

TEEN CENTER



**AT YMCA GLOUCESTER COUNTY
235 E. RED BANK AVE.
WOODBURY, NJ 08096**

**Wednesdays • 5 - 7pm
June 27
July 11, 18
August 1, 8, 15**



IMPORTANT INFO:

- Participate in as many tournament dates as you like.
- You can only be on ONE team in each tournament.
- Teams must register by the Monday prior to each tournament.
- It's FREE!
- The tournament is open to non-members as well as YMCA members.
- Non members must complete a YMCA facility waiver signed by parent/guardian prior to play.
- Only Y Teen Center members/Full YMCA members may serve as team captain.

Ages 12-18

**FOR MORE INFORMATION CONTACT
CURTIS WILLIAMS, TEEN COORDINATOR AT:
YOUTHPROGRAMS@YMCAGLOCO.ORG**



TEEN
CENTER

OPEN SWIM TIME!!

Tuesdays & Wednesdays
4pm - 5pm

Fridays
5pm - 6pm

June 26 - August 24

Open to Y members ages 12-18 Including Teen Center



For more information contact:
Teen Coordinator, Curtis Williams
youthprograms@ymcagloco.org

YMCA of Gloucester County
235 East Red Bank Avenue, Woodbury, NJ 08096



LEARN HOW TO GET & STAY FIT

STRONG

TEENS

**Topics Include:
Cardio, Nautilus
and Free Weights**

**Choose One Of The
Following Sessions:
June 26 - July 10
July 17 - 31
Aug 7 - 21**

**Time Options
Include:
4pm - 5pm or
5pm - 6pm**



The Teen Center at the YMCA of Gloucester County is proud to present our **NEW weight training program for teens**. This activity based course will teach teens the basics of living an active, healthy lifestyle. Teens will learn how to properly use the cardio and circuit equipment in our Health and Wellness Center. We will show you how to use the equipment properly and "spot" someone safely.

**Preregistration
Is Required!**

**ALL FITNESS
LEVELS ARE
WELCOME!**

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YouthPrograms@YMCAGloco.org**

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TEENS.. GET MOVING!



Participants must be ages 12-18. All classes will take place in the Upstairs Studio. Cost is FREE, but pre-registration is required. Must hold a Teen Center or Full Y Membership to participate.



Ballet/Contemporary: Tuesdays 4-5pm June 26 - July 10

Participants will learn about basic ballet positions, postures, and stretches. They will also learn how to use the skills learned in ballet in a contemporary interpretive style of dance. They will use lines and imagery to enhance their performance. Please wear comfortable clothing. Be prepared to work bare foot or use ballet slippers. Leotard is welcome but not mandatory.

Latin Dance: Tuesdays 4-5pm July 17 - 31

Participants will learn the basics of salsa, merengue, bachata, cha cha and cumbia. They will be taught how to listen to music and differentiate between each style of music. Wear comfortable clothing!



Hip Hop Dance: Tuesdays 4-5pm August 7 - 21

Participants will learn to move and groove to both old school hip hop as well as current day music. They will learn how to pop, lock, break, jerk, and so much more. Wear loose fitting clothing and sneakers.

Zumba: Wednesdays 4-5pm June 27 - August 22 (No class July 4 or August 1)

Participants will be able to work out to their favorite songs while incorporating some groovy moves.



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