



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# A HEALTHIER YOU STARTS AT THE Y

YMCA OF TRENTON

2012 PROGRAM BROCHURE

[www.trentonymca.org](http://www.trentonymca.org)



# INTRODUCTION

Welcome to our Y



## YMCA CEO MESSAGE

The YMCA of Trenton is an organization with a long-standing history in the Mercer County area. Founded in 1856, considering that YMCA's did not come to the USA until 1851, this Y was one of the very first YMCAs in the United States of America. The very first professional basketball game was played in 1896 at the YMCA of Trenton. Our history has been proud and strong, but our future is even stronger.

Here at the YMCA of Trenton, our Board of Directors and our staff share a commitment to nurturing the potential of our most valuable community asset, our children, by promoting healthy living and fostering a strong sense of social responsibility. During these tough economic times Trenton, like many other cities, is going through many difficult challenges, but there are no challenges that communities who genuinely care about the well being of each other cannot overcome.

The logo of the Y might have changed, but the mission remains the same. The YMCA of Trenton is committed to creating an environment that allows fam-

ilies and communities to grow together.

Our organization stands on the foundation of Y-USA, our national organization which is 21 million strong and has more than 2,600 Y associations nationwide. With the assistance of the Y-USA network, we will continue to build stronger programs, engage more volunteers and strengthen the connections of the communities we serve in Trenton, Ewing and Lawrence. This Y is more than memberships; we are building healthy and strong relationships one person at a time.

Come and join us!

Samuel T. Frisby  
Interim CEO

## YMCA Mission

Our Mission at the YMCA of Trenton is to provide opportunities to all individuals and families by putting values and principles into practice through programs and activities that build a healthy spirit, mind and body. The YMCA is a member of an international organization that accepts diversity and promotes community development and cooperation.

## Diversity and Nondiscrimination

The YMCA of Trenton embraces values and beliefs which support and reflect the inclusion and appreciation of all persons regardless of race, gender, creed, religion, ethnic origin, sexual orientation, age or disability. The YMCA of Trenton is an equal opportunity employer and care provider.

## Our Facility Offers

- Outdoor Pool
- Fitness Center
- Gymnasium
- Locker Rooms
- Dance Studio
- Multi-purpose Rental Rooms

## Hours of Operation

Monday: 6:30 am - 9:00 pm

Tuesday: 6:30 am - 9:00 pm

Wednesday: 6:30 am - 9:00 pm

Thursday: 6:30 am - 9:00 pm

Friday: 6:30 am - 10:00 pm

Saturday: 8:00 am - 5:00 pm

Sunday: 9:00 am - 5:00 pm

## Child Watch Hours

When adult members are engaged in classes, programs and workouts, etc. at our facility, FREE, onsite convenient drop-in babysitting is available. Children enjoy age-appropriate games, crafts, projects and more while in our care. *Child Watch is a member benefit.*

Monday through Thursday:  
6:00 pm to 8:30 pm

Friday: 5:00 pm to 8:00 pm

Saturday: 8:30 am to 12:00 pm

Ages: 3 Months - 13 years

## Program Session Information

Our Y programs run in 7 week sessions (*not including fitness classes which are offered on a daily basis*). Registration begins two weeks prior to each session

and may be completed online or in person. Space is limited, so be sure to call us at (609) 599-9622 or visit our website regularly at [www.trentonymca.org](http://www.trentonymca.org) to review our seasonal session schedules.

## Winter Session:

January 23rd to March 11th

## Early Spring Session:

March 12th to April 29th

## Holiday Closings 2012

The YMCA will be closed on the following days in observance with the holiday schedule. We hope you and your family enjoy your holidays.

M.L.K Day Jan 16<sup>th</sup>

Presidents Day Feb 20<sup>th</sup>

Good Friday Apr 6<sup>th</sup>

Memorial Day May 28<sup>th</sup>

Independence Day July 4<sup>th</sup>

Labor Day Sept 3<sup>rd</sup>

Thanksgiving Nov 24<sup>th</sup>

Christmas Day Dec 25<sup>th</sup>

## Financial Assistance

Participation in YMCA of Trenton programs, services and activities are available to everyone regardless of age, background, ability or income. It is in that spirit that we offer scholarships to eligible families and individuals in need of financial assistance. For more information regarding the YMCA Financial Assistance Program, please contact the Welcome Center.

## MEMBERSHIP

Your membership at the YMCA of Trenton provides much more than access to our facility. Your membership enables you to lead a healthier lifestyle by building friendships and playing an active role in your community. Relationship-building within and between families, staff and program participants is what lies at the heart of the YMCA mission.

### Full-Privilege Membership

Selecting a Full-Privilege Membership at the YMCA of Trenton is a smart choice for the following reasons: 1) members are able to utilize the facility up to 7 days a week, 2) members participate in our Y programs at a discounted rate, and 3) members are granted access to other YMCA's throughout New Jersey

that participate in the National YMCA A.W.A.Y Program

(**A**lways **W**elcome **a**t **Y**MCA's).

### Full-Privilege Membership Benefits includes:

- FREE Adult Group Exercise Classes (Includes Land & Water)
- FREE Appointment with a Wellness Coach
- FREE Babysitting Services (Max. 2 Hours per Day)
- Reduced rates for youth programs
- Guest Passes (some restrictions apply)
- No contracts to sign
- Membership access at other NJ YMCA's





**DID YOU KNOW THE YMCA OFFERS  
SUMMER CAMP?**

**WE OFFER CAMPS  
FOR PRESCHOOL THROUGH MIDDLE  
SCHOOL AGE CHILDREN.**

**THIS SUMMER WE HAVE  
SEVERAL DIFFERENT CAMPS  
FOR YOU TO CHOOSE FROM!  
ALL SUBSIDIES ARE ACCEPTED!**

## Youth Program Membership

Youth Program Membership is available to children ages 12 and under that are interested in attending Y specialty classes and programs including youth sports and day camp. Facility access is limited and is based on program participation.

## Membership Rates

Category & Age	Monthly Fees	One-Time Joiner Fee	Annual payment
Youth (12 years & younger)	7.50	WAIVED	90.00
Teen (13 – 18)	15.00	WAIVED	180.00
Young adults (19 – 23)	21.75	WAIVED	261.00
Adults (24 – 64)	29.25	WAIVED	351.00
Family *	44.25	WAIVED	531.00
Single Parent Family **	35.25	WAIVED	423.00
Senior (65 & older)	16.00	WAIVED	192.00
Youth Program Membership			35.00

\*Two adults living in the same household including dependent children up to age 18 and/or college students with 12 credits up to age 23

\*\*One adult with dependent children up to age 18 and/or college students with 12 credits up to age 23

## LEADERSHIP STAFF

### **Samuel Frisby**

C.E.O, Ext. 203  
[Sfrisby@trentonymca.org](mailto:Sfrisby@trentonymca.org)

### **Jacqueline Ivey**

Child Care Director, ext. 212  
[Jivey@trentonymca.org](mailto:Jivey@trentonymca.org)

### **Jill Carson**

Finance Director, ext. 207  
[Jcarson@trentonymca.org](mailto:Jcarson@trentonymca.org)

### **Ramon Ryan**

Senior Program Director, ext. 213  
[Ryan@trentonymca.org](mailto:Ryan@trentonymca.org)

### **Renee Riddle-Davison**

Health & Wellness Director, ext. 205  
[Rdavison@trentonymca.org](mailto:Rdavison@trentonymca.org)

### **Marissa Davis**

Project Coordinator, ext. 211  
New Jersey Partnership for Healthy Kids  
[Mdavis@trentonymca.org](mailto:Mdavis@trentonymca.org)

### **Robert Johnson**

Facilities Supervisor, ext. 214  
[Rjohnson@trentonymca.org](mailto:Rjohnson@trentonymca.org)

### **Donielle Bridgewater**

Membership Supervisor, ext. 202  
[Dbrigewater@trentonymca.org](mailto:Dbrigewater@trentonymca.org)

### **Mabel Watson**

Preschool Administrator, ext. 210  
[Mwatson@trentonymca.org](mailto:Mwatson@trentonymca.org)

### **Fania Ayeh**

Preschool Family Worker, ext. 209  
[Fayeh@trentonymca.org](mailto:Fayeh@trentonymca.org)



## VOLUNTEER

A donation of your time is also a valuable contribution. The YMCA of Trenton has many opportunities for volunteers that may include;

- Earth Day Gardening & Beautification projects
- Fundraising activities
- Administrative tasks
- Coaching & Mentoring
- Facilities renovations (painting, playground builds, etc)

## EMPLOYMENT

Looking for a rewarding career? Check out available job opportunities at the YMCA of Trenton by visiting our website at [www.trentonymca.org](http://www.trentonymca.org)

## BOARD OF DIRECTORS

Daniel Brenna

Anthony Carabelli

Pasquale Colavita

Jeff Hall

Betty Coles

Michael Donahue

John Dreboty

Diane Gerofsky

Jerry Howell

Frank Marchetti

Jonathan Meer

Sam Rubino

Peter Toft

Jeff Zeiger

## **YOUTH DEVELOPMENT Child Care Preschool Program (Ages 3-5)**

The YMCA of Trenton Preschool Center is a place where children ages 3 to 5 are taught social, cognitive, language and readiness skills through quality preschool instruction in preparation for kindergarten and beyond. Our licensed facility offers "free" preschool education to eligible residents of Trenton. Our certified teachers and trained professional staff work together to provide age-appropriate lessons and field trips that promote socialization, language development, reading, writing, self-discovery and more. The hours of operation are 8:45am-3:25pm. Before/after care hours are 7:00am-8:45am and 3:25pm-5:30pm Monday through Friday. Breakfast, lunch and snacks are provided daily. For more information about our preschool program, please contact our child care department at ext. 210.

## **After School Care Program (Ages 5-13)**

We provide care from dismissal time up until 6:30pm. This service is available for all grades. We pick up your child from school and transport them back to the YMCA facility at no extra charge. Your child will enjoy Homework Time, Tutoring, Martial Arts, Science, Field Trips, Theater, Computers and much more. If you are interested in learning more about our After School Program, please contact our Youth Services Department at ext. 213

## **"Schools Out" Care (Ages 5-13)**

Open to children preschool through elementary school age, this fun-filled program will entertain your child when school is on break. Have them dress comfortably and bring lots of energy for a blast of a time. Activities may include roller skating, arts & crafts, movies, computers, trips, field trips, cooking and more. **"Schools Out" Care is available from 7:00 am to 6:30 pm.**

### **Dates:**

1/16, 2/1, 2/20,  
4/6 through 4/13

## **Teen Leaders Club (Ages 11-17)**

What is your teen doing after school? We offer a program for teens between the ages of 11-17 who are interested in making a difference in their community. Your teen will enjoy community service activities, field trips, college preparation opportunities, and homework help, and will also be prepared for the working world. To learn more about our Teen Leaders Club, please contact our Youth & Teen Department.

## **Club 812**

Your child will enjoy coming to the YMCA on Saturdays to enjoy group games, sports, crafts, team-building activities, video games, field trips, and more.

Ages: 8-12 Day: Saturday

Time: 1:30pm – 4:30pm

*Full-Member Pricing: \$40.00  
Program/Nonmember Pricing:  
\$50.00*



### **Young Artists Club**

Does your child love creating art at home? If so, he/she will enjoy exploring different types of arts and crafts materials. Participants in YAC will enjoy painting, craft-making and more.

Ages: 6-12 Day: Wednesday

Time: 6:30pm - 7:15pm

*Full-Member Pricing: \$25.00*

*Program/Nonmember Pricing:  
\$35.00*

### **Parent/Child Gym Class**

Discover the joy of playing with balls of different colors, sizes and textures while bonding with your child. Have fun throwing, catching, bouncing and measuring a variety of balls. Music and movement will also be part of the class. Parent participation is a must.

Ages: 2-3

Day: Tuesday 9:00am - 9:45am

*Full-Member Pricing: \$25.00*

*Program/Nonmember Pricing:  
\$35.00*

### **Preschool and Youth Sports Leagues Basketball Leagues**

(Preschool) Saturdays:  
10:30am-11:30am

(Rookies) Saturdays:  
11:45am-12:45pm

(Winners) Saturdays:  
1:00pm-2:00pm

### **Pre-School Instructional Basketball**

Participants will learn the basics of the game through warm-ups, drills and non-competitive scrimmage games. Emphasis will be placed on the importance of teamwork and good sportsmanship.

Ages: 3-5

Day: Thursday 5:30pm-6:15pm  
or Saturday 8:30am-9:15am

*Full-Member Pricing: \$25.00*

*Program/Nonmember Pricing:  
\$35.00*

### **Youth Instructional Basketball**

Participants will learn the basics of the game through warm-ups, drills and non-competitive scrimmage games. Emphasis will be placed on the importance of teamwork and good sportsmanship.

Ages: 5-7

Monday: 5:30pm - 6:15pm

Saturday: 9:15am -10:00am

*Full-Member Pricing: \$25.00*

*Program/Nonmember Pricing:  
\$35.00*

### **Preschool Sports**

A non-competitive sports program for 3-4 year old boys and girls, participants will learn the fundamentals of various team sports while having fun. Each child will receive a team shirt and participation award. Parent involvement is encouraged and coaching opportunities are available.

### **YMCA Rookies**

A non-competitive sports program for 5-7 year old boys and girls, the primary objective is to help participants learn the basic rules, skills, and tactics of various sports. Each child will receive a team shirt and a participation award. Parent involvement is encouraged. Coaching opportunities are available.

## YMCA Winners

This unique values-based semi-competitive sports program is designed for boys and girls ages 8-12 years old to learn and understand that winners strive to do their best rather than simply defeat others. Cooperation and competition are equally valued. Parent involvement is encouraged and coaching opportunities are available. Each child will receive a team shirt and a participation award.

### **Basketball League-Preschool**

Saturday: 10:30am-11:30am

### **Basketball League-Rookies**

Saturday: 11:30am-12:30pm

### **Basketball League-Winners**

Saturday: 12:30pm-1:30pm

*Full-Member Pricing: \$25.00*

*Program/Nonmember Pricing:  
\$35.00*

## Martial Arts

The Martial Arts Program at the YMCA of Trenton builds self-confidence, teaches self-defense, and enhances personal development, fitness and flexibility. This popular program is unique in that on a personal level, each participant can achieve positive results. Stretching & strengthening will be emphasized in each class as our Y core values --- Caring, Honesty, Respect and Responsibility are upheld. The cost of uniforms is included in the program fee.

### **Pre-School Karate**

Ages: 4-5

Day: Tuesday & Thursday

Time: 5:30pm - 6:15 pm

### **Youth Karate**

Ages: 6-13

Day: Tuesday & Thursday

Time: 6:30pm - 7:15 pm

*Full-Member Pricing: \$50.00*

*Program-Nonmember Pricing:  
\$60.00*

## Y-Ventures

If your child loves indoor water parks, go-karts, movie theaters, parks, shopping or visiting the Franklin Institute, she/he will definitely enjoy Y-Ventures. The YMCA of Trenton now offers a new program that will enable youth to travel to a new location every 1st and 3rd Saturday of each month.

Ages: 6-12

Days:

Saturdays 1/7-1/21 & 2/1-2/18

Time: 11:30am - 6:00pm

*Full-Member Pricing: \$50.00*

*Program-Nonmember Pricing:  
\$65.00*

## 2012 Indoor Winter Junior Gold

The First Tee of Greater Trenton will launch its new 4-week indoor golf program at the YMCA of Trenton, to be held on Saturdays! The targeted level of participants will be Birdie and Eagle (beginner), but Player and Par will also be considered. This program will be taught by Tony Latham of the PGA, along with other First Tee coaches, and will follow the First Tee lesson plans with several added features to make the sessions fun, interesting, and productive. The gymnasium will be set up with special golf mats, nets, targets, and other equipment needed to ensure appropriate training stations.



For information on how to become a part of this new program please call:  
1-800-322-4352  
or visit:

[www.thefirstteegreatertrenton.org](http://www.thefirstteegreatertrenton.org)

## **YOUTH DEVELOPMENT**

The YMCA of Trenton would like to welcome to our facility Trenton's first performing arts dance school, the "YMCA Community Dance Academy @ 431", (formerly known as the Calvary Dance Academy). Open to all age groups including adults and seniors, quality dance training is our main focus with class offerings in ballet, tap and hip hop.

Our mission is to educate students through movement and develop them in spirit, mind and body. Dance is a celebration of life, tradition, creativity, expression, and communication. Our school provides a safe and positive environment where dancers are free to be challenged and believe in themselves.

We are very excited to have them join the YMCA.

### **Pre-Ballet & Pre-Tap (3 & 4 year olds)**

Basic ballet and tap skills, terminology, rhythm and coordination are taught, practiced, and developed through creative movement and music in a supportive and supervised environment.

### **Beginner Ballet, Beginner Tap, Beginner Hip Hop (5-7 year olds)**

Technique is combined at this level and placement, posture, rhythm and motor skills are developed.

### **Junior Ballet, Junior Tap, Junior Hip Hop (8-13 year olds)**

These classes are great for developing gross motor skills, rhythm and coordination. Class consists of a warm-up exercise, across the floor exercises and extended rhythmic phrases and combinations.

### **Intermediate Ballet, Intermediate Tap, Intermediate Hip Hop (14-18 year olds or younger depending upon experience and teacher permission)**

These high energy classes develop technique, self-confidence and stage performance.

### **Advanced Hip Hop by Audition Only**

This extremely high-energy class combines difficult choreography with the dancer's own creativity to create various shapes and patterns with emphasis on momentum.

**Open Registration:**

**January 14, 2012**

**9:00 am – 12:00 pm**

**Contact Renee Davison for  
more information at**

**[Rdavison@trentonymca.org](mailto:Rdavison@trentonymca.org)**

**or 609-599-9622 ext. 205**



## YOUTH DEVELOPMENT

### Summer Camp 2012

#### "Swim, Sports & Play"

The YMCA of Trenton provides a safe nurturing camp experience for all children. Our goal is to create an atmosphere that is exciting and fun to learn, grow and enjoy. Throughout the camp day, campers ages 3-16 will participate in a variety of activities such as arts & crafts, character development, sports, field trips, group games, reading programs, science projects, nature study, breakfast, lunch and snack and much more.

*Registration begins  
January 2, 2012.*

### 2012 Summer Camp Session

- Session 1 June 25<sup>th</sup> – June 29<sup>th</sup>
- Session 2 July 2<sup>nd</sup> – July 6<sup>th</sup>
- Session 3 July 9<sup>th</sup> – July 13<sup>th</sup>
- Session 4 July 16<sup>th</sup> – July 20<sup>th</sup>
- Session 5 July 23<sup>rd</sup> – July 27<sup>th</sup>
- Session 6 July 30<sup>th</sup> – August 3<sup>rd</sup>
- Session 7 August 6<sup>th</sup> – August 10<sup>th</sup>
- Session 8 August 13<sup>th</sup> – August 17<sup>th</sup>
- Session 9 August 20<sup>th</sup> – August 24<sup>th</sup>
- Session 10 August 27<sup>th</sup> – August 31<sup>st</sup>

*\*\*Care is available on June 21<sup>st</sup> & 22<sup>nd</sup>*

### Summer Camp Hours

Monday – Friday  
8:00 am – 6:30 pm

### Extended Hours

6:45am – 8:00am  
Cost: \$6.00 per week

**Camp Tuition: \$130.00**  
per child, per week. Sibling discounts available!

**CONTACT OUR CAMP  
DIRECTOR TO LEARN MORE  
ABOUT HOW YOU CAN BECOME  
APART OF OUR CAMP PROGRAM  
BY EMAILING**

[Camp@trentonymca.org](mailto:Camp@trentonymca.org)

or call 609-599-9622

## AM/PM Transportation

SUV pickup/drop off from select schools in Trenton, Ewing, Lawrence and Hamilton.

## Child Care Vouchers

We accept all child care vouchers.

## Camp Small Feet

Ages: 4-5

Camp Small Feet provides children ages 4 to 5 with creative and stimulating activities and learning experiences for an enjoyable camp day. As with all YMCA camps, activities center around weekly themes. Except on field trip days, the daily schedule will include swimming, arts & crafts, singing songs, and outdoor play. Each week campers will attend educational field trips to help them learn more about their world. Trained counselors will remain with their campers at all times to maximize safety and ensure the personal enjoyment of each camper. All campers must be completely potty trained.

## Day Camp

Ages: 6-12

Campers will enjoy structured group games, team-building activities, sports, nature activities, computer education, reading programs, science projects, weekly field trips, theater, arts & crafts and more. All of our activities are based on our weekly themes.

We also offer the following specialty camps:

- Basketball
- Trips
- Theater
- Dance/Hip Hop
- Soccer
- Critter
- Cooking
- Nature
- Art
- Crime Scene Investigation
- Hip Kids

## HEALTHY LIVING

The YMCA of Trenton offers group exercise fitness classes that will help increase cardiovascular strength and endurance to improve flexibility, tone muscle, reduce stress and burn calories. Each class varies in order to reduce predictably and keep our members motivated. These classes are fun, power-packed, easy to follow and suitable for a variety of fitness levels.

### Strength & Conditioning

This fitness class offers you a combination of both cardio- and resistance-training that will challenge you like never before. This class offers total body muscle conditioning using dumbbells and more to work all major muscle groups.

### Cardio Kick & Jab

Are you looking to burn fat, tone muscle and reduce stress? Look no further, we have just what you are looking for. Driving music and our powerful certified instructors will have you punching and kicking your way through calories to superior cardio fitness in no time. Use of equipment may vary.

### Zumba

Come join our certified Zumba instructors as we bring you a Latin-inspired, easy-to-follow, calorie-burning, feel it to the core fitness party. This is a dance class that is fun and uses combinations of fast and slow rhythms that tone and sculpt the body.

### Step & Tone Boot Camp

This class is an excellent high energy total body workout. In one hour you will have fun learning

basic step routines that will improve your cardio endurance as well as target key areas of your body with resistance-training.

### Saturday Multi-Mix

Why not cross-train! This fitness class and its instructors will change weekly to stimulate additional strength and conditioning.

### Silver Sneakers/ Senior Fitness

Silver Sneakers/Senior Fitness is a fitness program designed specifically for our members who are Medicare beneficiaries. With this program our members increase their cardiovascular strength and endurance. We also help our members improve their muscular strength, muscular endurance and increase their flexibility. **Call the YMCA to see if you qualify for a FREE gym membership.** Classes held at the West Ward Recreation Center on Prospect Street, Trenton.

### Fitness Orientation

A YMCA Certified Trainer will teach you proper form and technique on cardio and circuit equipment in our wellness center. This session is complimentary and required for all new members.

### Personal Training

Your search for well-being is over. Our certified Personal Trainers are available for individuals who need help reaching their personal fitness goals. We will design a fitness program specifically for your individual needs.

**Visit us online @ [www.trentonymca.org](http://www.trentonymca.org) for class schedules or call our Welcome Center at 609-599-9622.**

## **SOCIAL RESPONSIBILITY**

### **Sports Leagues**

#### **Teen Open Basketball League**

This league is open to 7th to 12th graders for an evening of basketball. Games will be supervised. This is a great opportunity for teens to have fun in a safe place.

*Times: 7:30 pm to 9:30 pm*

*Day: Fridays*

*Full-Member Pricing: Free*

*Program/Nonmember Pricing: \$5.00*

#### **Men's 5 vs. 5 Basketball League**

Looking to join a basketball league in the evening after work? The YMCA of Trenton is now starting a Men's Basketball League. All participants will receive a team shirt. This league is open to men ages 18 and over. If you're interested in learning more, please contact the sports department at Ext. 213.

The YMCA also welcomes teams from local community centers and church groups. Call us for more information.

**DID YOU KNOW WHEN YOU  
JOIN OUR YMCA YOUR  
MEMBERSHIP CAN BE USED  
AT ALL NJ YMCA'S?**

### **Special Events**

*Building Community through  
Education and Fun*

#### **Healthy Kids Day Fair April 28, 2012**

Join us for a fun-filled day at the YMCA of Trenton to celebrate Healthy Kids. This annual National YMCA event is free and open to the community. Your family will enjoy group games, moon bounce, free giveaways,

prizes, healthy eating tips, fitness demonstrations and much more.

*Time: 10:00 am to 2:00 pm*

### **Family Nights**

Family Nights at The YMCA of Trenton give families an opportunity to come together and enjoy some quality time. Each night activities will represent a different theme. Family Nights may include swimming (seasonal), group games, Wii, crafts and a movie. All families must pre-register for this event.

*Date: 1/14, 2/11, 3/10, 4/7*

*Times: 4:30pm - 6:30pm*

*Full-Member Pricing: FREE*

*Program/Nonmember Pricing:*

*\$2.00 per person*

### **Parents' Night Out**

How nice would it be to go out for a night without the children? We now offer a new program where we watch the kids while you enjoy a night out. Your children will enjoy snacks, games, video games, sports, team building games, cooking and crafts to complete the night for ages 3-13.

*Time: 6:30 pm to 10:00 pm*

*Dates: 1/14, 2/11, 3/10, 4/7*

*Full-Member Pricing: \$7.00*

*Program/Non Member Pricing: \$10.00*

*Ask about our sibling discount*

### **"School's Out" Care**

Open to children in preschool through elementary school, this fun-filled program will entertain your child when school is on break. Have them wear comfortable clothing and bring lots of energy for a blast of a time. Activities will include roller skating, arts & crafts, movies, computers, trips, field trips, cooking and more. "Schools Out" Care is available from 7:00 am to 6:30 pm.

*Dates: 2/1, 2/20, 4/6 - 4/13*

## **SOCIAL RESPONSIBILITY**

### **Youth Dance Parties**

Does your child love to watch music videos, sing or dance? The YMCA now offers monthly dance parties for children between the ages of 7-11. Children will enjoy a DJ, laser lights, glow sticks, snacks and prizes.

Time: 7:00-10:00pm

Dates: 1/14, 2/18, 2/17, 4/14

*Cost: \$8.00 per person  
(discount with report card)*

### **Technology Time**

Are you interested in learning how to use a computer, send emails, create a resume? Perhaps you would just like to brush up on your computer skills. We are now structuring a group for people of all ages that are interested in learning more about the above information. If you're interested in being a part of this group, please contact Ramon Ryan at ext. 213.

### **Community Certifications**

Are you interested in becoming a certified baby sitter? A certified lifeguard? Getting CPR/AED/02 certified? The YMCA of Trenton is now offering affordable classes for you to become certified. Contact Ramon Ryan at ext. 213 to learn when classes are offered.

## **Birthday Parties**

Why go to Chuck-E-Cheese's when you can have your party at the YMCA of Trenton! We now offer the following specialty parties:

### **Specialty Parties**

- Sports
- Hip-Hop
- Pool Party (Seasonal)
- Arts & Crafts
- Character
- DJ
- Obstacle Course
- Shuffle

### **Party Pricing**

Parties run for 2 hours and we provide two (2) trained staff members who will greet and assist you with unloading your vehicle. All party setups may begin 30 minutes prior to your scheduled time. All packages include paper plates, utensils, napkins, tables, chairs and tablecloths for up to 30 children.

Full-Member Pricing: \$120.00

Program Members: \$135.00

Non-Members: \$150.00

ADD ONS: DJ System \$65.00

Additional Time: \$65.00 per hour

Face-Painting: \$25.00



**YMCA of Trenton  
431 Pennington Avenue  
Trenton N.J., 08618**

