

SWIM, SPORTS AND PLAY

Youth Classes at Deer Path

Sporty Kids

3-5 years

Children will play a variety of sports including soccer, basketball, T-Ball, hockey and more.

Tuesday 4:15-5:15 pm
Friday 10:15-11:15 am

Tumble and Sport Class

2-4 years

Children spend half the class working on tumbling skills and the other half of class building a foundation in movement utilizing various pieces of sports equipment.

2-3 year olds (parent may stay)
Friday 9:30-10:15 am
3-4 year olds
Thursday 9:15-10:00 am

Messy Me

2 1/2 -4 years

Creativity unlimited using play dough, shaving cream, jello, spray/splatter paint and more! And the mess stays with us! Wear old clothes; smocks provided.

Monday 9:15-10:15 am

Indoor T-Ball

3-5 years

Focusing on basic skills of baseball including hitting, throwing, catching and base running.

Wednesday 10:15-11:15 am

All-Sports

4-6 years

Designed to introduce children to a variety of sports including soccer, basketball, T-ball, floor hockey and more!

Monday 1:00-2:00 pm
Thursday 10:15-11:15 am

Pee-Wee Sports

NEW!

3 years

This is an introduction to sports/fitness for 3 year olds. Class will focus on ball control, running, throwing and other basic motor skills. A mix of sports and group games will have you smiling through the week until the next class. Pee-Wee Sports will help prepare your child for the next stage of sports classes. (Parent Participation is optional)

Wednesday 4:15-5pm

Sneaker Jam

3-4 years

Energizing class to introduce kids to exercise through a variety of sports and gym games.

Wednesday 9:30-10:15 am

Soccer Skills

3-5 years

Emphasis on basic skills such as dribbling, kicking, passing and team play.

Tuesday 1:00-2:00 pm

Basketball Skills

4-6 years

Focus will be on the fundamentals of basketball skills such as ball handling, passing, shooting and defense.

Monday 2:00-2:45 pm

Rockin in the USA

4-6 years

Join Miss Terri and Coach Scott for a fun trip across the United States. Each week we will visit a different state and learn new games, sports and activities specific to each state. The first half hour of the class will be art, science, or music & instruments, the second half hour sports & games. During the last class children will receive a book with directions for the games and activities.

Monday 10:30-11:30 am

45 minute classes:

Registration By 2/29 After 2/29

Family Full Member:	\$37	\$42
Program Member:	\$60	\$65
Non-Member:	\$83	\$88

1 hour classes:

Registration By 2/29 After 2/29

Family Full Member:	\$42	\$47
Program Member:	\$65	\$70
Non-Member:	\$88	\$93

Spring I March 5-April 29 (no classes 4/6-4/13) • Register Online www.hcymca.org 15

SWIM, SPORTS AND PLAY

Youth Sports at Deer Path

Floor Hockey

7-10 years

Children will work on the fundamentals of stick handling, shooting, passing, defense and team play.

Wednesday 5:00-6:00 pm

Dodgeball League

NEW!

8-13 years

Ready To Dodge! After a quick 5-minute high intensity warm-up, teams will be picked at random and various games will be played.

Teamwork, good sportsmanship and the four Y character values of Caring, Honesty, Respect and Responsibility are the keys to success!

Tuesday 6:30-7:30 pm



Youth Basketball

4 - 9 years

Excellent for player development! Focusing on ball handling, passing, shooting, defense, team play and sportsmanship.

Bronze Level 4-6 years Fri. 4:00-5:00 pm

Silver Level 7-9 years Fri. 5:00-6:00 pm

Home School Be-Fit Program

8-12 years

Use of the Be-Fit room for home schoolers and their parents, including youth strength training equipment, a Wii system and instruction by YMCA fitness staff.

Monday - Friday 8:00-9:00 am

Family Full Member: Included

Program Member: \$59



Tennis Kidz

5-7 years

Proper techniques in front hand, back hand, serving, and game rule will be covered. Child must bring his/her own tennis racquet. Class will be held in the Deer Path gymnasium.

Tuesdays 5:15-6:15 pm

Instant Tennis Junior 1

9-12 years

Instant Tennis Junior 1 is for beginner junior players. Students will learn the forehand, backhand, serve, volley and overhead strokes as well as the basics of scoring. Instant Tennis is a fun way to begin to play tennis.

It is a 7 week program and will be held at Hunterdon Courtside Racquet Club.

Friday 4:00-5:00 pm

Members: \$100

Non members: \$125

YMCA Youth Lock-Ins

Stay Over Night at the YMCA!

Ages 8 to 16 years

Great for church youth groups, scouts, school groups, sports teams, birthday parties, sweet sixteens, graduations. Includes two hours in the pool, open gymnasium, YMCA staff supervision, and optional games and activities. One adult chaperone required for every ten youth. Fee: \$50 per guest. For more information, please contact Mike Triano at 908-782-1044 x 634.

Questions? Contact Jen Plimpton at 908-782-1044 x 653 or jplimpton@hcyymca.org

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SWIM, SPORTS AND PLAY

Youth Fitness at Deer Path

Kids Pilates

7 years and up

Helps kids improve muscle control, flexibility, coordination, and strength.

Monday 4:15-5:00 pm

NEW!

Kids Jazz & Hip Hop Dance

8-14 years

This fast paced class teaches dance steps along with exercises in a friendly environment.

Wednesday 6:15-7:00 pm

Kids Boot Camp

7-14 years

Class begins with a little cardio workout, then alternates between stations to improve endurance, and strength while having fun!

Friday 5:15-6:00 pm

Be-Fit Circuit

8-12 years

The Be-Fit program at the Deer Path branch consists of strength training equipment designed for youth, a Wii system and fun physical activities. Occasionally, outside or gym activities will be added. All participants must complete an orientation with a youth fitness instructor. To schedule an appointment, please speak with a staff member. Children need to be signed in and out by parent. Be-Fit Circuit Hours:

Monday-Friday 4:00-8:00 pm

Saturday 9:00 am - 12:00 pm

Included with Full Membership.

Kids Pilates, Hip-Hop, & Boot Camp

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