



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**BE HAPPY. BE HEALTHY. BELONG**

## **The Y. For a better us.**

Everyone is welcome here at the Hopewell Valley YMCA. As a charitable organization, the Y is a key resource for bringing people together and strengthening community. We serve the Hopewell Valley through programs which promote good health, strong families, and youth leadership. Look inside for information about our winter programming, before and after school care, health and safety trainings, and more. Find out how you can become a part of the Y!

**HOPEWELL VALLEY YMCA**

**62 South Main Street  
Pennington, NJ 08534**

**609.737.3048**

**[www.hvymca.org](http://www.hvymca.org)**

# YOUTH YEAR ROUND SPORTS

Active kids become active adults. Develop skills, learn teamwork and have fun with the Y.

## Mercer Y Basketball League – Grades 2-8

Play for the Y! Boys division and girls division will compete against teams within Mercer County to bring a positive blend of competitive and recreational play. This league focuses on skill development, drills, team work, strategy and league play. Practices will be held once a week with games on Saturday.

### Registration open now!

Game days are  
Saturday between  
9:00 am – 4:00 pm  
Dec. 2017 – March 2018

Fee: \$140



## Martial Arts – Ages 3 +

Learn skills and gain confidence! Through our partner, ATA Martial Arts, this class focuses on positive mental attitude and high goal setting. Participants earn belts as they progress through the program. Uniforms included.

Dates: Sept. 11, 2017 – June 27, 2018

Day: Mondays and Wednesdays  
Time: 6:00 pm – 6:45 pm  
Fee: \$75 / month  
Location: Admin Gym

## Special Olympics Swimming – Ages 8 +

New this year! Hopewell Valley YMCA is offering a Special Olympics Swimming program. Swimmers will train once a week and must know how to swim to participate.

Dates:  
Oct. 1, 2017 – June 10, 2018

Day: Sundays  
Time: 12:00 – 1:00 pm  
Fee: FREE  
Location: The Pennington School

# YOUTH WINTER SPORTS

Registration Opens December 18, 2017

## Special Olympics Basketball – Ages 6 +

Basketball is a developmental and competitive sport. Athletes who are ready for competition will compete as a team in weekly Sunday games starting in January. Games are played locally. Practices are once a week.

Dates:  
December 2017 – March 2018

Day: Thursdays  
Time: 6:00 pm – 7:00 pm  
Fee: FREE  
Location: TBD

## Special Olympics Bowling – Ages 6 +

Bowling is a developmental and competitive program. Unified partners are accepted. We will offer ramp bowling, learn to bowl, and competitive practices, run under the direction of Megan Lipski – certified to coach Special Olympics Bowling.

Dates:  
Nov. 19, 2017 – March 2018

Day: Sundays  
Time: Evenings  
Fee: FREE  
Location: Slocum's

## Preschool Intro to Sports – Ages 3-5

An introduction to sports in a noncompetitive, energetic atmosphere. This class encourages healthy habits and a positive attitude towards physical activities. Fall 2 session focuses on soccer and basketball.

Dates:  
Jan. 10, 2017 – Feb. 21, 2018

Day: Wednesdays  
Time: 1:00 pm – 2:00 pm OR  
5:00 pm – 6:00 pm  
Fee: \$110  
Location: Admin Gym

## Floorball League Grades 3-5

Floorball is a fast paced, exciting and low cost form of indoor hockey. Come out to learn a new sport and have some fun!

Dates:  
Jan. 11, 2018 – Feb. 22, 2018

Day: Thursdays  
Time: 7:00 pm – 8:00 pm  
Fee: \$75  
Location: Admin Gym

## Volleyball Clinics Grades 5-8

Skills clinic designed to further each individual's unique skill set and love of the game.

Dates:  
Nov. 6, 2017 – Feb. 27, 2018

Day: Mondays & Tuesdays  
Time: 6:00-7:30pm  
Fee: \$300  
Location: StonyBrook

## Volleyball Clinics Grades 9-12

Skills clinic designed to further each individual's unique skill set and love of the game.

Dates:  
Nov. 6, 2017 – Feb. 27, 2018

Day: Mondays & Tuesdays  
Time: 7:30-9:00pm  
Fee: \$300  
Location: StonyBrook

## Indoor Youth Soccer League Grades K-2

Kids will discover the joys of soccer as they learn and practice fundamental skills. Shin guards recommended. Volunteer parent coaches are needed.

Dates:  
Jan. 11, 2017 – Feb. 22, 2018

Day: Thursdays  
Time: 6:00 pm – 7:00 pm  
Fee: \$110  
Location: Admin Gym

## Special Olympics New Jersey

The Hopewell Valley YMCA is proud to run programs for special needs athletes in Mercer County through Special Olympics New Jersey.

# WARM UP WITH THE Y!



## ADULT PROGRAMMING

### Men's Basketball Ages 18 +

Great for exercise and friendly competition, our informal "pick up" basketball games are open to all abilities.

Dates:  
Sept. 8, 2017 – June 15, 2018

Day: Fridays  
Time: 5:30 pm – 7:30 pm  
League Fee: \$225  
Location: Admin Gym

### Adult Volleyball Ages 18 +

Adult volleyball open gym provides players a great opportunity to play the game they love. Games and teams are created each week based on attendance of players. Games follow Olympic game play rules and are self-officiated.

Dates:  
Sept. 12, 2017 – June 12, 2018

Day: Tuesdays  
Time: 8:00 pm – 10:00 pm  
League Fee: \$205  
Location: Timberlane

# SNEAK PREVIEW OF YOUTH SPRING SPORTS

Registration Opens February 12, 2018

	Days	Time	Dates
<b>Preschool Intro to Sports Ages 3-5</b>	Wednesdays	1pm - 2pm	Mar. 7 - Apr. 18
<b>Preschool Intro to Sports Ages 3-5</b>	Wednesdays	5pm - 6pm	Mar. 7 - Apr. 18
<b>Indoor Youth Soccer League Grades K-2</b>	Thursdays	6pm - 7pm	Mar. 8 - Apr. 19
<b>Floorball League Grades 3-5</b>	Thursdays	7pm - 8pm	Mar. 8 - Apr. 19
<b>Special Olympics NJ Track Ages 6+</b>	Sundays	3pm - 5pm	March - June
<b>Special Olympics NJ Tennis Ages 6+</b>	Sundays	3pm - 5pm	March - June
<b>Special Olympics NJ Bocce Ages 6+</b>	Sundays	3pm - 5pm	March - June



## ANNUAL CAMPAIGN \* FOR A BETTER US

Every dollar donated to the Y has a lasting impact on the people in our community. The Y supports kids, adults and families with programs that protect, teach and connect. We offer financial assistance so that no family is turned away. Your gift provides a working parent with peace of mind knowing their kids are safe and engaged after school. It provides a child with the chance to discover their full potential, on the field, on the court or at camp. It supports a free teen center for our youth and health and safety classes for our community. Your gift makes our community better and the "us" who live here stronger.

Thank you to everyone who participated in the 2nd Annual Tom Jackson Champion Golf Tournament. Your donations support Hopewell Valley YMCA's youth sports programs, making sure every child has the opportunity to become a champion.

## GET INVOLVED!

**Volunteer:** When you volunteer at the Y, you take an active role in bringing the community together. From volunteering with special events, to serving on a committee or our board, your skills and interests will make a difference here.

## WE ALL BELONG HERE. . . FINANCIAL ASSISTANCE

Everybody is welcome here. The Hopewell Valley YMCA provides financial aid to families and individuals in need of assistance with paying for our programs and services. Contact the YMCA for an application or download it at [www.hvymca.org](http://www.hvymca.org).

## PLAY AND EXCEL AFTER THE BELL: AFTERSCHOOL ENRICHMENT

Hopewell Valley YMCA offers a selection of after school enrichment programs in the elementary schools. Programming will run in January and February. Check our website and your school's Virtual Backpack for more information.

### Summer Camp!

Don't let the winter fool you. Summer time will be here before you know it. Hopewell Valley YMCA day camp is fun, affordable and convenient. More information coming soon!

## COMMUNITY HEALTH & SAFETY TRAININGS

We believe that safety education is an important part of building a healthy community. With the Hopewell Valley YMCA, you can gain the trainings and certifications you need to recognize and react in any emergency situation.

### CPR Training

**Heartsaver CPR is an instructor-led course that teaches adult and child CPR. This American Heart Association course is for anyone with limited or no medical training who needs a course completion card in CPR to meet job, regulatory or other requirements.**

Date	Time	Registration Deadline
Dec. 19, 2017	6pm – 9:30 pm	Dec. 8, 2017

Cost is \$60 per person. Book included.

### First Aid Training

**You can approach life's accidents – big and small – with confidence and calm when you take our First Aid certification class. From burns and scrapes to illness and injury, this hands-on class will prepare you to handle any emergency.**

Date	Time	Registration Deadline
Dec. 21, 2017	6pm – 9:30 pm	Dec. 8, 2017

Cost is \$60 per person. Book included.

### Darkness to Light

**Hopewell Valley YMCA offers the Darkness to Light Stewards of Children training to protect children. The only nationally available program scientifically proven to increase knowledge, improve attitudes and change child-protective behaviors, this training teaches adults how to prevent, recognize and react responsibly to child sexual abuse.**

Date	Time	Registration Deadline
Dec. 17, 2017	1pm – 3pm	Dec. 8, 2017

This class is FREE.

### Mental health First Aid

**Sometimes first aid isn't a bandage – it's YOU! You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help with training in Mental Health First Aid.**

Date	Time	Registration Deadline
Jan. 20, 2018	12pm – 4pm	Jan. 12, 2017
Jan. 21, 2018	12pm – 4pm	Jan. 12, 2017

BOTH classes must be attended. This class is FREE.

## TEEN LEADERS NEEDED!

This is your world! Have your say at the Y. The Hopewell Valley YMCA is looking for teen leaders to become a part of the Youth Activity Center Teen Advisory Committee. Make the teen center your own. Plan activities, help with events and gain valuable leadership skills that you will carry with you into the future!

## Youth Activity Center (YAC)

Designed by and for teens, the YAC is a fun safe place for teens to gather and be with their friends. It is located in the YMCA's administrative offices at 62 South Main Street in Pennington and is within walking distance from Timberlane and Hopewell Valley Central High School. It is open to all Hopewell Valley teens in grades 6-12. Thanks to our donors, we are able to offer this teen center to the community for FREE, no membership required.

Hours: 3:00-6:00 pm  
Days: Monday – Friday

## COMMUNITY SWIM

Looking for a fun family activity this winter? Join us for Community Swim, open and free to all members of the Hopewell Valley YMCA. **Sundays at The Pennington School: 2:45 pm – 4:00 pm unless otherwise noted. Lifeguard on duty.**



## HOPEWELL VALLEY YMCA BEFORE AND AFTER SCHOOL CARE

### TIME TO EXPLORE!

Hopewell Valley YMCA's licensed Before and After School Care program allows children to learn grow and interact in a positive and safe atmosphere. Open to all children in Kindergarten through eighth grades in the Hopewell Valley Regional School District, children are invited to explore creativity, engage in physical activity and get help with their homework while connecting with their peers and caring adults. Financial assistance is available.

### OPEN WHEN YOU NEED US!

Before School is open from 7:00 am – 8:35 am at all elementary schools.

After School is open from 3:35 pm – 6:30 pm at all elementary schools and from 2:45 pm – 6:30 pm at Timberlane.

Programs are open on all early dismissal days and we also offer care on some vacation days. Vacation program days, known as SCOPE days, are filled with fun activities ranging from mini golf and crafts to exciting field trips.