



# FROM WORKOUTS TO WORKS OF ART

**2018  
Winter Program Guide**

**Winter Session:  
January 2 - February 22**

**Winter Registration Dates:  
Full Members: December 3  
Program Members: December 10**

**Registration Ends:  
December 28**

# YMCA OF GLOUCESTER COUNTY INFORMATION

## What's coming?

2019 is gearing up to be great year at the YMCA of Gloucester County!! The Board of Directors, staff and partners have been working hard on capital improvement projects scheduled to be completed by early 2019 to make our facility even better!

- o **LOCKER ROOMS** will be refreshed starting in November...stay tuned for communication and plans.
- o **FACILITY ACCESS** has been enhanced for ease, security and safety of all of our members, guests and the community!!
- o You may also see some changes outside including landscaping and YMCA signage!!! Come by and check it all out!!!

Our members are our first priority from safety to service. If there is anything more we can do for our community please let us know. Hope to see you at the Y!!



### DIRECTORY

Membership .....3  
 Social Responsibility.....4 & 5  
 Camp & School Aged Child Care \* & 7  
 <YUhm@j ]b[ ..... &9  
 bHY?bck .....10  
 Aquatics..... 11- 14  
 Parties/Rentals.....15

### HOLIDAY HOURS

Closing @ 12pm 12/24  
 Closed: 12/25  
 Closing @ 12pm 12/31  
 Closed 1/1/19

### BOARD OF DIRECTORS

Paul Lott, Chief Volunteer Officer  
 Greg Carlise Vice Chief Volunteer Officer  
 Mary Delaney-Seher, Treasurer  
 Randy Ford, Secretary

Lois Budd  
 Charlie Muracco  
 Randy Feig  
 Bob Stahler  
 Barbara Little

### STAFF LISTING

#### Senior Leadership

John Price  
 Interim Chief Executive Officer  
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 Renae Blaszyk  
 Director of Operations  
 renaeb@ymcagloco.org  
 Kelly Peoples  
 Director of Member Initiatives  
 kellyp@ymcagloco.org

#### Staff

Liz Palumbi  
 Senior Member Services Manager  
 lpalumbi@ymcagloco.org  
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 Senior Manager Youth Development  
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 Tyler Marchei  
 Senior Manager Healthy Living  
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 Kim Orlich  
 Administration Manager  
 korlich@ymcagloco.org  
 Kristin Dudzinski  
 Aquatics Manager  
 krisd@ymcagloco.org

### BUILDING HOURS

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

### CONTACT US

Phone: 856.845.0720 | Web: ymcagloco.org

# GET ENGAGED & JOIN US

## 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 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	\$50
Adult (Age 19-61)	\$36	\$70
Single Parent Household (1 parent & 3 children up to 23 yrs old — Must be able to show dependency and same address)	\$52	\$80
Household (2 adults and 3 children up to 23 yrs old — Must be able to show dependency and same address)	\$62	\$80
Active Older Adults (62+)	\$29	\$50
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.

### Middle School Initiative Grades 6 – 8

A membership program which gives free YMCA membership to any interested 6th-8th 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.

Registration begins September 1, 2018

Program Date: September 10, 2018 – June 1, 2019

### 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) - \$12      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 \$10 and must have an adult 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. An adult must sign for a youth guest. Youth member must remain with guest for full visit.

Program Membership	Annual Fee	Program Membership	Annual Fee
Youth (18 yrs. & under)	\$75	Adult (19-62 yrs. old)	\$95

### 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. As of 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.

## 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

As a charitable organization, the YMCA of Gloucester County's cause is to strengthen the community; and as such, we are able to offer financial assistance as a result of funds raised through our Annual Campaign. Financial assistance is made possible through the generosity of our Annual Campaign donors and proceeds from special fundraising events. The Financial Assistance Program is available to anyone who meets the financial guidelines of the program, lives or works in our service area, and has the desire to participate in YMCA programs or services.

### 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.

For more information on volunteering at the YMCA of Gloucester County contact Kelly Peoples at 856-845-0720.



Learn more  
about Volunteering.  
[Click here](#)





## YEAR ROUND GIVING

The YMCA of Gloucester County has been serving our community for many years! Each year thousands of people of all ages will participate in YMCA programs including summer camp, child care, water safety, wellness initiatives and so much more. The YMCA meets crucial needs of the community. Your support will help to ensure that people continue to benefit from these programs and services.

Each year YMCA of Gloucester County board members, staff, and members join in making tax-deductible gifts to the Annual Campaign. The Annual Campaign is the Y's top philanthropic priority, as it provides financial assistance for families, individuals,

seniors, those with need in the community and so much more. These gifts touch the lives of people in the Gloucester County community every day. 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 the YMCA you'll know it's more than a gym.. It's a cause. With your generous support, we have an extraordinary opportunity to ensure a brighter future for Gloucester County. Please give today. Together we will continue to support Youth Development, Healthy Living and Social Responsibility.

**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.**

## IMPACT GIVING STORIES

Without the YMCA's scholarship assistance my family and I would not be able to partake in the amenities and benefits the YMCA has to offer. We are able to remain active and live a healthy lifestyle because all of the activities available at the YMCA. When my kids aren't busy with the Y's basketball and soccer leagues they take advantage of the swimming lessons and the Summer Camp. But, the most beneficial for me is the before and after school program. Without this program I would have not been able to complete graduate school or obtain my Master's Degree."

- Nicole, 35, Deptford

The YMCA of Gloucester County has been a very nice experience. We have met the greatest people - they are very friendly and helpful. My foster son has been attending the YMCA's Summer Camp for the last three years, which has kept him active all summer long. He has made many friends, and instead of sitting at home not doing anything he has fun and always has a positive attitude. He also attends the Y's before and after school program, where he gets most of homework done and has the opportunity to socialize with his friends. The staff is very nice and helpful - and it gives our family a peace of mind knowing that he is safe."

- Frank, 42, Woodbury

# SCHOOL AGED CHILD CARE (SACC)

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.

Our SACC-Before and After School Care program is designed to provide care for children while parents\* are working. We emphasize the Y's four core values in character development—caring, honesty, respect and responsibility – in every activity and interaction. Our goals for SACC are: To provide a warm, caring and safe environment under the guidance of an experienced staff. To provide each child the opportunity to develop their self-confidence and social skills. To provide developmentally appropriate activities that stimulate creativity and encourage learning through fun and discovery.

- Our services are provided in Woodbury, Paulsboro, Wenonah and South Harrison for the 2018 – 2019 school year.
- All schools are licensed through the State of New Jersey.
- Financial Assistance for our SACC program is available through:
  - Rutgers Southern Regional CCR&R (State Subsidy Childcare Program)
  - Open Doors Program (Financial Assistance)
- Registration Fee: Each family must pay a one-time fee of \$40 per child.
- Drop In Voucher: Voucher cards may be purchased at the YMCA. The prices are: Full Members - \$85, Program Members - \$95 and Non Members - \$105. Each voucher grants the user 5 visits to our SACC program. Voucher cards are one per child and cannot be shared. For every visit (either AM or PM) a block must be dated and initialed. If needed for half days, 2 blocks are required to cover full care.
- SAVE TIME, AVOID LINES & LATE FEES! On-line Registration and Automatic Payment Plans are available.
- Multi Child Discount: 2nd child discount of 15% off program fees.

\* We define parent broadly to include all adults with primary responsibility of raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any type of parenting relationship.



## 2018-2019 SACC Program Fees

		FULL MEMBER	PROGRAM MEMBER	NON MEMBER
5 days	Before	\$120.00	\$137.00	\$152.00
	After	\$195.00	\$210.00	\$225.00
	Both	\$238.00	\$284.00	\$300.00
4 days	Before	\$110.00	\$120.00	\$136.00
	After	\$168.00	\$184.00	\$200.00
	Both	\$230.00	\$252.00	\$262.00
3 days	Before	\$90.00	\$105.00	\$120.00
	After	\$142.00	\$158.00	\$173.00
	Both	\$195.00	\$210.00	\$225.00
2 days	Before	\$74.00	\$90.00	\$105.00
	After	\$115.00	\$130.00	\$147.00
	Both	\$158.00	\$172.00	\$189.00

# SCHOOL AGED CHILD CARE (SACC)

## SACC PROGRAM ENRICHMENTS

In 2011 Healthy Eating and Physical Activity standards (HEPA) were adopted by Y-USA to educate our youth about healthy living through modeling healthy behaviors and by cultivating environments to make healthy choices the easy choices. The YMCA of Gloucester County is committed to supporting healthy living in our community through enforcing HEPA standards in our after school programs and our day camp. We follow HEPA by providing water and fruit at each snack and meal, decreasing screen time while the children are in our programs, and ensuring that each child is physically active through our non-elimination games. The YMCA of Gloucester County also utilizes the Coordinated Approach to Children's Health (CATCH) model to implement fun, non-elimination games and nutrition lessons in our youth programs. In the 2018-2019 school year we will increase our physical activity by continuing with weekly dance and yoga classes for the students interested. We're providing the foundation for a healthier future by supporting kids, staff, and families.

## CHILD & ADULT FOOD CARE PROGRAM MEALS

This year we are excited to offer free dinner and a snack at our Woodbury (Walnut, West End, Evergreen) and Paulsboro schools (Loudenslager, Billingsport). We are able to do so through a partnership with the Food Bank of South Jersey as a part of the state funded Child and Adult Care Food Program. Through the CACFP program your child will be able to receive a full healthy meal and a snack. If you would still like to pack a snack or meal for your child you are welcome to do so.



## SCHOOL'S OUT

The Y is a working parent's best friend! When school is out for winter or spring break, teacher in-service days, or other holidays, the Y is in with all-day, fun active child care. It's a win-win. There's no "I'm bored!" from the kids, and you don't have to stress while you're at work. It's 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!

### 2019 Dates:

January 21 – Martin Luther King Day  
February 15 – Teacher's Inservice  
February 18 – President's Day

### Prices (per day)

**Full Members \$37**  
**Program Members \$47**  
**Non Members \$57**

Register online or at the Welcome Center!



# HEALTHY LIVING

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

8 Week, 1 hour  
 Full Members : Included in Membership fee  
 Program Members \$67

A \$10 additional fee will be charged for registrations after December 28.

## 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

\*Classes subject to change

FITNESS CLASSES	MON	TUE	WED	THUR	FRI	SAT
Yoga		7:00pm				
Yoga			6:00pm			
Yoga			7:00pm			
Yoga				6:00pm		
Yoga				6:00pm		
Zumba Gold					6:00pm	
Yoga						10:00am

[Click Here for more information or to register for classes](#)

## 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.

## PERSONAL TRAINING

Get in shape with our National Certified Personal Trainer. 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:** \$55 Full members for 1 hour



## NEW YEAR NEW YOU!

### Healthy Eating Nutrition Session

At the Y, we care about your holistic health and what you eat is just as important as your physical fitness. We want to make the journey easier for you to maintain a healthy lifestyle and diet, so a Nutrition Student will host a weekly interactive workshop. Topics to be discussed: portion control and serving sizes, reading a food label, sugar in popular food and beverages and MyPlate. Snacks will be provided..

**Date:** TBA  
 For more information contact the YMCA at 856-845-0720



# HEALTHY LIVING

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.

## BASKETBALL CLINIC

Children will learn basic fundamentals, strategies, and rules of the game such as shooting, passing, ball handling, and team play.

**Ages 4-6: Thursday 6:00pm-6:45pm**

**Ages 7-9: Thursday 6:45pm-7:30pm**

**Ages 10-12: Thursday 7:30pm-8:15pm**

**Price: Full \$54; Program \$84**



## MIDDLE SCHOOL BASKETBALL

Kids can participate in 3 v 3 half court basketball with 4 players per team. Sign up as an individual and request to be on a team with friends or we could put you on a team. There will be one game per week.

If interested in signing up for the Ages 10-12 Basketball Clinic as well as the Middle School 3 v 3 Basketball team you will receive 50% off the clinic price.

**Ages 10-12: Saturday 1:00pm-3:00pm**

**Price: Full \$25; Program \$55**



## About the Y

The Y is one of the nation’s leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation’s health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

**Click here to learn, Why the Y!**

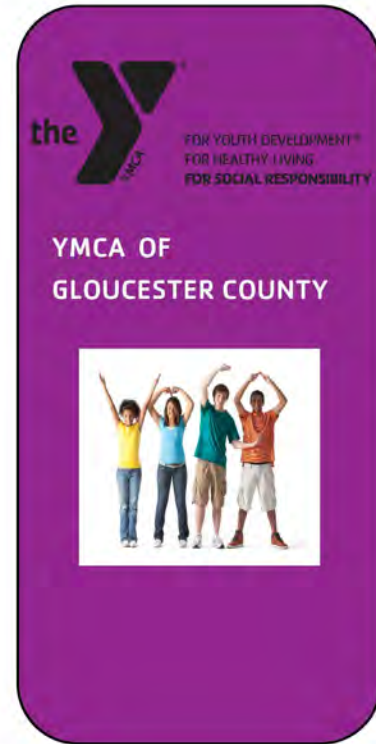


# IN THE KNOW...

## NEW YMCA APP

### There's An App For That!

You can sign up to receive push notifications from the YMCA of Gloucester County for facility closures or changes in any of our class schedules. Stop by our Welcome Center where they can answer any questions you have or even help you with setting up the app. To Download, visit the iOS App Store or the Google Play store and search for "YMCA of Gloucester County." The new mobile app is a blue icon with a white Y logo and is available for free.



## Babysitters Training

To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid.

Saturday, January 26 • 8:30am – 5pm  
Age: 11-15 • Cost: \$89  
Please bring a bag lunch.

## 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 makes the choice to donate. There is no substitute for your donation.

Please join us in our mission to maintain a safe and stable supply by registering for one of our blood drives.

Tuesday, February 19, 2019  
Friday, May 17, 2019



# SWIM PROGRAM OVERVIEW

## SWIM STARTERS

Parent\* & child lessons

### A Water Discovery



Introduces infants and toddlers to the aquatic environment

### B Water Exploration



Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

#### Outcomes

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

## SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

### 1 Water Acclimation



Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance

### 2 Water Movement



Encourages forward movement in water and basic self-rescue skills performed independently

### 3 Water Stamina



Develops intermediate self-rescue skills performed at longer distances than in previous stages

#### Outcomes

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

\* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

### 5 Stroke Development



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke

### 6 Stroke Mechanics



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

#### Outcomes

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

## PATHWAYS

Specialized tracks

### Competition



### Leadership



### Recreation



#### Outcomes

Students build confidence, cultivate their passion, and stay active through specialized tracks.

# STAGES OF LEARNING



Infant & Toddler  
6 mos.-3 yrs.  
Stages A-B



Preschool  
3-5 yrs.  
Stages 1-4



School Age  
5-12 yrs.  
Stages 1-6



Teen & Adult  
12+ yrs.  
Stages 1-6

## SWIM STARTERS

Parent\* & child lessons

### A Water Discovery

**Blow bubbles**  
on surface, assisted

**Front tow**  
chin in water,  
assisted

**Water exit**  
parent & child  
together

**Water entry**  
parent & child  
together

**Back Float**  
assisted, head on  
shoulder

**Roll**  
assisted

**Front float**  
chin in water, assisted

**Back tow**  
assisted, head on  
shoulder

**Wall grab**  
assisted

### B Water Exploration

**Blow bubbles**  
mouth & nose  
submerged, assisted

**Front tow**  
blow bubbles, assisted

**Water exit**  
assisted

**Water entry**  
assisted

**Back Float**  
assisted, head on chest

**Roll**  
assisted

**Front float**  
blow bubbles, assisted

**Back tow**  
assisted, head on chest

**Monkey crawl**  
assisted, on edge, 5 ft.

## SWIM BASICS (Safety Around Water)

Recommended skills for all to have around water

### 1 Water Acclimation

**Submerge**  
bob independently

**Front glide**  
assisted, to wall, 5 ft.

**Water exit**  
independently

**Jump, push, turn, grab**  
assisted

**Back Float**  
assisted, 10 secs., recover  
independently

**Roll**  
assisted

**Front float**  
assisted, 10 secs., recover  
independently

**Back glide**  
assisted, at wall, 5 ft.

**Swim, float, swim**  
assisted, 10 Ft.

### 2 Water Movement

**Submerge**  
look at object on bottom

**Front glide**  
10 ft. (5 ft. preschool)

**Water exit**  
independently

**Jump, push, turn, grab**

**Back Float**  
20 secs. (10 secs  
preschool)

**Roll**

**Front float**  
20 secs. (10 secs.  
preschool)

**Back glide**  
10 ft. (5 ft. preschool)

**Tread water**  
10 secs., near wall, & exit

**Swim, float, swim**  
5 yd.

### 3 Water Stamina

**Submerge**  
retrieve object in  
chest-deep water

**Swim on front**  
15 yd. (10 yd.  
preschool)

**Water exit**  
independently

**Jump, swim, turn,  
swim, grab**  
10 yd.

**Swim on back**  
15 yd. (10 yd.  
preschool)

**Roll**

**Tread water**  
1 min. & exit  
(30 secs. preschool)

**Swim, float, swim**  
25 yd. (15 yd.  
preschool)

## SWIM STROKES

Skills to support a healthy lifestyle

### 4 Stroke Introduction

**Endurance**  
any stroke or combination of strokes,  
25 yd.

**Front crawl**  
rotary breathing, 15 yd.

**Back crawl**  
pull, 25 yd.

**Dive**  
kneeling

**Resting stroke**  
elementary backstroke, 15 yd.

**Tread water**  
scissor & whip kick, 2 mins.

**Breaststroke**  
kick, 15 yd.

**Butterfly**  
kick, 15 yd.

### 5 Stroke Development

**Endurance**  
any stroke or combination of  
strokes, 50 yd.

**Front crawl**  
bent-arm recovery, 25 yd.

**Back crawl**  
pull, 25 yd

**Dive**  
kneeling

**Resting stroke**  
sidestroke, 25 yd.

**Tread water**  
scissor & whip kick, 2 mins.

**Breaststroke**  
25 yd.

**Butterfly**  
simultaneous arm action & kick,  
15 yd.

### 6 Stroke Mechanics

**Endurance**  
any stroke or combination of  
strokes, 150 yd.

**Front crawl**  
flip turn, 50 yd.

**Back crawl**  
pull & flip turn, 50 yd.

**Dive**  
standing

**Resting stroke**  
elementary backstroke or  
sidestroke, 50 yd.

**Tread water**  
retrieve object off bottom,  
tread 1 min.

**Breaststroke**  
open turn, 50 yd.

**Butterfly**  
25 yd.

## PATHWAYS

Specialized tracks

Competition



Leadership



Recreation



# GOGGLE UP! – Winter 2019

A \$10 additional fee will be charged for registrations after December 28.

## INFANT & TODDLER

(Parent & Child Lessons/Stages A-B)

8 Weeks 30 minute classes  
 Full Members \$68 1 Day/Week  
 Program Members \$94 Ages 6 months– 3 years

SWIM STARTERS	DAY	TIMES
Water Discovery	Saturday	9:00 am
Water Exploration	Saturday	9:30 am

[Click here for video](#)

## PRESCHOOL (STAGES 1-4)

8 Weeks 30 minute classes  
 Full Members \$68 1 Day/Week  
 Program Members \$94 Ages 3-5 years

SWIM STARTERS	DAY	TIMES
Water Acclimation	Tuesday	6:30 pm
	Saturday	10:00 am
Water Movement	Wednesday	5:30 pm
	Saturday	10:30 am
Water Stamina	Wednesday	6:00 pm
	Saturday	11:00 am

## SCHOOL AGE (Stages 1-6)

8 Weeks 30 minute classes  
 Full Member \$68 1 Day/Week Ages  
 Program Members \$94 5-12 years

SWIM BASICS	DAY	TIMES
Water Acclimation	Tuesday	5:30pm
	Saturday	9:00 am
Water Movement	Wednesday	6:30 pm
	Saturday	9:30 am
Water Stamina	Tuesday	5:00 pm
	Saturday	10:30 am
SWIM STROKES	DAY	TIMES
Stroke Introduction	Tuesday	6:00 pm
	Saturday	11:30 am
Stroke Development	Thursday	6:30 pm
	Saturday	12:00pm
Stroke Mechanics	Thursday	5:00 pm
	Saturday	1:00 pm

## LIFEGUARD COURSE

**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 course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

**Full Certification Course Cost: \$350**

Thursday, December 27: 9am – 2pm

Friday, December 28: 1pm – 6pm

Saturday, December 29: 9am – 1pm

**Recertification Course Cost: \$175**

Tuesday, January 8, 2019: 9pm–5pm

Register Online at [ymcagloco.org](http://ymcagloco.org)

Questions: call our Manager of Aquatics, Kris Dudzinski at 856-845-0720 or email: [krisd@ymcagloco.com](mailto:krisd@ymcagloco.com)



# GOGGLE UP! – Winter 2019

## TEEN/ADULT LESSONS – PATHWAYS

12 + years  
 Stages 1-6  
 8 Week, 45 min.  
 Full Members \$88  
 Program Members \$111

**\$10 late fee will be charged for registrations after December 28.**

CLASS	DAY	TIME
Teen/Adult	Saturday	11:30am

## SWIM TEAM – PATHWAYS MASTERS SWIMMING – PATHWAYS

Contact Tidewater Aquatics Club  
 for more information.  
[tidewateraquatics@gmail.com](mailto:tidewateraquatics@gmail.com)

## AQUATIC FITNESS – PATHWAYS

8 Week, 45 min.      Unlimited  
 Full Members \$30      Full Members \$75  
 Program Members \$67

## 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		WED		FRI
Deep Water Work Out	8:15am		8:15am		8:15am
AOA Swimnastics	9:15am		9:15am		9:15am
Arthritis	10:15am		10:15am		10:15am

\* Not included in the unlimited option plan.

## PRIVATE LESSONS – PATHWAYS

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

CLASS	DAY	TIME
<b>Private Lessons ALL AGES</b> (price per session) 8 Lessons – 30 minutes Full Member: \$206 Program Member: \$412	Tuesday	6:30pm
	Wednesday	7:00pm,
	Thursday	5:30pm, 6:00pm
	Saturday	8:30am, 10:00am, 11:00am, 12:30pm

# PARTIES / RENTALS

Your Child Is The VIP  
With Our Amazing

# BIRTHDAY PARTIES!!



**GYM PARTY | SPLASH PARTY | THEME PARTIES**

**All Parties Include A Dedicated Party Host**

**The Birthday Child Will Also Receive: A YMCA T-Shirt | Goodie Bag Filled With Treats**

## Gym Party

- 1 Hour in the Party Room
- 1 Hour in the Gym
- Includes 25 Guests

**Full Members: \$210,**  
**Basic Members: \$265,**  
**Non-Members: \$315**

### Additional Features:

- Additional guests: \$5
- Extra Hour: \$100
- Inflatable Bounce House (1 Hour): \$200
- Party Favors: Contact the YMCA Gloco for price options.

## Splash Party

- 1 Hour in the Party Room
- 1 Hour in the Pool
- Includes 25 Swimmers (including chaperones)

**Full Members: \$210,**  
**Basic Members: \$265,**  
**Non-Members: \$315**

- Additional guests: \$5
- More than 50 guests require an extra \$15/hour
- Additional hour: \$100
- Party Favors: Contact the YMCA Gloco for price options.

## Contact

**Tyler Marchei**  
To Book Your Party  
Today or For  
More Information

(856) 812-6101  
tmarchei@ymcagloco.org



## STUDIO, GYM & POOL 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.

For gym/studio contact Kelly Peoples [kellyp@ymcagloco.org](mailto:kellyp@ymcagloco.org)  
For pool rental contact Tyler Marchei [tmarchei@ymcagloco.org](mailto:tmarchei@ymcagloco.org)

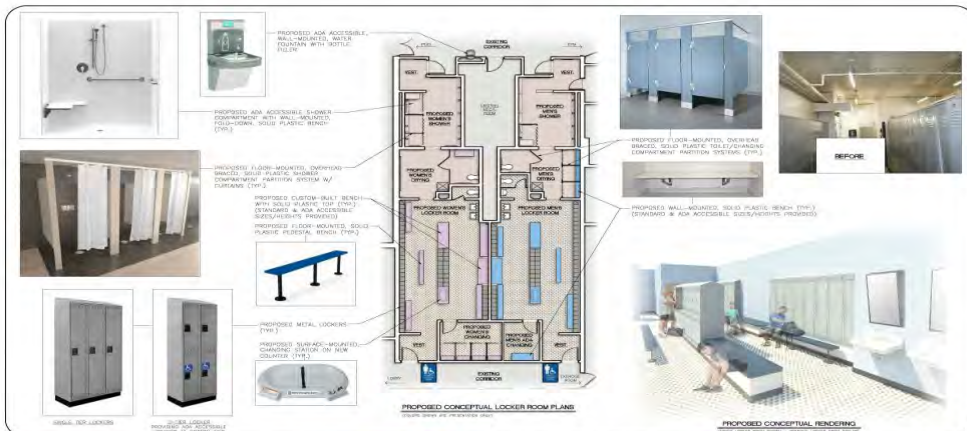


FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Designer  
Bingo and  
Auction!**

**December 1st  
Doors open at 6pm  
Games begin at 7pm**



**WE ARE  
IMPROVING  
OUR  
LOCKER  
ROOMS!**



**GREYHAWK**  
CONSTRUCTION MANAGERS & CONSULTANTS  
2000 ATLANTIC DRIVE, SUITE 210  
MT. LAUREL, NEW JERSEY



**YMCA of Gloucester County**  
PROPOSED LOCKER ROOM RENOVATIONS  
235 E. RED BANK AVENUE  
WOODBURY, NEW JERSEY



**ANCHOR POINT  
ARCHITECTURE**  
30 Francis - Crest - Designer  
Main Office: 235 E. Red Bank Ave., 100  
Woodbury, NJ 08096  
Philadelphia: 100 Market St., 200  
Philadelphia, PA 19106  
Email: info@anchor.com 7. 261.547.4414 | 7. 261.547.4416

# WINTER FUN FOR EVERYONE!

IN HOUSE MONTHLY SPECIALS

## January Special:

Join the month of January and we will waive your joiner's fee.

**Sign up during our Open House in January and as an additional bonus, you'll get your 13th month free!**

**2019 Special**  
The 19th of each month, we will waive your Joiner's Fee!



## OPEN HOUSE: TBA

Join us at the YMCA of Gloucester County for an Open House. Enjoy a day of fun, family activities, group exercise classes, giveaways and more! the event is free and open to the public!

**Check our social media sites for Flash Sales each month!**