



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

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
Burlington-Riverfront 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)
- ▶ Saunas (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
Youth (age 17 & under)	\$25	\$50	\$350
Young Adults (age 18-24)	\$35	\$75	\$495
Adults (age 25-61)	\$50	\$100	\$700
Single Parent Adult Family (Parent with children under 24)	\$65	\$130	\$910
2 Adult Household (age 25 & older)	\$65	\$130	\$910
Family (Parents with children under 24)	\$75	\$150	\$1,050
Senior (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:

Judy Lokken
Director of Member Relations
609.543.6200 x309
judy@ymca-bc.org

Online:

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

FOR MORE INFO, CONTACT:

Jennifer Rizzo

Director of Member Relations

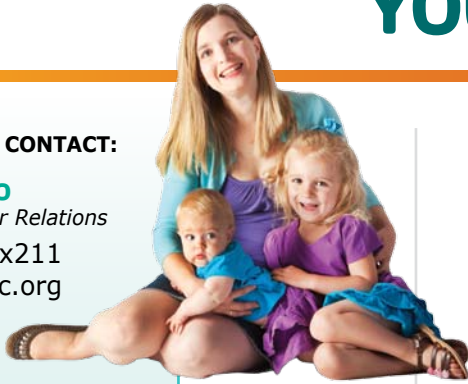
856.234.6200 x211

jennr@ymca-bc.org

Online:

www.ymca-bc.org

Click on "Programs & Classes"



Preschool & Youth

Facility Members: **\$48***

Program Members: **\$96***

* except where noted

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)**

Learning Adventures NEW

Learn numbers, letters and school prep

Ages 3-5

Thurs 9:30-10:15am

Yoga Tyme NEW

Yoga, sign language, rhythm and finger play

Ages 3-5

Thurs 11:15-11:45am

Preschool Soccer NEW

Soccer skills and fun for preschoolers

Ages 3-5

Wed 9:00-9:45am

Wiffle® Ball NEW

Fun skills, hit, run, throw, catch

Ages 3-5

Thurs 10:30-11:00am

Tai Kwon Do

Fun and healthy martial art skills

Ages 8+

Wed 6:30-7:00pm

Sat 11:00-Noon

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

Family Time

Family Movie Time

Come to the Y for an afternoon of family entertainment

Every Saturday 2:30-4:30pm

Free and Everyone Welcome!

Easter Egg Hunt

Hop on over to the Y for some family fun. RSVP on or before March 24 by calling 609.543.6200.

Walkers to Age 9

Saturday, March 31 1:30-3:00pm

Members: **FREE**

Non-Members: **\$3 Donation***

* 2012 YMCA Community Support Campaign

St. Patrick's Day Party

Come wearing green to play games and enjoy snacks, music and win prizes. To register and for more info call 609.543.6200.

Children of All Ages Welcome

Saturday, March 17 2:30-4:30pm

Free and Everyone Welcome!

2012 YMCA Healthy Kids Day®

Save the date for the Y's community event for all kids and families that aims to get kids more active and engaged in learning so they can maintain healthy habits and academic skills to reach their full potential.

Saturday, April 28

Free and Everyone Welcome!





HEALTHY LIVING

Mind & Body

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

Yoga

Improve core strength and flexibility

Mon 7:30-8:20pm
Wed 7:30-8:20pm
Fri 9:00-9:50am

Pilates

Strength, flexibility weight control

Wed 9:00-9:50am
Thurs 6:00-6:50am

Tai Chi

Ancient art of body movement

Tues 11:30am-1:00pm
Thurs 11:30am-1:00pm
*Facility: **\$50** | Program: **\$100**



Group Exercise

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

Zumba®

Awesome Latin flavored workout

Mon 5:30-6:20pm
6:30-7:20pm
Wed 6:30-7:20pm
Thurs 6:30-7:20pm
Fri Noon-12:50pm
6:00-6:50pm
Sat 10:00-10:50am
Sun 2:00-2:50pm

Cycling

High energy workout

Mon 7:00-7:50am
Tues 6:00-6:50am
6:30-7:20pm
Wed 10:00-10:50am
5:30-6:20pm
Thurs 6:30-7:20pm
Fri 7:00-7:50pm
Sat 9:00-9:50am

Chisel

Define those major muscle groups

Tues 5:30-6:20pm
Wed 6:00-6:50pm
Thurs 5:30-6:20pm
Fri 6:00-6:50pm

Turbo Kick® **NEW**

Kickbox and dance to high energy music

Mon 9:45-10:35am
Wed 9:45-10:35am

Boot Camp **NEW**

Whole body workout to burn calories

Mon 6:00-6:50am

Step Circuit

Combines step w/hand weights + bands

Tues 9:30-10:20am
Thurs 9:30-10:20am

Abs

Get tighter abs and a great workout

Tues 5:00-5:20pm
Wed 7:30-7:45pm
*Facility: **FREE** | Program: **\$15**

Belly Dance

Widely popular! Fun and a great workout

Fri 7:00-7:50pm
Sun 3:00-3:50pm
*Facility: **\$35** | Program: **\$70**

Kettlebell

Work multiple muscle groups simultaneously

Sat 10:00-10:30am
*Facility: **\$35** | Program: **\$70**

Jujitsu Self Defense

Learn the art of self defense

Sun 11:00-11:50am
*Facility: **\$35** | Program: **\$70**



Note: All programs offered 1x a week.

FOR MORE INFO, CONTACT:

Laurel Allen
Wellness Director

609.543.6200 x325
laurela@ymca-bc.org

HEALTHY LIVING



Active Older Adults

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

Line Dance

Dance styles are Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more.

Wed Noon-12:50pm

Chair Strength & Stretch

Exercises designed to strengthen and increase range of motion with cardio endurance.

Mon 11:00-11:50am

Wed 11:00-11:50am

SilverSneakers® MSROM

Upper body strength workout with hand-held weights, elastic tubing that is alternated with non-impact aerobic choreography. A chair is offered for support.

Tues 10:30-11:20am

Thurs 10:30-11:20am

SilverSneakers® Cardio Circuit

Combine fun with fitness to an upper body strength workout using hand-held weights and elastic tubing alternated with non-impact aerobic choreography. A chair is offered for support.

Mon 12:30-1:20pm

Wed 12:30-1:20pm

Fri 12:30-1:20pm



AARP Driver Safety Program

Learn safe driving strategies and defensive driving techniques. Certificate issued at completion of course. Course is 6 hours. Participant must attend both days. Register at the Burlington-Riverfront Y Welcome Center.

Tues April 17 12:30-3:30pm

Tues April 24 12:30-3:30pm

*AARP Member: **\$12**

*Non-AARP Member: **\$14**



Book Club

Come join a fun group who share your love of reading.

1st Wednesday of Every Month

1:30-2:45pm

Movie Wednesday

Come for an afternoon of high drama or laughs.

2nd & 4th Wednesday of Every Month

1:30-3:30pm





YOUTH DEVELOPMENT

SOCIAL RESPONSIBILITY

Early Child Care

Child Care Center at Burl-Riverfront 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

Fountain Woods Pre-Kindergarten

Half and full day kindergarten readiness program for children entering kindergarten

Fountain Woods Elementary - Burlington

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

Summer Day Camps

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

... in your neighborhood!

- ▶ Moorestown
- ▶ Burlington
- ▶ Berlin
- ▶ Mt. Laurel
- ▶ Palmyra

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"



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"

Please join us for our
**Summer Camp
Open House!**

Learn more about Y
Camp and receive
great discounts!

Burlington-Riverfront Y

Sat, March 10 | 2-4pm

Sun, April 22 | 10am-Noon

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:

Amanda Lokken
Assistant Aquatics Director

609.543.6200 x350
amandal@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
Shrimp/Kipper Ages 6-12 mos	10:00am	6:05pm				10:10am	
Inia/Perch Ages 13-36 mos	10:00am	6:05pm	4:55pm			10:10am	
Tadpole Ages 2½-3½ yrs						9:00am 10:45am	

Preschool Classes 30 minutes | Ages 3 - 5 yrs | 1 Day/8 Weeks Facility: \$49 Program: \$98

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pike 1 Beginner 1	10:30am	4:30pm	6:00pm	5:50pm		9:00am 10:10am 10:45am	
Pike 2 Beginner 2	10:30am	4:30pm	6:00pm	5:50pm		9:35am 10:10am	
Eel Intermediate	11:30am	4:30pm	6:00pm	5:50pm		10:45am	
Ray/Starfish Advanced	11:30am			5:15pm		9:35am	

Youth Classes 45 minutes | Ages 6 - 12 yrs | 1 Day/8 Weeks Facility: \$71 Program: \$142

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Polliwog Beginner		5:05pm	6:35pm	6:25pm		8:45am 9:35am 10:25am	
Guppy Advanced Beginner		5:05pm	6:35pm	6:25pm		8:45am 11:15am	
Minnow Intermediate				5:00pm		10:25am	
Fish / Flying Fish Advanced				5:00pm		11:15am	
Tornados Competitive Readiness		TBD	TBD		6:00pm 7:00pm	11:15am	

Teen/Adult Classes

45 minutes | Ages 13+ yrs | 1 Day/8 Weeks
Facility: \$71 Program: \$142

CLASS	SATURDAY
Beginner	8:45am
Intermediate	9:35am



**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

**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

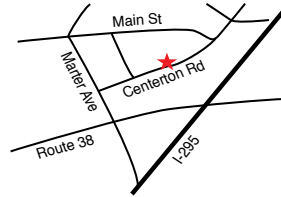
You Belong At The Y! 609.543.6200 | www.ymca-bc.org



**YMCA of
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Camden Counties**
Burlington-Riverfront

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

BRF | MEM

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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-5:00pm

SPRING 1 SESSION

Mar 5 – Apr 29

REGISTRATION:

Facility	Program
Feb 20	Feb 27

SPRING 2 SESSION

Apr 30 – Jun 24

REGISTRATION:

Facility	Program
Apr 16	Apr 23

www.ymca-bc.org



Like us on Facebook
facebook.com/ymcabcc



Follow us on Twitter
twitter.com/ymcabcc



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

Friend 2 Friend REFERRAL PROGRAM

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

1 FREE month of membership!

