



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# SPREAD THE WORD

## FREE 7th Grade Membership

Kids in 7th grade are at a critical time in their lives. Learning healthy habits at an early age will benefit them for a lifetime. This is why the Y offers a FREE membership to every 7th grader in our service area.

### 7th Grade Membership

- Full one-year YMCA membership from September 1 - August 31
- Orientation: Informative tour of Somerset Hills YMCA
- Wellness Center Orientation
- Free and Unlimited Tae Kwon Do

### Program Begins September 1

For more information, please contact **Nick Lomauro** at **908 766 7898 x342** or [youthdirector@somersetcountnymca.org](mailto:youthdirector@somersetcountnymca.org).

### Group Exercise classes just for Kids & Teens:

- 4:15-5:00pm
- Classes held in Group Exercise Studio 1
- **MONDAY:** Boot Camp
- **TUESDAY:** Ropes Gone Wild
- **WEDNESDAY:** Boot Camp
- **THURSDAY:** Explosive Fitness
- Free admission to Friday night PrimeTime program
- Exclusive program opportunities for 7GI members, their families and friends, and programs such as Overnight Adventures

### SOMERSET HILLS YMCA

A branch of Somerset County YMCA

140 Mount Airy Road | 665 Martinsville Road  
 Basking Ridge, NJ 07920 | Basking Ridge, NJ 07920

[www.somersetcountnymca.org](http://www.somersetcountnymca.org) (P) 908 766 7898

[Facebook.com/SomersetHillsYMCA](https://www.facebook.com/SomersetHillsYMCA)

[Twitter.com/shymca](https://twitter.com/shymca)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountnymca.org](http://www.somersetcountnymca.org).