



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BREAKFAST WITH SANTA!

Celebrate the Holiday Season with the Y  
at Camp Zehnder!

> **Saturday,  
Dec. 15 | 9 a.m.**

**\$5/person | \$20/ family max**

Join us for breakfast by the campfire,  
photos & festive, family fun to support  
the Y's Annual Campaign!

**RSVP to 732.836.9177  
or e-mail [swimandmore@cymca.org](mailto:swimandmore@cymca.org)**



## THE COMMUNITY YMCA

Camp Zehnder Lass Aquatics Center

3911 Herbertsville Rd.  
Wall, NJ 08724

P. 732.836.9177

[swimandmore@cymca.org](mailto:swimandmore@cymca.org)

[TheCommunityYMCA.org](http://TheCommunityYMCA.org)



**Here for all.**

Financial assistance is offered  
based on availability of funds.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW SIBSHOPS AT CAMP ZEHNDER!

Join us for support & fun for neuro-typical siblings of children with special needs.

SIBSHOPS participants ages 8-12 years old will attend fun and recreational workshops, meet other siblings, play games, talk about their experiences of having a sibling with special needs, and celebrate the important role they have in the lives of their families.

## MONTHLY SIBSHOPS DATES:

Dec. 8, 2018 and 2019 dates:  
Jan. 5, Feb. 2, March 2,  
April 6, May 4, June 1



10 a.m.-2 p.m. | Camp Zehnder Main Office: 3911 Herbertsville Road, Wall, NJ 08724  
Cost: \$25 per 4-hour workshop

> **RSVP to [swimandmore@cymca.org](mailto:swimandmore@cymca.org) or call 732.836.9177**

## THE COMMUNITY YMCA

CAMP ZEHNDER LASS AQUATICS CENTER

3911 Herbertsville Road  
Wall, NJ 08724

P. 732.836.9177

[swimandmore@cymca.org](mailto:swimandmore@cymca.org)

[TheCommunityYMCA.org](http://TheCommunityYMCA.org)



Here for all.

Financial assistance is offered  
based on availability of funds.



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## WINTER SWIM SCHEDULE

(January 2 –February 24) Registration starts December 10

PARENT & CHILD STAGES | 30 MINUTES | 8 Week Session Price: \$ 148

PARENT & CHILD STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>A. WATER DISCOVERY</b> 6 - 18 MONTHS						9:00 am	9:00 am
<b>B. WATER EXPLORATION</b> 19 - 36 MONTHS						10:00 am	10:00 am
<b>C. PARENT &amp; CHILD</b> 6-36 MONTHS	9:30am	10:00am	9:30am	10:00am	9:30am		

PRESCHOOL STAGES | 30 MINUTES | 8 Week Session Price: \$148

PRESCHOOL STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1. WATER ACCLIMATION</b> 3 - 5 YEARS	10:00am 11:00am 12:00pm 4:00pm	9:30am 11:00am 4:00pm	10:00am 11:00am 12:00pm 4:00pm	9:30am 11:00am 4:00pm	10:00am 11:00am 4:00 pm	9:00 am 9:30 am 10:30 am	9:00 am 9:30 am 10:30 am
<b>2. WATER MOVEMENT</b> 3 - 5 YEARS	10:30am 11:30am 12:30pm 4:30 pm	10:30am 11:30am 4:30 pm	10:30am 11:30am 12:30pm 4:30 pm	10:30am 11:30am 4:30 pm	10:30am 11:30am 4:30pm	9:00 am 9:30 am 10:00 am 10:30 am	9:00 am 9:30 am 10:00 am 10:30 am
<b>3. WATER STAMINA</b> 3 - 5 YEARS	1:00pm	4:30 pm	1:00pm	4:30 pm	3:30pm	9:30 am	10:00 am
<b>4. STROKE INTRODUCTION</b> 3 - 5 YEARS	5:00pm		5:00pm			10:00 am	9:30 am

YOUTH STAGES | 45 OR 60 MINUTES | Session Price: \$ 168 for 45 MINUTES, \$188 for 60 MINUTES

YOUTH STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1. WATER ACCLIMATION</b> 6 - 12 YEARS 45 MINUTES	5:45 pm		5:45 pm			9:30 am	9:30 am
<b>2. WATER MOVEMENT</b> 6 - 12 YEARS 45 MINUTES							
<b>3. WATER STAMINA</b> 6 - 12 YEARS 45 MINUTES	5:00 pm		5:00 pm		5:00 pm	8:45 am 10:30 am	8:45 am 10:30 am
<b>4. STROKE INTRODUCTION</b> 6 - 12 YEARS 45 MINUTES		5:00 pm		5:00 pm		10:15 am	10:15 am
<b>5. STROKE DEVELOPMENT</b> 6 - 12 YEARS 60 MINUTES		5:45 pm		5:45 pm		11:00 am	11:00 am
<b>6. STROKE MECHANICS</b> 6 YEARS & UP 60 MINUTES		5:45 pm		5:45 pm		11:00 am	11:00 am

## THE COMMUNITY YMCA

3911 Herbertsville Road  
 Wall, NJ 08724

P. 732.836.9177  
 swimandmore@cymca.org

TheCommunityYMCA.org



**Here for all.**

Financial assistance is offered based on availability of funds.