the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR MOTIVATION COMES ALIVE!

Spring I Session: February 26th – April 21st

Spring I Registration Dates:
Full Members: February5th
Program Members: February 12th

YMCA OF GLOUCESTER COUNTY INFORMATION

LETTER FROM CEO

As we enter another new year, the Y wants to remind you that we are here for you! We want to be the community you choose to be a part of and belong to. We hope that YOU will choose to come together with your family, friends, and neighbors, to make a better US!

Our plans for 2018 are big! We have spent the last 3 years investing in our Woodbury facility to better your experience, and we have so much more planned! Our child care services have reached more than 12 communities, and we hope to reach more! We are looking for members that want to belong to a cause driven organization and impact our community. Is that you?

If you are already a member- thank you for being a part of the largest cause driven organization with a focus on youth development, healthy living, and social responsibility. You belong here.

Thank you for continuing your journey with us!

Melissa

DIRECTORY

Membership 3
Health & Wellness Classes 4
Camp & School Aged Child Care 5
Social Responsibility 6
Our Impact 7
Teen 8
Youth 9
Aquatics ..... 10 & 11

HOLIDAY HOURS

Good Friday
March 30th- Closed
Easter
April 1st- Closed

BUILDING HOURS

Monday - Friday	6:00AM - 9:00PM
Saturday	7:00AM - 5:00PM
Sunday	1:00PM - 5:00PM

BOARD OF DIRECTORS

Paul Lott, Chief Volunteer Officer
Boral

John Price, Vice Chief Volunteer Officer
Glassboro Partners

Mary Delaney-Seher, Treasurer
Ball Buckley & Seher

Randy Ford, Secretary
Lauletta Birnbaum LLC

Lois Budd	Red Eagle Produce
Greg Carlisle	TD Bank
Charlie Muracco	CLM Advisors LLC
Randy Feig	Investors Bank
Bob Stahler	Edward Jones

STAFF LISTING

Senior Leadership

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korlich@ymcagloco.org

CONTACT US
Phone: 856.845.0720 | Web: ymcagloco.org

GET ENGAGED & JOIN US

CONNECT WITH ▶ **Liz Palumbi**
Member Services Manager
856.845.0720
lpalumbi@ymcagloco.org
ymcagloco.org

MEMBERSHIP

You Already Belong Here, You Just Need To Join! The YMCA is more than just a pool, a gym, or fitness center. The Y is an association of members who come together to build a better future for themselves, their families and the community.

Everyone is Welcome! The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their inability to pay. Through our Open Doors Program, the YMCA of Gloucester County provides assistance to youth, adults and families based on individual needs and circumstances.

Free Fitness Orientation | Nationally recognized YMCA Progressive Swim Lessons | FREE Child Watch for Full Members | FREE Wi-Fi & Lounge Area | Heated indoor pool | Fitness Center |Steam Room |Basketball Court | FREE Events and Health & Wellness Seminars

Full Membership (fees effective 1/1/17)	Monthly Payment	Joiner's Fee
Youth (18 yrs. & under)	$24	$40
Adult (Age 19-61) **NEW Lower Price**	$35	$60
Single Parent Household (1 parent & 3 children up to 23 yrs old — Must be able to show dependency and same address)	$50	$70
Household (2 adults and 3 children up to 23 yrs old — Must be able to show dependency and same address)	$60	$70
Active Older Adults (62+)	$29	$40
Active Older Adults Couple (62+)	$50	$60
Silver Sneakers (Contact insurance carrier to see if you qualify)	$0	---
Silver&Fit (Contact insurance carrier to see if you qualify)	$0	---
Optum (Contact Insurance Carrier to see if you qualify)	$14.50	---
*Full Members: additional cost of $2 a month will be added for each additional child in the household.		

Membership is non-refundable.

Child Watch

This program is for children 1-12 years old. Please see Welcome Center for details.

DAY	TIME	FULL	BASIC
Monday	6:00PM-8:00PM	Included	$5 per child
Tuesday	6:00PM-8:00PM	Included	$5 per child
Wednesday	6:00PM-8:00PM	Included	$5 per child
Thursday	6:00PM-8:00PM	Included	$5 per child

*(subject to change) times.

Youth Building Policy

All minors 12 & under must be accompanied by an adult for the duration of their visit. For the safety of our members, there are no exceptions.

20/20 Buddy Membership

When two people join the Y together and stay as full members together, both will receive a **20%** discount. Both members will also receive **50%** off of the Joiner's Fee. (Current members can use this discount by bringing in a new member only (In-house promotion only

Guest Fees

Youth (18 & under) - $10 **Adult (19 & older) - $15**

- Each adult member will receive VIP guest passes in their Welcome Packet when you join.
- All youth guest will be charged $8 and must have a parent/guardian sign them in.
- Youth guest must be signed in by their parent or guardian. **No exceptions.**
- VIP pass cannot be used towards youth guest visits.
- Youth Members are only allowed to bring one paying guest with them. Youth member must remain with guest for full visit.

Program Membership	Annual Fee	Program Membership	Annual Fee
Youth (18 yrs. & under)	$70	Adult (19-62 yrs. old)	$90

MISSION STATEMENT

The YMCA of Gloucester County is dedicated to the development of Spirit, Mind, and Body by providing leadership, programs and services to ALL county residents instilling the Christian ideals of caring, honesty, respect and responsibility.

NEW! Military/Early Responder Discount

Any current military or emergency responder is eligible for a 20% discount on their membership, this includes Adult, Single Parent Household, Household and Active Older Adults. (Please provide proof of employment at time of registration (In-house promotion only

AARP Medicare Supplement Subscribers

This location is participating in a program available to New Jersey residents who are insured members covered under an AARP® Medicare Supplement Insurance Plan insured by UnitedHealthcare Insurance Company (UnitedHealthcare. Talk to the Welcome Center for details. Or call UnitedHealthcare at 1-866-275-5599 with additional questions

Silver Sneakers Program

The YMCA is proud to participate in the Silver Sneakers® Fitness Program, the nation's leading exercise program for older adults. More than just a gym membership, SilverSneakers participants are offered specialized exercise classes, health education and social programs that have been shown to help older adults maintain good health, reduce health care costs and lead an active, independent lifestyle.

Bring us your Silver Sneakers card provided to you from Healthways, or if they have not sent you a card, we will be more than happy to check your eligibility for you. With your Silver Sneaker membership, you will have Full Member access to our facility and your membership is covered by Silver Sneakers.

All memberships are non-refundable and non-transferable Single Parent Households and Households must live in the same residence and be able to verify current residence.

Silver&Fit®

The Silver&Fit® program is an exercise and healthy aging program providing unique, evidence-based fitness and health education activities for Medicare beneficiaries and group retirees. Silver&Fit members have access to: no-cost or low-cost memberships at a participating, contracted fitness club or exercise center.

We Value Our Members

The YMCA of Gloucester County is committed to protecting the children we serve. While we cannot eliminate all threats, we want to do what we can to ensure that the children in our care are safe.
On January 22, 2018 all Y members, participants and guests must have a valid picture ID when entering the Y. It will be scanned through national child abuse database. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. We appreciate your cooperation.

Please visit our new website for more information and building policies.

DO GOOD. FEEL GOOD.

CONNECT WITH ▶ **Kelly Peoples**
Director of Member Communications and Healthy Living
856.845.0720
kellyp@ymcagloco.org **ymcagloco.org**

SOCIAL RESPONSIBILITY

OUR CAUSE
Our cause is strengthening community. Every day we work side by side with our neighbors to make sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive.

COMMUNITY
As a cause-driven organization, one of our greatest strengths is our ability to listen and respond to the needs of the communities we serve. Whether providing education and training, or preventing chronic disease through health classes, we work tirelessly to provide a range of classes, activities, and programs that empower our neighbors to learn, grow, and thrive.

OPEN DOORS PROGRAM
The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their inability to pay. The Open Doors Program provides assistance to youth, adults and families based on individual needs and circumstances.

DO GOOD · FEEL GREAT
Whether you serve on a committee, coach a youth sports team, assist with a special event, or lend your skills through our internship program... EVERY actions counts towards enhancing the lives within our community!

VOLUNTEER
The YMCA is a not-for-profit, volunteer-driven organization. By becoming a volunteer, you can positively impact lives right in your own community. Volunteering for the YMCA is a fun and rewarding experience. You will become part of the Y family as you make new friends, gain valuable experience, and feel a sense of pride and accomplishment! We are looking for volunteers for all types of programs within all departments. Some departments with volunteer opportunities include: Youth Sports, Health & Wellness support, Member Services & Special Events.

JOIN THE TOGETHERHOOD TEAM!
We are looking for Y members to join us in giving back to our community. The Togetherhood Program is a national volunteer program that provides Y members with a fun, easy, and rewarding way to participate in service projects that strengthen their communities.

Ways to Participate:
Join the Togetherhood Service Committee: Lead the Togetherhood program by organizing & leading service projects throughout the year that will focus on youth development, healthy living, and social responsibility.

Become a Togetherhood Project Volunteer: Assist with one-day service projects that will directly benefit our community.

If you are passionate about service, represent our diverse community, and want to share the benefits of YMCA volunteerism

ANNUAL GIVING

The Annual Giving Campaign is a fundraising campaign that raises funds for our financial assistance program. The YMCA of Gloucester County provides financial assistance for families, individuals, seniors and youth to ensure everyone has a place to go. With your help, we can continue to increase support to those with need in our community. When you give to the YMCA of Gloucester County 100% of your donation will help young people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of community in Gloucester County. Now, when you think of your YMCA you'll know it's more than a gym... It's a cause. A cause, that with your generous support, will continue to strengthen the community in which you live. We have an extraordinary opportunity to ensure a brighter future for Gloucester County, but we must take action today, and only your support will make it possible.

COMMUNITY EVENTS

Healthy Kids Day
The YMCA of Gloucester County is celebrating Healthy Kids with a free community event to get kids moving and learning and families living healthier. Great music, demos, exciting games, healthy snacks, arts & crafts, moon bounces, FREE swimming & much more.
DATE: April 21 **TIME:** 12:00PM-3:00PM

American Red Cross Blood Drive
Every minute of every day, someone needs blood. That blood can only come from a volunteer donor, a person like you who makes the choice to donate. There is no substitute for your donation. Please join us in our mission to maintain a safe and stable blood supply by registering for one of our blood drives.
Contact: Dee Smith
deitrahs@ymcagloco.org
DATE: May 5, 2017 **TIME:** 2:00PM-7:00PM

Coming Soon... 2018 Annual Campaign!

This year, YOUR support is needed to reach our goal to ensure that everyone regardless of age, income or background has the opportunity to learn grow and thrive.

ANNUAL GIVING CAMPAIGN

The **Annual Giving Campaign is a fundraising campaign that raises funds for our Financial assistance program**. The YMCA of Gloucester County provides financial assistance for families, individuals, seniors and youth **to ensure everyone has a place to go**. With your help, we can continue to increase support to those with need in our community. When you give to the YMCA of Gloucester County 100% of your donation will help young people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of community in Gloucester County. Now, when you think of your YMCA you'll know it's more than a gym... It's a cause. A cause, that with your generous support, will continue to strengthen the community in which you live. We have an extraordinary opportunity to ensure a brighter future for Gloucester County, but we must take action today, and only your support will make it possible.

ACHIEVE MORE!

CONNECT WITH ▶ **Alissa Santos**
Senior Manager Youth Development
856.845.0720
asantos@ymcagloco.org
ymcagloco.org

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around our community are taking a greater interest in learning and making smarter life choices.

SCHOOL AGED CHILD CARE

DID YOU KNOW:

- Our services are provided in the following school districts: Woodbury, Deptford, Paulsboro, Wenonah, South Harrison.
- All schools are licensed through the state of New Jersey.
- We provide healthy activities in all programs. Before School's Healthy Program is called BOKS Club; After School's Healthy Program is called CATCH Kids Club... both have a focus of physical activity and nutritional education for school aged children.
- YMCA enforces HEPA (Healthy Eating and Physical Activity) Standards in all of our Before and After School Programs... Standards include energy balance and appropriate physical activity which are critical to good health and preventing childhood obesity. Also provides opportunities for children to not only consume nutritious snacks but also to learn real-life strategies for evaluating food options and making healthy choices.

Y'Z KIDZ 2017-2018

One Time Registration Fee = $60 per child or $85 per family per year

		FULL MEMBER	PROGRAM MEMBER	NON MEMBER
		1st Child	1st Child	1st Child
5 days	Before	$115/mos	$130/mos	$145/mos
	After	$185/mos	$200/mos	$215/mos
	Both	$255/mos	$270/mos	$285/mos
4 days	Before	$105/mos	$115/mos	$130/mos
	After	$160/mos	$175/mos	$190/mos
	Both	$220/mos	$240/mos	$250/mos
3 days	Before	$85/mos	$100/mos	$115/mos
	After	$135/mos	$150/mos	$165/mos
	Both	$185/mos	$200/mos	$215/mos
2 days	Before	$70/mos	$85/mos	$100/mos
	After	$110/mos	$125/mos	$140/mos
	Both	$150/mos	$165/mos	$180/mos

Summer Day Camp

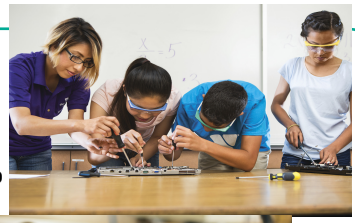
The Y's Summer Camp Program encourages youth to participate in group activities that develop creativity, independence and a sense of teamwork.
Dates: June 18-August 31
Ages: 4-15
Camp Hours: 9:00am-4:00pm
New Camp with Extended Day -7am-6pm
New Camp with Transportation :7am-6pm
Registration begins soon. Look for more information on our website.

TEEN CENTER: GRADES 8 – 12

The Teen Center offers a free safe environment for teens to go when not in school. Teens will be able to choose between many recreational activities such as swimming and basketball! Teens can also participate in our college readiness (Achievers Club) and leadership development (Leaders Club) programs. For more information, email youthprograms@ymcagloco.org.

COST: FREE (registration is required)
LOCATION: YMCA of Gloucester County
TIME: M-F 3-6pm

Schools Out



Worried about care for your child when school is closed? Register your child for our School's Out Program. This is supervised child care held at the YMCA of Gloucester County, loaded with activities including, swimming, STEM projects, games, sports, lunch, CATCH, arts and crafts time, Wii fun and so much more!

Dates: **February** 15, 16, 19 **April** 2, 3, 4
Pre-Registration prices: Full members: $35, Program Members: $45, Non-Members: $50
Day of Registration: Full members: $40, Program Members: $50, Non-Members: $55
Contact: Alissa Santos- asantos@ymcagloco.org
Time: 7am-6pm

ACHIEVE MORE!

CONNECT ▶ WITH

Alissa Santos
Senior Manager Youth Development
asantos@ymcagloco.org

Tyler Marchei
Manager Enrichment
tmarchei@ymcagloco.org

856.845.0720
ymcagloco.org

KIDS STEM STUDIO

Providing opportunity for meaningful STEM learning and for youth to engage in science, technology, engineering, and math in multiple ways and in a supportive and fun environment.
Ages 5-12
Monday 6:00pm-6:45pm
Price: Full $52; Basic $82

WEE KICKS

Pass, kick, and shoot your way to a soccer goal in our Wee Kicks class. This recreational program focuses on the development of individual skills, team play, and basic fundamentals that will challenge your child's ability.
Ages 4-7
Wednesday 6:15pm-7:00pm
Price: Full $52; Basic $82

BASKETBALL CLINIC

The Basketball Clinic is designed to develop fundamental basketball skills while learning teamwork, strategy, and sportsmanship. Children will learn basic fundamentals, strategies, and rules of the game such as shooting, passing, ball handling, and team play.
Thursday
Beginner 6:00pm-6:45pm
Advanced 7:00pm – 7:45pm
Price: Full $52; Basic $82

KINDERCRAFT

Preschoolers and their parents complete one craft a week ranging from hand puppets to lunch mats.
Ages 2 - 5
Thursday 6:00-6:45pm
Price: Full $52; Basic $82

LITTLE MOVERS

Having fun and being active with your child is the focus of this class. We plan activities that help your child learn how to run, jump, hop, balance, catch and kick.
Through a series of creative exercises and games, you and your child will work together to get fit and have fun.
Ages 2-4
Wednesday 5:30-6:15pm
Price: Full $52; Basic $82

7th Grade Initiative

A membership program which gives free YMCA membership to any interested 7th grade students residing in Gloucester County. We seek to encourage students to develop healthy habits by providing them with opportunities to learn about health and wellness at our facility. Students in the program will be granted access to the pool, fitness center and gym. They will also have opportunities to attend fitness classes and special events such as Teen Nights.
Registrations begin September 1, 2017 until January 31, 2018.
Program Date: September 10, 2017-June 1, 2018.

Let's Party!!!

Parties Looking for a fun, stress-free birthday idea? Let the YMCA of Gloucester County host you next party! We do all of the work, so you can sit back and relax. We help set up, entertain the party during the activity time and even clean up after the party ends. Come celebrate birthdays, big days, or "just because" days!
Contact Tyler Marchei tmarchei@ymcagloco.org

LET'S GET MOVING

CONNECT ▶ WITH **Kelly Peoples**
Director of Member Communication & Healthy Living
856.845.0720
kellyp@ymcagloco.org
ymcagloco.org

At the Y, we strive for a "healthy lifestyle for all," a lifelong process of caring, exercising, and feeding the spirit, the mind, and the body. We offer a variety of activities and programs that meet you where you are and take you where you want to be.

FITNESS CLASSES	DAY	TIME
House Party Dance Work Out	Monday	7pm
Self Defense	Monday	7:15pm
Cardio Fusion	Tuesday	6:15pm
Yoga	Wednesday	6pm
Kickboxing /Abs	Wednesday	11:30am
Zumba Toning	Wednesday	7:00pm
Cardio Fusion	Thursday	6:00pm
Zumba	Saturday	9am
Yoga	Saturday	10am

PRICING FOR LAND FITNESS CLASSES		
Full Member Included FREE	Program Member $12 per class	Non Member $15 per class (Drop In: Good for one time only per class.)
WOW!	Program Members Group Class: Package for Unlimited at $70 for 8 week session.	WOW!

SILVER SNEAKERS®

SilverSneakers® members are offered specialized exercise classes, health education and social programs that have been shown to help older adults maintain good health, reduce health care costs and lead an active, independent lifestyle.

CLASS	DAY	TIME	FULL	BASIC
Silver Sneakers® Classic	Monday	10:30AM-11:15AM	$2	$5
Silver Sneakers® Yoga	Tuesday	11:15AM-12:00PM	$2	$5
Silver Sneakers® Classic	Wednesday	10:30AM-11:15AM	$2	$5
Silver Sneakers® Yoga	Thursday	11:15AM-12:00PM	$2	$5
Silver Sneakers® Classic	Friday	10:30AM-11:15AM	$2	$5

Participation in programs at the Y offers adults opportunities for friendship and community, a sense of well-being, increased self-confidence and improved mental abilities.

FITNESS

Fitness Orientation

Interested in finding out how the equipment in the fitness center works, and what works best for you? Complimentary to all Full Memberships - receive a free fitness center orientation. Contact Liz in the Welcome Center to sign up today. lpalumbi@ymcagloco.org

PERSONAL TRAINING

Get in shape with one of our National Certified Personal Trainers. All sessions are catered to help individuals achieve maximum results and meet fitness goals.

Our Personal Trainer
Linda Moore

Get motivated, get support and succeed!

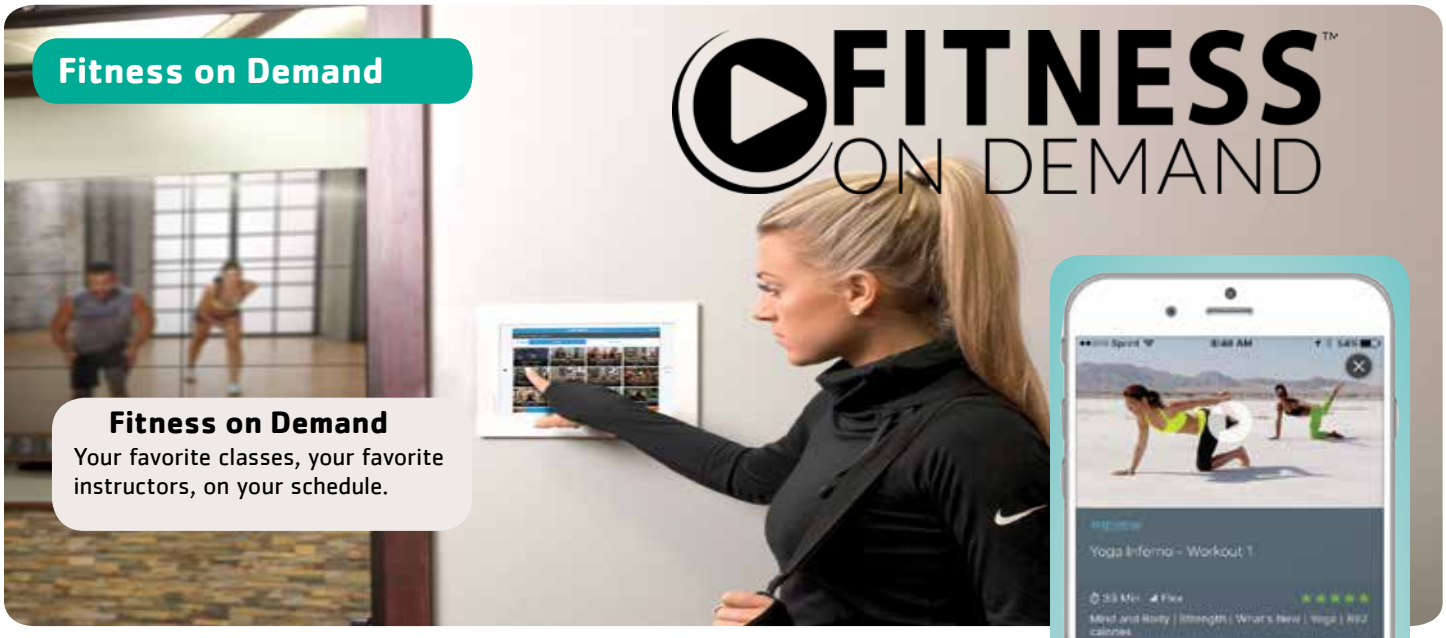
Price: $53 Full members for 1 hour

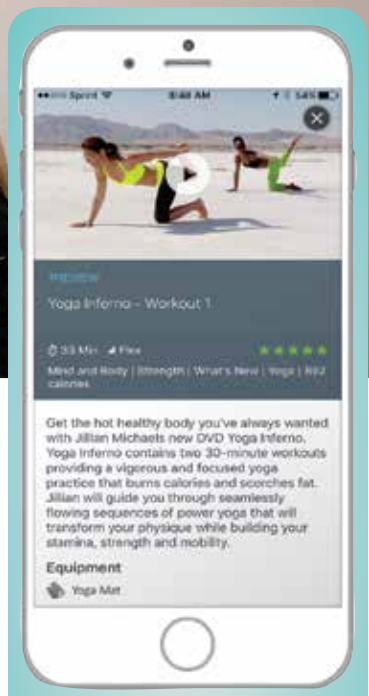
LET'S GET MOVING

CONNECT WITH ▶ **Kelly Peoples**
Director of Member Initiatives
856.845.0720
kellyp@ymcagloco.org
ymcagloco.org

At the Y, we strive for a "healthy lifestyle for all," a lifelong process of caring, exercising, and feeding the spirit, the mind, and the body. We offer a variety of activities and programs that meet you where you are and take you where you want to be.

Fitness on Demand





Fitness on Demand offers you the availability for a class work out when you want it. You decide when, and what type of class you want. Work out on your own or bring a group of friends. Choose from over 200 classes, from beginners to advanced, from dance to core and from youth to adult. Now, there are no more excuses. **Download the App today!**

Price: Complimentary to full members

Be sure to download the Fitness on Demand app to your smartphone to see all classes offered. Choose what class you want when you want.

STUDIO/GYM RENTAL

We have a space for you! Host your next party, event, or meeting at the YMCA of Gloucester County! We have space available for school groups, family gatherings, corporate meetings and more for nominal fees. Visit us today for a tour of the facility! We offer different packages to suit your needs, for baby/wedding showers, business meetings, staff team building and so much more. To book a space please submit a completed event rental request at the Welcome Center.

Contact the Welcome Center for details: desk@ymcagloco.org.

GOGGLE UP!

CONNECT ▶ WITH

Kristine Dudzinski
Aquatics Manager
krisd@ymcagloco.org

Stephen Gallagher
Swim Lesson Coordinator
swimlessons@ymcagloco.org

856.845.0720
ymcagloco.org

No matter your age or ability, you can learn to swim at the Y. Our YMCA trained and certified instructors cover swimming skills, stroke technique and water safety in a friendly and encouraging environment.

PARENT & CHILD

8 Weeks — 30 minute classes
Full Members $66 — 1 Day/Week
Program Members $91 — Ages 6 months - 5

CLASS	DAY	TIMES	SATURDAYS
Shrimp/Kipper/Inia 6 - 18 Months	Monday Friday	5:30pm 1:00pm	9:00am
Perch 19 - 35 Months	Friday Monday	1:30pm 5:00pm	9:30am
Perch Plus 3 –5 years with parent	Wednesday Friday	5:00pm 2:00pm	10:00am

PRESCHOOL

8 Weeks — 30 minute classes
Full Members $66 — 1 Day/Week
Program Members $91 — Ages 3-5

CLASS	DAY	TIMES	SATURDAYS
Pike 3-5 Years Old	Monday Tuesday Wednesday Thursday Friday	6:00pm 5:30pm 5:00pm 5:00pm 2:30pm	9:30am
Eel 3-5 Years Old	Monday Tuesday	5:30pm 5:00pm	9:00am
Ray/Starfish 3-5 Years Old	Wednesday	6:30pm	10:00am

YOUTH

8 Weeks — 45 minute classes
Full Members $74 — 1 Day/Week
Program Members $99 — Ages 6+ up

CLASS	DAY	TIMES	SATURDAYS
Polliwog (Beginner Level I)	Monday Tuesday	6:00pm 6:30pm	9:00am 11:45am
Guppy (Beginner Level II)	Tuesday Wednesday Thursday	5:45pm 5:30pm 5:30pm	9:45am 11:45am
Minnow (Intermediate Level)	Tuesday Thursday	5:00pm 5:30pm	10:30am
Fish (Advanced Level I)	Wednesday	6:15pm	
Flying Fish/Shark (Advanced Level II)	Tuesday Thursday	6:30pm 6:15pm	

Spring Warm Ups

(Swim Team Preparation)
8 weeks
Full Members- $125.00
Program Members- $175.00
1 hour practice
3 days per week
Ages 5-18
Monday, Wednesday, Thursday 7:00 pm – 8:00 pm

Lifeguard Course

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

Full Certification:
Sunday, 2/25
10:00 am- 11:00 am, prerequisite test
Saturday 3/3, 8:00 am -4:00 pm
Sunday 3/4, 10:00 am-6:00 pm
Cost- $350
Recertification Course: Sunday, 3/11,
Time:10:00 am -3:00pm
Cost- $175
Register Online at ymcagloco.org
Questions: call our Manager of Aquatics, Kris Dudzinski at 856-845-0720 or email:krisd@ymcagloco.com

GOGGLE UP!

CONNECT WITH ▶ **Stephen Gallagher**
Swim Lesson Coordinator
swimlessons@ymcagloco.org

Kristine Dudzinski
Aquatics Manager
krisd@ymcagloco.org

856.845.0720
ymcagloco.org

No matter your age or ability, you can learn to swim at the Y. Our YMCA trained and certified instructors cover swimming skills, stroke technique and water safety in a friendly and encouraging environment.

TEEN/ADULT LESSONS

8 Week, 1 hour
Full Members $83
Program Members $107

CLASS	DAY	TIME
Teen/Adult	Saturday	11:00am

starfish

AQUATIC FITNESS

8 Week, 45 min. 1x per week
Full Members $25
Program Members $62

Unlimited Classes
Full Members Only $70

AQUATICS CLASS MAKE-UP AND CANCELLATION POLICY

Group Swim Lessons
- Refunds/make-ups will not be issued for missed classes.
- Credits will be issued if half of the current session is missed due to illness. A doctor's note, verifying dates unable to attend, must accompany the request.

Private Swim Lessons
- One make up lesson will be allowed during each session based on the instructor's availability. Lesson must be made up during the current session.
- Credits will be issued if half of the current session is missed due to illness. A doctor's note, verifying dates unable to attend, must accompany the request.

Water Exercise Classes
- Members registered for an individual water exercise class may attend the same class on another day that week.
- Credits will be issued if half of the current session is missed due to illness. A doctor's note, verifying dates unable to attend, must accompany the request.

Unforeseen Pool Closing
- Make-up lessons will be offered for weather, maintenance, and emergency related closings. The Aquatics Department will provide a schedule to parents with dates and times for make-up classes. Credits will not be issued if you do not attend the make-up class.

CLASS	MON	TUE	WED	THUR	FRI
Arthritis	11:15am	11:15am	11:15am	11:15am	11:15am
Healthy Back		8:15am		8:15am	
Silver Splash		9:15am		9:15am	
Senior Water Walking	9:15am		9:15am		9:15am
Swimnastics	10:15am	10:15am	10:15am	10:15am	10:15am
Deep Water Work Out	8:15am		8:15am		8:15am

PRIVATE LESSONS

Private swim lessons are available for all ages and abilities with one of our certified Swim Instructors. Private lessons are 30 minutes in length and will focus on particular skills that you wish to improve upon.

CLASS	DAY	TIME
Private Lessons (price per session) 8 Lessons - 30 minutes Full Member: $206 Program Member: $412	Monday	5:00pm
	Tuesday	6:00pm
	Wednesday	5:30pm
	Thursday	5:00pm, 6:15pm
	Saturday	8:30am,11:00am, 11:30am, 12:00pm

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FINANCIAL ASSISTANCE AVAILABLE

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based on their inability to pay.

Through our Open Doors Program, the YMCA of Gloucester County provides assistance to youth, adults and families based on individual needs and circumstances.

Open Doors is a sliding fee scale that is designed to fit each qualifying individual's financial situation. Applications are available at our Welcome Center. Open Doors is made possible by the generous donations from our current Annual Campaign.

GET READY FOR THE BEST. SUMMER. EVER! DETAILS COMING SOON!

BE ACTIVE, BE INVOLVED, BELONG!

IN HOUSE MONTHLY SPECIALS

February

Love Yourself!
Join the week of February 14th and we will waive your Joiner's Fee and you pay only half price for the month.

March

March Madness!
So many specials to run it's mad! Check our Social media sites for all the March Madness deals!

2018 Special

The 18th of each month, we will waive your Joiner's Fee!

Check our social media sites for Flash Sales each month!