association Program Director at 908-483-4934 or jrice@hcmca.org

Model United Nations Grades 7-12

International issues are discussed and solutions proposed in this Y Conference. Students are assigned a topic and country and research it's views on world problems. Solutions are debated with teens from 5 states. Clubs are running at North Hunterdon, Voorhees, Hunterdon Central and Readington Middle School. At JP Case Middle School, the YMCA operates a club for the school. Contact Len Yacullo at lyacullo@hcmca.org for more information or to start a new club.

7th Grade Membership

Seventh grade has proven to be an important time for children to remain active and gain the life-long fitness practices that will help them develop healthy habits. Youth in seventh grade are eligible for this free school-year YMCA membership. This membership must be taken out in person at either the Deer Path Branch or Round Valley Branch. Proof of grade is required, along with parent or guardian permission.

Incoming Seventh Graders - Sign up for this special membership starting September 1. Membership valid through August 31, 2020

Teen Nights

Ages 10-14

Teens and tweens are welcome to join us on the second Saturday of September and October at the Hunterdon County YMCA, Deer Path Branch for a mix of NERF tag, Archery Tag, Basketball, Paint Night, and Gaga Ball. Pizza and refreshments provided. Activities are supervised by YMCA staff.

Saturday, September 14 | 6:30-8:00pm

Saturday, October 12 | 6:30-8:00pm

Full Member: \$5

Program Member: \$7

Non Member: \$10

7th Grade Member: \$1



Youth Fitness Classes for 7-12 year olds

Boot Camp -Cardio warm-up, then alternates between stations to improve endurance and strength while having fun!
Cardio Club -A variety of ways to get a great cardio workout with fun drills and games to get your heart pumping!
Circuit Training -Teaches kids how to safely and effectively perform body weight exercises and use bands and free weights.
Explosive Power - Improve your speed and agility with this high energy class to increase fitness levels.
Fit & Flexible -Improve your strength and flexibility with this fun mix of yoga and pilates.
Low Impact Cardio -Kids experience the fun low-impact cardio machines in the Fitness Center like the ellipticals and bikes. Class size is limited. Kids under 12 are only allowed in the Fitness Center with their instructor for this class; otherwise kids must be 12+.
Strong To The Core -Strength and resistance training; use bands, light weights to develop good posture and a strong core.
Upper/Lower Body Blitz -Class is broken up into 30 minute segments-first half focuses on building a strong and stable upper body and second half focuses on leg work. Both segments use bodyweight, hand weights, steps and bands.

Visit www.hcmca.org for Youth Fitness Class schedule

Included with Full Family Membership. Non-members: 10 classes/\$50

Children should wear comfortable sneakers, comfortable loose clothing they can move in and bring a water bottle.

TWEENS & TEENS SWIM LESSONS



Advanced Swim Programs	Age	Days	Time
Competitive Clinic Designed for swimmers who have passed Youth Level 6 (formerly Flying Fish) and want to learn about competitive swimming while refining their technique in all 4 competitive strokes. Starts, turns, and finishes all taught. Once per week class.*	9-14 years	Mon. or Wed. or Fri. Tuesdays Sundays	4:45-5:30 pm 7:45-8:30 pm 11:00-11:45 am
Power Swim Designed for students who have passed Youth 5 or Youth 6 and want the challenge of twice weekly workouts to improve their technique, endurance and fitness levels. Great for staying in shape between sport seasons.	9-14 years	Tues. & Thurs.	7:45-8:30 pm
Advanced Teen Power Swim Get ready for High School Swim Team Tryouts! This advanced course will feature challenging and fun one-hour long workouts twice a week designed to improve technique and endurance and review all competitive strokes, starts, turns and finishes. Designed for the swimmer who wants to stay in shape between sports seasons or those seeking to get ready for their High School Swim Team tryouts.	Teens	Tues. & Thurs.	7:45-8:45 pm

<u>Competitive Clinic</u>	<u>Power Swim</u>	<u>Advanced Teen Power Swim</u>
Full Member: \$110	Full Member: \$219	Full Member: \$279
Program Member: \$163	Program Member: \$322	Program Member: \$374
Non-Member: \$205	Non-Member: \$399	Non-Member: \$417

10-Week Session. Don't be disappointed, Register Early. To be prepared for your swimmer, registrations will be taken until day before class begins after which a \$20 late fee will apply. Late registrations are accepted with Director approval.

Teen Swim Lessons at Deer Path Pool Beginner/Intermediate Levels Floating, treading, paddle stroke, resting stroke and introduction to freestyle taught. Intermediate swimmers learn backstroke and are introduced to breaststroke with a focus on technique and endurance.	Days	Time
Beginner and Intermediate	Fridays	4:00-4:45 pm
Beginner and Intermediate	Saturdays	12:00-12:45 pm
Intermediate	Sundays	11:45am-12:30pm

Fee for Ten 45-minute Lessons: Full Member: \$129 Program Member: \$178 Non-Member: \$214

	Age	Days	Time
Mermaid Club -Swimming, Fitness, Friendships and Fun This unique course combines fun with fitness and swimming while building friendships and improving swim strokes and water safety skills. Dolphin kick is introduced and refined in the context of underwater and above water swimming. Fins will be provided and costumes (colorful Leggings etc. are encouraged). 10-Week Class: September 14-November 23 Family Full Member: \$110 Program Member: \$163 Non-Member: \$214	8-12 years	Saturdays	12:00-12:45 pm

Scout Badges

Scout members will be guided through specific scouting requirements to earn aquatic badges or pins (provided by scout leader). Minimum 8 scouts. \$10 per scout. Fee includes pool space and instruction.

Private Swim Lessons

Available at Deer Path Pool. For adults and kids who are trying to overcome the fear of water or who need to focus on a special skill. Classes available weekdays and weekends. Six half-hour lessons. Visit to www.hcymca.org/private-swim-lessons for rates and to schedule.

Call Aquatics Director, Flora Mannino at 908-483-4924 for questions.





STINGRAYS SWIM ACADEMY

Starting this Fall The Best Swim Lessons Just Got Better! NEW! Y Stingrays Swim Academy Featuring:

Nationally Recognized Y Progressive Swim Program

We will continue to provide the same great National Y progressive swim program developed by aquatics experts using the latest instructional and motivational techniques. Classes will be taught by our own caring and expert staff who bring years of experience in teaching all levels of swimming from basic water safety and swimming through coaching our USA & Y accredited swim teams.



Here's What's New!

• Simplification of the enrollment process.

We understand it's hard to juggle schedules. Enjoy a worry free one time sign up for swim lessons.

• No more guessing your child's swim level

Parents will receive a welcome letter which includes a brief survey about their child's swimming abilities and goals. In addition, they will be assessed the first day of class to insure they are placed into the appropriate level (within their age group).

• Convenient low monthly draft

Requires a minimum 2 month commitment; starting and stopping your monthly draft is easy and painless.

• Greater Instructor Consistency

Learning to swim is a process. Our new class structure provides a platform for learning on a set day and time. This leads to greater consistency with instructors who will get to know your child and really understand how to challenge and motivate them.

• Children progress to next level when they are ready!

Children ready to move to the next level will move when ready. No more waiting for the end of a session.

• Those seeking a competitive team experience now have a clear pathway

Pre-Swim Team (Levels 5 and 6) will teach the skills necessary for participation on our USA & Y accredited competitive swim team. (Try-outs required).

• More Parent Feedback

Your child's progress is important to us and hearing about it is important to you. The Academy will chart your child's progress towards their swimming goals and provide you with regular evaluations. Expect more communication with you about their achievements and the latest Y swim news.



PARENT & CHILD | 6 MONTHS- 3 YEARS

With a parent*, infants and toddlers are introduced to the aquatic environment through fun activities and songs which teach purposeful arm and leg movements and blowing bubbles. Parents learn how to guide their child through these skills and practice the survival skill of rolling from front to back and floating. In addition they learn about water safety and drowning prevention.

*Child may attend the class with any responsible designated adult or caregiver.

Monday	Wednesday	Thursday	Saturday	Sunday
10:45 am	10:45 am	10:15 am 7:00 pm	9:00 am 10:00 am 11:00 am	9:00 am 10:00 am

Questions? Contact Flora Mannino at 908-483-4924 or fmannino@hcmca.org.

STINGRAYS SWIM ACADEMY



STINGRAYS SWIM ACADEMY | PRESCHOOL 3-5 YEARS

Formerly Preschool Levels 1 through 3

Under the guidance of caring instructors, students progress from water acclimation through water movement and stamina. Students learn personal water safety, and achieve basic swimming competency by learning benchmark skills: floating, paddle stroke, treading, rhythmic breathing (bobs), elementary backstroke. Each class ends with a "fun" or game component to keep students motivated and challenged.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 am	1:00 pm	10:00 am	11:00 am	10:00 am	9:00 am	9:00 am
10:00 am	1:45 pm	1:00 pm	1:15 pm	10:45 am	10:00 am	10:00 am
10:45 am	4:00 pm	1:45 pm	4:00 pm	4:00 pm	11:00 am	11:00 am
4:00pm	4:45 pm	4:00 pm	4:45 pm	4:45 pm	12:00 pm	
4:45 pm	7:00 pm	4:45 pm	7:00 pm			

STINGRAYS SWIM ACADEMY | YOUTH 6-12 YEARS

Formerly Youth Levels 1 through 4

Students learn personal water safety and achieve basic swimming competency learning benchmark skills: floating, paddle stroke, treading, safe entry and exit of pool, rhythmic breathing, elementary backstroke and introduction to diving, front crawl and backstroke. There will be a "fun" or game component to each class to keep students motivated and challenged.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00pm	4:00 pm	4:00 pm	4:00 pm	4:00 pm	9:00 am	9:00 am
4:45 pm	4:45 pm	4:45 pm	4:45 pm	4:45 pm	10:00 am	10:00 am
	7:00 pm		7:00 pm		11:00 am	11:00 am



PRE-SWIM TEAM | 6-12 YEARS

Formerly Youth Levels 5 and 6

Having mastered freestyle and backstroke and demonstrated endurance necessary to swim 25 yards of freestyle and backstroke continuously, students learn and perfect breaststroke and butterfly while learning the advanced swim skills needed to swim competitively. Students are challenged to improve technique and increase speed and endurance.

Monday	Tuesday	Wednesday	Thursdays	Fridays	Saturday	Sunday
4:00pm	7:00 pm	4:00 pm	7:00 pm	4:00 pm	9:00 am	9:00 am
4:45 pm		4:45 pm		4:45 pm	10:00 am	10:00 am
					11:00 am	11:00 am

45 Minute Lessons

Low monthly draft for all swim classes

Full Members: \$45 per month

Program Members: \$65 per month

Non-Members: \$85 per month

- Each child will be evaluated on the first day of class and placed in the appropriate skill level for their age
- One time easy enrollment for September through June to reserve your day and time.

Requests for additional days/times for classes will be considered depending upon demand. Contact fmannino@hcymsa.org.



STINGRAYS SWIM TEAM

YMCA SWIM TEAM

Ages 6 - 18, boys and girls

The Hunterdon County YMCA continues its tradition of excellence in competitive swimming. Our multi-level program starts beginner swimmers (age 8 & under) and leads them to become potentially national caliber swimmers. Our more committed swimmers continue on to swim in college at various levels of competitiveness.

PRACTICE GROUPS & TIMES

Upon selection to the team, swimmers are assigned practice groups according to age and level of competitiveness. Weekly practice hours vary depending on the level from 2 hours per week for our novice 8 and under swimmers to 12-14 hours per week for our Senior level swimmers.

NEED MORE INFORMATION?

Information will be made available at the Welcome Center of the YMCA and also online at www.hcyswim.com. For questions, contact, Competitive Aquatics Director: Jamie Sobel, 908-483-4928, jsobel@hcyymca.org

Welcome Jamie Sobel, our new Competitive Aquatics Director

Jamie is originally from Randolph, NJ where she swam competitively for the West Morris YMCA. She attended Bloomsburg University where she was a varsity swimmer all four years. Jamie has a Bachelor's Degree in Communications, as well as Elementary and Special Education Teaching Certifications.



For the past two years, Jamie was the Head Coach of the Boys and Girls Swim Team at Morristown Beard School where she led the boys team to two runner up team finishes at the Boys Prep B Championships. She also had 4 swimmers attend the Meet of Champions where they finished with 4 top 16 finishes.

Previously Jamie was an assistant coach at the Greater Morristown YMCA for four years where she helped create the largest 12 and Under State team in the history of the program. Jamie is looking forward to sharing her love and knowledge of swimming with everyone at the HCY!



LIFEGUARD CERTIFICATION

RED CROSS LIFEGUARD COURSE

Must be 15 years old by end of course and take a swim test the first day of class to qualify. Lifeguard manuals are available online. Upon successful completion, this class provides the certifications required to be legally employed as a lifeguard. Includes certifications in Lifeguarding, First Aid, AED and CPR for the Professional Rescuer. In the event a lifeguard candidate does not pass the qualifying swim test on the first day of the course, they will receive a full refund less \$25. Lifeguard pre-test is highly recommended. Call Aquatic Director (908) 483-4924, to schedule on Tuesday or Thursday evening at 7:00 pm. Not enrolled in the Lifeguard course yet? Pre-test fee is \$25 applicable toward registration for any of our scheduled Red Cross Lifeguard Courses.

Full Member: \$300

Program Member: \$330

Non-Member: \$350

LIFEGUARD RECERTIFICATION COURSE

There is no longer a 30 day grace period for expiring lifeguard certifications. If your lifeguard certification lapses students must take the entire course. Course includes pre-test, skill review and written and practical final test. Bring CPR mask. Re-Certifies Red Cross Lifeguard, First Aid, CPR, and AED Valid For 2 Years.

Full Member: \$179

Program Member: \$199

Non-Member: \$219

Please visit www.hcymca.org/lifeguard-certification for class dates and requirements.

ADULT AQUATICS & WATER EXERCISE



Water Exercise Classes at Deer Path Branch Pool	Days	Time
Aquakinetics Aerobic deep-water workout that uses flotation belts to keep the body vertical while jogging, cycling, skiing, flutter kicking and exercising to lively music. Resistive equipment used for toning segments. Ideal class for effective pre and post-natal exercise.	Mondays Wednesdays Fridays	9:15-10:00 am 9:15-10:00 am 9:15-10:00 am
Power Punch & Splash A shallow water class combines the intense resistance of water with powerful kickboxing moves. A combination of aerobic dance, strengthening and toning exercises.	Mondays Wednesdays Fridays	10:00-10:45 am 10:00-10:45 am 10:00-10:45 am
H²O Cardio-Core Fusion This one hour deep water class will help you build a strong core from your shoulders to your hips, which helps you prevent back pain and gives you strong abs. Exercises are designed to strengthen and sculpt lean muscles using Yoga/Pilates moves while aerobic segment offers options for all fitness levels. Ideal class for effective pre-and post-natal exercise.	Tuesdays Thursdays	9:30-10:30 am 9:30-10:30 am
AquaMates Low impact class specifically designed for older adults to help those with arthritis and other joint challenges achieve greater mobility, range of motion and improve balance and strength. Enjoy the camaraderie and make new friends while achieving and maintaining fitness levels.	Mondays Fridays	8:15-9:00 am 8:15-9:00 am
AquaMates Plus A more challenging program with higher intensity and more aerobic and strengthening components for beginner through moderate fitness levels.	Tuesdays Wednesdays Thursdays	8:00-8:45 am 8:00-8:45 am 8:00-8:45 am

Fee for Ten 45-minute classes: Full Member: Included | Program Member: \$83 | Non-Member: \$97

Adult Swim Lessons at Deer Path Pool Lessons taught in small group setting and according to individual progress	Days	Time
Beginner Level Floating, treading, paddle stroke, resting stroke and introduction to freestyle taught.	Saturdays Sundays	8:00-8:45 am 8:00-8:45 am
Intermediate Level For the adult who can swim but needs help with breathing, endurance and technique. Freestyle, backstroke and breaststroke taught.	Saturdays Sundays	8:00 – 8:45 am 8:00-8:45 am
Triathlon Swim Training This workout addresses the top skills needed to improve swimming in a triathlon. Swimmers are taught to move through the water more efficiently by using their core muscles and focus on balance and active streamlining in the water. Drills used teach an awareness of the dynamics of swimming over and above the development of simple strength and power. This is a thinking person's swim course.	Saturdays	8:00-8:45 am

Fee for Ten 45-minute Lessons: Full Member: \$129 Program Member: \$186 Non-Member: \$214

COMMUNITY AQUATICS PROGRAMS

Community Programs at Deer Path Pool	Days	Time	Members	Non-Members
Senior Swim Seniors from the community swim at the Deer Path pool.	Tues. & Thurs.	11:30 am-1:00 pm	Included	\$10 drop-in fee per day
Special Olympics Swim Team Mentally and physically challenged swimmers of all ages and levels are invited to join the Special Olympics Area 4 Dolphins Swim Team. Athletes must be able to participate in a group and swim two lengths of the pool. Call 908-483-4924 for registration packet and information. Starts Monday, October 7, 2019.	Mondays Fridays	4:45-5:30 pm 4:00-4:45 pm	Free	Free
2nd Grade Learn to Swim Program Special 7 week course for any 2 nd grader in Hunterdon County who is a non swimmer or at the beginner level.	Wednesdays Saturdays Sundays	4:00-4:45 pm 8:00-8:45 am 8:00-8:45 am	Free	Free

Fall Session: September 16 - November 24



ADULT GROUP FITNESS CLASSES

Body Shock – A total body workout including core work. Strengthen your muscles and your heart with intervals of step combinations, power moves, and body sculpting.

Boot Camp – This military style total body conditioning workout incorporates drills, cardiovascular as well as strength training.

Bros And Joes – Men only fitness class that focuses on the total body using strength, endurance and core exercises.

Chair Yoga – Using a chair, explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or for those that want less intensity.

Gentle Yoga – Explore the mind-body connection by learning how to focus, relax and improve circulation. Designed for those who are new to Yoga or for those that want less intensity.

Indoor Cycling – Our cycling experience uses the Most Advanced Indoor Cycle On The Market - IC7, Coach by Color - delivers real-time, color coded biofeedback helping you connect more efficiently to your workout and Connect - A truly interconnected indoor cycling experience shared by participant's cycle monitor, instructor's tablet and the group's large video display.

Kickboxing – Total body workout using kickboxing bags to strengthen and condition the body. Kickboxing gloves required for class.

Low Impact – Get a great cardiovascular workout with floor aerobics consisting of low impact moves that is great for your heart but easy on your joints.

Meditation – Find calmness, serenity and peace of mind. 15 minute meditation session explores different types of meditation. Modifications will be offered for all to feel welcome.

Pilates – Concentrate on alignment and lengthening all of the muscles, while improving flexibility, coordination and strength.

Pilates Fusion – Class focuses on core conditioning and flexibility using controlled movement to help improve body awareness and increase overall fitness.

Rock Your Core – Intense 30 minute core-oriented workout using moves from a variety of disciplines including Pilates, Yoga and mixed martial arts all set to pop/rock beat. Come on in and rock your core!

Senior Shape Up – Designed specifically for the active older adult, class offers non-impact aerobics, strength with weights and bands and ends with a relaxing stretch.

Step & Sculpt – Total body workout using the step for cardio intervals and weights and body weight for strength moves. Core work finishes the workout, followed by a great stretch.

Tabata – A challenging, high-intensity interval workout. Each Tabata round is eight consecutive intervals of maximum intensity for 20 seconds, followed by 10 seconds of recovery.

Yoga – Explore the mind-body connection by learning how to focus,

relax and improve circulation.

Zumba – Zumba fuses Latin rhythms and easy to follow moves to create a dynamic, energetic dance workout that will feel like a party not a workout!

Zumba Gold – Low impact class that fuses Latin rhythms and easy to follow moves to create a dynamic, energetic dance workout that will feel like a party not a workout.

Active Together – an innovative 60-minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Inspiring music and supportive coaching will ensure you succeed with simple, athletic exercises that use dumbbells, bodyweight, and The STEP®.



Balance & Flex Together – will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

Cardio Step Together – is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

ViPR-Conditioning Together – integrates strength and cardio training to build muscle, burn calories, and improve agility. Revolutionize your whole body using Loaded Movement Training in this three-dimensional experience. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training.

Core Focus Together – gives you three-dimensional strength training in 30 action-packed minutes. A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Coaching and motivating music will push you through integrated exercises.

Defend Together – burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to maximize your cardio fitness. This electric experience is addictive and collaboratively a high-energy 60 minutes of fun.

Groove Together – is an energizing 60 minutes of dance fitness. It's a high-energy cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced.

Strength Train Together – maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.

Not sure where to start? Contact Teri Saccal, Director of Healthy Living, at 908-483-4933 or tsaccal@hcmca.org. Updated monthly schedules are posted at the branches and online. Join HCY Adult Group Fitness Text Alerts: Text @adultgroup to 81010. Group Fitness classes are for full members only. Classes are included with full membership and registration is not required.

WELLNESS PROGRAMS

ENHANCE® FITNESS

Moderate-impact classes with high-impact results

NEW!



Across the country, a growing number of Y associations offer Enhance® Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Here are some of the changes participants have noticed:

- More energy
- Better balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence
- In addition to the physical benefits, research has shown that, among older adults who participate in Enhance® Fitness, health costs were lowered each year by close to \$1,000.



Our aim: To help you feel better

Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance® Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace.

Full Member: Included | Program Member: \$25 | Non-Member: \$50
16 Week Program. Visit www.hcymca.org/enhance-fitness for class schedule.

Lifestyle Balance Program

Program for people who want to eat healthier, make better lifestyle choices and lose weight. Have fun learning new ways to cook and new foods to try; foodies and novice cooks are welcome. 16 week program. Full Members only. Fee: \$100 with potential credit based upon meeting specific criteria. Held at Deer Path Branch

Women's Living-Well Club

The Women's Living-Well Club (WLW) at the Deer Path Branch is for women who feel intimidated by the thought of joining a gym. Included with Full Membership.

Moving for Better Balance

A 60 minute Tai Chi based class that helps participants feel stronger, have better balance, increase flexibility and feel more confident in every day activity. 12 week course that meets twice a week, each class builds upon the previous for greater success. Registration required. Held at the Deer Path Branch. Monday and Wednesday 3:00-4:00 pm
Full Member: Included | Program Member: \$25 | Non-Member: \$50

One Step for MS

One Step is a 12-week, 24 session course geared toward adults that have been medically diagnosed with Multiple Sclerosis. The goal of One Step is to provide safe, therapeutic exercise that addresses the issues of fatigue, walking, weakness and depression and empowers with emotional support. The curriculum is supported by the National MS Society of NJ. **Free program open to the community.**

LiveStrong® at the YMCA

LIVESTRONG® at the YMCA is a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. **This is a free 12-week program for cancer survivors and family members. Open to the community.**

For more information on these Wellness Programs contact Beth Carpenter at 908-483-4937 or bcarpenter@hcymca.org.

Nutrition Counseling

Work with a Registered Dietitian to create an individualized nutrition program. Call 908.782.1044x4951 or email Erika Laine, RD at elaine@hcymca.com. One-Hour Session: \$50, multiple-session discounts





PERSONAL TRAINING

NEW
Monthly Draft
Plan

HCYMCA Personal Training Mission:

- Impact our community through changed lives
- Be passionate in creating healthy individuals by recognizing their fitness needs
- Provide tailored programs with results leaving our clients with improved health and empowered with fitness knowledge

NEW!

Monthly Plan Personal Training Draft

Our most affordable option. A simple, easy way to pay monthly for personal training sessions to help keep you on track with your fitness goals and to ensure that you have the lowest rate possible. Save money and stay on track with your fitness goals!



Per Month

30 Minutes

60 Minutes

12 sessions	\$312 \$26 per session	\$624 \$52 per session
8 sessions	\$216 \$27 per session	\$432 \$54 per session
4 sessions	\$112 \$28 per session	\$224 \$56 per session

Traditional Packages Training Programs

Prices based on selected number of sessions.

3 Sessions

30-min \$90
60-min \$180

6 Sessions

30-min \$170
60-min \$340

12 Sessions

30-min \$330
60-min \$660

24 Sessions

30-min \$648
60-min \$1,295

Training `4` 2

There is strength in numbers. Training with a partner is more FUN and proven to be more effective in keeping you accountable to your fitness goals. To participate in our Training `4` 2 program, you and your partner will each need to purchase one of our 30 min session personal training packages. Sessions are 60 minutes long and you will each be charged for 30 min of the session. The best training partners have similar goals in mind.

TRX SUSPENSION TRAINING

TRX: A workout using the TRX suspension training strap, your own bodyweight, and a little help from gravity, to build a better YOU.

To learn more about Personal Training and TRX, please contact: Carmen Farrand, Fitness and Wellness Program Coordinator, cfarrand@hcyzca.org or 908.782.1044 ext. 4919

TRX	Member Pricing	Non-Member Pricing
Drop-In	\$10	\$15
5 Sessions	\$35	\$45
10 Sessions	\$65	\$85
15 Sessions	\$90	\$120



TRX Session Descriptions

Please check website for the most current TRX Schedule: www.hcyzca.org/trx

TRX Gold	Beginner to Moderate. Full body workout consisting of only work on the TRX Suspension Training Strap
TRX Gold Circuit	Beginner to Moderate. Full body workout consisting of exercise on the TRX Suspension Training Strap and low impact circuits of all modalities. (Kettlebells, Dumbbells, BOSU, Battle Ropes, etc)
TRX Circuit	Moderate to Advanced. Full body workout consisting of exercise on the TRX Suspension Training Strap and circuits of all modalities. (Kettlebells, Dumbbells, BOSU, Battle Ropes, etc)
TRXtreme	Moderate to Advanced. Intense full body workout consisting of exercise on the TRX Suspension Training Strap and circuits of all modalities. (Kettlebells, Dumbbells, BOSU, Battle Ropes, etc.)

COMMUNITY PROGRAMS



Lay Responder CPR/AED & First Aid

The Hunterdon County YMCA is a proud provider of the American Red Cross CPR/AED and First Aid Certification training.

DATE	TIME	LOCATION
Monday, September 9	5:00 pm-9:30 pm	Deer Path Branch
Saturday, September 14	10:00 am-2:30 pm	Round Valley Branch
Monday, September 16	5:00 pm-9:30 pm	Deer Path Branch
Thursday, September 19	10:00 am-2:30 pm	Deer Path Branch
Monday, October 7	5:00 pm-9:30 pm	Deer Path Branch
Thursday, October 10	10:00 am-2:30 pm	Deer Path Branch
Monday, October 21	5:00 pm-9:30 pm	Deer Path Branch
Saturday, October 26	10:00 am-2:30 pm	Round Valley Branch
Monday, November 4	5:00 pm-9:30 pm	Deer Path Branch
Thursday, November 7	10:00 am-2:30 pm	Deer Path Branch
Thursday, November 21	5:00 pm-9:30 pm	Deer Path Branch
Saturday, November 23	10:00 am-2:30 pm	Round Valley Branch

Lay Responder CPR/AED & First Aid Recertification

This recertification class will be offered to those who have a current American Red Cross or American Heart Association Certification

DATE	TIME	LOCATION
Thursday, Sept. 12	5:00 pm-8:30 pm	Deer Path Branch
Saturday, Sept. 21	10:00 am-1:30 pm	Round Valley Branch
Saturday, Oct. 12	10:00 am-1:30 pm	Round Valley Branch
Thursday, Oct. 24	10:00 am-1:30 pm	Deer Path Branch
Saturday, Nov. 9	10:00 am-1:30 pm	Round Valley Branch
Monday, Nov. 18	5:00 pm-8:30 pm	Deer Path Branch

All classes include Adult, Child, Infant CPR/AED/First Aid 2 Year Certification. Classes are subject to change based on enrollment. Confirmation email sent the week before class. Learn more and register at www.hcymca.org/cpr-first-aid/ or call 908-782-1030
 Lay Responder CPR/AED & First Aid Full Course:
 Members \$84 | Non-Members: \$99
 Recertification Course: Members \$74 | Non-Members: \$89

Preventing Child Sexual Abuse Training

To educate adults in the community about how to prevent, recognize and react responsibly to child sexual abuse, the Y has joined forces with Darkness to Light, a nationally recognized nonprofit organization and creators of Stewards of Children™ curriculum. Training also available in Spanish. Visit hcymca.org to learn more or call LuAnn Aversa, 908.483.4327.



Citizenship Study Group

Wednesdays 6:00-8:00 pm at United Way, 4 Walter Foran Blvd Suite 401, Flemington. Registration required. Free. Anyone who is eligible to become a US Citizen is welcome. The Y provides the forms and study materials from the United States Citizenship and Immigration Services (USCIS). The study group includes basic English lessons for reading and writing. Participants also have the opportunity to practice the interview process.

Winter Coat Drive

October 21-November 8



Please drop off gently used coats and winter items at Y Branches

Coat distribution will be on November 16 at 20 Fulper Road, from 9:30 am to 12:30 pm

hcymca.org/winter-coat-drive

Free Produce Distribution

Saturdays 10:30 am at the Flemington Baptist Church, 170 Main St., Flemington and alternating Mondays 10:00 am at Evangel Chapel, 55 Leigh St., Clinton and Mondays 10:00 am, Lebanon Reformed Church, 100 Brunswick Ave, Lebanon. Held in the parking lot or basement. Dedicated volunteers from the Y pick up and distribute the food donations, which are made available through America's Grow A Row and Panera Bread (for Saturday distribution). Bring your own bags. For more information call Gabriela Bonnavent, 908-892-7369.

ADULT SPORTS



Adult Pickleball Club

Pickleball is a net court sport using a paddle & perforated plastic ball for a "life-sized" ping pong game. There are some similarities to badminton & tennis, but Pickleball has several unique rules that allow all skill levels to play together. Games will be organized on modified indoor courts at our Deer Path gym for singles and doubles format games. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Participants have the option of signing up for a daytime club or PM & weekend club. Our Club Combo option also allows players to join both groups at a discounted rate. 10 week session



Option A Tuesdays 11:15 am -1:00 pm Thursdays 11:30 am-2:00 pm. Member: \$70 Non-member \$100

Option B Thursdays 5:00-7:00 pm Members: \$30 Non-member: \$40

Combo Club: Option A & B: Member \$90 Non member \$130

Fall Session: September 16 - November 24



**HUNTERDON COUNTY YMCA
144 WEST WOODSCHURCH ROAD
FLEMINGTON, NJ 08822**

BE CONSISTENT ACHIEVE GOALS



Introducing New Monthly Draft Options for Personal Training and Swim Lessons through the New Stingrays Swim Academy. One-time sign-up and lower monthly payments.



“Success isn’t always about greatness. It’s about consistency. Consistent hard work gains success. Greatness will come.” - Dwayne “The Rock” Johnson