



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

# YOU BELONG AT THE Y

With healthy living programs for  
families, children, adults and seniors,  
There's no better place...  
and no better value...  
**than the Mt. Laurel Y!**



## FOR YOUTH DEVELOPMENT

### Early Child Care from 6 Weeks to 6 Years

The Y provides child care in a variety of formats at 6 different locations in Burlington and Camden Counties.

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## FOR HEALTHY LIVING

### It's a New Year ... and a New You!

Improve your health, well-being and make friends through fitness, sports and share interests!

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## FOR SOCIAL RESPONSIBILITY

### Be part of a caring community.

Create meaningful change for you and your neighbors.  
**Donate today!**

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# MEMBERSHIP

## YOU BELONG AT THE Y

### Every day at the Y, Families Come Together to Get Healthy!

We've made it easy for everyone in the family to get fit, have fun, create friendships and get involved!

#### Facility Memberships include:

- ▶ Unlimited access to the Mt. Laurel Y and Burlington-Riverfront Y
- ▶ State-of-the-Art Fitness Center
- ▶ Heated Indoor Pool
- ▶ Basketball Court
- ▶ **FREE** Group Exercise Classes
- ▶ Indoor Track (Mt. Laurel Y)
- ▶ Climbing Wall (Burlington-Riverfront Y)
- ▶ Priority Registration
- ▶ Reduced fees on Preschool & Youth Classes
- ▶ **FREE** Babysitting
- ▶ **FREE** Wi-Fi and Lounge Area

#### Facility Membership Pricing

Category & Age	Monthly Fee	Joiner Fee	1st Year Cost
<b>Youth</b> (age 17 & under)	\$25	\$50	\$350
<b>Young Adults</b> (age 18-24)	\$35	\$75	\$495
<b>Adults</b> (age 25-61)	\$50	\$100	\$700
<b>Single Parent Adult Family</b> (Parent with children under 24)	\$65	\$130	\$910
<b>2 Adult Household</b> (age 25 & older)	\$65	\$130	\$910
<b>Family</b> (Parents with children under 24)	\$75	\$150	\$1,050
<b>Senior</b> (Individual age 62 & up)	\$43	\$85	\$601

**Program Memberships** allow you to register for an individual Y class or program such as swim lessons or child care. General use of the Y facility is not included.



#### Friend 2 Friend REFERRAL PROGRAM

Tell your BFF what you already know...

#### The Y is a Great Place!

Once your friend joins, you receive 1 FREE month!  
If 10 friends join, you receive 10 free months! No Limit!



Make under \$70,000 annually? Then you may qualify for reduced membership fees which can save you up to 17% per year on Facility Memberships.

#### FOR MORE INFO, CONTACT:

**Jennifer Rizzo**  
Director of Member Relations  
856.234.6200 x211  
jennr@ymca-bc.org

#### Online:

[www.ymca-bc.org](http://www.ymca-bc.org)  
Click on "Join the Y"

FOR MORE INFO, CONTACT:

## Jennifer Rizzo

Director of Member Relations

856.234.6200 x211

jennr@ymca-bc.org

Online:

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

Click on "Programs & Classes"



## Parent & Child

Facility: **\$42** | Program: **\$84**

### Shake, Rattle & Roll

Fun and skill development with music

**Crawling-24 mos | Parent/Child**

**Thurs 9:30-10:15am**

### Kids in Motion

Songs, games and crafts with Mom or Dad

**Ages 2-4 | Parent/Child**

**Thurs 9:30-10:15am**

### Gym, Story, Craft & Swim NEW

Active games, creative time and swim

**Ages 2-4 | Parent/Child**

**Wed 10:00-11:00am Gym**  
**(Child Only)**

**11:15-11:45am Swim**  
**(Open Swim)**

## Art & Dance

Facility: **\$48** | Program: **\$96**

### Intro to Dance

Pre-ballet, music, and active movement

**Ages 3-5**

**Mon 3:30-3:45pm**

### Discovery Studio

Creative artistic fun using imagination

**Ages 3-5**

**Sat 10:00-10:45am**

### Creative Ballet

Dance skills building grace and balance

**Ages 5-8**

**Mon 4:00-4:45pm**

### Creation Station

Learn about and create works of art

**Ages 6-9**

**Sat 11:00-11:45am**

## Youth

### Movin' N Groovin'

Songs, movement, fun and music

**Ages 3-5**

**Tues 10:30-11:15am**

Facility: **\$42** | Program: **\$84**

### Learning Adventures NEW

Learn numbers, letters and school prep

**Ages 3-5**

**Thurs 10:30-11:15am**

Facility: **\$42** | Program: **\$84**

### Preschool Soccer

Soccer skills and fun for preschoolers

**Ages 3-5**

**Wed 11:15am-Noon**

**Thurs 4:00-4:45pm**

Facility: **\$42** | Program: **\$84**

### Preschool Multi-Sport

Fun, skill development, multi-sports

**Ages 3-5**

**Sat 9:15-10:00am**

Facility: **\$48** | Program: **\$96**

### Little Dragons Karate

Karate skills for younger children

**Ages 4-6**

**Mon 4:00-4:30pm**

**Wed 4:00-4:30pm**

Facility: **\$72** | Program: **\$144**

### Wiffle® Ball NEW

Fun skills hit, run, throw, catch

**Ages 4-6**

**Wed 4:45-5:15pm**

**Sat 10:15-10:45am**

Facility: **\$48** | Program: **\$96**

### Hoop Stars

Intro to basketball skills

**Ages 4-6**

**Wed 5:30-6:15pm**

Facility: **\$48** | Program: **\$96**

### Yoga

Yoga made fun for kids

**Ages 4-7**

**Thurs 4:00-4:30pm**

Facility: **\$48** | Program: **\$96**

### Soccer Skills Clinic

Skill development ball control

**Ages 6-9**

**Tues 7:00-7:45pm**

Facility: **\$42** | Program: **\$84**

### Y Super Sports

Multi-Sports fun and skills

**Ages 6-9**

**Tues 6:00-6:45pm**

Facility: **\$42** | Program: **\$84**

### Beginner Karate

Karate fun and discipline for older kids

**Ages 6-11**

**Mon 4:45-5:30pm**

**Wed 4:45-5:30pm**

Facility: **\$80** | Program: **\$160**

### Above the Rim

Hoop skills and team play

**Ages 7-12**

**Wed 6:30-7:15pm**

Facility: **\$48** | Program: **\$96**

### Tai Kwon Do

Fun and healthy martial art skills

**Ages 8+**

**Tues 7:00-8:00pm**

Facility: **\$55** | Program: **\$110**

### Sports in Motion NEW

Sports strength and flexibility training

**Ages 12-14**

**Mon 6:00-7:00pm**

**Ages 15-18**

**Mon 7:00-8:00pm**

Facility: **\$125** | Program: **\$250**

Note: All programs offered 1x a week.





# HEALTHY LIVING

## Mind & Body

Facility Members: **FREE\***  
Program Members: **\$50\***  
\* except where noted

### Advanced Beginner Yoga

Basic yoga postures and stretches  
**Tues 6:00-6:50pm**

### Yoga

Improve core strength and flexibility  
**Mon 6:00-6:50pm**

### Yoga & Meditation **NEW**

Gentle class to stretch and relax  
**Thurs 7:15-8:05pm**

### Cycling & Yoga

Killer combination! Awesome workout!  
**Wed 8:00-8:50am**

### Intro to Pilates

Whole body strength and flexibility  
**Tues 10:00-10:50am**  
**Thurs 10:00-10:50am**

### Classical Pilates

One of our most popular classes  
**Tues 11:00-11:50am**  
**Thurs 11:00-11:50am**

### Pilates

Strength, flexibility weight control  
**Sat 10:30-11:20am**

### Tai Chi **NEW**

Ancient art of body movement  
**Wed 9:30-11:00am**  
\*Facility: **\$50** | Program: **\$100**



## Group Exercise

Facility Members: **FREE\***  
Program Members: **\$50\***  
\* except where noted

### Zumba®

Awesome Latin flavored workout  
**Mon 4:00-4:50pm**  
**Tues 7:30-8:20am**  
**7:00-7:50pm**  
**Wed 4:00-4:50pm**  
**Thurs 7:00-7:50pm**  
**Fri 5:30-6:20pm**

### Cycling

High energy workout  
**Mon 8:00-8:50am**  
**7:00-7:50pm**  
**8:00-8:50pm**  
**Tues 6:00-6:50am**  
**8:30-9:20am**  
**Wed 6:30-7:20pm**  
**Thurs 6:00-6:50am**  
**8:30-9:20am**  
**Fri 8:00-8:50am**  
**6:30-7:20pm**  
**Sat 8:30-9:20am**

### Cardio Drills

Great aerobic workout  
**Mon 9:45-10:35am**  
**Wed 9:45-10:35am**

### Chisel

Define those major muscle groups  
**Tues 8:30-9:20am**  
**6:00-6:50pm**  
**Thurs 8:30-9:20am**  
**6:00-6:50pm**  
**Sat 9:30-10:20am**



### LiveStrong® at the Y

Special program for cancer survivors.  
Ask the Welcome Center for more info.  
**Tues 1:00-1:50pm**  
**Thurs 1:00-1:50pm**

## Core Conditioning

Concentrates on abs, back and core strength  
**Mon 5:00-5:30pm**  
**Wed 5:00-5:30pm**

## Hi/Lo Impact

Classic workout group exercise  
**Mon 11:30am-12:20pm**  
**Tues 6:30-7:20am**  
**Wed 11:30am-12:20pm**

## Step Interval

Step class for max training  
**Mon 6:00-6:50pm**  
**Wed 6:30-7:20am**  
**6:00-6:50pm**

## Super Step

Super Step for max workout  
**Mon 8:30-9:20am**  
**Wed 8:30-9:20am**  
**Sat 8:30-9:20am**





## 20/20/10

20 min step and hi/lo and 10 min abs

**Mon 7:00-7:50pm**

**Wed 7:00-7:50pm**

## Family Boot Camp

Fun exercise for the whole family

**Sun 10:30-11:20am**

## Box Boot Camp

Train like the fighters do. Awesome!

**Fri 9:30-10:20am**

## Boxing

Use boxing skills fun and tough workout

**Sun 11:30am-12:20pm**

## Weights & More **NEW**

Improve strength and fitness

**Tues 4:30-5:20pm**

## Cardio & Core

Work out for your heart and your core

**Mon 6:30-7:20am**

## Abs Plus

Get tighter abs and a great workout

**Thurs 7:00-7:50pm**

## Belly Dance **NEW**

Widely popular! Fun and a great workout

**Sat 11:30am-12:20pm**

\*Facility: **\$35** | Program: **\$70**

## Kettlebells **NEW**

New! Small group fitness class

Limit 6 per class

**Sat 10:00-10:30am**

\*Facility: **\$35** | Program: **\$70**

**FOR MORE INFO, CONTACT:**

**Laurel Allen**

*Wellness Director*

856.234.6200 x209

laurela@ymca-bc.org

**Online:**

**www.ymca-bc.org**

Click on "Programs & Classes"

## Active Older Adults

Facility Members: **FREE**

Program Members: **\$50**

### Low Impact

Beginner class or for older adults

**Tues 9:45-10:30am**

**Thurs 9:45-10:30am**

### Gentle Fitness

Exercise for any fitness level

**Tues 1:00-1:50pm**

### Strength, Stretch & Balance

Great moderate workout for older adults

**Mon 7:30-8:20am**

**Tues Noon-12:50pm**

**Wed 7:30-8:20am**

**Thurs Noon-12:50pm**

**Fri 7:30-8:20am**

### Stability Ball Stretch

Improve balance, strength and fitness

**Thurs 1:00-1:50pm**

## SilverSneakers® MSROM

Ask at the desk if you qualify

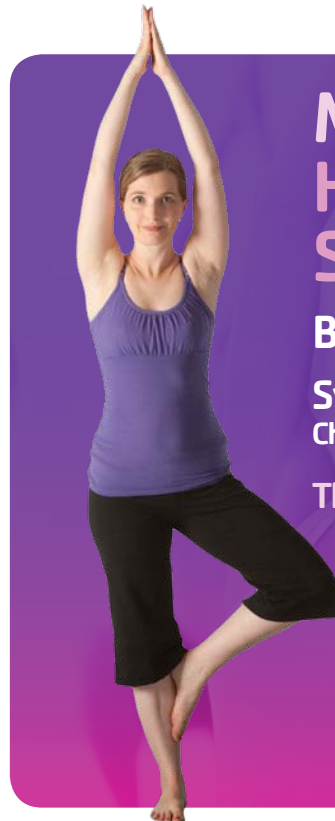
**Mon 12:30-1:20pm**

**1:30-2:20pm**

**Wed 12:30-1:20pm**

**1:30-2:20pm**

**Fri 12:30-1:20pm**



## Mt. Laurel Y Health & Wellness Seminar

### Balance, Posture & Your Spine

**Sylvia Bidwell, D.C.**

*Chiropractic Physician*

Thursday, April 26 | Noon - 1:00pm

## Free Seminar! Everyone Welcome!

**FOR MORE INFO, CONTACT:**

**Pam Hall** *Director of Administration*

856.243.6200 x232 | pamh@ymca-bc.org



# YOUTH DEVELOPMENT

# SOCIAL RESPONSIBILITY

## Early Child Care

### Child Care Center at Mt. Laurel Y

Full day child care program with a focus on quality care and school readiness

**6 Weeks to 6 Years Old | Year-Round program**  
**M-F 6:30am-6:30pm**

Flexible scheduling: 2, 3 or 5 half or full day options

### Learning Tree Preschool at Mt. Laurel Y

**September to June**

**4-Year Olds M/W/F 8:30am-12:30pm**

**3-Year Olds Tu/Th 9:00am-11:30am**

Swim lessons included with this program

### Millbridge Extended Kindergarten

Extended Day Learning for children attending Kindergarten

**Millbridge Elementary School - Delran**  
**September to June**

**M-F 7:00am-6:00pm**

Flexible scheduling: 2, 3, 4 or 5 day options

### Mary Robert's Extended Kindergarten and Pre-Kindergarten

Full and Extended Day Learning for children entering or attending Kindergarten

**Mary Robert's Elementary School - Moorestown**  
**September to June**

**M-F 7:00am-6:00pm**

Flexible scheduling: 2, 3, 4 or 5 day options

## School Age Child Care

### Y Primetime

Educational before and after school program for school age children during the school year, available at the following schools:

#### Lower Burlington County

Mary Robert's Elementary  
Upper Elementary  
Millbridge Elementary  
Delran Intermediate  
Riverton School  
Riverside Elementary

#### Upper Burlington County

Beverly Elementary  
Fountain Woods Elementary  
Doane Academy  
Burlington Middle School  
B. Bernice Young Elementary  
Springfield Elementary

**FOR MORE INFO, CONTACT:**

**Jennifer Strandskov**

*Early Child Care Director*

856.234.6200 x214

jennifers@ymca-bc.org

**Online:**

**www.ymca-bc.org**

Click on "Child Care"



## The 2012 Community Support Campaign

### Give to the Y Today!

At the Y, strengthening community is our cause. We bring people together, connecting people of all ages and backgrounds to bridge the gaps in community needs.

Your gift supports:

▶ PEOPLE ▶ PROGRAMS ▶ PROMISE

**TO DONATE, CONTACT:**

**Joanne Bogrett**

*Development Director*

856.234.6200 x243

joanneb@ymca-bc.org

**Online:**

**www.ymca-bc.org**

Click on "Donate"



Everyone.  
Everyday.  
Your YMCA.

## Women's Opportunity Center

### WE'VE MOVED!

**Now located at the Burlington-Riverfront Y!**

The Women's Opportunity Center assists women who have lost financial support due to separation, divorce, death or disability of a spouse. Membership not required.



**FOR MORE INFO, CONTACT:**

**Cathi Rendfrey**

*WOC Director*

609.543.6200 x224

cathir@ymca-bc.org

**Online:**

**www.ymca-bc.org**

Click on "Programs & Classes"



**FOR MORE INFO, CONTACT:**

**Nancy Haney**

*Registrar, Primetime & Camp*

609.543.6200 x308

nancyh@ymca-bc.org

**Online:**

**www.ymca-bc.org**

Click on "Child Care"

## Summer Day Camps

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

... in your neighborhood!

FOR MORE INFO, CONTACT:

**Jennifer Malik**  
Swim Lesson Coordinator

856.234.6200 x207  
jenniferm@ymca-bc.org

# AQUATICS



## Parent & Child Classes 30 minutes | Ages 6 mos - 3 yrs | 1 Day/8 Weeks

Facility: \$49 Program: \$98

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Shrimp/Kipper</b> Ages 6-12 mos	5:40pm					10:45am	4:35pm
<b>Inia/Perch</b> Ages 13-36 mos	9:30am 5:40pm		4:55pm		9:30am	9:00am 9:35am 10:10am	5:10pm
<b>Tadpole</b> Ages 2½-3½ yrs						9:00am	

## Preschool Classes 30 minutes | Ages 3 - 5 yrs | 1 Day/8 Weeks

Facility: \$49 Program: \$98

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pike 1</b> Beginner 1	9:00am 5:40pm 6:15pm	6:05pm	4:25pm 5:00pm	10:30am 1:00pm	10:00am 10:30am 1:00pm	9:00am 9:35am 10:10am	4:35pm 5:10pm
<b>Pike 2</b> Beginner 2	10:00am 5:40pm 6:15pm	6:05pm	4:25pm 5:00pm	10:30am	10:00am 10:30am	9:00am 10:10am	4:35pm 5:10pm 5:25pm
<b>Eel</b> Intermediate	10:30am 5:40pm		4:25pm	1:30pm	1:30pm	10:10am	5:10pm
<b>Ray/Starfish</b> Advanced	6:15pm		5:00pm			9:35am	4:35pm 5:25pm

## Youth Classes 45 minutes | Ages 6 - 12 yrs | 1 Day/8 Weeks

Facility: \$71 Program: \$142

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Polliwog</b> Beginner	4:50pm	6:40pm	5:35pm 6:25pm			9:00am 10:45am 11:35am	3:45pm
<b>Guppy</b> Advanced Beginner	4:50pm	6:40pm	5:35pm 6:25pm			9:50am 10:45am 11:35am	3:45pm 4:35pm
<b>Minnow</b> Intermediate	4:50pm	6:40pm	5:35pm			9:00am 10:45am 11:35am	3:45pm
<b>Fish / Flying Fish</b> Advanced	4:50pm	6:40pm	6:25pm			9:50am 10:45am 11:35am	3:45pm 4:35pm

## Teen/Adult Classes

45 minutes | Ages 13+ yrs | 1 Day/8 Weeks

Facility: \$71 Program: \$142

CLASS	WEDNESDAY	SATURDAY
<b>Beginner</b>	10:15am	11:35am
<b>Intermediate</b>	10:15am	11:35am

## Private/Semi-Private Swim Lessons at The Evergreens®

Youth & Adults | 1 Day/8 Weeks | 30-min.  
Facility: \$150 Program: \$300

309 Bridgeboro Road, Moorestown, NJ 08057



## Saturday Swim Lessons in Lumberton

7 Weeks of Lessons Starting March 10

**Preschool (3-6 yrs) | 30-min.**

Facility: \$43 Program: \$86

**Youth (6-13 yrs) | 45-min.**

Facility: \$63 Program: \$126

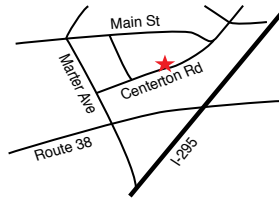
71 Ark Road  
Lumberton, NJ 08048



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

# PROGRAM GUIDE

## SPRING SESSION 2012



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



**Burlington-Riverfront Y**  
302 Commerce Square Blvd.  
Burlington, NJ 08016  
**609.543.6200**

MTL | MEM

Non-Profit Org.  
US Postage  
**PAID**  
Bellmawr, NJ  
Permit No. 262

### OUR MISSION

The YMCA of Burlington and Camden Counties builds strong kids, families and communities through programs committed to improving an individual's spirit, mind and body.

### FACILITY HOURS

**Mon-Fri** 5:30am-10:00pm  
**Saturday** 7:00am-6:00pm  
**Sunday** 10:00am-6:00pm

### SPRING 1 SESSION

Mar 5 – Apr 29

#### REGISTRATION:

Facility	Program
<b>Feb 20</b>	<b>Feb 27</b>

### SPRING 2 SESSION

Apr 30 – Jun 24

#### REGISTRATION:

Facility	Program
<b>Apr 16</b>	<b>Apr 23</b>

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



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[facebook.com/ymcabcc](http://facebook.com/ymcabcc)



Follow us on Twitter  
[twitter.com/ymcabcc](http://twitter.com/ymcabcc)



**YMCA of  
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# Friend 2 Friend REFERRAL PROGRAM

For every friend you refer that joins our Y, you receive...

# 1 FREE month of membership!

