



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR FAMILY IS OUR FOCUS

The Y. For a better us.

Welcome to the Hopewell Valley YMCA! We are a charitable organization, here to serve our community through programs which promote good health, strong families, youth leadership and community development. Look inside for information about our Fall Session 2 programming, before and after school care, health and safety trainings, and more!

HOPEWELL VALLEY YMCA

62 South Main Street
Pennington, NJ 08534

609.737.3048

www.hvymca.org

YOUTH FALL SPORTS SESSION 2 Registration Opens October 16, 2017

It's not whether you win or lose, it's how you learn the game. At the Y, kids develop skills, learn teamwork and practice sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active.



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!

Games and practices start in November at Stony Brook Elementary School.
Saturdays 9:00 am – 4:00 pm **Fee:** \$140

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. Look for our swimming, bowling, and basketball programs in this issue and be on the lookout for information about our new competitive strider bike program for ages 6 and up.

Instructional Basketball Grades K-2

Young athletes will be introduced to basketball in this program structured to run drills, develop skills and learn the fundamentals involved. Emphasis is on skill building and having fun.

Dates: Nov. 7, 2017 – Dec. 19, 2017
Day: Tuesdays
Time: 6:00 pm – 7:00 pm
Fee: \$110
Location: Admin Gym

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: Nov. 8, 2017 – Dec. 20, 2017
Day: Wednesdays
Time: 1:00 pm – 2:00 pm OR 5:00 pm – 6:00 pm
Fee: \$110
Location: Admin Gym

Indoor Youth Soccer Grades K-2

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

Dates: Nov. 9, 2017 – Dec. 21, 2017
Day: Thursdays
Time: 6:00 pm – 7:00 pm
Fee: \$110
Location: Admin Fields

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

Volleyball Clinics Grades 9-12

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

Dates: Nov. 2017 – Feb. 2018
Day: TBD
Time: TBD
Fee: \$300
Location: StonyBrook

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: Nov. 19, 2017 – Dec. 26, 2017
Day: Thursdays
Time: 7:00 pm – 8:00 pm
Fee: \$75
Location: Admin Gym

FALL, FITNESS AND FUN!



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 WINTER SPORTS

Registration Opens December 18, 2017

	Days	Time	Dates
Preschool Intro to Sports Ages 3-5	Wednesdays	1pm - 2pm	Jan. 10 - Feb. 21
Preschool Intro to Sports Ages 3-5	Wednesdays	5pm - 6pm	Jan. 10 - Feb. 21
Indoor Youth Soccer League Grades K-2	Thursdays	6pm - 7pm	Jan. 11 - Feb. 22
Floorball League Grades 3-5	Thursdays	7pm - 8pm	Jan. 11 - Feb. 22
Special Olympics NJ Basketball Ages 6+	Thursdays	6pm - 7pm	Jan. 14 - Mar. 4
Special Olympics NJ Bowling Ages 6+	Sundays	6pm - 7:30pm	Dec. 3 - Mar. 4

*All winter sports take place at the Admin Gym except for Special Olympics NJ Bowling which will take place at Slocum's Bowling in Ewing.

ANNUAL GIVING * FOR A BETTER US

the **Y**
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US... IS EMPOWERING

Every day, the Y strengthens communities and families with programs that protect, teach, connect, and encourage. It's how we help communities and the "us" who live in them find the power of their full potential. Your donation to the **HOPWELL VALLEY YMCA** is a gift to your neighbors. It's a free teen center for the community, child care for a family, or summer camp for a child. It's how we come together.

» DONATE FOR A BETTER US.

We can't do it alone.

The Y. For a better us.
HOPWELL VALLEY YMCA
hvymca.org

Annual Campaign

GET INVOLVED!

Volunteer: Share your time and talent with the Y and change a life or two, including your own. From helping with special events to serving on our board, your skills can 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.

PLAY AND EXCEL AFTER THE BELL: AFTERSCHOOL ENRICHMENT

Martial Arts, Sports Jam, Golf and Tennis, Soccer, Premier Sports

Hopewell Valley YMCA offers a selection of after school enrichment programs right in the elementary schools! Programs are already in session and will run until the end of October. We will continue to accept registrations. For more information about what activities are offered at your school visit our website or your school's Virtual Backpack.

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 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
Oct. 17, 2017	6pm – 9:30 pm	Oct. 6, 2017
Oct. 25, 2017	6pm – 9:30 pm	Oct. 13, 2017
Nov. 28, 2017	6pm – 9:30 pm	Nov. 17, 2017
Dec. 19, 2017	6pm – 9:30 pm	Dec. 8, 2017

Cost is \$60 per person. Book included.



TJ'S GOLF OUTING

Monday, October 16, 2017 at the Hopewell Valley Golf and Country Club.

Get on course for a cause at our second annual Tom Jackson Champion Golf Tournament.

Join us for a day of golf and good friends, followed by dinner and cocktails. Proceeds support the Hopewell Valley YMCA youth sport programs so every child in the Hopewell Valley community can participate and foster connections through fitness, sports, fun and shared interests.

Register online at hvymca.org.

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
Oct. 19, 2017	6pm – 9:30 pm	Oct. 6, 2017
Oct. 24, 2017	6pm – 9:30 pm	Oct. 13, 2017
Nov. 29, 2017	6pm – 9:30 pm	Nov. 17, 2017
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
Oct. 22, 2017	1pm – 3pm	Oct. 13, 2017
Nov. 19, 2017	1pm – 3pm	Nov. 10, 2017
Dec. 17, 2017	1pm – 3pm	Dec. 8, 2017

This class is FREE.

HOPEWELL VALLEY YMCA BEFORE AND AFTER SCHOOL CARE

TIME TO EXPLORE!

At the Y, we believe that all children deserve a safe space to go after school to explore creativity, engage in physical activity, get help with homework and connect with their peers and caring adults.

Hopewell Valley YMCA's licensed Before and After School Care provides a welcoming, fun, and safe environment for children to play, create and unwind right in their own school. Open to all children in Kindergarten through eighth grades in the Hopewell Valley Regional School District. 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.

COMMUNITY SWIM – Take a dip! Community Swim is 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.**