



YMCA of Burlington and Camden Counties
Burlington-Riverfront

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 9 – Mar 4
REGISTRATION:
Facility **December 12**
Program **December 19**



302 Commerce Square Blvd.
Burlington, NJ 08016
609.543.6200

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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
- ▶ 50+ **Group Exercise Classes** each week - FREE!
- ▶ 10+ **Certified Personal Trainers** available
- ▶ **Weight Room** with Life Fitness equipment
- ▶ **Climbing wall**
- ▶ **Daily Group Cycling Classes** - Now FREE!
- ▶ **PreSchool & Youth Classes**
- ▶ Full Indoor **Basketball Court**
- ▶ 6-lane, 25-yard indoor and heated **Swimming Pool**
- ▶ Large separate family and adult only **Locker Rooms**
- ▶ Free **Babysitting** for children ages 8 wks to 11 yrs old so you can workout without worry!

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:
Judy Lokken, *Member Relations Director*
609.543.6200 x309 | judyl@ymca-bc.org

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

ASK ABOUT OUR 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.
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 or ask any staff member at the Welcome Desk.



www.ymca-bc.org

Make the Y Your... Family Wellness Destination!

the **YMCA of Burlington and Camden Counties**
Burlington-Riverfront

SESSION GUIDE WINTER 2012
www.ymca-bc.org



Thanks for voting us **Burlington's Best:**

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

The Y is in Your Neighborhood...

Palmyra Community Center

30 W. Broad Street, Palmyra

Our Y is in your neighborhood at the Palmyra Community Center. We have fun and exciting classes for everyone at any age!

We have fun and exciting Group Exercise classes... for wellness at every age:

- ▶ Parent/Child
- ▶ Adult
- ▶ Preschool & Youth
- ▶ Older Adult

Classes scheduled to begin in January!

For more info, contact:

Laurel Allen, *Wellness Director*
609.543.6200 x325 | laurela@ymca-bc.org

Register Online:

www.ymca-bc.org
Click on the Palmyra Community Center "Read More" button in the Announcements section of the home page

Lumberton Swim

Preschool and Youth Swim Lessons in Lumberton

71 Ark Road, Lumberton
Ages 3-13

- ▶ January 14 – March 3
- ▶ Saturday classes 8 weeks
- ▶ Preschool (3-6yrs) 30 minutes
- ▶ Youth (6-13yrs) 45 minutes
- ▶ Your child will demonstrate swim skills in the water with a certified instructor
- ▶ Takes 10 minutes
- ▶ Bring a swimsuit, towel and change of clothes

Plus... free onsite swim evaluations:

For more info, contact:

Linda Davis, *Aquatics Director*
609.543.6200 x302 | lindad@ymca-bc.org

Register Online:

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

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

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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 2-4 | 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.

Hoop Stars

Ages 4-6
Children will learn basketball skills to improve ball control, passing, team play, offense and defense.

Youth Multi-Sport

Ages 6-10
Have fun while learning fundamentals of soccer, hockey, basketball and more! Class will focus on one sport each week.

Aquatics

We offer expert swim instruction for all ages.

The Y has been nationally recognized as a leader in delivering quality swim programs year after year!

- ▶ Classes for Parent/Child (beginning at 6 months), Pre-School, Youth, Special Needs & Water Safety
- ▶ 30-45 minutes classes, 1 day per week for 8 weeks
- ▶ Beginner to Advanced Levels
- ▶ Certified, experienced instructors

Tornado Swim Club
Competitive swimming
Ages 5-11
12-15

For more info, contact:

Linda Davis, *Aquatics Director*
609.543.6200 x302 | lindad@ymca-bc.org

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

Tai Kwon Do

Ages 8+ | Parent/Child
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 50 Group Exercise classes each week it's easy to stay motivated and make a few new friends in the process!

- ▶ Zumba®
- ▶ Pilates
- ▶ Yoga
- ▶ Abs
- ▶ Jujitsu (Self Defense)
- ▶ Tai Chi



Group Cycling

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

For more info, contact:

Laurel Allen, *Wellness Director*
609.543.6200 x325 | laurela@ymca-bc.org

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www.ymca-bc.org
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Personal Training

Let one of our 10+ 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

Check out the new equipment to the Cardio Fitness area:

- | | |
|----------------------------------|----------------------------|
| ▶ 10 Life Fitness Treadmills | Plus... |
| ▶ 6 Life Fitness Cross Trainers | ▶ 1 Assisted Dip/Chin |
| ▶ 2 Life Fitness Upright Bikes | ▶ 1 Leg Raise |
| ▶ 2 Life Fitness Recumbent Bikes | ▶ 1 Plate Loaded Leg Press |
| ... All with Integrated TVs! | |

Active Older Adults

Maintain An Active Lifestyle!

The YMCA offers mature adults an opportunity to stay active in spirit, mind and body with land and aquatic options!

Game Day

- ▶ Card & Board Games
- ▶ Free to Facility Members

For more information, contact:

Judy Lokken, *Member Relations Director*
609.543.6200 x309 | judyl@ymca-bc.org

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www.ymca-bc.org
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Senior Wii Bowling

- ▶ Adults 55+
- ▶ Teams of 4
- ▶ Once a week, 12 weeks
- ▶ Playoffs & Banquet

Senior Activity Wednesdays

Something different every Wednesday!

- ▶ Book Club
- ▶ Knitting classes
- ▶ Technology seminars
- ▶ Movie & popcorn



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



Specialty classes include:

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