

*W i n t e r 1 2 0 0 8*

# YMCA of Camden County

Winter 1 Session: January 2 to February 24, 2008

Registration Begins Monday, December 3, 2007

YMCA of Camden County  
120 Britton Place  
Voorhees, NJ 08043  
(856) 772 - 9622



United Way  
of Camden County

C A M C O Y M C A . O R G

# Camden County YMCA

## YMCA BOARD OF GOVERNORS

### Board of Directors

Jeffrey L. Land, President

Paul Adorno	Kara Datz	Gary Schaal
Rick Alston	Stephanie Fisher	Ernest Smith
Robert Beal	Robert Hubbard	Morris Smith
Richard Bean	Gladwin Tatem	Robert Wilby
Geri Borbe	Mildred Teitelman	
George Chain	Anthony LaMarca	
Donald Chew	Dana Lawrence	
Millard Wilkinson Jr.		

### Board of Trustees

Geri Borbe	Millard Wilkinson Jr.
Stephanie Fisher	Gary Schaal
Charles Matsinger	Gladwin Tatem

### Professional Full Time Staff

Carrie Brandon	Aquatics Director	Ext. 18
Sharon Ingram	Physical Director	Ext. 27
Carol Johnston	Preschool Coordinator	Ext. 28
Sally Leathersich	Camp Moore Director	Ext. 16
John A. Moran	Director of Senior Programs & Publishing	Ext. 17
Traci Mulvenna	Volunteer & Fundraising Coordinator	Ext. 48
Anthony Rocco	Childcare, Membership & Rentals Director	Ext. 15
Lynn Scheidhauer	Membership Administrator	Ext. 12

## MISSION STATEMENT

The YMCA of Camden County is a non-profit community service organization whose mission is to build strong kids, strong families, and strong communities by offering programs that develop a healthy spirit, mind, and body. Centered on our core values of caring, honesty, respect, and responsibility, the YMCA of Camden County is an organization that practices inclusion for all ages, incomes, abilities, races, religions, ethnicities, and genders. The YMCA of Camden County strives to identify and assess the needs of its community in an effort to provide programs that address identified gaps in services for kids and families.

## Voorhees Facility Hours

Monday - Friday:	6am to 10pm
Saturday:	8am to 8 pm
Sunday:	11 am to 6 pm

## Voorhees Office Hours

Monday - Friday:	9am to 9pm
Saturday:	9am to 3pm
Sunday:	11am to 4pm

All Fitness/Gym/Pool areas close 15 minutes before the Facility Closing Time



## YMCA MISSION

To put Christian principles into practice through program & membership activities that build a healthy Spirit, Mind & Body for All



## Volunteer for the YMCA of Camden County

Help make your community a better place through the YMCA. By giving your time, you join seven generations of visionary citizens who have helped the YMCA to address our community's evolving needs.

For more information on volunteer opportunities, please contact Traci Mulvenna Volunteer/Fundraising Coordinator at ext. 29.

# TABLE OF CONTENTS & GENERAL INFORMATION

## GUEST POLICY & FEES

Adult members are encouraged to share the YMCA with a friend or family member. There is no charge for use of a one-day Guest Pass under the following conditions:

- Guest is a first time YMCA visitor
- Guest must be accompanied by member
- Member must be in good standing
- Valid Photo ID is required
- Member must be 18 years of age

After a guests first visit, the guest is then subject to the Non Member Daily Guest Pass fees. See Below for more details.

## AWAY PROGRAM

We honor A.W.A.Y. members! If your home YMCA is 100 miles or further, your first three visits are free. After that, each visit is 1/2 the guest fee. If your home YMCA is within 100 miles, you pay 1/2 the guest fee. Corresponding YMCA ID is required.

## NON MEMBER DAILY GUEST PASS

**Fees: \$10/adult \$5/child \$25/Family**

### Daily Guest Pass Policies:

- Guest must have Photo ID with them when filling out a guest pass
- All guests must be 18 years or older or be accompanied by a parent or guardian 18 years or older
- Anyone 17 years or younger must have their parent or guardian sign their guest pass
- All guests must abide by the rules and regulations of the Camden County YMCA

## BABYSITTING SERVICES

Pre-registration is required by parents. Registration forms are available at the Member Services Desk along with a parent manual.

Children should not be left unattended in the YMCA  
Babysitting cards are available at bulk rates.

**Full Privilege Members each visit: \$2.00 per child**  
**Program Members: \$3.00 per child**  
**Drop-ins (without registration) are accepted only if space is available. Fee: \$5.00**

Monday thru Friday: 9am to 12 pm  
5:30pm to 8:30 pm  
Saturday 9 am to 12pm

**MAXIMUM time of service is 2 hours**

### BABYSITTING ESCORTS

A child that is registered for any enrichment class will be escorted to/from the class by a staff member. All pre-registered children must have a new complete yellow slip each session.  
*Babysitting registration forms and class registration slips must be submitted to front desk 24 hours in advance.*

**INFANTS MUST BE AT LEAST 8 WEEKS OLD**

(Not available at the Camden Branch)

Facility Hours:	1
Table of Contents & General Info.:	2 - 3
Aquatics General Info:	4
Preschool Aquatics (0-5 years):	5
Youth Aquatics (6-14 years):	6
Preschool Learning Center:	7
Preschool Fun & Fitness (0-6 years):	7 - 8
Youth Fun & Fitness (6-12 years):	9
Camp Moore Programs:	10
Teen Programs:	10
School Age Programs:	11
Party & Rental Information:	11
Adult Aquatics:	12
Adult Fitness Programs:	13 - 15
Fundraising Events:	15
Winter Holiday Camp:	16
Flyers Skate Zone Programs:	16
Membership Rates:	17

## Y CARES (FINANCIAL ASSISTANCE)

Financial aid applications for membership can be picked up at the YMCA front desk. The application process is confidential and requires proof of financial need. This assistance is made possible by the generous support of YMCA sustaining members. Funds are limited.

# General Information

## REGISTRATION DETAILS

All classes are 8 weeks unless noted. Some classes may be prorated. Consult program description for exact date and times.

For your convenience, program registrations may be mailed or dropped off at the front desk. Registrations will be processed in the order received after in-person registrations. Payment must be included for the registration to be processed. Class sizes are limited. If your class is full, please indicate a 2nd choice on the registration form.

Register early! Waiting until the session begins to register may result in your class being unavailable or cancelled due to low enrollment. Actual registration begins when office opens at 9 am on each Monday. Membership must be active throughout the program session.

## PROGRAM REFUNDS

Credits and refunds will be given for classes cancelled for insufficient enrollment only. Credits and Refunds will be given for new full and program memberships if classes are cancelled for insufficient enrollment.

No credits or refunds will be issued after the 1st week of classes.

After the 1st week of classes no credits or refunds will be issued without a doctor's note.

## REFUND & CREDIT POLICY

Every effort will be made to allow make-up classes due to inclement weather or emergency situations.

Memberships are not transferable to another person. If requested within 7 days of joining a 75% refund will be given on membership fees excluding any joiner fees.

No refunds after 7 days.

If your membership is being withdrawn from a credit card or checking account, you must give 14 days written notice to cancel. Withdrawals are done on the 1st. or 15th of the month, therefore, it will be from this date.

No refunds will be issued for unused time.

## MEMBERSHIP CARDS

Your I.D. card must be presented upon entrance to the facility. Our policy of scanning cards is to protect your investment in the YMCA. Lost cards must be reported to the YMCA Membership Office immediately.

## MEMBERSHIP HOLDS

Memberships may not be on hold for any reason other than medical, (a doctor's note is required) or emergency issues. Holds must be requested within 30 days of effective date, and is valid for a period up to 3 months. Holds will not be issued retroactively. If your membership is not renewed within 30 days after the hold period, a joining fee must be paid to reinstate the membership.

## MEMBER RESPONSIBILITY

The YMCA expects members to treat equipment and each other with care and respect. Inappropriate behavior such as use of foul language, fighting, or destruction of YMCA property will result in the loss of your YMCA privileges. Please bring a lock-the YMCA is **NOT** responsible for lost personal property.

## YOUTH & TEEN ACCESS

Youth full-privilege members (ages 12 & under) have access to the Pool, Basketball Gym & Racquetball Courts, but must be accompanied by a parent. Parents do not need to participate in selected activities, but must be available to supervise. Only teens ages 15+ are permitted to use the Wellness Center to exercise.

Members must be 18 years of age to bring a guest without parental supervision.

## LOCKER POLICY

**Ladies Locker Room:** Male children 6 & under allowed in ladies locker room

**Mens Locker Room:** Female children 6 & under allowed in men's locker room.

**For older children please use our new family locker room.**

## Locker Room Cleaning Schedule

***The women's and men's locker rooms will be closed each day, to clean the facilities.***

<b>Womens:</b>	Mon., Wed., & Fri. -	12:15 pm to 12:45pm 8 pm to 8:30 pm
	Tues. & Thurs. -	10 am to 10:30 am 8 pm to 8:30 pm
	Sat. & Sun. -	1 pm to 1:30 pm
<b>Mens:</b>	Mon. - Fri. -	10:30 am to 11 am 8:30 pm to 9 pm
	Sat. & Sun. -	1:30 pm to 2 pm

**The Family Changing Room will be available during the closed periods**

## HOLIDAYS FACILITY CLOSED

New Year's Day	Labor Day	Christmas Day
Easter Day	Thanksgiving	New Year's Eve
Memorial Day	Christmas Eve	

# AQUATICS - General Information

## MONTHLY POOL SCHEDULE

The open swim and lap schedules are available at the front desk, for your convenience.

### OPEN SWIM (ALL AGES)

Swim tests will be given to all participants 17 years and younger before deep end access will be permitted – no exceptions. Any child requiring flotation device will not be permitted access to the deep end. Children 7 and younger must be accompanied by an adult in the pool (18+). Unaccompanied children will be asked to wait for an adult. During open swim times, only bubble belts and noodles may be used. Children 4 and under may use barbells.

### PARENT TOT SWIM (INFANT TO 7 YEARS)

Any parent of a program child member the age of 7 and under can pay \$2.00 to swim with their child during these allotted times.

The second parent may share in the activity by paying an additional \$4.00.

Mondays: 9-12 pm  
Wednesdays: 9-12 pm  
Fridays: 9-11:30am

### HOME-SCHOOL SWIM (ALL SCHOOL-AGED CHILDREN)

This time provides home-schooled children the opportunity to participate in open swim. Program members pay \$3.00 per child, and non members pay \$5.00 per child. Times for Home-School Swim are same as Parent Tot Swim.

### SWIM-TEST (EVERY SWIMMER UNDER 18 YEARS)

At the deep end wall, jump in and swim to the first set of flags. Stop and tread water for 1 minute while talking to the staff member giving the test. The swimmer will then finish swimming the length of the pool doing the freestyle. The swimmer will then touch the wall and swim the length of the pool doing the backstroke. Upon passing the test, the swimmer will have their name recorded in the Lifeguard's Logbook.

Guests and adults will be assessed at the lifeguards discretion.

### CPR/AED COURSE

This course will certify you in CPR/AED for the Professional Rescuer that includes Adult, Child, and Infant.

#### Full Course

January 29th: 5 pm - 10 pm \$75 (#290CPR)

#### Challenge Course (Re-Cert)

This class entails a short review and test, both written and with manikins.

January 31st: 6 pm - 8:30 pm \$60 (#290CPR2)

## PRIVATE LESSONS

### Private Swim Lessons (Ages 4 years and up)

The YMCA will provide an aquatic instructor to work with a student on a 1 on 1 basis. Classes consist of a 30 minute lesson, and are reserved by paying in advance for a block of 4 lessons. All participants must be YMCA members. Spaces are filled on a first come, first serve basis. Waiting lists will be used.

Contact the aquatic office at extension 18 or contact the instructor and set up times and days for private swim lessons.

**Fees: \$90 by appointment for 4 (30 minute) lessons (#285PL)**

### Adaptive Private Swim Lessons (Ages 4 years and up)

Designed for the swimmer with physical or mental needs, providing a challenging environment with a qualified instructor. Introduction to water, using flotation aids, basic pool safety, floating, blowing bubbles, kicking, paddling, etc.

Parent/Guardian assistance may be necessary. All participants must be YMCA members. Please call the aquatic office at extension 18 to set up times and days for private swim lessons.

**Fees: \$90 by appointment for 4 (30 minute) lessons (#285ADAPL)**

## SPECIAL OLYMPICS TEAM

Special Olympics practice will start Sunday, January 13th and go through the summer games (June 6 - 8th). Each participant must pay the processing fee of \$50 for the season. If you have any questions about the team, please contact Carrie at (856) 772 - 9622 ext. 18.

Sundays 3 - 4:30 pm \$50.00 (#294SO)

## LIFEGUARDING CLASSES

Before a participant can register for the entire course, he/she must pass the pre-requisite testing.

The test consists of two parts: First, he/she must swim 300 yards continuously (6 lengths freestyle with rotary breathing and 6 lengths of breast-stroke), Second, he/she must swim shallow end to deep end, surface dive to the bottom, retrieve a 10 pound brick and swim back to the shallow end on his/her back using only the inverted breast-stroke kick.

Sunday, January 13th 4:30 pm \$25.00 (#290JANPRT)

**Once the participant has passed the pre-requisite testing, he/she will be able to register for the class. The class will be held:**

Friday, Jan. 18th 5 pm - 10 pm  
Saturday, Jan. 19th 8 am - 4 pm  
Sunday, Jan. 20th 11 am - 5 pm  
Friday, Jan. 25th 5 pm - 10 pm  
Saturday, Jan 26th 8 am - 4 pm  
Sunday, Jan. 27th 11 am - 5 pm

Full Members: \$190 (#290JAN)  
Program Members: \$210  
Non-Members: \$230

# PRESCHOOL AQUATICS (Ages 6 months to 5 years)

All Monday classes will be pro-rated due to the YMCA being closed on Monday, December 31, 2007

**Course Fees:** \$48 Full Members  
\$68 Program Members

**Pro-Rated Fees:** \$42 Full Members  
(For Monday Classes) \$62 Program Members

Late Enrollments will not be pro-rated

Keep your receipt. All participants are required to show their receipt the first day of class.

## SHRIMP/KIPPERS (AGES 6 - 18 MONTHS)\*

This level is an introduction to the aquatic environment for both parent and child. The class uses songs and games to acclimate infants to the water and introduce basic water skills such as kicking and breath control.

Monday 10:30 am (#1011)  
Saturday 9:30 am (#1013)

## INIA/PERCH (AGES 18 - 36 MONTHS)\*

At this level, children begin making more purposeful movements in the water and interact with each other through songs and games. With the parent's aid, the child begins to make the transition into the 3-5 year old program by practicing necessary skills such as movement and breath control.

Monday 9:30 am (#1021)  
Wednesday 10:00 am (#1022)  
Saturday 9:00 am (#1023)  
9:30 am (#1024)

## PRE-PIKE (AGES 3 - 5)\*

This is a beginning class for the timid swimmer that wants a parent in the water with them. This level focuses on gradual parent and child separation in the water so that the child may progress into the other preschool levels. Led by an instructor, parents help guide the child through Pike level skills.

Wednesday 6:00 pm (#1031)  
Saturday 11:30 am (#1032)

**\* All parent and child classes are 25 minutes long and require parents' participation in the water, so please pack your suit. Please no strollers on the deck.**

## PIKE A (AGES 3 - 5)\*\*

This class is designed for beginners who are not comfortable in the water. These are children that will not get their face wet, do not jump independently or may have a fear of the deep end or where they can't touch the bottom of the pool. Children will practice swimming skills such as kicking and bubble blowing with float belts and other instructional aids while conquering these fears.

Monday 10:00 am (#1121)  
4:00 pm (#1122)  
Wednesday 6:00 pm (#1124)  
Saturday 9:00 am (#1125)  
9:30 am (#1126)  
11:30 am (#1127)

## PIKE B (AGES 3 - 5)\*\*

This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers that are not afraid of the water. They are taught paddle stroke, kicking skills, pool safety, floating, and comfort holding their faces in the water while blowing bubbles swimming.

Monday 11:00 am (#1211)  
4:00 pm (#1212)  
5:15 pm (#1213)  
Wednesday 6:00 pm (#1215)  
Friday 9:30 am (#1217)  
1:30 pm (#1218)  
Saturday 9:00 am (#1219)  
9:30 am (#1220)  
11:30 am (#1221)

## EELS (AGES 3 - 5)\*\*

This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught front and back flutter kick and to swim longer distances with paddle stroke. Children can swim half the length of the pool with little assistance by the end of this level.

Monday 4:00 pm (#1312)  
5:15 pm (#1313)  
Wednesday 6:00 pm (#1315)  
Friday 10:00 am (#1317)  
1:00 pm (#1318)  
Saturday 9:00 am (#1319)  
11:30 am (#1320)

## RAYS/STARFISH (AGES 3 - 5)\*\*

Children continue to build confidence and endurance while refining their swimming skills. No float belts are used at this level. Children should be able to independently paddle on their front and back 25 yards by the end of the session. Over-arm recovery is introduced on front and back along with rhythmic breathing and treading.

Children are prepared to move into Youth Classes and/or the Crocodiles Swim Team

**(Participants for both programs must be 6 years old in order to participate in Youth Classes).**

Monday 4:00 pm (#1411)  
5:15 pm (#1412)  
Wednesday 11:00 am (#1413)  
6:00 pm (#1415)  
Friday 10:00 am (#1417)  
2:00 pm (#1418)  
Saturday 9:00 am (#1419)  
9:30 am (#1420)  
11:30 am (#1421)

**\*\* Preschool classes are 25 minutes long and parents are permitted on the deck for every lesson. Please no strollers on the deck. Please follow the bubble belt regulations that are posted on the wall above the bubble belt bins.**

# YOUTH AQUATICS (Ages 6 to 14 years)

**Course Fees:** \$53 Full Members  
\$73 Program Members

Late enrollments will not be pro-rated

Keep your receipt. All participants are required to show their receipt the first day of class.

## POLLIWOG A (AGES 6 - 14)

This class is designed for swimmers that do not get their faces wet, do not jump independently, or have a fear of areas where they cannot touch the bottom of pool. Swimmers build confidence while being introduced to basic swimming skills.

Monday	4:30 pm	(#1511)
Wednesday	6:30 pm	(#1512)
Saturday	10:00 am	(#1513)

## POLLIWOG B (AGES 6 - 14)

This is the beginning level for school-age children. It gets children acquainted with the pool, the use of flotation devices, and front and back floating. By the end of this level, they should know the front, side, and back paddle-strokes.

Monday	4:30 pm	(#1611)
	5:15 pm	(#1617)
Wednesday	6:30 pm	(#1612)
Saturday	10:00 am	(#1614)
	10:45 am	(#1615)
	12:00 pm	(#1616)

## GUPPY (AGES 6 - 14)

The children continue to build upon basic skills, now performing most skills without the aid of a flotation device. They reinforce skills for freestyle, backstroke, and sidestroke and they are introduced to breaststroke. Children can swim a length of the pool without assistance by the end of this level.

Monday	4:30 pm	(#1711)
	5:15 pm	(#1718)
Wednesday	5:15 pm	(#1713)
	6:30 pm	(#1712)
Saturday	10:00 am	(#1715)
	10:45 am	(#1716)
	12:00 pm	(#1717)

## MINNOW (AGES 6 - 14)

This is the initial intermediate level. The children further refine freestyle, backstroke, sidestroke, breaststroke, and they are introduced to the butterfly stroke. They still learn more diving skills, personal safety, and rescue.

Monday	4:30 pm	(#1811)
Wednesday	5:15 pm	(#1813)
	6:30 pm	(#1812)
Saturday	10:00 am	(#1814)
	10:45 am	(#1815)

## FISH (AGES 6 - 14)

At this point, students work to perform the freestyle, backstroke, sidestroke, butterfly, and breaststroke. They continue learning additional diving skills, personal safety, and rescue skills. They are introduced to the use of fins.

Monday	5:15 pm	(#1911)
Wednesday	6:30 pm	(#1912)
Saturday	10:00 am	(#1914)
	10:45 am	(#1915)

## FLYING FISH/SHARK (AGES 6 - 14)

At this level, swimmers continue refining strokes and dives. They also begin practicing the butterfly stroke in its entirety and longer distance swims to build endurance. Having learned all four strokes, swimmers are introduced to stroke turns and stroke variations.

Goggles required.

Monday	4:30 pm	(#2011)
Wednesday	6:30 pm	(#2012)
Saturday	12:00 pm	(#2013)

## STROKE MECHANICS (AGES 6 - 14)

This class is for the swimmer interested in improving technique and efficiency in the four main competitive strokes. Starts and turns are emphasized. There is no pass or fail, only improvement and preparation for competitive swimming.

Goggles required.

Monday	4:30 pm	(#2141)
	5:15 pm	(#2142)
Saturday	12:00 pm	(#2143)

Youth classes are 40 minutes long and parents are permitted on the deck during the 1st and 8th lessons. Please no strollers on the deck. Please follow the bubble belt regulations that are posted on the wall above the the bubble belt bins.

# PRESCHOOL FUN & FITNESS

## 2007 - 2008 Preschool

For ages 2 1/2 to 6 years old

We offer flexible schedules to meet each families needs.

**Registration Fee: \$50**  
(Non refundable/transferable fee)

### 5 Days per week:

9 am to 1 pm: \$285/month  
8 am to 4 pm: \$480/month  
7 am to 6 pm: \$605/month

### 4 Days or Less a week:

9 am to 1 pm: \$230/month  
8 am to 4 pm: \$385/month  
7 am to 6 pm: \$485/month

**All children must have a  
YMCA Membership**

Swimming and Gymnastics  
included in all options

Please contact Carol Johnston @ ext. 28  
for more information

Hey Moms & Dads, take a look at these new classes specially designed to keep your preschooler active this winter. Let the kids burn off some energy and take the opportunity to work out in the fitness center, swim a few laps, or join an Aerobics or Yoga class. If the class is finished and you need more time, we'll deliver your child to the babysitting staff.

### Preschool Class Fees

30 min. Classes: \$35 Full Members  
\$55 Program Members  
45 - 60 min. Classes: \$45 Full Members  
\$60 Program Members

### INTRO TO SPORTS (AGES 2 - 3)

Program samples a variety of sports and games to entertain, encourage exercise, and develop muscle growth.

Wednesday 10:45 - 11:15 am (30 min.)  
(Same start time as Light & Easy Aerobics)

### LITTLE SPROUTS (AGES 2 - 3)

Children explore the world of nature through games, songs, stories, and activities. Weather permitting we'll even go outside, so dress the little ones appropriately!

Friday 9:30 - 10:30 am (60 min.)  
(Same time as Body Pump)

### LITTLE DRIBBLERS (AGE 3)

An introduction to soccer and basketball. Students develop hand-eye and foot coordination through relays, games, and practice.

Tuesday 9:45 - 10:15 am (30 min.)

### INDOOR PEE WEE SOCCER (AGES 4 - 5)

An introduction to soccer. Basic skills are introduced in a positive atmosphere. Kids will discover the joy of learning new skills.

Tuesday 10:30 - 11:30 am (60 min.)  
(Same time as Yoga or Body Pump)

### SPORTS OF ALL SORTS (AGES 4 - 6)

Youngsters enjoy learning the games the big kids play: soccer, kickball, t-ball, volleyball, and basketball. They learn about teamwork, sharing and having fun!

Wednesday 9:45 - 10:45 am (60 min.) (#630)  
(Same time as Cardio Challenge)

Wednesday 12:30 - 1:15 pm (45 min.) (#653)

### OUR BIG BACKYARD (AGES 3 - 6)

Pre-school aged children explore the world of nature through themed art projects, music, stories, and other activities. Each week we'll make a brief exploration walk outside, so dress for the weather!

3-4 years Monday 10:45 - 11:45 am (60 min.)  
(Same time as Light & Easy)

5-6 years Monday 12:30 - 1:30 pm (60 min.)

# PRESCHOOL FUN & FITNESS (Ages 2 to 6 years)

## Gymnastics Fees

1 Day a Week    \$35 Full Members  
                         \$55 Program Members  
2 Days a Week: \$55 Full Members  
                         \$75 Program Members

## PARENT & CHILD GYMNASTICS (AGES 2 - 3)

This class is designed to introduce youngsters to movement skills. The parent participates in learning how to help their child to perform basic gymnastics and tumbling skills. The focus will be on balance, coordination and strength. Basic equipment is introduced.

Thursday            9:00 - 9:30 am                    (#700)

## TINY TUMBLERS (AGES 3 - 4)

This is a positive, challenging, yet fun-filled 30-minute gymnastic program. The focus is on coordination, balance, and basic skill development. Learn cooperation within a more structured environment. The instructor may request parent participation.

Thursday            9:30 - 10:00 am                    (#702)  
Thursday            12:15 - 12:45 pm                    (#704)

2 DAYS A WEEK CLASSES  
ANY TWO TIMES ABOVE                    (#705)

## LITTLE GYMERS (AGES 4 - 6)

Fundamental tumbling skills are taught in this 45 minute class. Gymnastics techniques on balance beam, vaulting, bars, rings, rope and floor are introduced in a fun atmosphere .

Tuesday            4:30 - 5:15 pm                    (#710)  
Thursday            10:00 - 10:45 am                    (#717)  
Thursday            12:45 - 1:30 pm                    (#709)  
Saturday            10:00 - 10:45 am                    (#708)

2 DAYS A WEEK CLASSES  
ANY TWO TIMES ABOVE                    (#711)

Please get the rules and regulations sheet at front desk when registering for a gymnastics class!

Show-off week is the 8th week of the session! Parents, friends and relatives are welcome to come and see the progress of the children on show-off week.

## SPLASH & PLAY (AGES 2 - 6)

Gym/Swim Parent Participation Required

This is a great class for the whole family! Children ages 2 - 6 years and their parents can enjoy gym play and then take a dip in the pool. Teacher led activities in both the pool and gym. What a wonderful way to spend time with your kids!

Full Members: \$30  
Program Members: \$50

Mondays            Gym Time 5:45 - 6:15 pm  
                         Pool Time 6:30 - 7:00 pm                    (#310)

All Dance Classes are  
7 Week Sessions

## PRE-BALLET 1 (AGES 4 - 6) Boys and Girls

Introduce your child to the world of dance! Children interact with others their own age, while learning the basic positions and moves, along with turns, leaps and flexibility.

Full Members: \$45  
Program Members: \$50

Monday            5:00 - 5:45 pm                    (#777)

## DANCE SAMPLER (AGES 4 - 9)

Try ballet, tap and jazz all in one class, and let your child discover what they enjoy!

Full Members: \$45  
Program Members: \$50

AGES: 4 to 6  
Thursday            11:00 - 11:45 am                    (#781)  
Wednesday            6:30 - 7:15 pm                    (#785)

AGES: 6 to 9  
Monday            5:45 - 6:30 pm                    (#788)

# YOUTH FUN & FITNESS (Ages 5 to 12 years)

## UNLIMITED KARATE FOR YOUTH (AGES 5 - 12)

This Japanese system of Martial Arts involves complete physical and mental development. This program develops positive behavior changes in self-control, self-respect, and self-confidence.

All levels (white belt to black belt).

**\$64.95 First 4-Week Session (includes uniform)**  
**\$55 Each Additional 4-week session**

**Registration is ongoing. Attendance is unlimited.**

Wednesday & Friday 5:00 – 6:00 pm  
Saturday 10:00 – 11:00 am

Advanced  
Wednesday & Friday 6:00 – 7:00 pm  
Saturday 9:00 – 10:00 am

## TRADITIONAL AIKIDO FOR YOUTH (AGES 8 - 12)

The self-defense techniques taught in Traditional Aikido redirect the attacker's force without the necessity for violence or aggression. Students develop confidence and learn to focus their energy to build self-discipline.

Students should arrive wearing clean and loose-fitting clothes.

Instructor: Crane Sensei & Staff of Aikido Agatsu Dojos

LOCATION: AIKIDO NJ AGATSU DOJOS  
RT. 30 WHITE HORSE PIKE, STRATFORD, NJ

**Full Members: \$30**  
**Program Members: \$40**

Thursday 5:45 – 6:30 pm (#828)

www.AikidoAgatsuDojos.com 856-435-2667

## BOXING (AGES 6 & UP)

Angel Romero, three-time Golden Glove Champion, will give you the knowledge, the power, the confidence and the thrill of the REAL BOXING EXPERIENCE!

Please bring your own gloves if you have them.  
Male & Female Participants welcome.

**Full Members: \$30**  
**Program Members: \$40**

Friday 5:30 – 6:30 pm (#847)

## Youth Basketball Instruction (AGES 6 - 12)

Covers all aspects of the game including shooting, dribbling, passing, teamwork, game situations, offense and defense situations.

All ability levels welcome.

**Full Members: \$42**  
**Program Members: \$62**

6-8 years Friday 5:30pm-6:30 pm (#612)  
9-12 years Friday 6:30pm-7:30 pm (#613)

## PROGRESSIVE GYMNASTICS (AGES 6 - 12)

Our progressive program focuses on allowing each student to learn at his/her own ability level. The students are evaluated and grouped accordingly. 30 minutes are spent on tumbling skills, and 30 minutes are devoted to learning skills on the apparatus.

**1 Day a Week: \$35 Full Members**  
**\$55 Program Members**  
**2 Days a Week: \$55 Full Members**  
**\$75 Program Members**

Tuesday 5:15 – 6:15 pm (#712)  
Thursday 4:30 – 5:30 pm (#713)  
Saturday 9:00 – 10:00 am (#714)

**2 DAYS A WEEK CLASSES**  
**ANY TWO TIMES ABOVE (#715)**

## ADVANCED PROGRESSIVE GYMNASTICS

Must have instructor approval to register.

Thursday 5:30 - 6:30 pm (#701)

## YOUTH YOGA (AGES 6 - 16)

Children can learn to relax from daily life stresses. This class will improve coordination, flexibility and balance for children in all their growing stages.

**Full Members: \$30**  
**Program Members: \$40**

Thursday 5:30 – 6:30 pm (#852)

## BALLET 1 (AGES 7 - 9)

A more structured class for the slightly older child or one who has progressed from Pre-Ballet. The activities of Pre-Ballet II are refined to a higher proficiency and new exercises are added to develop the posture for future success in the art of ballet.

**Full Members: \$45**  
**Program Members: \$50**

Wednesday 5:45 – 6:30 pm (#791)

## TEENS IN TRAINING

**Ages 11 - 15**

Finally, something for your "Tween" to do that will get them up and moving while they learn the basic principles of fitness and workout techniques.

This 8-week program will include circuit training, agility and conditioning drills and lots of fun stuff, like dodgeball and kickboxing.

**Full Members \$40**  
**Program Members \$55**

Monday 5:15 - 6:00 pm (#90)

# CAMP MOORE PROGRAMS & TEEN PROGRAMS

## FAMILY WILDLIFE HIKES @ CAMP MOORE

Join us this winter as we search for wildlife and learn about how critters survive in the cold. Pre-registration is required for each individual (including parents accompanying children.) For ages 6 and older. Children under 13 must be accompanied by an adult. Meets at Camp Office. Note: no washroom facilities available in winter.

**Full Member: \$4 per person**  
**Program Member: \$8 per person**

*Saturday, January 12th, 10:00 - 11:00 am - Wildlife in Winter*  
*Saturday, February 9th, 8:00 - 9:00 am - Winter Bird Watching*  
*Tuesday, February 5th, 7:00 - 8:00 pm - Owl Prowl*  
*(Bring Flashlight)*

## YMCA EARTH SERVICE CORPS

### 11 TO 18 YEARS

Do you love being outdoors? Are you interested in learning more about your local and global environment? Want to hang out with people who feel the same way? Join us as we launch this national YMCA environmental education program here at the Voorhees YMCA.

Earth Service Corps is for Teens & Youth in grades 9 - 12, and the Jr. Earth Service Corps program is for grades 6 - 8. Leadership development, outdoor adventure, and service to the environment is the core mission of our YMCA Earth Service Corps. ESC members plan activities around the group's own interests and ideas. Typical activities get teens involved in local environmental service projects, organizing YMCA special events, meeting up for day hikes at state forests and wildlife refuges, bird counts and other wildlife inventories, exploring environmental-related careers and more.

First meeting of the year will be held on January 9th and 16th 7:00 - 8:00 pm in the Member Lounge, Voorhees YMCA. We will establish a weekly meeting night and time based on members' schedules. Special projects and trips may fall on weekends and other scheduled days. The first two meetings are free, then if you would like to join, you pay only an Annual Fee.

### ANNUAL FEE

**Full Members \$40**  
**Program or Non-Member \$75**

Field trips may be at an additional cost. For more information contact Sally Leathersich at 856-772-9622 ext. 16

## CAMP MOORE SUMMER DAY CAMP

**Registration begins in February.**  
**Watch our website for updated information.**

## BOY & GIRL SCOUT BADGES

Boy and Girl Scouts are invited to Camp Moore to complete a variety of environmental badges. Troops may schedule dates and times for badge classes led by our staff naturalist. Plan your trip now for spring.

For more information and prices, please call Sally at 856-772-9622 ext. 16

## OLDER CHILD SWIM CLASS (AGE 10 - 16)

Designed for the older child who wants to learn to swim or just swim better. Teaches basic swim skills and water safety in an effort to make students more comfortable in the water.

**Full Members: \$53**  
**Program Members: \$73**

*Saturday 12:00pm (#2151)*

## ADVANCED BOXING (AGE 15 & UP)

This class focuses on technique and more advanced boxing skills.

**Full Members: \$120**  
**Program Members: \$140**

*Tuesday 7:00 pm - 8:30 pm (#909)*  
*Saturday 12:00 pm - 1:30 pm*

## TRADITIONAL AIKIDO FOR TEENS

These self-defense techniques redirect the attacker's force without the need for violence or aggression. Students develop confidence and learn to focus their energy, building self discipline.

Location: Aikido NJ Agatsu Dojos  
Rt. 30-White Horse Pike, Stratford, NJ

**Full Members: \$30**  
**Program Members: \$40**

*Thursday 6:45 pm - 7:45 pm (#826)*

## KARATE FOR TEENS

This Martial Arts training system will develop positive behavior changes in self-control, self-respect, self-confidence, a heightened level of self-worth and complete body conditioning and mind awareness.

**\$59.95 First session (4 consecutive weeks per session)**  
**Includes uniform.**

**\$50 Each Additional 4-week session**

*Beginners & Advanced Wednesday 7:30 - 8:30 pm*  
*(#896)*

Registration is ongoing. Sign up at class time.

# SCHOOL AGE CHILDCARE & PARTY RENTALS

## REGISTRATION FOR 2007 - 2008 SCHOOL YEAR

The YMCA Before/After School Program is a state licensed program for children ages 5 to 13. The registration fee and first month payment are due at the time of registration along with a completed registration packet.

There is a 10% discount for additional children from the same family.

The program is available on early dismissal days.

### BARRINGTON SCHOOL DISTRICT

The After School Program is held at Avon Elementary School. Program runs from the dismissal of school until 6:30 pm.

**Registration Fee: \$50**

**Full Time (5 days/week): \$190/month**  
**Part Time (4 days or less): \$150/month**

### HADDON HEIGHTS SCHOOL DISTRICT

The After School Program is held at Glenview Elementary School. The YMCA will transport children that attend 7th Ave and Atlantic Ave Schools to Glenview School. Program runs from the dismissal of school until 6:30 pm.

**Registration Fee: \$50**

**Full Time (5 days/week): \$190/month**  
**Part Time (4 days or less): \$150/month**  
**Bussing Fee: \$45/month for children that attend 7th Ave and Atlantic Ave**

### PENNSAUKEN SCHOOL DISTRICT

*The Before School Program is held at Benjamin Franklin and Carson Elementary Schools.*

Children who attend Roosevelt Elementary Schools must be dropped off at Carson School.

Children who attend Delair, Fine, Longfellow, and Intermediate Schools must be dropped off at Benjamin Franklin School.

Program begins at 7 am and runs until the start of school.

**Registration Fee: \$50**

**Full Time (5 days/week): \$135/month**  
**Part Time (4 days or less): \$115/month**  
**Bussing Fee: \$45/month for children that need to be bussed to school**

*The After School Program is held at the following schools:*

Carson, Delair, Fine, Benjamin Franklin, and Roosevelt Schools

Children who attend attend Intermediate School will be bussed to Fine School.

Children who attend Longfellow School will be bussed to Delair School.

Program runs from the dismissal of school until 6:30 pm.

**Registration Fee: \$50**

**Full Time (5 days/week): \$190/month**  
**Part Time (4 days or less): \$150/month**  
**Bussing Fee: \$45/month for children that need to be bussed to the program**

## PARTY & RENTAL INFORMATION

### Private Pool Parties

Pool Parties are held on Saturdays beginning at 5:30 pm and on Sundays at 10:30 am to 12:45 pm and again at 5:30 pm. Our pool package includes the pool for one hour with two lifeguards for up to 30 people, and one hour for eating, opening gifts, or activities in the party room. The YMCA provides the staff for setting up tables and chairs and cleanup afterwards. Additional guards are available at \$20/hour for up to 60 people. All children six and under must be accompanied by an adult in the pool.

**Price: \$195**

### Sports/Recreational Parties

Enjoy a choice of basketball or volleyball with your party guests. This package includes one hour of free, unstructured play in the gym. Followed by one hour to eat and open presents in the party room. The YMCA provides the staff for setting up tables and chairs and the cleanup afterwards.

**Price: \$175 (1/2 Gym)**  
**\$220 (entire Gym)**

### Magic Parties

Party for two hours! Enjoy a magic show followed by balloon animals for all children by a professional magician for 45 to 60 minutes. Followed by one hour in the party room to eat and open presents. All set-up and clean-up is done for you by our YMCA staff. Perfect for ages 5 to adult. Parties are held on Saturday and Sunday afternoons.

**Price: \$260**

### Room Rental Rates:

Pool: \$140/hour (up to 30 swimmers)  
Gym: \$155/hour (full court)  
Activity Room: \$55/hour (max. 50 people)  
Racquetball Courts: \$50/hour  
Aerobics Room: \$65/hour  
Liberty Bell Studio: \$55/hour (max. 40 people)

**For more information or to book a party contact,  
Anthony Rocco at ext. 15**

### CAMP MOORE PARTY & RENTAL INFO.

The next best thing to the Jersey shore is Camp Moore. Weekend rentals are available June through October. The Facility has 2 beaches surrounding a large lake, volleyball area, restrooms, and playground. Covered pavilions and tents are also available to take a break from the sun. Certified lifeguards and hosts are on duty to ensure a safe event.

Reserve your date today. Call ext. 16 for prices and details.

# ADULT AQUATICS

**LATE ENROLLMENTS WILL NOT BE PRO-RATED!  
KEEP YOUR RECEIPT! ALL PARTICIPANTS ARE  
REQUIRED TO BRING RECEIPT TO THE  
FIRST DAY OF CLASSES!**

## SHALLOW & DEEP WATER AEROBICS

Come and try the co-ed class to help improve your cardio in the water while toning and strengthening. Even non-swimmers can participate in this class! This high energy and FUN class is a great way to get in shape!

**Full Members: \$35**  
**Program Members: \$45**

*Saturdays* 8:00 - 9:00 am (#2161)

## AQUA-SIZE AEROBICS

A co-ed class to help improve cardiovascular system, muscle strength/toned, and endurance. All exercises are done in the water. High energy and FUN! A great way to vary your workout!  
\*AOA Approved

**Full Members: \$53**  
**Program Members: \$73**

*Tuesdays and Thursdays* 11:30 - 12:30 pm (#2162)

## WATER AEROBICS COMBO CLASS

Save money by participating in BOTH programs!

**Full Members: \$68**  
**Program Members: \$88**

*Saturdays* 8:00 - 9:00 am (#2163)  
*Tuesdays and Thursdays* 11:30 - 12:30 pm

## ADULT SWIM LESSONS (Ages 16 & up)

This is a water adjustment class that will be the beginning of a new activity for you. If you have a fear of water or feel a bit uncomfortable in it, this is the class for you. Shed those fears and learn to swim. Front crawl and back sculling are introduced. Rhythmic breathing is taught before progression to swimming and treading in the deep end.

**Full Members: \$53**  
**Program Members: \$73**

<i>Beginner</i>	<i>Saturday</i>	<i>12:00 pm</i>	<i>(#2171)</i>
<i>Advanced</i>	<i>Saturday</i>	<i>12:45 pm</i>	<i>(#2172)</i>

## PRIVATE LESSONS FOR ADULTS

The YMCA will provide an aquatic instructor to work with a student on a 1 on 1 basis. Classes consist of a 30 minute lesson and are reserved by paying in advance for a block of 4 lessons. All participants must be YMCA members. Spaces are filled on a first come, first serve basis. Waiting lists will be used.

Contact the aquatic office at extension 18 or contact the instructor and set up times and days for private swim lessons.

**Fees: \$90 by appointment for 4 (30 minute) lessons (#285PL)**

## ADAPTIVE PRIVATE LESSONS FOR ADULTS

Designed for the swimmer with physical or mental needs, providing a challenging environment with a qualified instructor.

Introduction to water, using flotation aids, basic pool safety, floating, blowing bubbles, kicking, paddling, etc. Parent/Guardian assistance may be necessary. All participants must be YMCA members. Please call the aquatic office at extension 18 to set up times and days for private swim lessons.

**Fees: \$90 by appointment for 4 (30 minute) lessons (#285ADAPL)**

# ADULT FITNESS

## WELLNESS CENTER HOURS

Mon. - Fri.      Saturday      Sunday  
6 am to 9:45 pm    8 am to 7:45 pm    11 am to 5:45 pm

## ONE-ON-ONE PERSONAL TRAINING

Personal Training for Women & Men

If you don't have the motivation or knowledge to start and/or maintain your own fitness program, we can help you! Our certified personal trainers will develop a safe program for you that guarantees results.

Personal Training can help you to:

- Reach your fitness goals
- Keep your workout safe, effective & challenging
- Lose weight the right way
- Improve performance in sports
- Increase your energy level

1-hour and 6-hour sessions available

Whatever your goal, we have a personal trainer for you!

Contact Sharon Ingram at 856-772-9622, ext. 27 for an appointment or more information.

## FITNESS PASS

The YMCA Fitness Schedule has something for everyone! When combined with your once-annual Program Membership fee, this pass entitles you to take any regular class on our schedule .

Passes are valid for either one or three months from date of purchase.

Please note: All regular fitness classes are FREE for Full Privilege members.

There is no need to register ahead of time.

### 1 Month Pass

Adult (ages 15-61):	\$15	(#800)
Senior (ages 62+):	\$10	(#802)

### 3 Month Pass

Adult (ages 15-61):	\$30	(#801)
Senior (ages 62+):	\$20	(#803)

## WORKOUT PASSES

These passes enable you as a Program Member, to participate in our premium classes, such as Body Pump and Body Step.

Pay for one class at a time, or save by purchasing six-class passes.

Just arrive 15 minutes early to sign in and purchase pass. Present pass to class instructor as you enter the Bauer Room.

Single class pass - \$2  
Six-Class Pass -\$10

Please stop by our front desk and pick up the monthly Aerobics Schedule, for a current listing of available classes, days and times and detailed class descriptions.

## TRY 'CARDIO ATTACK'!

Take your cardio workout to the next level by "attacking" it with instructor Aase in this high-energy workout that's sports-based and Fun!

## BODY PUMP

This is the original barbell class that will strengthen your entire body, using weight room classics like squats, presses, lifts and curls. While lifting your choice of weight, great music and awesome instructors will inspire you through this body-changing 60-minute workout!

## MIAMI'S BOOT CAMP

Miami brings you the best of strength training, boxing, martial arts and kickboxing moves in a 60-minute, intense, high-energy workout.

Full Members: \$15  
Program Members: \$35

Monday      6:00 – 7:00 pm    (#825)

## "BEST LOSER" CHALLENGE

Grab four friends and sign up for our friendly competition designed to help you stick to your New Years fitness resolutions!

From **Monday, January 14 to Friday, March 21** you and your team will track your progress as you work on becoming more fit by increasing your levels of activity and making healthy moderations to your diet.

Our challenge was inspired by the popular TV show, so you know the "Biggest Loser" is actually the "Winner"!  
Contact our Physical Director, Sharon Ingram for more information

# ADULT PROGRAMS

## YOGA FEES:

**Full Members: \$30**  
**Program Members: \$40**

**2x Week (Any of the yoga classes) (#881)**

**Full Members: \$50**  
**Program Members: \$60**

## RELAX AND RENEW YOGA

Release tension, relax the body, renew the mind. Gentle basic yoga postures for all levels. Please bring a mat, small pillow and light blanket. Do not eat for 2 hours before class, and wear loose, comfortable clothing.

*Tuesday* 10:45 - 11:45 am (#883)  
(Meditation/Breathing: 10:30 - 10:45 am)

## INTERMEDIATE YOGA

While beginners are certainly welcome, this class begins to explore the next level of yoga for members who may have been practicing for some time. Let our instructor gently guide you into new directions with your yoga poses, before helping you into deep relaxation at the end of each class.

*Monday* 7:30 - 8:30 pm (#849)

## "PEACE FULL" YOGA

Treat yourself to an hour of yoga practice, which will help you to center yourself and relieve stress from your hectic weekly schedule. Our instructor will assist you in learning the fundamentals of yoga, with a few "tricks" thrown in, followed by the traditional relaxation period, all conducted in a serene environment conducive to a peaceful experience.

*Wednesday* 7:30 - 8:30 pm (#882)

## WEEKEND YOGA

Now you can center yourself on the weekend too! If you haven't been able to make it to one of our yoga classes during the week, we are adding a Saturday class, so now there's NO excuse for not getting your "zen" on."

*Saturday* 9:30 - 10:30 am (#884)

## "BRING YOUR VALENTINE"

During **Valentine's Week (February 11 - 16)**, you can bring your "Valentine" with you to work out in the Wellness Center OR take one of the group fitness classes FREE OF CHARGE! And don't forget...a Valentine could be a spouse, a child, a parent, even a friend or neighbor! Instead of another box of candy, show them you REALLY care by sharing a healthy day together.

## TRADITIONAL AIKIDO FOR ADULTS

This course is offered to new students to discover a unique Japanese Martial Art based on the redirection of the attacker's force. Both men and women learn effective self-defense techniques without aggression and develop concentration and focus, to increase fitness and relieve stress.

Participants should wear or change into loose, comfortable clothing.

Note: Ongoing registration available for this program with approval of instructor.

Instructor: Crane Sensei & Staff of Agatsu Dojos

LOCATION: YMCA - VOORHEES BRANCH

**Full Member: \$30**  
**Program Member: \$40**

*Monday* 7:00 - 8:00 pm (Evening Class) (#859)

[www.AikidoAgatsuDojos.com](http://www.AikidoAgatsuDojos.com) 856-435-2667

## ADULT KARATE

This Martial Arts training system will develop positive behavior changes in self-control, self-respect, self-confidence, a heightened level of self-worth and complete body conditioning and mind awareness.

**\$64.95 First session (4 consecutive weeks per session)**  
**Includes uniform.**

**\$55 Each Additional 4-week session**

*Beginners & Advanced* *Wednesday* 7:30 - 8:30 pm (#896)

Registration is ongoing. Sign up at class time.

## BASIC MAT PILATES

Most bodies will benefit from the lengthening and toning effect of this time-tested fitness discipline. A focus on core-strengthening exercises produces strong, firm abs!

**Full Members: \$30**  
**Program Members: \$40**

*Tuesday* 7:30 - 8:30 pm (#861)

*Thursday* 7:30 - 8:30 pm (#862)

**2x / Week (#863)**

**Full Members: \$50**

**Program Members: \$60**

**TRY PILATES RIGHT HERE AT THE "Y"!**

**Experience Basic Mat Pilates Under the Guidance of a Certified Instructor. Classes Are Forming Now So Register TODAY!"**

# Adult Programs & Community Events



Muscular Strength and Range of Movement

Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Wednesday 10:00 – 11:00 am

Friday 10:00 – 11:00 am

## YOGA STRETCH

Monday 11:00am - 12:00 pm

## GUITAR WORKSHOP

Learn to play the guitar. Private lessons at your convenience. Chelsea has been playing and teaching for many years. Sign up for one lesson or take five and save.

One lesson: \$20.00

Five Lessons: \$90.00

Lessons are one hour in length

## YWEIGHT

Tired of feeling out of control? This program is designed to give you the information, help and guidance you need. You have the ability to change your life! Attend one or both of the special YWEIGHT classes every week, or come in on any of the designated dates and times to have your program checked, weight tracked, and use your training program created by a nationally certified personal trainer. continuous class, sign up anytime for 8 weeks

Monday Mornings: 11 am - 12 pm

Tuesday Evenings: **YWEIGHT CLASS 6 - 7 pm**

Wednesday Afternoons: 2 pm - 3 pm

Wednesday Evenings: 6 pm - 7 pm

Thursday Evenings: 6 pm - 7 pm

Friday Evenings: **YWEIGHT CLASS 6:15 - 7:15**

**Full Members only \$30**

**Program Members \$40**

**Prospective Members \* \$60**

**\*one eight week session only**

## Philadelphia 76ers

### Family Fun Night

Philadelphia 76ers vs. San Antonio Spurs  
Saturday, March 15, 2008, 7:00 pm game time



Buy discount tickets for the game and your children are eligible to participate in a free post-game clinic, with coach and/or player and the YMCA Athletic Staff!

Ticket Prices Are: \$47.00 each (Lower Level End Seats)  
\$27.00 each (Mezzanine Level Corner Seats)

Ticket price includes a free post-game clinic for the kids ages 5 to 15. Clinic will consist of a 20 minute instructional lecture by a 76er s coach and/or player followed by 45 minutes of drills and/or game play on the 76er s court with the YMCA Athletic Staff!!

Tickets are available for purchase in advance at the Front Desk of the Voorhees YMCA

## Jr. NBA / WNBA

### National Basketball Skills Competition

Youth ages 7 - 14 are judged on shooting, passing and dribbling and may win the chance to compete at regional or national events.

**This event is free and open to the public.**

**Sunday, February 17**

check for updated information on our website or contact Traci at ext. 29

# Winter Holiday Camp & Flyers Skate Zone Classes

## YMCA WINTER HOLIDAY CAMP

**December 26, 27, & 28 2007**

Winter Break will be here sooner than you think!

Plan now to drop off your kids at the YMCA in Voorhees to enjoy some camp-style fun!

Games, crafts, swimming, stories, movies, and more.

Join us for one, two, or all three days - your choice!

Children in Grades 1 -5 will be grouped by age when possible and activities will be planned accordingly. Please send a lunch and drink with your child each day, snack will be provided. There will be daily recreational swim time so don't forget to pack a towel and swimsuit.

Emergency Contact Form must be on file on or before first day of attendance.

### **Daily Fees:**

AM/PM Extended Hours Camp Day

7-9 am or 4-6 pm: 9 am - 4 pm

Member Fee: \$5/\$5, Member Fee: \$40

Program Fee: \$8/\$8, Member Fee: \$55

To register visit our membership desk. Registration must be completed by December 17th. Registration fees will not be credited or refunded for absence or withdrawal. Emergency contact forms must be completed and handed in on or before the first day of attendance. Forms are available at the Voorhees YMCA front desk.

### **Days Offered:**

December 26, Wednesday

December 27, Thursday

December 28, Friday

**Pre-registration Required - No Drop Ins.**

**CAMP FROSTY for children ages 4 to 6  
contact Carol at (856) 772 - 9622 ext. 28  
for more information.**

Learn to skate with the Flyers Skate Zone's professional instructors. We teach the USFSA Basic Skills Program, which has been developed as a beginning ice skating program that is challenging and rewarding but most of all fun. Participation in the program will enable skaters of all ages and levels to learn the fundamentals of ice skating and the opportunity to go on to be a competitive or recreational figure skater or hockey player.

## **BASIC SKILLS (1 -8)**

Beginner skaters are introduced to the basic skating techniques in a safe and controlled environment. Each class session and level following Basic 1 is progressive, building upon skills taught in the previous lesson. Six-week skating classes continue from Basic 2 to Basic 8.

## **SNOWPLOW SAM FOR TOTS**

Those ages six and under are placed into the USFSA Snowplow Sam program. This program is designed to help pre-school aged children develop the preliminary coordination and strength necessary to maneuver on skates.

Snowplow Sam has three progressive levels that will help the young skater develop confidence while experiencing success with his or her beginning skating!

### **Class times for Learning to Skate 2007 - 2008 are as follows:**

Wednesday: 5:30 pm - 6:30 pm, Starting 1-2-08 - \$100/ 6 week

Friday: 6:50 pm - 7:50 pm, Starting 1-4-08 - \$100/ 6 weeks

Sunday: 11:20 am - 12:20 pm, Starting 1-6-08 - \$100/ 6 weeks

Levels are progressive and must be completed in order.

Each level meets once per week for six weeks

All classes include 1/2 hour lesson and 1/2 hour practice time.

Program Benefits:

Basic Skills Record Book

USFSA Registration

Flyers Skate Zone Certificate of Achievement

Free Skate Rental

Class size is limited. Register Early!

\$100 Registration Fee includes a USFSA membership and 6

**FREE** Public Skating Passes!

## **LEARN to PLAY HOCKEY**

**At the Flyers Skate Zone (Levels 1-3)**

The Flyers Skate Zone has developed a progressive hockey skills development program that is designed to provide skills instruction for children ages 7 through 13. This program has been designed as an introduction to hockey focusing on basic skills, with an emphasis on having FUN!

Weekly clinics teach the fundamental skills of skating, puck handling, passing, shooting, and game situations providing the participant with the opportunity to develop confidence and a positive self-image while experiencing achievement throughout the program.

Saturday: 9 am to 10 am Starting Jan. 5th to Feb. 9th

Ages: 7 to 13 years old / 6 week session: \$100

**For more information Contact the  
Flyers Skate Zone (856) 309-4400**

# M E M B E R S H I P

## R A T E S

FULL PRIVILEGE MEMBERSHIP RATES	Monthly Payment Plan Amount	Joining Fee	Annual Fee
Family (children up to 22 yrs.)* (up to 5 children)	\$65	\$99	\$780
Single Parent Family* (up to 5 children)	\$53	\$99	\$636
Adult (20-61 yrs)	\$46	\$99	\$552
Senior Adult (62 yrs.+)	\$30	\$99	\$360
Teen (13-19 yrs.)	\$25	\$99	\$300
Youth (up to 12 yrs.)	\$19	\$70	\$228

**PROGRAM MEMBERSHIP**

Program Membership is designed for people who want to enroll in specific YMCA programs or classes. It does not allow for full facility access or membership privileges.

*Annual Fee: \$99*  
Renewal date will vary depending on current session dates.

**\*All family members must be living in same household.**

**One Month Only Fee (per individual): \$59**

Access to the pool, gym, wellness center, and any fitness classes open to members without charge.

**Two-Year Value Membership:**

Locks in membership fees for 2 years and includes unlimited babysitting, 6 coupons for one hour personal training session, and 10 tickets per year for selected special events (e.g. summer picnic, Breakfast with Santa, Easter Egg Hunt, etc.). \$120 of the annual membership fee will be a tax-deductible charitable contribution to the YMCA. Excludes camp, childcare, swim team, and leagues. Monthly rates for Y's Choice Membership are higher; contact the Membership office for more details.

**Joining Fee**

The joining fee is required for all full privilege memberships and is non-refundable. This is a one time fee, to be paid in one installment. If for any reason you allow your membership to lapse for 30 days or more, the joining fee must be paid to reinstate membership.

**Full Privilege Membership when paid in full for the year includes the following:**

- 10 babysitting sessions
- One introductory personal training session
- 5 tickets to the summer picnic at Camp Moore
- State-Of-the-Art-Wellness Center
- Olympic free weights w/ 2 complete strength circuits
- Cardio area with bikes, treadmills, steppers & ellipticals
- Basketball, & Volleyball Courts and a 25 yard Heated Pool

**Easy Payment Plan  
No Lengthy Contract's**

**Annual** - Payment in full with cash, check, Visa, MasterCard, Discover or American Express

**Easy Payment Plan** - Full Privilege Memberships may pay monthly by having the amount withdrawn from your checking account or charged to your Visa, MasterCard, Discover or American Express. (Payment will appear on your monthly statements).

**Your membership will never expire!** If you wish to discontinue your YMCA membership, you must provide the YMCA with a written notice 14 days in advance along with returning your I.D. card(s).

**MAIL - IN REGISTRATION**

Name of Person (to be enrolled)      Date of Birth      Age

Address      City      State      Zip

Phone #      Type of Membership      Expiration Date

Class #      Class Title      Day      Time      Fee

*If class is filled is there a 2nd choice?*

Class #      Class Title      Day      Time      Fee

Do you wish to enroll the **SAME** person in another class?

Class #      Class Title      Day      Time      Fee

*Second choice?*

Class #      Class Title      Day      Time      Fee

Attach or enclose payment (registration will not be processed without payment)

Make checks payable to YMCA of Camden County

You must have a YMCA membership to register

\$15 Fee charged for any returned checks or drafts

Mail registration will be processed after in person registration

Mail to : Voorhees YMCA 120 Britton Place, Voorhees, NJ 08043