



Raritan Valley YMCA

144 Tices Lane, East Brunswick, NJ 08816

P: (732) 257-4114 Fax: (732) 257-5762

www.raritanvalleymca.org

Fall 1 Session Dates: Sep. 21st- Nov. 9th



For Complete Program Information Call 732-257-4114 or visit www.raritanvalleymca.org						
Program Fee: \$75.00 per 7-week session A Current RYYMCA Membership (\$80 Annually) is required for all youth program participation						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Lessons 11:00-1:00 PM @Cook College Sep. 13- Oct. 25 Nov. 1- Dec. 20	Open Basketball 7:00-9:00 AM 4:00-5:00 PM	Open Basketball 7:00-9:00 AM	Open Basketball 7:00-9:00 AM	Open Basketball 7:00-9:00 AM	Open Basketball 7:00-9:00 AM	Open Basketball 9:00-2:00 PM
	Open Pickleball 10:00-12:00 PM	Open Pickleball 10:00-12:00 PM	Open Pickleball 10:00-12:00 PM	Open Pickleball 10:00-12:00 PM	Open Pickleball 10:00-12:00 PM	
	Men's Hoop and Shoot* 1:00-2:00 Seniors 60+	Ask About Facility rentals, birthdays, parties, showers!	Women's Hoop and Shoot* 1:00-2:00 Women 60+	No School?? YMCA Vacation Camp trips & theme days. See website for schedule.	Grown-Up & Me: Movement and Play 11:00-11:45 6 Months-2 Years Old	
	Pre-K Ballet 5:00-5:45 Ages 3-5	Special Needs Tennis 5:00-6:00 Ages 7-13	Pre-Teen Strength Training 5:00-5:45 Ages 11-15	Basketball Skills/Drills 5:00-6:00 Ages 5-7		
	Kids Strength & Fitness 5:00-6:00 Ages 7-12	Beginner/Int. Tennis 6:00-7:00 Ages 7-12	Soccer Advanced Skills 6:00-7:00 Ages 8-11	Basketball Skills/Drills 6:00-7:00 Ages 8-12	Chess Lessons 3:00-4:00 Ages 8 and Up	
	Soccer Basics 6:00-7:00 Ages 5-7	Open Basketball 4:00-5:00 PM 7:15-8:00 PM	Open Basketball 4:00-5:00 PM	Open Basketball 4:00-5:00 PM 7:15-8:00 PM	Open Basketball 4:00-5:00 PM	

Family Membership Benefit: Families with 2 Adults/2+ Youth memberships receive one free youth sports class per child under age 13.

Registration: First-come, first-enrolled. Full Payment is required at registration. Family memberships must remain active throughout the session to receive the free class benefit.

Senior Hoop and Shoot: This program is offered at no cost to participants through grant funding from the State of New Jersey Division of Aging Services.

****Open Basketball and Pickleball require RYVYMCA Membership. Non-members may participate with a \$10 adult guest pass.****

Class times and availability are subject to change without prior notice.

Class Descriptions:

- **Soccer Basics: Ages 5–7**
 - Learn the fundamentals of dribbling, passing, shooting, and teamwork through fun drills, games, and activities designed for beginner players.
- **Kids Strength & Fitness: Ages 8–12**
 - A class designed to help kids stay active while learning basic exercise and fitness skills. They will work on stretching, bodyweight movements, resistance training, aerobic exercises, and fun fitness activities using our new Interactive T-Wall.
- **Beginner/Intermediate Tennis: Ages 7–12**
 - Learn and improve basic tennis skills including serving, forehands, backhands, footwork, and rallying in a fun and supportive environment.
- ***Men's and Women's Senior Hoop and Shoot*: Ages 60+**
 - A casual basketball program for men and women ages 60+ featuring shooting, light skill work, and recreational play in a relaxed, social setting.
- **Soccer Advanced: Ages 8–11**
 - Build on existing soccer skills with more advanced dribbling, passing, shooting, movement, decision-making, and small-sided game play.
- **Pre-K Ballet: Ages 3–5**
 - A fun introduction to ballet that helps young children develop balance, coordination, rhythm, movement, and confidence through age-appropriate activities.
- **Basketball Skills/Drills: Ages 5–7**
 - Learn the basics of dribbling, passing, shooting, and teamwork through fun drills and games designed for young beginners.
- **Basketball Skills/Drills: Ages 8–12**
 - Develop basketball fundamentals including ball handling, passing, shooting, footwork, and game skills through drills, challenges, and competition.
- **Grown-Up & Me: Ages 6 Months–2 years**
 - Parents and caregivers will join their little ones for a variety of simple movement and play activities. Using equipment such as soft mats, balls, hoops, and bean bags, children will explore movement, coordination, and early motor skills in a fun and welcoming setting.
- **Chess Lessons: Ages 8+**
 - Learn the basics of chess, improve strategy and problem-solving skills, and build confidence through guided instruction and friendly play.
- **Special Needs Tennis**
 - Tennis instruction for kids with disabilities using adapted equipment. Kids will work on basic racket skills, movement, and coordination.

Register in person, On-line www.raritanvalleyymca.org, or by phone at 732-257-4114.