

# KIDS & FAMILY SCHEDULE

EFFECTIVE SEPTEMBER 3, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 AM-1 PM & 4-8 PM <b>BABYSITTING &amp; ACTIVITY CENTER</b>	9 AM-1 PM & 4-8 PM <b>BABYSITTING &amp; ACTIVITY CENTER</b>	9 AM-1 PM & 4-8 PM <b>BABYSITTING &amp; ACTIVITY CENTER</b>	9 AM-1 PM & 4-8 PM <b>BABYSITTING &amp; ACTIVITY CENTER</b>	9 AM-1 PM & 4-8 PM <b>BABYSITTING &amp; ACTIVITY CENTER</b>	9 AM-1 PM <b>BABYSITTING &amp; ACTIVITY CENTER</b>	12:00-1:00 pm <b>FAMILY HOOPS</b>
4:15-5:00 pm <b>YOGI JR.</b> Ages 8-12 (S2)	5:30-6:00 pm <b>JIF JUMP INTO FITNESS</b> (Gym) Ages 5-7	4:45-5:15 pm <b>BEGINNER BALLET</b> Ages 5-8 (S1)	5:00-5:30 pm <b>NEW! OBSTACLES*</b> (S2) Ages 5-8	6:30-7:30 pm <b>FAMILY HOOPS</b>	1:00-2:00 PM <b>FAMILY SWIM</b>	1:00-2:00 PM <b>FAMILY SWIM</b>
5:00-5:30 pm <b>LITTLE YOGIS*</b> Ages 4-7 (S2)	6:00-6:30 pm <b>JIF JUMP INTO FITNESS*</b> (Gym) Ages 8-12	5:15-6:00 pm <b>NEW! ATHLETIC TRAINING*</b> Ages 8-12 (Gym)	5:00-6:00 pm <b>FAMILY HOOPS</b>	7:30-8:30 PM <b>FAMILY SWIM</b>	2:00-3:00 pm <b>FAMILY HOOPS</b>	1:00-2:00 PM <b>JR. LAP</b>
5:00-5:45 pm <b>FIT 45*</b> (Gym) Ages 8-12	6:30-8:30 pm <b>BASKETBALL CLINICS</b> (Gym) See dates on back				2:00-3:30 PM <b>JR. LAP</b>	
5:00-5:45 pm <b>FAMILY HOOPS</b>	8:30-10:00 pm <b>SOCCER</b> (Gym) Ages 12+					

**We also offer...**

- Summer Camp
- Before & After School Care in local schools
- Randolph Middle School After Care
- Swim Lessons (Group & Private)
- Competitive Swim Team
- Preteam/Swim Fit

**KEY:**

**WWP:** Warm Water Pool

**MP:** Main Pool

**Gym:** Gymnasium

**S1:** Studio 1

**S2:** Studio 2

**\***: Registration Fee May Apply

**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.

**Babysitting:** Ages 3 months to 5 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 6-13. 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.

**Basketball Clinics:** September 10, & 24, October 8 & 22, November 19, & December 10. Open to ages 9-18, split into 2 groups 9-13 & 14-18. Advanced registration is required at the front desk. Questions? Contact Mina at 973.366.1120 Ext. 19 or [mina@randolphymca.org](mailto:mina@randolphymca.org)

**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: Ages 4-12** FREE to Full Family Members. Basic members can register for these classes at the front desk. **FALL SESSION begins September 16-December 12.** (No Class 10/31 & 11/28)

## YOUTH PASSPORT

**Fitness & Conditioning:** Ages 12-13. Learn 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 before the allowed age (14). Cost is \$35.

**Aquatics:** This program is for children ages 12-13 that once successfully completed, they will be able to swim laps during designated Lap Swim times and do vertical exercises during designated Adult Open Fitness times.

REQUIREMENTS:

- Must swim 4 lengths of the pool (100 meters) non-stop
- Must come prepared with a bathing suit & goggles. Will spend approximately 20 minutes in the pool.
- Fully understand proper lap etiquette, how to pass in the lanes, and pool rules.
- Parents must attend the session (pool & classroom time)
- Must pass a 10 question test and receive 100%

**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.

**Homeschool Enrichment Program:** Contact Nellie, Family Program Coordinator, 973.366.1120 Ext. 27 or 973.769.6005 or [nellie@randolphymca.org](mailto:nellie@randolphymca.org)

## Randolph YMCA

14 Dover Chester Road, Randolph NJ 07869  
P 973 366 1120 [randolphymca.org](http://randolphymca.org)

9/3/2019