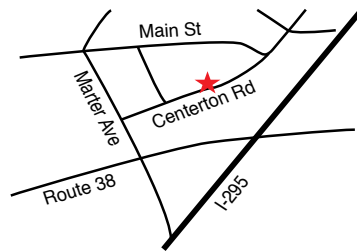




**YMCA of  
Burlington and  
Camden Counties**  
Mt. Laurel



59 Centerton Road  
Mt. Laurel, NJ 08054  
**856.234.6200**

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Permit No. 262

### Our Mission

The YMCA of Burlington & Camden Counties nurtures life lessons in kids, fosters health and well-being among people of all ages and provides support for families and communities through programs committed to improving an individual's spirit, mind and body.



### FACILITY HOURS

**Monday-Friday**  
5:30am-10:00pm  
**Saturday**  
7:00am-6:00pm  
**Sunday**  
10:00am-5:00pm

### WINTER SESSION

Jan 2 – Mar 4

### REGISTRATION:

Facility  
**December 12**  
Program  
**December 19**

[www.ymca-bc.org](http://www.ymca-bc.org)

United Way Do you give through United Way? Make us your charity of choice by designating your United Way gift to the YMCA of Burlington and Camden Counties and help build strong kids, families and communities. Use 141 on the form to designate.

## Make the Y Your... Family Wellness Destination!



**YMCA of  
Burlington and  
Camden Counties**  
Mt. Laurel

## SESSION GUIDE WINTER 2012

### At the Y, we do things for GOOD!

From the management on down, we have taken the best of the best and combined resources. Why? We are committed to insure that you receive the same level of customer service in all of our programs and beyond whether you visit our Mt. Laurel Y or Burlington-Riverfront Y.

That's our commitment to you... to strive to be the best fitness and child-care facility in New Jersey!

**856.234.6200 | www.ymca-bc.org**



Thanks for voting us Burlington's Best:

- ▶ Health Club / Fitness Center
- ▶ Swim Lessons
- ▶ Child Care Centers

## Aquatics

The Y has been nationally recognized as a leader in delivering quality swim programs year after year! We offer expert swim instruction for all ages.

- ▶ Classes for Parent/Child (beginning at 6 months), Pre-School, Youth, Special Needs & Water Safety
- ▶ 30-45 minutes classes, 1 day per week for 9 weeks
- ▶ Beginner to Advanced Levels
- ▶ Certified, experienced instructors



### For more info, contact:

Linda Davis, *Aquatics Director*  
856.234.6200 x239 | lindad@ymca-bc.org

### Register Online:

www.ymca-bc.org  
Click on "Register for Classes"

# You Belong! AT THE Y

Making it easy for you to get fit, have fun and create friendships is what we are all about at the Y. And we are keeping our membership rates the same as 2011... That's right! No price increase for 2012!

**Facility Memberships** offer a one-stop Family Wellness Destination with **unlimited access** to our facility and exercise classes!

### Benefits of Facility Membership:

- ▶ Membership provides access to both the Mt. Laurel Y and Burlington-Riverfront Y
- ▶ Free **12 Week Program** with a Personal Trainer and Nutritionist
- ▶ 60+ **Group Exercise Classes** each week - FREE!
- ▶ 15+ **Certified Personal Trainers** available
- ▶ **Weight Room** with Cybex equipment
- ▶ **Daily Group Cycling Classes** - Now FREE!
- ▶ 25+ **PreSchool & Youth Classes** each week
- ▶ Full Indoor **Basketball Court**
- ▶ 6-lane, 25-yard indoor and heated **Swimming Pool**
- ▶ Large separate family and adult only **Locker Rooms**
- ▶ **Indoor Track** for running, jogging or walking
- ▶ Free **Babysitting** for children ages 8 wks to 11 yrs old so you can workout without worry!
- ▶ Lounge area with **Free Wi-Fi**

**Program Membership** allows you to register for an individual YMCA class and programs such as swim lessons or child care. General use of the Y facility is not included.

**Y for All Income-Based Membership.** Make under \$70K per year? Then you may qualify for reduced membership fees which can **save you up to 17% per year** on Facility Memberships!

### For more info, contact:

Pam Hall, *Member Relations Director*  
856.234.6200 x232 | pamh@ymca-bc.org

### Online:

www.ymca-bc.org  
Click on "Join the Y"

### Corporate Memberships

Get 10 members of your company to join the Y, and you'll each save 20% on your membership!

## Friend 2 Friend Referral Program

With friends, you laugh, have fun and share the good things in life... Now sharing the Y with your BFF makes it even better!

We want to start of the New Year by saying "Thank You" for your membership and for being part of something special: the Y community. Refer a friend, and when they join the YMCA of Burlington & Camden Counties before January 31, 2012, you'll receive one month's membership - **FREE!**

### 3 Easy Steps

1. Tell your friend about the Y.
2. Complete and give your friend the referral card available at the Welcome Desk or at [www.ymca-bc.org](http://www.ymca-bc.org).
3. Once your friend joins, YOU receive 1 FREE month!  
**1 friend joins = 1 free month for you!**  
**10 friends join = 10 free months for you!**  
**There is no limit!**

\* For further information, see the referral card online at [www.ymca-bc.org](http://www.ymca-bc.org) or ask any staff member at the Welcome Desk.



### Family Fun Menus

**Available at our Kids' Corner!** Our Family Fun Menus show daily classes and activities separated hourly for adults and kids with coloring worksheets for your child...we provide the fun & crayons too!

At the Y, we believe wellness is at every age!

At the Y, we believe wellness is at every age!

0  
3  
6  
10  
16

## Child Care & Day Camps

### Early Childhood & Preschool Programs

At the Y, providing a safe, friendly environment where children learn best is our top priority.

- ▶ **Safety & Supervision** | Our low staff-to-child ratio helps to ensure that staff are able to foster strong relationships while maintaining structure and stability.
- ▶ **HighReach Learning Curriculum** | HighReach combines activities children enjoy, like singing, creating, story telling and more into both fun and educational learning experiences.



#### For more info, contact:

Jennifer Strandskov, *Early Child Care Director*  
856.234.6200 x214 | jennifers@ymca-bc.org

### Y Primetime

The YMCA of Burlington and Camden Counties uses a holistic approach to school age child care with activities that support character development: Caring, Honesty, Respect and Responsibility. Our programs are built upon three major components:

- ▶ **HEALTHY U** | By teaching children that eating healthy and being physically active for 30 min every day can be FUN.
- ▶ **Kidzlit** | This reading enrichment program is designed to increase young people's motivation to read and build literacy skills.
- ▶ **Homework Assistance** | PrimeTime Staff members are on-hand to support and coach children through their homework assignments.

#### For more info, contact:

Corrien Green  
*School Age Child Care Dir.*  
*Upper Burlington County*

609.543.6200 x301  
corrieng@ymca-bc.org

Danielle Wiest  
*School Age Child Care Dir.*  
*Camden County*

609.543.6200 x306  
daniellew@ymca-bc.org

Jennifer Segelken  
*School Age Child Care Dir.*  
*Lower Burlington County*

609.543.6200 x303  
jens@ymca-bc.org

### Summer Day Camps

We have 10 fun-filled camps for children ages 3-15.

#### Camp Open House

Join us for this **Weekend Only Event** to receive Camp Discounts!

- ▶ **Burlington-Riverfront Y**  
January 21, 2012 | 2-4pm
- ▶ **Mt. Laurel Y**  
January 22, 2012 | 2-4pm

**For more info, contact:**  
Nancy Haney  
609.543.6200 x308  
nancyh@ymca-bc.org

**Online:**  
www.ymca-bc.org  
Click on "Camp"

## Youth Classes

### Shake, Rattle & Roll

**Ages crawling-24 mos | Parent/Child**  
Parent and child share in gym activities to develop gross and fine motor skills and have fun.

### Kids in Motion

**Ages 2-3½ | Parent/Child**  
Parent and child share in fun and active gym activities. Circle time, songs, and arts & crafts encourage interaction with parent and other children.

### Intro to Tap

**Ages 3-5**  
A fun introduction to tap dancing. All students are eligible for the dance recital at the end of the session.

### Creative Ballet

**Ages 5-8**  
Imagination, expression, and joy of movement are the focus for our young dancers' introduction to classical dance. Children are eligible for the dance recital at the end of the session too!

### Super Sports

**Ages 6-11**  
Have fun while learning fundamentals of soccer, hockey, basketball and more! Class will focus on one sport each week.

### Beginners Karate

**Ages 7-11**  
Your child will develop confidence, discipline, focus and respect while learning non-violent methods to properly defend against bullying and abduction.

### Hip Hop Dance

**Ages 10-16**  
An age appropriate introduction to Hip Hop dancing, this class will help your child express themselves in a fun way.

**For more info, contact:**  
Melanie Huggins, *Youth Director*  
856.234.6200 x211  
melanieh@ymca-bc.org

**Register Online:**  
www.ymca-bc.org  
Click on "Register for Classes"

18  
30  
40  
50  
60  
70+

## Wellness

### Group Exercise \*FREE

With over 60 Group Exercise classes each week it's easy to stay motivated and make a few new friends in the process!

- ▶ Zumba®
- ▶ Pilates
- ▶ Yoga
- ▶ Step & Sculpt
- ▶ Kickboxing
- ▶ Abs



### Group Cycling

- ▶ Daily classes (Free w/Facility Membership)
- ▶ Burn serious calories
- ▶ Tone your lower body

#### For more info, contact:

Laurel Allen, *Wellness Director*  
856.234.6200 x209 | laurela@ymca-bc.org

#### Register Online:

www.ymca-bc.org  
Click on "Register for Classes"

### Personal Training

Let one of our 15+ Certified Personal Trainers help you achieve your fitness goals!

- ▶ Individual, Group, Junior or Aquatic Personal Training
- ▶ Cross-Training for Athletes
- ▶ Nutrition Consultation

### Take Our 12-Week Weight Loss Challenge!

Need a little motivation to stick to your New Year's resolution?

- ▶ Sign-up for our 12-week weight loss challenge before Jan 25, 2012
- ▶ Challenge starts Jan 26, 2012

### New Exercise Equipment

The Mt. Laurel Y has added exciting and interactive new equipment to the Active Family Center:

- ▶ Three (3) different types of interactive **Espresso Bikes:** Youth Upright, Upright, and Recumbent
- ▶ New Cybex Arc Trainers
- ▶ New Cybex Treadmills

## Active Older Adults

### Land Lovers

Choose from a variety of classes designed to your fit your personal exercise needs.

- ▶ Low Impact & Balance
- ▶ Meditation & Relaxation
- ▶ SilverSneakers®
- ▶ SilverSneakers II®

#### For more info, contact:

Laurel Allen, *Wellness Director*  
856.234.6200 x209  
laurela@ymca-bc.org

**Register Online:**  
www.ymca-bc.org

### Aquatic Dwellers

Enjoy a host of aquatic-based classes designed for beginners to advanced levels.

- ▶ Aquacise Low Level
- ▶ Arthritis Foundation
- ▶ Joint Effort
- ▶ LiveStrong® in the Water

#### For more info, contact:

Linda Davis, *Aquatics Director*  
856.234.6200 x239  
lindad@ymca-bc.org

**Register Online:**  
www.ymca-bc.org



The Y currently participates in American Specialty Health Networks, Inc. insurance reimbursement programs.

**For more info, contact:**  
Pam Hall, *Member Relations Director*  
856.234.6200 x232  
pamh@ymca-bc.org

**Register Online:**  
www.ymca-bc.org



Specialty classes include:

- ▶ YogaStretch®
- ▶ CardioFit®
- ▶ Weight Circuit