



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY FOR THE FAMILY

Sussex County YMCA



HOURS

Monday-Friday
5:00am-9:30pm



Saturday
7:00am-6:00pm
Sunday
8:00am-6:00pm

CHILD WATCH

Monday-Friday
8:30am-12:30pm
4:00pm-8:00pm
Saturday-Sunday
8:30am-12:30pm

YOUTH ROOM

Monday-Friday
4:00pm-8:00pm
Saturday-Sunday
8:30am-12:30pm

 Class fee
 Minimum age 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11-11:45am Open Yoga	7-8am Open Swim	7-11am Open Swim	7-11am Open Swim	7-10am Open Swim	7-11am Open Swim	8-8:45am  Yoga Pilates Fusion
12:45-4:45pm Open Swim	11-11:45am  Full STEAM Ahead	10-10:45am Preschool Time	10-10:45am Music & More	12-2pm Stay N' Play	2-4pm Open Swim	9-9:45 Family Zumba
	12-2pm Stay N' Play	11-11:45am Preschool Time On My Own	11-11:45am Music & More On My Own	1-2pm Open Swim	4-4:30pm Homework Help	1-4:30pm Open Swim
	2-4pm Open Swim	12-2pm Stay N' Play	12-2pm Stay N' Play	3-4pm Open Swim	6:30-9:15pm  Friday Frenzy (1 st & 3 rd Friday of the month)	
	4-4:30pm Homework Help	1-2pm & 3-5pm Open Swim	1-4pm Open Swim	4-4:30pm Homework Help	6-8pm  Teen Coaching	
	6-6:45pm  Zumba	4-4:30pm Homework Help	5-6pm Open Swim	6-6:45pm  Zumba	7-7:45pm  Zumba	
	6-8pm  Teen Coaching	6-8pm  Teen Coaching	4-4:30pm Homework Help	6-8pm  Teen Coaching	7-9:15pm Open Swim	
	7:30-8:15pm  Zumba	6:30-8pm Open Swim	6-8pm  Teen Coaching	7-8pm Open Swim		
		7:30-8:15pm  Zumba	6-6:45pm Water Aerobics			
			7-7:45pm  Zumba			

FAMILY ZUMBA

Looking for something fun and healthy to do with the whole family? Then come and join the party! Latin inspired Zumba toned down so the entire family can follow.

ZUMBA ★

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

TEEN COACHING ✔

Teens work with specially trained Wellness Coaches in a safe environment. They will learn proper techniques for safe exercise and create positive behaviors for a healthier lifestyle. Ideal for all teens wishing to increase overall fitness and gain confidence, even meet new friends. This program runs for eight consecutive weeks from when you register. Choose up to three nights a week. For more information contact Alma Dhuyvetter, Wellness Director.

Facility Member: Family \$60/Youth/Teen \$65

Program Member: \$90

OPEN YOGA

A class that welcomes all participants ages 5 – 105. A non-competitive and non-intimidating class that encourages health and wellness.

YOGA PILATES FUSION ★

The fusion of yoga and Pilates. This class can help lengthen, strengthen and define muscles while helping you find your balance of mind, spirit and body.

WATER AEROBICS ★

A great way to get a full body workout without the impact. Increase your strength and cardiovascular endurance in a fun but challenging class in the pool. Great for all levels.

FRIDAY FRENZY (Ages 4 -15) ✔

This is a great opportunity for parents to enjoy a night out while their children have a safe and fun night with their friends at the Y. Kids will enjoy swimming, games, arts and crafts and much more.

1st & 3rd Friday (Monthly) 6:30-9:15pm

Y Members: \$5 per child

Y Youth/Teen and Program Member: \$10 per child

Community Member: \$15 per child

ALL IN FAMILY PROGRAMS

FAMILY FUN NIGHT (Members Only)

Activities include arts and crafts for the family, family games and swimming. Includes pizza and refreshments. Pre-registration is required at the Welcome Center.

Out of this World Celebration – Friday, January 27 6:30-8:30

✔ Class fee

★ Minimum age 12