



Old Bridge YMCA FALL HAPPENINGS!

Pre-School, Youth & Teen Fitness:

Youth Cardio Party (ages 8-13)

Low Impact Aerobics
Tuesday's 5:00pm FAC: Free
Program\$64

Youth Yoga (ages 8-13)

Channel their energy and relaxation techniques.
Wednesday's 4:30pm
FAC: Free Program:\$64

Yoga Adventures (ages 3-5) with Parent. Learn basic Yoga poses using story telling and play.

Thursday's 12:45pm
FAC:\$48 Program: \$64

Yoga Explorers (ages 4-6)

Learn yoga poses through play and storytelling.
Thursday's 10:30am
FAC:\$42 Program\$56

Yoga Bears (ages 2-4)

With parents
Focus on Fun through yoga poses.
Friday's 10:30am
FAC:\$42 Program\$56

Zumbatomic (ages 4-7)

Fast Forward fusion of Zumba techniques.
Monday's 4:00pm
FAC:\$28 Program\$42

Yoga Explorers (ages 4-6)

Learn body awareness and self expression through Yoga.
Thursday's 10:30am
FAC:\$42 Program\$56

Youth Spin (ages 10-13)

Learn proper riding techniques and bike set up
Friday's 4:30pm
FAC:Free Program:\$56

Zumbatomic (ages 8-12)

Fast Forward fusion of Zumba Techniques.
Monday's 4:30pm
FAC:\$42 Program\$56

Youth Boot Camp (ages 8-13)

Use of different equipment to motivate the kids.
Monday's 5:15pm
FAC: Free Program\$56

Youth Just for Kix's (ages 8-13)

Train and strengthen while having fun.
Thursday's 5:00pm
FAC:Free
Program: \$56



Preschool and Youth Sports Classes:

Preschool Sports Sampler

Non Competitive Introduction to a variety of Sports
(ages 3-5) Friday's 9:30am or 3:00pm
FAC: \$32 Program \$ 38

Tip Toe and Swim

Learn the art of ballet and a swim lesson.
(ages 3 to 6) Wednesday's 9:00am
FAC:\$96 Program\$ 144

Kinderballet (ages 3-6) Learn the art of ballet.

Monday's 9:30am FAC \$49 Program \$63

Tumbling (ages 3-12) Learn somersaults and hand springs.

Ages 3-5 Wednesday's 11:30am Ages 6-12 Saturday's 10:00am or 11:00am
FAC\$56 Program \$72

Cheerleading (ages 6-9) Learn techniques and routines.

Saturday's 11:30am FAC:\$48 Program \$64

Basketball (ages 5-13)

Friday's FAC: \$48 Program\$64

Flag Football (ages 5-13)

Thursday's FAC\$48 Program\$ 64

Old Bridge YMCA

1 Mannino Park Dr.
Old Bridge, NJ 08857
(732) 727-0704

Contact:

Kim Stives/Youth Director
732-727-0704 ext 309

Fall Session:

September 7—October 31, 2010

NEW FOR FALL!

- ☺ **NUT FREE Kinder-Gym**
- ☺ Registration **REQUIRED** for all Youth & Teen Fitness Classes
- ☺ Children must be a Facility Member **OR** Program Member to participate in classes.

Kids Day Out

Come and Play at the YMCA when School is out!
Sept 9 & 10th and Oct 11th.
9am-6pm
\$50 per day.

Members Only

Gym time, Arts and Crafts, Pool time.
Bag lunch,
Peanut Free

Sign up at the Front Desk.