2017–2018

FUN FOR ALL & ALL FOR FUN YEAR-ROUND AT CAMP ZEHNDER

THE COMMUNITY YMCA
Camp Zehnder
3911 Herbertsville Road
Wall, NJ 08724

TheCommunityYMCA.org
swimandmore@cymca.org
P. 732.836.9177

Here for all. Financial assistance is offered based on availability of funds.
FALL/WINTER/SPRING/SUMMER SESSIONS

**FALL 1**
Sept. 11 – Oct. 29 (7 weeks)
Registration begins Aug. 7

**FALL 2**
Oct. 30 – Dec. 23 (7 weeks)
Registration begins Oct. 16
No classes Nov. 23, 24 & Dec. 23, 24

**WINTER 1**
Jan. 2 – Feb. 25 (8 weeks)
Registration begins Dec. 11

**SPRING 1**
Feb. 26 – April 22 (8 weeks)
Registration begins Feb. 12
No classes April 1
Closed April 1 (Easter)

**SPRING 2**
April 23 – June 10 (7 weeks)
Registration begins April 9
No classes May 28 (Memorial Day)

**SAFETY AROUND WATER**
June 18 – 22
Registration begins April 23

**SUMMER**
June 25 – Aug. 19
Registration begins June 4

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**THE PIONEER IN SWIM LESSONS & WATER SAFETY**
The Y has been teaching and encouraging swimmers of all ages, abilities and interests for more than 100 years!
The National Y program is a progression of sessions based on accomplishing a certain skill set for each level. A child will advance to the next level after completing the appropriate skill evaluation. During the program, in session week six, children will be evaluated and guardians informed of the recommended level for the next session. Swimming is a skill building activity and most children will remain in a swim level for three to four sessions, while they master the required skills. The Y strives to provide consistent instruction; however, we reserve the right to substitute instructors during a session.

**JUMP INTO Y AQUATICS**
Selecting a Class
Not sure which class is right for you or your child? The Y provides complimentary swim evaluations to determine the appropriate level for you or your child. You can sign up for a swim evaluation by visiting the Aquatics Office at Camp Zehnder or by calling 732.836.9177, ext., 14. Swim evaluations take about 5 minutes and are an easy way to make sure your child will enjoy swim lessons.

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**WEATHER CLOSURES**
If the Y closes due to weather, members will be notified via our Mobile App, Facebook and at www.cymca.org/weather. Members may also call 732.836.9177 for a recorded message.

**PROGRAM CREDIT/REFUND POLICY**
No refunds will be issued after classes begin. Credits will only be given if the program enrollee is unable to participate in that program due to a serious injury or illness that will cause them to miss three (3) or more consecutive classes during a session. Credit requests must be accompanied by a doctor’s note and submitted to the program director prior to the end of the session in which you are requesting a credit. Credits will be posted to your account and must be used within one year.

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**ARCHERY CLUB**
Tuesdays | Fall 1, Fall 2, Spring 1 & Spring 2
In the past, archery was used for hunting and warfare, but today it has become a popular sport. Join the Zehnder Archery Club and learn the skills needed to safely participate in this exciting sport. Practice your skills in all types of weather with sessions available in all seasons!
Online Registration: For your convenience, participants with a valid e-mail address on file may register for classes online at TheCommunityYMCA.org.
CAMP ZEHNDER IS THE PLACE TO BE FOR SUMMER FUN!

SPECIALTY CAMPS

JUNIOR CHEF CAMP
Ages 5–7
Earn your Chef’s hat! Prepare healthy recipes. Learn kitchen safety, measuring, food prep, and nutrition.

FIRST TEE CAMP
Ages 8–14
Space is limited.
The First Tee provides young people with character-building and life skills lessons using golf as the platform. Through The First Tee, young people discover how skills essential to success on a golf course can also help them flourish in life. Registration is required.

ART CAFÉ CAMP
Ages 7–10
Create your one of a kind masterpiece. Hands on fun through painting, sculpture, and pottery.

SPARTAN CAMP
Ages 6–14
Spartan Edge, the leader in Obstacle Course Racing, is coming back to Camp Zehnder this summer with fun, exciting, physical and mental obstacles to build strength, resilience and teamwork.

FIZZ, POP SCIENCE CAMP
Ages 9–12
Build and launch your own rocket! Learn about propulsion, measure your rocket flight, and shoot for the moon! Experiment with slimy ingredients to create some cool concoctions.

PURE SOCCER ACADEMY SOCCER CAMP
Ages 3–10
The Y will be partnering with Pure Soccer Academy to provide a professional positive learning environment for youth soccer players by delivering the best possible soccer development and growth opportunity under the direction of experienced, highly qualified instructors.

GET READY FOR A SUMMER JOB WITH LIFEGUARD CERTIFICATION

Through videos, group discussion and hands-on practice, you’ll learn teamwork, rescue and surveillance skills, First Aid, CPR/AED and other skills you need to work as a professional lifeguard.

Receive a 2-year First Aid and CPR/AED certification as well as a 2-year Lifeguarding certification. Course includes resuscitation mask ONLY.

Student manual can be downloaded online at www.redcross.org or can be purchased at the Y for an additional fee, while supplies last.

Participants must pass the lifeguard pretest before signing up for available lifeguard training courses.

Class attendance is mandatory on all scheduled dates. There are no make-ups. For date and time, please call: 732.836.9177, ext. 14.

CALL US for the 2018 Open House & Job Fair Schedule.
AQUATICS

PARENT/CHILD PROGRAM
Ages 6–36 months

WATER DISCOVER | Shrimp, Kipper, Inia, Perch
This is your first opportunity to expose your infant or toddler to the wonderful world of water fun and safety. The focus for this class is to ensure your baby’s first swim experience is a positive one by guiding both the parent and the child in basic water orientation.

PRE-SCHOOL – 30 MINUTES
Ages 3–5 years

WATER ACCLIMATION | formerly Pike
This class is great for the beginner swimmer, who has little to no water experience, to become accustomed to the water. They will be introduced to basic swimming skills and water safety while building confidence and comfort in the pool.

WATER MOVEMENT | formerly Eel
In this stage, swimmers should be comfortable with their face in the water and able to swim 15-20ft. on their front independently (with flotation). Swimmers will work towards 15yd. on their front with alternating arms, and back floating for 10 seconds.

WATER STAMINA | formerly Ray
Students must be able to proficiently swim 15yd. of freestyle and backstroke. Swimmers will build the endurance to swim 25yd. (the length of the pool) continuously.

STROKE INTRODUCTION | formerly Starfish
Students must be able to swim 25yd. of freestyle and backstroke continuously. During this stage, students work on stroke technique and learn all competitive strokes.

PRIVATE SWIM LESSONS
For the beginner swimmer to become adjusted and comfortable in the water. Participants will learn to float, perform front and back glides and proper breath control.

YOUTH – 45 MINUTES
Ages 6–12 years

WATER ACCLIMATION | formerly Polliwog
For the beginner swimmer to become adjusted and comfortable with their face in the water and able to swim 15–20ft. Participants will learn to float, perform front and back glides and proper breath control.

WATER MOVEMENT | formerly Polliwog 2
In this stage, swimmers should be comfortable with their face in the water and able to swim 15–20ft. on their front independently. Swimmers will work towards 15yd. on their front with alternating arms, and back floating for 20 seconds.

WATER STAMINA | formerly Guppy
Students must be able to swim/float/swim for 15yd. and will build the endurance to swim/float/swim 25yd. Throughout the session, swimmers will work on rotary breathing and backstroke.

STROKE INTRODUCTION | formerly Minnow
Students must be able to proficiently swim 25yd. of freestyle and backstroke. Swimmers will build the endurance to swim 50yd. continuously and will be introduced to both the breaststroke and butterfly kicks.

STROKE DEVELOPMENT | formerly Fish/Flying Fish
Students must be able to swim 50yd. of freestyle and backstroke continuously. During this stage, students work on stroke technique and learn all competitive strokes.

STROKE MECHANICS | formerly Shark
In this stage, swimmers should be able to swim 150yd. of freestyle, backstroke and breaststroke and will build the endurance to swim 200yd. with proper turns. Throughout the session, stroke technique will be refined and students will discover how to incorporate swimming into a healthy lifestyle.

PRIVATE SWIM LESSONS
Private swim lessons are for adults and children of all abilities to work with an instructor toward their goals. These 30 minute private lesson sessions are scheduled to accommodate your busy schedule and are available in increments of 1, 4 or 8. Share the lesson with a fellow Y member and save!

PLEASE NOTE: There is a 24-hour cancellation policy on all private swim lessons. Services will be charged if an appointment is not canceled 24 hours in advance.

WATER STAMINA
Students must be able to swim 50yd. of freestyle and backstroke continuously.

STROKE INTRODUCTION
Students must be able to swim 25yd. of freestyle and backstroke.

WATER MOVEMENT
Students must be able to swim 15yd. of freestyle and backstroke.

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AQUAROCKETS SWIM TEAM
The Community YMCA’s Aquarockets swim team captured 2nd place overall in combined team standings at the 2017 YMCA Long Course National Championship, which took place July 31-Aug. 4 in Greensboro, NC. The men’s team took 4th place and the women’s team finished in 5th place. Earlier in 2017 the team placed 9th overall at the YMCA Short Course National Championships and 2nd overall at the 2017 NJ YMCA State Championships. This highly competitive team practices at both our Red Bank and Camp Zehnder locations and competes in the National YMCA Swimming and Diving and the USA Swimming organizations. Our swimmers range in age from the novice 6-year old to nationally ranked swimmers in our Senior levels. Tryouts are held three times a year in spring and summer, for more information please visit our Web site at www.aquarockets.com.

LAP SWIM
Sept. 11, 2017 - May 27, 2018
Please check our Web site and mobile APP for lane availability. Lap sessions and packages are available for purchase.

FAMILY SWIM
Sept. 17, 2017 - June 3, 2018
12 p.m. - 2 p.m.
Please check our Web site and mobile APP for lane availability. Enjoy time together in the pool during Family Swim! It’s a great way to have fun, spend time together, improve confidence and reinforce skills learned in swim lessons.

VACATION FAMILY SWIM
Dec. 26 - 29 | April 9 - 13
12 p.m. - 3 p.m.

SPEND YOUR SCHOOL BREAK WITH US!

FUN FOR ALL AGES AND SWIMMING ABILITIES

SCHOOL VACATION CAMP
A.M. care: 7:30 a.m. - 9 a.m.
Swim camp: 9 a.m. - 11:30 a.m.
Extend the day: 11:30 a.m. - 4 p.m.
Full day: 9 a.m. - 4 p.m.
P.M. care: 4 p.m. - 6 p.m.

> Winter Break Camp Dec. 26–29
> February Break Camp Feb. 12–16
> Spring Break Camp April 2–6

SCHOOL’S OUT SWIM
Oct. 9 | Nov. 9, 10, 24 | Dec. 26–29
Jan. 15 | Feb. 12–16, 19 | April 2–6
12 p.m. - 3 p.m.
DIVE IN FOR YEAR-ROUND FUN AT CAMP ZEHNDER!

When summer ends swimming moves back under the bubble!
At Camp Zehnder, we have swim programs all year long for all ages.