the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS & FAMILY SCHEDULE

EFFECTIVE MARCH 25, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 am-1 pm **BABYSITTING** 3 mos-6 years	9 am-1 pm **BABYSITTING** 3 mos-6 years	9 am-1 pm **BABYSITTING** 3 mos-6 years	9 am-1 pm **BABYSITTING** 3 mos-6 years	9 am-1 pm **BABYSITTING** 3 mos-6 years	9 am-1 pm **BABYSITTING** 3 mos-6 years	1:30-2:30 pm **JR. LAP SWIM** Must pass skill test
4:00-8:00 pm **BABYSITTING** 3 mos-6 years	4:00-8:00 pm **BABYSITTING** 3 mos-6 years	4:00-8:00 pm **BABYSITTING** 3 mos-6 years	4:00-8:00 pm **BABYSITTING** 3 mos-6 years	4:00-8:00 pm **BABYSITTING** 3 mos-6 years	9:00-1:00 pm **ACTIVITY CENTER** Ages 7-13	1:00-2:00 pm **FAMILY SWIM** 6 mos + **WWP**
4:00-8:00 pm **ACTIVITY CENTER** Ages 7-13	4:00-8:00 pm **ACTIVITY CENTER** Ages 7-13	4:00-8:00 pm **ACTIVITY CENTER** Ages 7-13	4:00-8:00 pm **ACTIVITY CENTER** Ages 7-13	4:00-8:00 pm **ACTIVITY CENTER** Ages 7-13	12:30-1:30 pm **KALEIDOSCOPE*** Ages 5-17 (MP)	2:30-3:30 pm **SWIM FIT*** (MP) Ages 8-16
4:30-5:30 pm **FAMILY SWIM** 6 months + **WWP**	4:00-5:00 pm **FAMILY HOOPS** 11 & under	4:00-5:00 pm **SWIM FIT*** Ages 8-16	4:00-5:00 pm **SWIM FIT*** Ages 8-16	4:30-5:30 pm **FAMILY HOOPS** 11 & under	12:30-1:30 pm **FAMILY SWIM** 6 months + **WWP**	
5:00-5:30 pm **LITTLE YOGIS** **Yoga for Kids*** Ages 5-8	4:00-5:00 pm **SWIM FIT*** Ages 8-16	4:45-5:15 pm **BEGINNER BALLET*** Ages 5-8	5:00-5:30 pm **TAE KWON DO*** Ages 5-8	7:30-8:30 pm **FAMILY SWIM** 6 mos + **WWP**	1:30-3:00 pm **JR. LAP SWIM** Must pass skill test	
5:00-5:45 pm **FIT 45** Ages 8-12 Gym	5:30-6:00 pm **JIF JUMP INTO FITNESS*** Ages 5-7	5:00-6:00 pm **YOUTH PICKLEBALL*** Ages 8-12	5:30-6:30 pm **FAMILY HOOPS** 11 & under		4:30-5:30 pm **FAMILY HOOPS** 11 & under	
	6:00-6:30 pm **JIF JUMP INTO FITNESS*** Ages 8-12					

We also offer...

- Summer Camp
- Before & After School Care in local schools
- Swim Lessons (Group & Private)
- Competitive Swim Team
- Lifeguard Prep Course
- Music Together

ASK THE FRONT DESK ABOUT THESE PROGRAMS TODAY!

KEY:

WWP: Warm Water Pool
MP: Main Pool
Gym: Gymnasium
S1: Studio 1
S2: Studio 2
*: Registration Fee May Apply

Randolph YMCA
14 Dover Chester Road, Randolph NJ 07869
P 973 366 1120 randolphymca.org

3/12/2018

Family Swim: 6 months and above. Children under the age of 12 MUST be within arm's reach of an adult (18+) at all times. Children under the age of 14 must pass a swim test in order to swim in the deep end of the pool. Swim vests must be worn by swimmers designated as a RED band. Family Swim on Sundays are split into 2 swim sessions, you may participate in 1 of the family swim sessions on Sunday.

Babysitting: Ages 3 months to 6 years old. Available while parents participate in YMCA programs or exercise. Parents cannot leave the building at any time. We reserve the right to refuse admittance into babysitting based on illness. FREE to Randolph Y Full members. (Or $1.00 per half hour) Maximum of 2 hours.

Activity Center: Ages 7-13. Children can hang out in the activity center while their parents use the facility. Jump ropes, knock hockey, games, cards, foosball & more! FREE to Randolph Y Full members. (Or $1.00 per half hour). Maximum of 2 hours.

Family Hoops: Ages 11 & under with an adult. Open basketball in half of the gym. Please note that on gym schedule, all other open gym times are shared by adults and children.

***Youth Fitness Classes** FREE to Full Family Members. Basic members can register for these classes at the front desk.

Kaleidoscope Special Needs Program: Ages 5-17. Fee based program. Trained volunteers work one on one with each child to help foster independence, confidence, sportsmanship & exercise. Contact Program Coordinator Debbie Popek x13 or debbie@randolphymca.org

Youth Fitness & Conditioning: Ages 12-15. Comprised of 2 phases, phase 1 teaches basic fitness principles, proper exercise form, sequence and duration. Upon completion of this program, your child will be certified to use the cardio room and track area on their own. Phase 2 is a step up and consists of strength training, stability balls, and resistance bands. $35/phase.

Junior Lap Swim: Junior Lap lanes are available to swimmers under age 14 who can swim 4 continuous lengths of any stroke. If the swimmer is under the age of 12, a parent must remain in the pool area.

Swim Fit: This program is for the swimmer looking to improve their skills or just stay in shape. The focus will be on stroke technique, racing skills, endurance and fitness. Swimmers will be given the same instruction as our swim team, better preparing them for competition in the future and offering the possibility to choose how many days per week they would like to participate. Swim Fit is offered 1-4 days per week. This class runs on the same session dates as swim lessons. Registration packets are available online or at the front desk. Held in the Main Pool.