



HEALTHY COOKING • HEAVY WEIGHTS • IMAGINATION • INDOOR TRACK • JOB TRAINING • JUMP SHOT • KICKBOXING • LEADERSHIP • LUNGES • MILITARY • M U S C L E • N U R T U R E • P A T E N T • P O T E N T I A L • Q U A D S T R E T C H • Q U A L I T Y • P A R K • R U N • U P R I G H T • B O W S • V O L L E Y B A L L • V O L U N T E E R • W E L L B E I N G • Y O U T H • G O

GIVE JOIN VOLUNTEER



Summer Session I : June 24th-July 27
Registration Begins: June 3rd
Summer Session II: July 29th-August 31st
Registration Begins: July 8th



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**BEST
 SUMMER
 EVER**



YMCA OF GLOUCESTER COUNTY INFORMATION

2019 Annual Campaign

The Annual 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 in 2019, 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.

Here's how your donation helps:

Save a life by providing a swim lesson. Provide a child with one month of before/after school care that is safe and nurturing.

Give an adult the opportunity to lead a healthier lifestyle for a year.

Give a child the opportunity to create lasting memories and longtime friendships at summer of camp.

Provide seniors with a place to be social & healthy.

Do Good. Fee Great!



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HOLIDAY HOURS

May 25th close at 1:30 pm
 May 26th Closed
 May 27th Closed
 July 4th Closed
 August 31st close at 1:30 pm
 September 1st Closed
 September 2nd Closed

Building Hours

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

BOARD OF DIRECTORS

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

Paul Lott Immediate Past Chief Volunteer Officer
 Lois Budd Board Member Emeritus
 Charlie Murraco
 Randy Feig
 Bob Stahler
 Barbara Little
 Michael Dick
 Nick Yurick
 Ryan Harbinson

STAFF LISTING

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 Director of Operations
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Kelly Peoples
 Director of Member Initiatives
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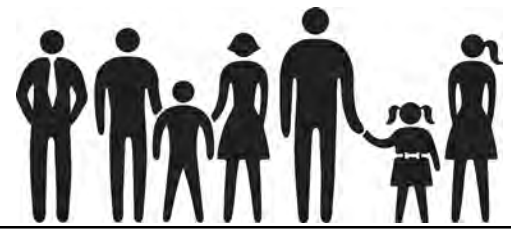
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Robert Allegra
 Fitness Coordinator
rallegra@ymcagloco.org

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 1/1/2019)	Monthly	Joiner*
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.

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)

Day Passes

Youth (18 & under) - \$12 Adult (19 & older) - \$15

Day passes are for 18 and older. Any youth 18 and under must be accompanied by an adult who is also purchasing a day pass who will remain in the facility during the youths entire visit.

VIP Passes

- Each adult member will receive 3 VIP day passes in their Welcome Packet when you join.
- VIP pass cannot be used towards youth guest visits.

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

Memberships are non-refundable

Our Cause

We know that lasting personal and social change comes about when we all work together. That's why at the Y, strengthening community is our cause. 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.

Military/Early Responder Discount/Veterans

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.

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, Wenonah and South Harrison for the 2019 – 2020 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 - \$90, Program Members - \$100 and Non Members - \$110. 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 \$10.00 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.



2019/2020 SACC Rates

		Full Member	Program Member
5 days	Before	\$ 141.00	\$ 157.00
	After	\$ 216.00	\$ 232.00
	Both	\$ 293.00	\$ 309.00
4 days	Before	\$ 124.00	\$ 140.00
	After	\$ 190.00	\$ 206.00
	Both	\$ 260.00	\$ 270.00
3 days	Before	\$ 108.00	\$ 124.00
	After	\$ 163.00	\$ 178.00
	Both	\$ 216.00	\$ 232.00
2 days	Before	\$ 93.00	\$ 108.00
	After	\$ 134.00	\$ 151.00
	Both	\$ 177.00	\$ 195.00

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. We're providing the foundation for a healthier future by supporting kids, staff, and families.

CHILD & ADULT FOOD CARE PROGRAM MEALS

We are excited to offer free dinner and a snack at our Woodbury (Walnut, West End, Evergreen).

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:

October 14th : Columbus Day
November 11th: Veteran's Day

Prices (per day)

Full Members \$38
Program Members \$48
Non Members \$58

Log into
www.ymcagloco.org
to view our Camp
Brochure



Register Online or at the Welcome Center or through our App!

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, 45 minutes Classes
 Full Members : Included in Membership fee
 Program Members \$5 per class
 Non members- \$8 per class



*Classes subject to

Fitness	Wednesday	Thursday	Saturday
Yoga	6pm		
Zumba		6pm	
Yoga			10am

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	Program
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

Non-member Drop in rate: \$8 per class
 No Tues/Thurs Classes July 9th-August 3rd.



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: Robert Allegra rallegra@ymcagloco.org

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



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.

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

Open Play: 1 Net Available Spring/Summer only. We will offer 3 nets in spring and summer for inclement weather. We will return to 3 nets permanently in the fall.

Days: Monday & Wednesday

Time: 6 pm-8 pm

**Day: Saturday Time:
9am-12pm**

Price: \$5 per person



Adult Recreation Sports

Men's Basketball Leagues: Sunday mornings, & Tuesday evenings. (Social Recreation Level League)

Registration is now open

Coed Kickball: Saturday and Sunday afternoon starting June

Time: TBA

Women's Basketball Summer League now taking submissions

Day and Time: TBA

For more info: terry@tmemanagement.com



IN THE KNOW...

NEW YMCA

APP

We're excited to announce our new mobile app, which brings the YMCA of Gloucester County right to your fingertips!

Stay connected and access important information when you want it, where you want it - even on the go!

With our new app, you can view schedules, scan in with a digital membership card, and register for programs, all from your smartphone.

1. Search for "Daxko" (YMCA) in the App Store
2. View the app in the App Store
3. Download the app
4. Open the app
5. Select YMCA of Gloucester County
6. Set notification and location preferences
7. Go through simple onboarding of the app
8. View the homepage
9. Uninstall the old app (if currently installed)

Market and Move

Friday July 12th 3pm-7pm

Sunday August 4th 10am-2pm

Saturday September 14th 10am-2pm

Our Pop Up Farmers Market will be filled with fresh foods, health education and physical activity and most of all fun for all!

We are seeking vendors to participate in our Pop Up Markets. If you are interested please Contact Renae Blaszyk for more information.

renaeb@ymcagloco.org



Water Safety Day

Have fun while learning about warm weather safety!

Join the YMCA of Gloucester County, Tidewater Aquatics Club and other community partners for a day of fun, food, music, games, prizes and a free swim lesson.

Pre-registration is required for the free swim lesson.

Contact Tidewater Aquatics Club at

tidewateraquaticsclub@gmail.com to register.

Saturday, June 15, 2019

10 am – 3 pm

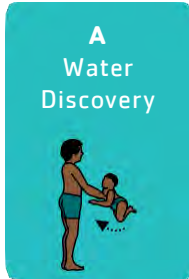
Stewart Lake Park & YMCA of Gloucester County Pool



SWIM PROGRAM OVERVIEW

SWIM STARTERS

Parent* & child lessons



Introduces infants and toddlers to the aquatic environment

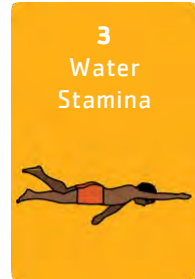
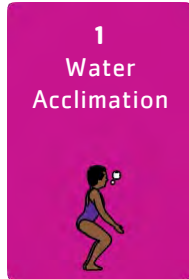
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills

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



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

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

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

Outcomes

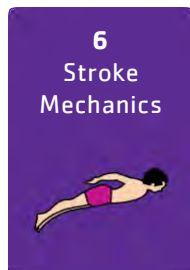
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- 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



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

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

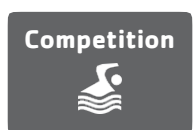
Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle

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



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)

Backglide
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



SUMMER SESSION I June 24–July 27

SESSION II July 29–August 31

A \$10 additional fee will be charged for registrations after June 21st (Session I) and July 26th (Session II)

INFANT & TODDLER

(Parent & Child Lessons/Stages A–B)

5 Weeks 30 minute classes
 Full Members \$43 1 Day/Week
 Program Members \$59 Ages 6 months– 3 years

SWIM STARTERS	DAY	TIMES
Water Exploration	Saturday	9:30 am

Pre School (Stages 1–4)

5 Weeks 30 minute classes
 Full Members \$43 1 Day/Week
 Program Members \$59 Ages 3–5 years

SWIM BASICS	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)

5 Weeks 30 minute classes
 Full Member \$43 1 Day/Week Ages
 Program Members \$59 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		
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



Safety Around Water Week!

The goal of Safety Around Water is to teach students 2 benchmark skills:

Swim, Float, Swim

Jump, Push, Turn, Grab

Each lesson will consist of:

Discussion and practice of a safety topic

Practice swim, float, swim and jump, push, turn, grab

Play a fun game incorporating learned skills

When: Monday – Friday, June 17–21, 2019

Who: Infants – 12 years old

3 levels each night:

6:00 – 6:30 pm, Beginner (Parent/Child 6 months – 3 years and Ages 3 – 5)

6:30 – 7:00 pm, Intermediate (Ages 5–9)

7:00 – 7:30 pm, Advanced (Ages 10–12)

Price: \$10.00 per class

Registration begins 5/20/19

SUMMER SESSION I June 24–July 27

SESSION II July 29–August 31

TEEN/ADULT LESSONS - PATHWAYS

12 + years
 Stages 1-6
 5 Week, 45 min.

Full Members \$55
 Program Members \$70

Class	Day	Time
Teen/Adult	Saturday	11:30 am
Teen/Adult	Saturday	12:15 pm

SWIM TEAM - PATHWAYS MASTERS SWIMMING - PATHWAYS

Contact Tidewater Aquatics Club
 for more information.
tidewateraquaticsclub@gmail.com

AQUATIC FITNESS - PATHWAYS

5 Week, 45 min.

Full Members \$19
 Program Members \$42
 Unlimited Full Members \$47

Drop in: Per Class
 Full Members: \$5
 Program Members: \$9
 Non Members: \$12

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

*** Optum members can choose one day /class at \$0 fee.

**\$ 10 additional fee
 will be charged for
 registrations after
 June 21st (Session I)
 July 26th (Session II)**

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
Private Lessons ALL AGES (price per session) 5 Weeks, 6 Lessons - 30 minutes Full Member: \$97 Program Member \$194	Tuesday	6:30pm
	Wednesday	7:00pm, 7:30pm
	Thursday	5:30pm, 6:00pm
	Saturday	8:30am, 10:00am, 11:00am, 12:30pm
		<i>Call for additional days/times</i>

BIRTHDAY PARTIES!

We are proud to partner with Magical Events for our new Mermaid Pool Parties!



NEW! Mermaid Splash Party

- Swim With the Mermaid for 1 hour
- 25 Guests (Including chaperones)
- Tiara/Birthday T-shirt for the birthday child
- Pool games with beach balls, giant clam shell and more!
- 1 hour in the party room

\$350



Splash Party

Includes:

- *1 YMCA Party Host
- *25 guests (including Chaperones); additional guest, \$5 each
- *Birthday T-Shirt for the Birthday child
- *Swim for 1 hour in our pool
- *1 hour in Party Room

\$150

NEW! Mermaid and Makeover Party

- Swim With the Mermaid for 1 hour
- 25 Guests (Including chaperones)
- Tiara/Birthday T-shirt for the birthday child
- Pool games with beach balls, giant clam shell and more!
- 1 hour in the party room
- Mermaid Makeovers
 - *Face paint
 - *Glitter or temporary tattoos
 - *Hair color spray

\$450

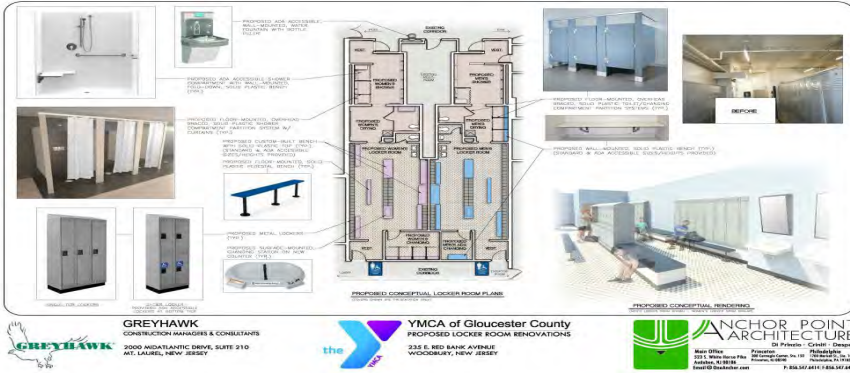
STUDIO, GYM & POOL RENTAL

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 Kris Dudzinski krisd@ymcagloco.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Our Locker Room Project is finished and we are excited to show you! Come in and join us June 5th for All Access Day! Use our facility as a full member. Try our Yoga class at 6pm! We look forward to seeing you!



2019 Special

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

Please note: days and times of classes may change depending on enrollment.