



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# DISCOVER YOUR Y

2018 Camp!  
Early Bird  
Special  
See Back of  
Guide.

## South Mountain and West Essex YMCA



### FALL 1

September 5 - October 29, 2017  
Registration begins:  
August 2 - Facility Members  
August 7 - Program Members

### FALL 2

October 30 - December 24, 2017  
Registration begins:  
October 9 - Facility Members  
October 11 - Program Members

[SmountainYMCA.org](http://SmountainYMCA.org)

[WestEssexYMCA.org](http://WestEssexYMCA.org)



# WELCOME

As a local charitable organization dedicated to youth development, healthy living and social responsibility, your membership means more at the South Mountain and West Essex YMCA. When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

### Want to join?

Come in and discuss your needs with our Welcome Center representative, see our facility and find out what's right for you.

\*South Mountain YMCA Membership information can be found at [SMountainYMCA.org](http://SMountainYMCA.org).

WE Y Facility Membership Rates	Monthly Draft	20/20	Joiner Fee
Youth (0-12)	\$22		\$25
Teen (13-17)	\$29		\$25
Young Adult (18-29)	\$39	\$31.20	\$25
Adult (30-64)	\$52	\$41.60	\$25
Senior (65+)	\$40	\$32.00	\$25
Senior Couple (Both 65+)	\$60	\$48.00	\$25
*Family	\$87	\$69.60	\$50
<b>NEW</b> Plus Option – add an additional adult living in same house	\$15 per		\$0

WE Y Program Membership Rates	Per Year
Individual (youth/adult)	\$80
*Family	\$150

Rates are subject to change.  
\*Up to two adults and all children age 22 and younger living at the same address.

### Facility Membership Includes:

- Two **FREE** guest passes per year, per Adult
- **FREE** family gym and swim times
- **FREE** monthly family and teen nights
- **FREE** Child Watch services
- **FREE** adult fitness classes
- Full use of Wellness Center
- 2 **FREE** hours with a fitness coach
- **FREE** personalized wellness plan
- Steam room and sauna
- Priority program registration with reduced rates

### Family Facility Membership Includes:

- Same as Facility Membership (see above)
- **FREE** Parent/Child Classes

Of the free classes offered to Family Facility Members, there is a limit of two free classes per family, per session (additional fees apply if more than two free classes are selected). In addition, if your child misses more than two classes in a row without notifying the Y, the child will be dropped from the class.

### Program Membership

Program Members may participate in select youth and adult aquatic programs and adult specialty programs for an additional fee.

### Financial Assistance

Is available to individuals and families who need our programs and services most. To apply, please contact a Welcome Center representative.

### Joiner Fee

New members pay a one-time, non-refundable joiner fee. You may rejoin within 30 days of your membership expiring without repaying the fee. Y Members in good standing who are transferring their membership from another Y with written verification from their previous Y, may request that the joiner fee be waived.

### Registration

Required for participation in fee based classes and programs. Contact our Welcome Center to register or visit our Web site. YMCA membership status must be current through program session

### Refund/Credit/Make-up Policies

We do not provide refunds for programs. Credits or make-ups will only be given if we cancel a program or class. **Within the first 30 days of membership we will refund 100% of all money paid if you are not totally satisfied with your YMCA membership.**

### My Y is Your Y

As a member of the West Essex YMCA you now have a reciprocal access to nearly 50 YMCA locations throughout the state of New Jersey.

### A.W.A.Y.

Your membership also enables you to participate in YMCA's A.W.A.Y. program, Always Welcome At YMCAs! Present your member ID card at a YMCA while traveling. A nominal guest fee may be charged.

### 20/20 Membership Program

We're introducing a new way to help create a healthier community and you can save a little too. When you and a friend join the Y at the same time, or referred by a member, you'll BOTH be enrolled in our 20/20 Membership Program to save 20% on your membership each month as long as you both remain members. It's that simple.

### Child Watch Room

Bring your child to a safe, supervised environment while you take advantage of great activities at the YMCA. Parents may leave their child in the Child Watch Room for a maximum of two hours per day. **FREE** of charge, for Facility Members only. First-come, first-serve basis for children 8 weeks - 12 years old. Parents must be in the YMCA facility when using this service.

### West Essex Y Child Watch Room Hours

Monday-Saturday 9:00am-12:00pm

Monday-Thursday 6:00pm-8:00pm

Sunday 10:30am-12:30pm

### West Essex Y Hours of Operation

Monday-Friday 4:45am-10:00pm

Saturday 6:30am-9:00pm

Sunday 6:30am-6:00pm

**Holidays: Labor Day** – Open 7:00am-1:30pm

**Christmas Eve and New Year's Eve** – Open until 3:00pm

**Christmas** – Closed; **January 2** – Open 7:00-1:30



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## CHILD CARE AT YOUR Y

### SOUTH MOUNTAIN Y

#### Early Childhood Learning Center (ECLC)

(For ages 6 weeks - 5 years old)

10 West Parker Ave, Maplewood, NJ 07040  
P 973 762 0860 • [SMountainYMCA.org](http://SMountainYMCA.org)

##### WE OFFER:

- Care from 7am-6pm with extended hours available from 6pm-7pm.
- High quality, state licensed staff who receive ongoing professional development to keep up with current trends
- Low child/teacher ratios
- Respect for cultural diversity
- Outdoor play areas with designated space for each age group
- Family orientated programs and active parent participation
- Consistent parent communication
- Year round child care and summer programs
- Teach to the whole child: integrating social, emotional and academic achievement
- Multi age group settings

**For more information visit [MetroYMCAs.org/smyeclc](http://MetroYMCAs.org/smyeclc) or call 973 762 0860 to schedule a tour today!**

### School Age Child Care (SACC)

Our School-Age Child Care (SACC) Program serves children in all elementary schools from the South Orange/Maplewood School District and follows the School District's Calendar.

##### WE PROVIDE:

- BEFORE CARE Grades K-5 at your child's school. Begins at 7:15am\*
- AFTER CARE in school and off site\* Program runs from dismissal until 6:30pm. \*subject to site (not school)
- Dedicated, enthusiastic and engaged staff
- Outdoor play/organized activities
- Nationally recognized Healthy U program using the CATCH® curriculum
- Structured homework time
- Healthy snacks
- Enrichment activities: Arts, Healthy Science and STEM

Visit [smountainymca.org](http://smountainymca.org) or contact SACC Registrar Briana Curtis mail to: [bcurtis@metroymcas.org](mailto:bcurtis@metroymcas.org)

**EARLY REGISTRATION IS RECOMMENDED.  
SPACE IS LIMITED IN ALL PROGRAMS.**

\*subject to school



**Healthy U** is a collaborative partnership between the New Jersey YMCA State Alliance and the Horizon Foundation for New Jersey with the goal of combating childhood obesity through nutrition education, physical education and family involvement. The YMCA is proud to incorporate Healthy U in school age and preschool programs.

### WEST ESSEX Y

#### Peanut Shell Early Childhood Learning Center (PSECLC)

(For ages 6 weeks - 5 years old)

**Conveniently located right off of Route 10**

7 Regent Street, Suite 706, Livingston, NJ 07039  
P 973 533 1511 • [WestEssexYMCA.org](http://WestEssexYMCA.org)

##### Refer a friend program with additional savings

"We sent our daughter to school, knowing that she was well prepared. The staff at the Peanut Shell went above and beyond with their curriculum, and our daughter thrived in their care."

##### WE OFFER:

- Open year-round
- Care from 7am-6pm with extended hours available from 6pm-6:45pm.
- High-quality, state licensed and NAEYC accredited since 1996
- Full/part-time child care available
- Child/teacher ratios lower than required by the state
- Swim and movement classes at the West Essex YMCA for our 3-5 yr-olds
- Family orientated program with active parent participation
- Summer camp for 3½-5 yr-olds and summer programs for 1-3 yr-olds
- STEM, language and literacy, kindergarten readiness program

**For more information visit our web site or call 973 533 1511.**

### School Age Child Care (SACC)

We provide school age child care programs on site at your child's school in Livingston, West Orange, Caldwell/West Caldwell and Roseland to meet the needs of working parents.

- No transportation worries – After Care begins at the end of the school day, scheduled early dismissal days included. Before Care available at Jefferson, Lincoln, Washington and Wilson in Caldwell/West Caldwell, Redwood and St. Cloud in West Orange.
- Dedicated, enthusiastic and engaged staff
- Nationally recognized Healthy U program using the CATCH® curriculum
- Structured homework time
- Healthy snacks
- Enrichment activities – arts and STEM (Science, Technology, Engineering and Math)
- Licensed by the State of New Jersey Department of Children and Families

**For more information and availability,**

Visit [WestEssexYMCA.org/peanutshell](http://WestEssexYMCA.org/peanutshell) or contact SACC Registrar, Ava Collazo, ext. 103 or [acollazo@metroymcas.org](mailto:acollazo@metroymcas.org).

##### Early Registration Recommended – Space is limited in all programs.

For all children who need to start the program on the first day of school, registration must be completed on or before Aug. 15 (if space is still available in the program).

Your child will be added to the wait list if our site is at maximum capacity.

**Late Registration** – To ensure proper staff/child ratios, the following timelines will apply:

**Registrations received Aug. 14-21** will not be permitted to start until Monday, Sept. 11

**Registrations received Aug. 28-Sept. 8** will not be permitted to start until Monday, Sept. 25.





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## South Mountain YMCA Program Locations:

**Creation Station • Field • Gaga Pit Gym • Program Center**

All located at (behind office):

13 Jefferson Avenue, Maplewood, NJ  
P. 973 762 4145

### Civic House:

124 Dunnell Road, Maplewood, NJ  
P. 973 761 1545

### Baird Community Center:

5 Mead Street, South Orange, NJ  
P. 973 378 7754

### Maplecrest Park:

237 Oakland Road, Maplewood, NJ

## EDUCATION AND LEADERSHIP ACADEMIC ENRICHMENT

### Discover Dinos (Ages 3-5)

Our Preschool Paleontologists make their own fossils and volcanoes while studying all you want to know about dinosaurs.

Friday 10:30-11:15am

No class 11/24

**Location:** SM Y Program Center

**Facility Member:** WE Y Family \$78/Youth \$83

**Program Member:** SM Y and WE Y \$88

### Little Chefs (Ages 3-5)

Our chefs get to the basics in this fun introduction to cooking. Taught by a trained chef, children are encouraged to explore food preparation techniques as they make a delicious and healthy recipe by the end of each hour to take home. We introduce proper kitchen hygiene and advance children's fine and gross motor skills through measuring, stirring, and kneading. Senses are used to identify foods through tasting, touching, and smelling. We also create a cookbook to try the yummy recipes at home!

Thursday 11:30am-12:30pm

Friday 11:30am-12:30pm

No class 11/23 and 11/24

**Location:** SM Y Creation Station

**Facility Member:** WE Y Family \$113/Youth \$118

**Program Member:** SM Y and WE Y \$123

### Math in Motion (Ages 3-5)

Gain a better understanding of mathematical concepts by participating in physical activities, cooperative play and games designed to strengthen number recognition, counting, patterns and sequencing.

Monday 11:00-11:45am

**Location:** SM Y Program Center

**Facility Member:** WE Y Family \$90/Youth \$95

**Program Member:** SM Y and WE Y \$100

### NEW! Super Foodies (Ages 4-5)

Young chefs explore baking and cooking under the guidance of a professional chef to learn advanced cooking skills. Kids explore their own culinary creative side by making a range of recipes, from homemade pasta to fresh-baked pies! We focus on healthy, nutritious eating and introduce your child to a wide variety of fresh ingredients.

Monday 2:00-3:00pm

**Location:** SM Y Creation Station

**Facility Member:** WE Y Family \$125/Youth \$130

**Program Member:** SM Y and WE Y \$140

### NEW! Mad Scientists (Ages 4-6)

Young scientists perform experiments and learn about science in a safe and fun environment.

Wednesday 4:00-4:45pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

### NEW! Grub Club (Ages 5-7)

Budding chefs explore baking and cooking under the guidance of a professional chef to learn advanced cooking skills. Kids explore their culinary creative side by making a range of recipes, from homemade pasta to fresh-baked pies! We focus on healthy, nutritious eating and introduce your child to a wide variety of fresh ingredients.

Friday 4:00-5:00pm

No class 11/24

**Location:** SM Y Creation Station

**Facility Member:** WE Y Family \$113/Youth \$118

**Program Member:** SM Y and WE Y \$123

## ARTS AND HUMANITIES

### Bitty Ballerinas (Ages 2½-3)

A special class developed for toddlers ready for the next step, a 'drop off' class. Ballet slippers are recommended, not required. Mini recital is at the end of the session. No class 11/23.

Thursday 9:30-10:00am

**Location:** SM Y Program Center

**Facility Member:** WE Y Family \$70/Youth \$75

**Program Member:** SM Y and WE Y \$80

### NEW! Let's Get Messy (Ages 2-4)

Children make and play with crazy concoctions such as play dough, slime, kinetic sand and much more in this fun and messy class!

Tuesday 11:00-11:45am

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

## South Mountain YMCA Performing Arts Classes

Our Performing Arts programs are designed to enrich young minds in a creative, engaging ways. Through dance, musical theatre, vocal/instrumental music and acting, budding performers gain the benefits of self-confidence, friendship and more!

### Dance Attire

Our dress code is designed so teachers can see the dancer's bodylines, including posture, arms, legs and feet. Dancers get the most out of their classes when they are dressed appropriately.

Girls are required to wear a leotard at all times. Long hair should be worn in a tight ponytail or bun and secured away from the face. For the safety of all our dancers, no jewelry should be worn in class. Leg warmers are optional in all classes. T-shirts can only be worn during hip-hop class. Boys should wear shorts or jazz pants and a fitted shirt. No loose fitting cargo pants or jeans.

### Ballet Classes

**Bitty Ballerinas:** Purple Leotard, Pink Tights, Pink Ballet Slippers (may be satin)

**Ballet I:** Pink Leotard, Pink Tights (transitional), Pink Ballet Slippers (leather/canvas)

**Ballet II:** Black Leotard, Pink Tights (transitional), Pink Ballet Slippers (leather/canvas)

### Tap Classes

Black Leotard, Pink Tights (transitional), Socks optional, Black Patent Tap Shoes (with ties)

### Jazz Classes

Black Leotard, Tan Tights (transitional), Optional shorts, leggings or jazz pants (All pants should be form-fitting, not baggy, and not touch the floor), Black Jazz Shoes (with laces)

### Hip Hop/Musical Theatre Classes

Any color leotard, Optional shorts, leggings or jazz pants (All pants should be form-fitting, not baggy, and not touch the floor), fitted dance shirts or tanks, Dance Sneakers.

### What Not to Wear to Dance Class

- Baggy gym shorts
- Cut-offs
- Pajama pants
- Sweatpants
- Jeans
- Cargo pants
- Loose fitting T-shirts, tanks, or crop tops
- Sweatshirts
- Anything with inappropriate graphics or wording





# YOUTH DEVELOPMENT

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## Funky Dance (Ages 3-4)

Funky Dance is a great introduction that allows for creative movement and less discipline than ballet. This active class is fast-paced and instills a love of movement through organized dances and freestyle prompts.

Monday 11:15-12:00pm

**Location:** SM Y Program Center

**Facility Member:** WE Y Family \$90/Youth \$95

**Program Member:** SM Y and WE Y \$100

## NEW! Beginner Ballet & Jazz (Ages 3-11)

This beginner level class allows dancer to explore the world of dance through ballet and jazz. Ballet shoes are recommended but not required. A mini recital will be held at the end of the session.

Sunday (Ages 3-5) 10:15-11:00am

(Ages 6-11) 11:00-11:45am

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

## Ballet I (Ages 3-5)

Young dancers develop the fundamentals of creative movement, explore free motion and grasp an understanding of dance language. Ballet slippers are recommended, not required. Mini recital is at the end of the session.

No class 11/23

Thursday 10:15-11:00am

Saturday 9:00-9:30am

**Location:** Thursday - SM Y Program Center  
Saturday - SM Y Civic House

**Facility Member:** Thu - WE Y Family \$88

Sat - WE Y Family \$88

**Facility Member:** Thu - WE Y Youth \$93

Sat - WE Y Youth \$75

**Program Member:** Thu - SM Y and WE Y \$98

Sat - SM Y and WE Y \$80

## Ballet II (Ages 4-6)

Dancers move through the steps at the barre, floor progressions and center. We introduce and grow familiar with terminology, musicality, rhythm, and creative movement. Dancers explore new vocabulary and develop routines. Ballet slippers are recommended, not required. Mini recital is at the end of the session.

No class 11/23

Thursday 11:15am-12:00pm

Saturday 9:35-10:20am

**Location:** Thursday SM Y Program Center  
Saturday SM Y Civic House

**Facility Member:** Thu - WE Y Family \$78

Sat - WE Y Family \$90

**Facility Member:** Thu - WE Y Youth \$83

Sat - WE Y Youth \$95

**Program Member:** Thu - SM Y and WE Y \$88

Sat - SM Y and WE Y \$100

## Beginner Tap (Ages 4 - 6)

Explore the sound combinations created in tap dance through a curriculum that keeps them moving. Work towards building flexibility of the knee and ankles, coordination, and pace while developing proper tap technique and clear tap sounds. Recital performance at the end of the session.

Saturday 10:30-11:15am

**Location:** SM Y Civic House

**Facility Member:** WE Y Family \$90/Youth \$95

**Program Member:** SM Y and WE Y \$100

## Ballet/Tap Combo (Ages 4 - 6)

Take both Ballet and Tap on Saturday mornings and receive a price break! There will be time for snack between classes, a 10 minute break.

Saturday 9:35-10:20am

10:30-11:15am

**Location:** SM Y Civic House

**Facility Member:** WE Y Family \$165/Youth \$170

**Program Member:** SM Y and WE Y \$175

## Beginner Jazz (Ages 4 - 6)

We focus on musicality, body alignment, rhythm, stylization and choreography. Dancers explore the jazz genre and basic technical skills (i.e. turns and kicks). Recital performance is at the end of the session.

Saturday 11:20am-12:05pm

**Location:** SM Y Civic House

**Facility Member:** WE Y Family \$90/Youth \$95

**Program Member:** SM Y and WE Y \$100

## Let's Dance (Ages 4-8)

Learn easy dance moves in a class setting that focuses on teamwork, leadership skills and physical activity while having fun.

Monday 5:15-6:00pm

**Location:** WE Y

**Facility Member:** WE Y Family FREE/Youth \$72

**Program Member:** SM Y and WE Y \$124

## Hip-Hop (Ages 5 -7)

Using music you might hear on the radio or from the DJ booth, we teach fun combinations and help gain rhythm in addition to encouraging free movement. Recital performance is at the end of the session.

Wednesday 7:00-7:45pm

No class 11/22.

**Location:** SM Y Civic House

**Facility Member:** WE Y Family \$78/Youth \$83

**Program Member:** SM Y and WE Y \$88

## Musical Theatre (Ages 5-7)

Travel down 42nd Street through improv exercises, theatre games, vocal warm ups, dance combinations and movement routines. Showcase performance at the end of the session. Staff picks up SACC students enrolled at the Program Center and brings to/from class.

Wednesday 5:00-5:45pm

No class 11/22

**Location:** SM Y Creation Station

**Facility Member:** WE Y Family \$78/Youth \$83

**Program Member:** SM Y and WE Y \$88

## The Art of Comics and Cartooning (Ages 5-7)

Captain America, Spider-Man and Batman - all started as ideas and drawings on a page. Learn to design characters, draw figure and sequence storyboards to create a comic book of your own! Together we stretch our drawing muscles and produce some amazing masterpieces. Staff picks up SACC students enrolled at the Program Center and brings to/from class.

Wednesday 4:00-4:45pm

No class 11/22

**Location:** SM Y Creation Station

**Facility Member:** WE Y Family \$65/Youth \$70

**Program Member:** SM Y and WE Y \$75

## NEW! Messy Art (Ages 5-10)

This art class lets you explore the messy side of art. Paper maché, clay, recycled art projects and more. Get your hands dirty and wear old clothes.

Tuesday 4:30-5:15pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

## LEADERSHIP DEVELOPMENT

### FREE! Leaders Club (Ages 12-17)

Leadership training, personal growth, service to others, and social development. Work closely with your peers and staff on skill and character building activities, as well as on planning and organizing club projects. All programs provide a safe haven for young people to become confident and competent adults with a sense of belonging in their community, and promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in their community.

**Location:** WE Y

For more information contact Lisa Sheaffer - Family and Enrichment Director  
lsheafer@metroymcas.org.

### FREE Middle School Membership at the West Essex Y

As a benefit to families and teens we offer all 6th-8th grade students in our community a free program membership to support and encourage youth to live healthy lifestyles and make responsible choices.

Valid for the 2017-2018 school year.

#### Program Membership includes:

- Use of pool during designated hours
- FREE Teen training classes
- Use of gym during designated hours
- FREE Leadership workshops and educational seminars

For more info visit our Web site or contact: Lisa Sheaffer, Family and Enrichment Director at lsheafer@metroymcas.org or call 973 992 7500 ext. 107.



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## RECREATION

### \*Teen Night

Join us for basketball, dodgeball, laser tag, special events, teen open swim, dance parties, and more! Pizza/pasta dinner and a drink are included in fee.

**\*Activities and food depend on what branch you are at, please check with the branch.**

### At the South Mountain YMCA

**\*Clubhouse** (Grades 3-5)

**\*Teen Night** (Grades 6-8)

Friday Nights 7:30-9:30pm

April 14 and 28 May 12 and 26

**Location:** SM Y Program Center

**Members:** \$10 per night

**Community Members:** \$15 per night

Call our Welcome Center for details

973 762 4145

### At the West Essex YMCA

**\*Teen Night** (Grades 5-9)

Friday Nights 6:30-9:30pm

September 22 November 10

October 13 & 27 December 8

**Location:** WE Y

**Members:** \$5 per night

**Community Members:** \$10 per night

## SWIM, SPORTS AND PLAY YOUTH SPORTS PROGRAMS

### Parent-Child Soccer (Ages 2-3)

Learn fundamentals with your child. Develop motor skills, balance and coordination. Learn how to follow directions - all while having lots of fun!

#### Fall 1 Only

Saturday 9:10-9:55am

**Location:** SM Y Field

**Facility Member:** WE Y Family **FREE**/Youth \$94

**Program Member:** SM Y and WE Y \$99

### Strider Balance Bike Training (Ages 2½-5)

Explore mobility on two wheels, improve motor skills development, increase balance, strength and build confidence and coordination. Children focus solely on learning balance first. Research shows that learning balance and coordination with exercise jump-starts a child's growth and development. Helmet use required. **Bring your own or use the Y's helmets. No Class 10/31.**

Tuesday 10:55-11:40am

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

Wednesday 9:05-9:50am or

11:00-11:45am

Friday 2:05-2:50pm

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

### Sports Bugs (Ages 3-5)

This class helps build children's motor skills and hand eye coordination. Sports include; Tee ball, Soccer, Basketball, Hockey and other age appropriate sports. Games will be modified to suit children's age and athletic ability.

Wednesday 4:00-4:50pm

Sunday 12:30-1:20pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

### Soccer Clinics (Ages 3-9)

Learn the fundamentals of soccer, importance of fair play, teamwork and good sportsmanship in this introductory class.

Saturday

Ages 3-5 11:00-11:50am

Ages 6-9 12:00-12:50pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

### Kinder Sports (Ages 3-5½)

Designed to build confidence, develop physical skills, learn team play and practice good sportsmanship. Basics skills from soccer, football, basketball, floor hockey, t-ball and volleyball are introduced.

**Location:** SM Y Gym

Tue (Ages 4-5½) 9:00-9:45am

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

Wed (Ages 4-5½) 1:10-1:55pm

Wed (Age 3) 2:05-2:50pm

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

### Kinder Soccer (Age 3)

Just for 3 year olds! Helps develop physical skills, soccer readiness, and teamwork. We teach the importance of fair play and good sportsmanship, all while having lots of fun!

**No Class 10/31**

Tuesday 9:55-10:40am

**Location:** SM Y Field

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

### Kinder Soccer (Ages 4-5½)

Learn the skills, the importance of fair play, teamwork and good sportsmanship. Rain Date the following Sunday morning same time.

#### Fall 1

Friday 3:00-3:45pm

Saturday 10:05-10:50am

**Location:** SM Y Field

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

#### Fall 2 - No class 11/25

Friday 3:00-3:45pm

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

### Floor hockey (Ages 4-5½)

Put on your sneakers and get your hockey stick ready! Learn the fundamentals while having fun. Each class ends with a game. We provide all hockey equipment including a helmet with a face mask.

**No class 10/31**

Tuesday 2:45-3:30pm

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

### Lacrosse Skills (Grades 1-4)

Learn basic lacrosse skills, build self-confidence, develop coordination and have fun on the field! Bring own stick or use of the Y's.

**First class is on 9/11.**

Monday 3:45-4:45pm

**Location:** SM Y Field

**Fall 1 Only**

**Facility Member:** WE Y Family \$84/Youth \$89

**Program Member:** SM Y and WE Y \$94

### T-Ball (Ages 4 - 5½)

Learn basic baseball skills, build self-confidence, develop coordination. Bring own glove or use one of the Y's. **No class 10/31**

**Fall 1 Only**

Tuesday 4:35-5:20pm

**Location:** SM Y Field/Gym

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

### Pee Wee Tennis (Ages 4-8)

Learn tennis with junior sized tennis racquets, oversized balls and lots of fun!

**No Class on 11/24, there is class 12/22**

Friday (Ages 4-5½) 3:50-4:35pm

Friday (Ages 6-8) 4:40-5:25pm

**Location:** SM Y Gym

**Fall 1**

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

**Fall 2**

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

### TGA Golf (Ages 4-11)

The Y partners with TGA Premier Junior Golf and introduces children to the great game of golf. Players progress through TGA's 5 level program including putting, swing fundamentals, rules and etiquette. We create a lifelong love of the game through fun and play. **Rainy days are made up at the end of the session.**

Thursday 5:30-6:30pm

**Location:** SM Y Field

**Facility Member:** WE Y Family \$160/Youth \$165

**Program Member:** SM Y and WE Y \$170

### Private Sports Lessons (Ages 5-15)

Baseball, basketball, roller hockey, soccer and tennis. **By appointment.**

**Location:** WE Y

30-minute sessions

**Private** \$36 per session

**Semi-Private** \$40 per session



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## Karate (Ages 4-Adult)

Learn basic philosophy and movements, develop physical fitness, body control, discipline and self-esteem. Safety awareness and self-defense are also discussed. Sensei Carmen Puglio, with over 40 years of experience, leads this class. Uniforms are not required but available for purchase. Advancement belts are optional and must be purchased if they are earned. Parents must register individually if also taking the class. **There will be class 11/25 and no class on 12/23.**

Mon (Ages 5-8) 6:00-6:45pm  
**Location:** SM Y Creation Station

Wed (Ages 4-5½) 10:00-10:45am

Fri (Grades K-Adult) 5:30-6:15pm

Sat (Grades K-Adult) 11:10-11:55pm or  
12:00-12:45pm

**Location:** SM Y Program Center

### Fall 1

**Facility Member:** WE Y Family \$100/Youth \$105  
**Program Member:** SM Y and WE Y \$110

### Fall 2

**Facility Member:** WE Y Family \$86/Youth \$91  
**Program Member:** SM Y and WE Y \$96

## Flag Football (Ages 5-8)

This class is designed to help children learn the rules of the game and the fundamentals through games and drills. The focus will be in the areas of passing, receiving and defense. Sportsmanship, teamwork and having fun are the emphasis.

Tuesday 4:30-5:20pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

## Tiger Soccer (Grades 1st & 2nd)

Learn soccer skills and the importance of fair play. Develop physical strength and teamwork - all while having fun! Class ends with a game.

### Fall 1 Only

Saturday 11:00-11:45am

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

## Youth Yoga (Ages 5-11)

Learn the basics of relaxation, focus, breathing and balance.

Wednesday 5:00-5:50pm

**Location:** WE Y

**Facility Member:** WE Y Family **FREE**/Youth \$72

**Program Member:** SM Y and WE Y \$124

## Kids Fit (Age 6-11)

Designed to improve and enhance athletic performance giving the athlete skills and abilities that can translate to any sport. We will touch upon all aspects of athletic training including speed, agility, reaction, endurance, strength, power, and quickness.

Monday 4:00-4:45pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

## Tennis (Ages 6+)

Learn the basics of tennis - scoring, forehand, backhand and footwork. Equipment supplied.

Monday (Beginner) 4:00-4:50pm

Monday (Inter/Adv) 5:00-5:50pm

**Location:** WE Y

**Facility Member:** WE Y Family \$72/Youth \$77

**Program Member:** SM Y and WE Y \$124

## GAGA (Grades K-5)

This fun, energetic game is a kinder, gentler dodge ball. Build agility, cardio endurance, quickness and hand eye coordination. Class is rescheduled on rainy days. **No class 10/31. Fall Gaga Tournament Sunday Oct. 1. Separate registration required for tournament.**

### Fall 1 Only

Tuesday 3:40-4:25pm

**Location:** SM Y Gaga Pit

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

## Youth/Teen Personal Training (Ages 10+)

Condition with specifically designed exercises to improve strength, endurance, stamina, and speed. Learn the fundamentals of fitness on strength and cardio equipment. **By appointment.**

**1 session:** \$30

**Location:** WE Y

## Skateboarding Clinic (Grades K-8)

Get stoked to get expert lessons and take your skateboarding skills to the next level at the brand new top of the line skate park in Maplewood. All skill levels are welcome. Skateboarders with higher skills should register for the advanced class. Helmet required. Pads highly recommended.

**Location:** Maplecrest Park in Maplewood

### Fall 1

Monday 5:15-6:15pm

Thursday 5:15-6:15pm

Saturday 10:00-11:00am

**Facility Member:** WE Y Family \$100/Youth \$115

**Program Member:** SM Y and WE Y \$120

### Fall 2 (3 week Session - Nov. 4-18)

Saturday 10:00-11:00am

**Facility Member:** WE Y Family \$35/Youth \$40

**Program Member:** SM Y and WE Y \$45

## Skateboarding Advanced Clinic (Grades K-8)

Skateboarders with above beginner skills are stoked to get expert lessons and take their skateboarding skills to the next level at the brand new top of the line skate park in Maplewood. Supply your own skateboard and safety equipment. Helmet required.

Saturday 11:00am-12:00pm

**Location:** Maplecrest Park in Maplewood

### Fall 1

**Facility Member:** WE Y Family \$100/Youth \$115

**Program Member:** SM Y and WE Y \$120

### Fall 2 (3 week Session - Nov. 4-18)

**Facility Member:** WE Y Family \$35/Youth \$40

**Program Member:** SM Y and WE Y \$45

## SPECIAL NEEDS PROGRAM

### Gym Class for Special Abilities (Ages 5-11)

This class will help your child succeed in their physical education program during the school year. We will review skills and help them focus while having fun with fitness.

Sunday 5:00-5:45pm

**Location:** WE Y

**Facility Member:** WE Y Family **FREE**/Youth \$50

**Program Member:** SM Y and WE Y \$75

## Youth Basketball

at the West Essex YMCA



### Basketball Clinic (Ages 3-6+)

Learn the fundamentals of basketball (dribbling, passing, shooting and defense) along with the team concepts of offensive play and zone defense all done in a fun, values-oriented environment.

Wednesday (Ages 6+) 6:00-6:50pm

Friday (Ages 3-5) 5:00-5:50pm

Friday (Ages 6+) 6:00-6:50pm

Sunday (Ages 3-5) 1:30-2:20pm

**Location:** WE Y

**Facility Member:** Family \$72

**Facility Member:** Youth \$77

**Program Member:** \$124

### 3<sup>rd</sup> - 8<sup>th</sup> Grade Travel Basketball Team

Players must attend at least 2 tryouts in order to be considered for a roster spot. Practices will be twice a week until the first games. Thereafter teams will practice once a week and play one or two games a week. For more information contact Lisa Sheaffer at [Lsheafer@metroymcas.org](mailto:Lsheafer@metroymcas.org).

**Location:** WE Y

### K-2 Youth Basketball League

This 8 week league will include skill development and game play. Children will receive 145-min practice during the week. Games will be held on Saturday afternoons.

**Practice:** Wed or Thu 5:00-6:00pm

**Games:** Saturdays

**Facility Member:** WE Y Family \$140

**Facility Member:** WE Y Youth \$145

**Program Member:** SM Y and WE Y \$150

## CELEBRATE WITH US

### Birthday Parties at the Y

Looking for the perfect place to have your child's birthday party? Look no further.

We specializes in fun and festive birthday celebrations. For more information visit [SmountainYMCA.org](http://SmountainYMCA.org) or call 973 762 4145  
[WestEssexYMCA.org](http://WestEssexYMCA.org) or call 973 992 7500





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## Youth Basketball

at the South Mountain YMCA



Fall 1 Only

### Advanced Basketball Skills (Grades 3-4)

For Children with higher basketball skills or have taken basketball classes and participated in game play and want to go to the next level with a high level of training.

Friday 6:30-7:30pm **Location: SM Y Gym**  
**Facility Member:** WE Y Family \$110/Youth \$115  
**Program Member:** SM Y and WE Y \$120

### Basketball Clinic (Grades 1-4)

Learn the fundamentals of basketball such as dribbling, passing, shooting and defensive skills in a fun, values-centered environment.

**Level 1** - For children new to basketball or just beginning the sport.

**Level 2** - Children previously enrolled in 2 or more YMCA basketball programs may register for this class or by instructor permission.

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$99/Youth \$94  
**Program Member:** SM Y and WE Y \$99

#### Grades 1 & 2

Tue (Level 1) 5:25-6:10pm  
Wed (Level 2) 5:20-6:05pm  
Sat (Both Levels) 2:50-3:35pm

#### Grades 3 & 4

Tue (Level 1) 6:15-7:00pm  
Wed (Level 2) 6:10-6:55pm  
Sat (Both Levels) 2:00-2:45pm

### Basketball Pre-Season League (Grades 5 & 6)

Winter Basketball Travel Team season is right around the corner. Prepare for the competitive travel league season. The league meets on Monday and Wednesday evenings starting September 6. The first three nights consist of evaluations and practice. From those registered, two or four teams are formed. Depending on team's schedule there are eight games played.

**Game shirt included with fee.**

**Initial Evaluations:** September 6, 11 & 13 7:00-8:30pm

**Games start 9/18:** Monday and Wednesday 7:00 or 7:45pm

(Depending on the team schedule, last game is on Oct 11. Rain dates TBD)

**Location:** The Baird Courts, 5 Mead St. South Orange

**Facility Member:** WE Y Family \$125/Youth \$130

**Program Member:** SM Y and WE Y \$140

### Basketball - Pre-Season Skills & Conditioning (Grades 5-8)

Coach Fred or Coach Laron conduct complete basketball skills training and conditioning clinics combined with training to help prepare the dedicated basketball player for the upcoming season. This class is co-ed.

Thu (Grades 3 & 4) 4:30-5:30pm Thu (Grades 5 & 6) 5:30-6:30pm

Thu (Grades 7 & 8) 6:30-7:30pm Sat (Grades 5 & 6) 5:00-6:00pm

**Location:** The Baird Courts, 5 Mead St. South Orange

**Facility Member:** WE Y Family \$102/Youth \$107

**Program Member:** SM Y and WE Y \$117

### Kinder Basketball (Ages 4-5½)

Learn introductory basketball skills, the importance of fair play, teamwork and good sportsmanship all while having lots of fun!

**Please observe age restrictions.**

Tuesday 3:45- 4:30pm Wednesday 4:30-5:15pm  
Wednesday 3:45- 4:30pm Saturday 3:40 -4:25pm

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

## Fall 2 Only

### Travel Basketball Tryouts! Teams: Grade 3-4, 5-6, and 7-8.

Our Y travel teams participate in either the NJ YMCA Basketball League or the Hoop Heaven Winter Youth League. Check website the week of 10/1 for details.

### Basketball Clinic Only for Grades 1-4

Fundamentals of basketball are taught (dribbling, passing, shooting and defense) along with team concepts of offensive play and zone defense in a fun, values-oriented environment. Children new to basketball game play must take this class before enrolling in our League/Clinic program. Players are mixed in with players from our regular League Team practices. This helps new players transfer more easily into the league when ready. Only a limited number of clinic players are allowed at each practice time.

#### Grades 1 & 2

Tue 5:25-6:10pm  
Tue 6:10-6:55pm  
Wed 4:35-5:20pm  
Wed 5:20-6:05pm

#### Grades 3 & 4

Tue 4:35-5:20pm  
Wed 6:10-6:55pm  
Wed 6:55-7:40pm

**Location:** SM Y Gym

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99

### Basketball Clinics and Leagues for Grades 1-4

This fun, low-intensity league is about teamwork and good sportsmanship, not competition. Everyone plays at least one half of a game and no standings are kept. Players with minimal basketball skills should complete one Clinic Only program first (see above). Children new to the Y wishing to start off in the league must get permission from the Program Director. There are no team requests taken. Siblings are placed on the same team. Games are on weekends. Team shirt is included.

**Location for Evaluations, Clinics and Games:** SM Y Gym

**Placement Evaluation:** Wednesday, November 1 (choose from Wednesday practice times below. No Evaluations on 10/31) After team placement, players are assigned a 45-minute practice time. At evaluation, please inform the coach of any Clinic Practice scheduling conflicts.

**Clinics:** Children are assigned to a team and practice at one of these times starting the following week.

**Games depending on team schedule:**

Saturdays (grades 3 & 4) 4:30pm, 5:15pm

Sundays (grades 1 & 2) 3:00pm, 3:45pm or 4:30pm

Depending on the team schedule, last game will be 12/16 or 12/17; last practice will be 12/19 or 12/20. **There is a game held on 11/25 and 11/26.**

#### Team Practice/Clinic Times - Grades 1 and 2

#### Team Practice/Clinic Times - Grades 3 and 4

Tue (Heat/Spurs) 5:25-6:10pm Wed (Celtics) 4:35-5:20pm

Tue (Knicks) 6:10-6:55pm Wed (Lakers/Bulls) 5:20-6:05pm

Tue (Celtics & Spurs) 4:35-5:20pm Wed (Lakers) 6:55-7:40pm

Wed (Knicks) 6:10-6:55pm

**Facility Member:** WE Y Family \$140/Youth \$145

**Program Member:** SM Y & WE Y \$150

### Kinder Basketball (Ages 4-6)

Learn introductory basketball skills, the importance of fair play, teamwork and good sportsmanship all while having lots of fun!

**No class on 10/31 and 12/23, Class on 11/25**

**Level 1** - Players new to basketball.

**Level 2** - Returning Kinder Basketball players

Tuesday 3:40-4:25pm Saturday (Level 1) 2:50-3:35pm

Wednesday 3:45-4:30pm Saturday (Level 2) 3:40-4:25pm

**Location:** SM Y Gym

Tuesday/Saturday

**Facility Member:** WE Y Family \$77/Youth \$82

**Program Member:** SM Y and WE Y \$87

Wednesday

**Facility Member:** WE Y Family \$89/Youth \$94

**Program Member:** SM Y and WE Y \$99





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## Gymnastics at the South Mountain YMCA

Refer to our **Gymnastics Progression Guide** for more detailed information about classes and skill development. Schedule changes throughout the year as skill sets and ages develop.

### Preschool Gymnastics

**Drop-off is strongly recommended to ensure participant concentration.**

#### Superhero Training (Ages 3-4)

Save the day! Train with us as we learn to run, jump, tumble and climb over obstacles! This is a great way to get your preschooler interested in gymnastics by using superhero themes to learn skills.

Monday 9:45-10:30am **Location: SM Y Gym**

**Facility Member:** WE Y Family \$109/Youth \$114

**Program Member:** SM Y and WE Y \$119

#### Stars (Ages 3-4)

Children will begin to develop an understanding of gymnastics terminology and skill. This is a perfect introduction to basic gymnastics with a fun and engaging instructor. **No Class 11/23.**

Thursday 10:00-10:45am **Location: SM Y Gym**

**Facility Member:** WE Y Family \$94/Youth \$99

**Program Member:** SM Y and WE Y \$104

#### Shining Stars (Ages 3-4)

**Teacher recommendation or evaluation required.** This is the next level in preschool gymnastics skill development. Continue to grow an understanding of gymnastics and important technical terminology. **No Class 11/24.**

Friday 10:00-10:45am **Location: SM Y Gym**

**Facility Member:** WE Y Family \$94/Youth \$99

**Program Member:** SM Y and WE Y \$104

#### Shooting Stars (Ages 4-5½)

This is either the next step for 4 year olds after Shining Stars or a starting point for older children. Children learn more challenging skills and terminology. **No Class 11/23 or 11/24.**

**Location: SM Y Gym**

**Monday** 10:45-11:30am **Thursday** 1:00-1:45pm **Friday** 11:00-11:45am

**Facility Member:** Mon WE Y Family \$114/Youth \$119

**Program Member:** Mon SM Y and WE Y \$124

**Facility Member:** Thu & Fri WE Y Family \$99/Youth \$104

**Program Member:** Thu & Fri SM Y & WE Y \$109

#### Sparklers (Ages 4-5½)

**Teacher recommendation or evaluation required.** Our highest level preschool class. Sparklers are either currently in Kindergarten or who have advanced past Shooting Stars. **No Class 11/23.**

Thursday 11:00am-12:00pm **Location: SM Y Gym**

**Facility Member:** WE Y Family \$104/Youth \$109

**Program Member:** SM Y and WE Y \$114

### School-Age Gymnastics

Classes are divided by skill level. There may be more than one class at a time in the gym as participants work on the various Olympic events.

**Drop off is required to ensure participant concentration.**

#### 5 Year Old Rollers (Age 5)

Identical to our Rollers class, but specifically for children not yet 6 years. **No class 11/23.**

Thursday 3:45-4:45pm **Location: SM Y Gym**

**Facility Member:** WE Y Family \$134/Youth \$139

**Program Member:** SM Y and WE Y \$144

#### Rollers (Ages 6-10)

We work on basics and introduce skills on all Olympic events. We emphasize flexibility, strength, and the fundamentals of gymnastics. Begins with group warm-up/stretch then gymnasts are grouped by ability when working on gymnastics apparatus. **No class 11/23.**

**Thursday** 3:45-4:45pm **Saturday** 10:35-11:35am

**Location: SM Y Gym**

**Facility Member:** WE Y Family \$134/Youth \$139

**Program Member:** SM Y and WE Y \$144

#### Swingers (Ages 6-10)

**Teacher recommendation or evaluation required.**

Further develop skills on the four Olympic events while building fitness and conditioning.

**Monday** 3:45-5:00pm **Saturday** 9:15-10:30am

**Location: SM Y Gym**

**Facility Member:** WE Y Family \$164/Youth \$169

**Program Member:** SM Y and WE Y \$174

#### Kippers (Ages 7-12)

**Teacher recommendation or evaluation required.**

This class focuses on complex beginner skills and progresses to more advanced gymnastics skills. Previous gymnastics experience required.

**Mondays** 3:45-5:00pm **Location: SM Y Gym**

**Facility Member:** WE Y Family \$164/Youth \$169

**Program Member:** SM Y and WE Y \$174

#### Aspiring ACES (Ages 7-12)

**Teacher recommendation or evaluation required.**

Gymnasts who show proficiency to transition to team in the near future will receive top-notch attention in this class, developing skills needed to participate on our pre-team.

**Saturday** 8:30-10:00am **Location: SM Y Gym**

**Facility Member:** WE Y Family \$174/Youth \$179

**Program Member:** SM Y and WE Y \$184

### Competitive Gymnastics

The South Mountain YMCA has a long history with gymnastics that we are proud of! Our ACES Team is dedicated to learning new skills, cheering each other on and putting in the work to succeed. The ACES compete across the state, scooping up medals and experiencing other gyms. Competitive Gymnastics is intrinsic to our Y. Our coaches are a strong team of fierce leaders guiding these gymnasts along.

**Tryouts: Pre and Competitive are August 21 and 24 from 5:00-7:00pm in the Y Gym (Please try to attend both).**

#### Pre-Team Gymnastics

Interested in becoming a part of our competitive ACES Gymnastics Team? The pre-team was created to introduce gymnasts to the structure of team while building important techniques. Participants prepare for competitive gymnastics with a concentration on tumbling, dance connections, routine requirements, and essential gymnastics drills. When pre-team members show specific learned skills on each of the four events (balance beam, vault, uneven bars and floor), they are advanced onto the team. Pre-team meets are held with the other New Jersey Gymnastics League Teams to offer the experience of a scored meet.

**Pre-Team Schedule (2 days per week)**

**Monday** 5:00-7:30pm **Location: SM Y Gym**

**Thursday** 5:00-7:30pm **Location: 1st Presbyterian & Trinity Church (111 Irvington Avenue, South Orange)**

**For more information, contact**

**Courtney Hazlewood at [chazlewood@metroymcas.org](mailto:chazlewood@metroymcas.org)**

**or Gailmarie Sprague at [gsprague@metroymcas.org](mailto:gsprague@metroymcas.org)**

#### The ACES Competitive Gymnastics Team

Our Competitive Team offers an ideal opportunity for young gymnasts exhibiting an aptitude and keen interest in gymnastics to take their skills to the next level. Gymnasts compete at their skill level at local, state, regional, and national level competition in the New Jersey YMCA Gymnastics League following USA-G Junior Olympic Program rules and guidelines. Coaches are safety certified and USAG members with a combined 50 years of coaching and competition experience. Our goal is for every competing gymnast to reach their individual potential. Practices are typically held at two different locations.

**Practice Schedule/Location:**

**Teams A, B and C (3 days per week)**

**Monday** 4:30-7:30pm **Location: SM Y Gym**

**Wednesday** 5:00-7:30pm **Location: 1st Presbyterian & Trinity Church (111 Irvington Avenue, South Orange)**

**Thursday** 5:00-8:00pm **Location: SM Y Gym**

**For more information, contact**

**Courtney Hazlewood at [chazlewood@metroymcas.org](mailto:chazlewood@metroymcas.org)**

**or Gailmarie Sprague at [gsprague@metroymcas.org](mailto:gsprague@metroymcas.org)**



# CONFIDENT SWIM

**Did you know we offer FREE swim lesson evaluations?** Be assured your child will be placed in the proper level of swim lessons. Contact us to make an appointment.

A minimum of 3 participants is needed to run the class. Schedule subject to change. **Visit our web site for our Make-up Policy.**

**PARENT AND CHILD SWIM LESSONS: Ages 6 months – 3 years old (30 min)** - Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Facility Member		Program Member	Sessions	
Family	Youth		Fall 1 and 2	
FREE	\$99	\$158	Day	Time
<b>A</b>	<b>WATER DISCOVERY</b> Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Mon	10:15am	
		Tue	1:30pm	
		Thu	10:00am	
		Sat	9:00am, 9:45am	
<b>B</b>	<b>WATER EXPLORATION</b> In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.	Fri	11:00am	
		Sat	10:30am	

**PRESCHOOL SWIM LESSONS: Ages 3-5 (30 min)** - Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit • Jump, push, turn, grab

Facility Member		Program Member	Sessions	
Family	Youth		Fall 1 and 2	
\$94	\$99	\$158	Day	Time
<b>1</b>	<b>WATER ACCLIMATION</b> Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.	Tue	10:15am or 4:00pm	
		Thu	10:30am or 4:00pm	
		Fri	5:30pm	
		Sat	9:00am, 9:45am, 10:30am or 1:30pm	
<b>2</b>	<b>WATER MOVEMENT</b> In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.	Mon	4:00pm	
		Tue	11:15am	
		Thu	11:00am or 5:30pm	
		Fri	10:30am or 4:00pm	
		Sat	9:00am, 9:45am, 10:30am or 1:30pm	
<b>3</b>	<b>WATER STAMINA</b> In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.	Mon	4:00pm	
		Tue	11:30am	
		Wed	5:30pm	
		Thu	1:30pm	
		Sat	10:30am or 11:15am	
<b>4</b>	<b>STROKE INTRODUCTION</b> Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	Tue	4:00pm	
		Thu	11:30am or 4:00pm	
		Fri	10:30am	
		Sat	10:30am	

# SUMMERS FOR LIFE



**SCHOOL AGE, TEEN and Adult: Ages 5-12 (40 min)** - Having mastered the fundamentals, learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Facility Member		Program Member	Sessions	
Family	Youth		Fall 1 and 2	
\$94	\$99	\$158	Day	Time
<b>1</b>	<b>WATER ACCLIMATION</b> Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.	Mon	4:45pm	
		Wed	5:30pm	
		Fri	4:45pm	
		Sat	9:45am, 11:15am or 12:00pm	
<b>2</b>	<b>WATER MOVEMENT</b> In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.	Mon	5:30pm	
		Tue	4:35pm	
		Wed	4:00pm	
		Thu	4:35pm	
		Sat	9:45am, 11:15am or 12:00pm	
<b>3</b>	<b>WATER STAMINA</b> In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.	Tue	4:00pm	
		Wed	4:45pm	
		Fri	4:45pm	
		Sat	11:15am or 12:00pm	
<b>4</b>	<b>STROKE INTRODUCTION</b> Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	Tue	4:45pm	
		Wed	4:45pm	
		Thu	4:00pm	
		Sat	12:00pm or 12:45pm	
<b>5</b>	<b>STROKE DEVELOPMENT</b> Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.	Tue	5:30pm	
		Wed	4:45pm	
		Thu	4:45pm	
		Sat	12:45pm or 1:30pm	
<b>6</b>	<b>STROKE MECHANICS</b> In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.	Fri	5:30pm	
		Sat	12:45pm	

### Adult/Teen Swim Instruction (Ages 14+)

Adults and teens who have limited or no swim experience will become comfortable in the water, and learn basic swimming techniques and personal safety.

Monday or Wednesday 9:00pm

**Location:** WE YMCA Pool

### Private Swim Lessons (30 Minutes)

Private lessons provide the greatest flexibility and one-on-one instruction to meet your needs. For additional information and to purchase packages call the Welcome Center.

**Location:**

Private:

Semi-private (2 children):

**WE YMCA Pool**

**Facility Member:** WE Y \$39

**Program Member:** SM Y and WE Y \$44

**Facility Member:** WE Y \$44

**Program Member:** SM Y and WE Y \$49





# COMPETITIVE SWIMMING AT THE WEST ESSEX Y

## Pre-Team Swimmers (Ages 7-15)

**Prerequisite:** Endurance swim 200 yds. non-stop, front and back crawl 100 yds., breaststroke 50 yds., and butterfly 25 yds.

An advanced swim program led by swim team coaches. Focuses on competitive skills without the full commitment of swim team. It's a great training for summer leagues, high school teams, and year-round club teams.

All **NEW** Pre-Team swimmers must be evaluated. Contact Paul Casazza at [pcasazza@metroymcas.org](mailto:pcasazza@metroymcas.org).

<b>Location:</b>	<b>WE Y</b>	
<b>Select 2 Days:</b>		
Mon, Tue, Thu or Fri	4:00pm	
Wednesday	4:00pm or 5:45pm	
Saturday	2:00pm	
<b>Facility Member</b>	WE Y Family	\$149
<b>Facility Member:</b>	WE Y Youth	\$156
<b>Program Member:</b>	SM Y & WE Y	\$306

## Competitive Aquatics Swim Team (Ages 6-18)

**Fall/Winter: September 11, 2017 – March 15, 2018**

The Swim Team trains and competes year-round. Practices include technique training, start and turn training, conditioning, endurance, speed training, dry land exercises, and stretching. Competition includes invitational meets, dual meets, and championship meets sanctioned by USA Swimming and YMCA Swimming.

All swimmers need to **pre-register** for **swimmer evaluations**. If you are interested in participating, please e-mail Paul Casazza at [pcasazza@metroymcas.org](mailto:pcasazza@metroymcas.org) for more info.

<b>TRYOUTS:</b>	September 6	6:45-8:00pm
<b>LOCATION:</b>	West Essex Y	



# HEALTHY LIVING

Improving the nation's health and well-being.



## LIVESTRONG® at the YMCA

LIVESTRONG at the YMCA is an evidence based program that helps adult cancer survivors reclaim their health and wellbeing following a cancer diagnosis. The **West Essex Y** creates a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

- A **FREE** 12-week program
- Two 90-minute sessions per week.
- Includes a Family Membership for the 12 weeks.

Call for more information.

## FAMILY TIME

### Family Events/Programs

View all of our programs and events designed for families in mind. Download our monthly calendar today at [WestEssexYMCA.org](http://WestEssexYMCA.org).

### Family Night

Join us the 1<sup>st</sup> Friday of each month for a night of family fun. Activities will include family swim, games, crafts and much more.

**Pre-registration is required.**

Friday	6:30-8:30pm
October 6	December 1
November 3	

**Location:** **WE Y**  
Family Facility Member: **FREE**

## Togetherhood™

Togetherhood™ is the Y's member-led volunteer service program. It activates Y members to work together to plan and lead service projects that respond to local community needs. Togetherhood creates social change and demonstrates that the Y is a charity dedicated to strengthening community. This the YMCA's signature program for social responsibility.

**To become a volunteer, contact:**

**SM Y** – Tommy Donaldson at [tdonaldson@metroymcas.org](mailto:tdonaldson@metroymcas.org) or call 973 762 0183

**WE Y** – Cheryl Francione at [cfrancione@metroymcas.org](mailto:cfrancione@metroymcas.org) or call 973 992 7500 ext. 106.



## Halloween at the West Essex Y

Join us for a spooktacular event for the entire family!

**SAVE THE DATE**

**Sunday, October 22, 2017**





# HEALTHY LIVING

Improving the nation's health and well-being.



## Parent/Child Classes

Parents/chaperones are required to participate. Must register for each class each session.

### Yoga & Play (Ages 0-2½)

Certified by Yoga Alliance, Varrita teaches Yoga to adults while toddlers have their own fun. While Miss Varrita teaches her class in the main room, little ones are entertained in one of our classrooms. This class has limited capacity, register early!

Tuesday 9:30-10:15am

**Location:** SM Y Program Center

**Facility Member:** WE Y Family **FREE**/Youth \$85

**Program Member:** SM Y and WE Y \$90

### Giggle & Groove (Ages 0-2½)

Shake, rattle and roll to the beat with music that gets your toes tapping! Dress in comfortable clothing. Parents with infants in wearable baby carriers are welcome to join the fun.

Wednesday 9:30-10:00am

**Location:** SM Y Program Center

**Members:** SM Y & WE Y **FREE**

### Mini Heroes (Walking-2½)

Our little heroes to get the chance to save the day! Train with us as we learn to run, jump, tumble and climb over obstacles. This class is a great way for toddlers to work on gross motor skills while using superhero themes.

No class 11/23

Thursday 9:00-9:30 am

**Location:** SM Y Gym

**Facility Member:** WE Y Family **FREE**/Youth \$65

**Program Member:** SM Y & WE Y \$70

### Team for Tots (Walking-2½)

Parachute play, relay races and sports including soccer, basketball and more.

Friday 9:30-10:00am

**Location:** SM Y Program Center

**Members:** SM Y & WE Y **FREE**

### Tiny Tumblers I (Walking-2½)

Our intro to gymnastics helps to develop gross motor skills with rolling, balancing, swinging and crawling. Have fun stretching, playing parachute games, running obstacle courses, skill building, singing and more in a structured environment. This class helps children transition into more independent gymnastics and sports classes.

Monday 9:00-9:30am

**Location:** SM Y Gym

**Facility Member:** WE Y Family **FREE**/Youth \$75

**Program Member:** SM Y & WE Y \$80

### Tiny Tumblers II (Ages 2-3½)

Teacher recommendation or evaluation required.

More advanced instruction and is for those who have taken Tiny Tumblers I or other gym classes.

No class 11/24

Friday 9:00-9:45am

**Location:** SM Y Gym

**Facility Member:** WE Y Family **FREE**/Youth \$81

**Program Member:** SM Y & WE Y \$86

### Learn, Play, Grow! (12-36 months)

Join your child in exploring their surroundings in fun and interactive ways. Circle time, games, songs and messy play all await you.

Monday 9:30-10:00am

**Location:** WE Y

**Facility Member:** WE Y Family **FREE**/Youth \$77

**Program Member:** SM Y & WE Y \$124

### Let's Go To Art! (Walking-2½)

Have fun with friends creating different projects each week to take home and display.

Wednesday 9:00-9:30am

**Location:** SM Y Program Center

**Facility Member:** WE Y Family **FREE**/Youth \$75

**Program Member:** SM Y & WE Y \$80

### Music & Me (Ages 0-2½)

Explore melodies with instruments, stomp around on our Giant Piano Mat and soak up music vocabulary. We sing, play games and more!

Monday 9:30-10:00am

**Location:** SM Y Program Center

**Members:** SM Y & WE Y **FREE**

### Open Play (Walking-3)

Open Play is five days a week and is only for children currently enrolled an Adult/Child class.

Shake out your wiggles before classes begin with unstructured, free play.

Mon, Thu and Fri 8:30-9:00am

**Location:** SM Y Gym

**Members:** SM Y & WE Y **FREE**

### Puppet Play (Walking-2½)

Learn the art of storytelling through all types of puppets. Each week, we create a new puppet using assorted materials.

Thursday 9:30-10:00am

No class 11/23

**Location:** SM Y Program Center

**Members:** SM Y & WE Y **FREE**

### Sensory Explorers (Walking-2½)

Get your hands dirty! Create sculptures, make clay, form goo and more. A perfect class for the toddler who likes to dig, mix and mold.

Monday 9:00-9:30am

**Location:** SM Y Program Center

**Facility Member:** WE Y Family **FREE**/Youth \$75

**Program Member:** SM Y & WE Y \$80

### Silly Science (Walking-2½)

Tiny scientists love this class where we test experiments and watch how ingredients come together to create surprising reactions.

No class 11/24

Friday 9:00-9:30am

**Location:** SM Y Program Center

**Facility Member:** WE Y Family **FREE**/Youth \$65

**Program Member:** SM Y & WE Y \$70

### Parent-Child Soccer (Ages 2-3) Fall 1 Only

Learn fundamentals with your child. Develop motor skills, balance and coordination. Learn how to follow directions - all while having lots of fun!

Saturday 9:10-9:55am

**Location:** SM Y Field

**Facility Member:** WE Y Family **FREE**/Youth \$94

**Program Member:** SM Y & WE Y \$99

## HEALTH, WELL-BEING AND FITNESS

### Karate (Adult)

Adults learn basic philosophy and movements of this martial art. Develop physical fitness, body control, discipline and self-esteem. Safety awareness and self-defense are also discussed. Sensei Carmen Puglio, with over 40 years of experience, leads this class. Uniforms are not required but available for purchase. Advancement belts are optional and must be purchased if they are earned.

**There will be class 11/25. There will be no class on 12/23.**

Friday (Grades K-Adult) 5:30-6:15pm

Sat (Grades K-Adult) 11:10-11:55am or  
12:00-12:45pm

**Location:** SM Y Program Center

**Fall 1**

**Facility Member:** WE Y Family \$100/Youth \$105

**Program Member:** SM Y & WE Y \$110

**Fall 2**

**Facility Member:** WE Y Family \$86/Youth \$91

**Program Member:** SM Y & WE Y \$96

### PickleBall at the West Essex Y

Tuesday and Thursday  
1:00-3:00pm

Call for more information





# HEALTHY LIVING

Improving the nation's health and well-being.

## FREE GROUP CLASSES at the West Essex YMCA

### Facility Members Only

A Schedule of dates, times and location can be found on our Web site.

A minimum of 5 participants is needed to run each class.

For more information contact Barbara Santola Health Enhancement Director at [bsantola@metroymcas.org](mailto:bsantola@metroymcas.org).

### Body Fusion (Non-aerobic)

Strengthen the entire body using hand weights.

### Boot Camp

Get fit, develop muscles, increase your endurance and gain self-confidence with military style strength training and cardiovascular techniques. Step platform work is often incorporated.

### Cardio and Core Interval

60 min. of integrated muscle conditioning and cardio work. Options are offered, all levels welcome.

### Cycle

Indoor group cycling for all fitness levels.

### Cycle and Yoga

The perfect combination for mind/body connection. A 45 minute ride followed by a cool down using a yoga sequence that will keep you focused on your body while you stretch the muscles used during your ride.

### Dancing with the Y

Burn calories, strengthen your heart and tone your muscles using a variety of dance styles and music. Also improve balance and coordination.

### Defend Together

Defend Together is a challenging, athletic and motivating workout, that is great for both men and women. Add variety to your training and improve timing, precision and focus. It's a super fun way to train cardio and total body strength.

### Empower Gloves and Pads

Martial arts conditioning and the use of gloves and pads help build inner strength and endurance for mind and body.

### Empower Mind and Body

Harness your inner strength to overcome life's obstacles and accomplish your personal goals.

### Functional Circuit Training

Train your muscles to work the way they do in everyday tasks.

### Gentle Fitness

Low-impact cardio workout - light aerobics, stretching, hand weights, dynabands, and stability balls. Great for seniors or beginners.

### Integrated Yoga

The principles of yoga are partnered with muscle conditioning exercises for enhancing strength and balance.

### Keep On Movin' (Active Older Adults)

The principles of Tai Chi are applied to help our active older adults improve their balance, achieve greater confidence and enhance their well being. Strengthening the body to prevent slips and falls is a key focus of this program.

### Pilates (Beginner to Intermediate)

Strengthen your core, gain flexibility and balance. Incorporates Pilates Mat techniques for an overall body workout.

### Sculpt and Stretch

Stretch, strengthen and sculpt the entire body with stability balls, hand weights or bands. Core muscle conditioning is emphasized.

### Super Sonic Seniors

Seniors get moving with this gentle full body workout, set to music from the 50's and 60's. The class includes seated exercise, plus some standing work using a chair for support. The focus is on strength, flexibility, range of motion and balance. Very social and lots of fun.

### Tai Chi

Gentle form of martial arts designed to improve balance, memory, flexibility and focus. Taught in English and Chinese. Intermediate to advanced are welcome.

### Total Body Conditioning (TBC)

Full body workout combining cardio and muscle training segments. For all fitness levels.

### TRX® 30 Minute Focus

Zeroes in on the abdominals, back and glutes.

### TRX® Functional Training Class

Get a fast, effective total-body workout, improve mobility and flexibility, build lean muscle and develop functional strength.

### TRX® for Seniors

Learn how to use the TRX® Suspension Trainer to improve function, assist with balance and coordination.

### Yoga

Develop strength, flexibility, balance, and relaxation. Improve your health and create a sense of well-being. Become more relaxed and stress free.

### Zumba® (High energy cardio class)

Fuses hypnotic Latin rhythms and various cultural dance moves to create a fun, high energy workout.

### Zumba® Plus!

Combines targeted upper body resistance with your fun-filled Zumba® workout.

## HEALTHY LIFESTYLES

Held at the West Essex YMCA

### Delay the Disease

Life changing fitness and mobility program expressly designed for people with Parkinson's Disease. This program delivers symptom-specific exercises that optimize function. Participants will experience improvement in mobility, posture, balance and more.

Friday 11:30am  
**Member: FREE**  
**Community Member: \$5 per class**

### Health and Safety Information Seminars

Various health, fitness and safety topics will be discussed in seasonal seminars.

**Dates and times to be announced.**

**Facility/Program Member: FREE**

### Y Diabetes Prevention Program (Ages 16+)

A trained lifestyle coach will help individuals at high risk adopt and maintain a healthy lifestyle to reduce chances of developing Type 2 Diabetes. Insurance may cover your expense. Contact Barbara Santola, Health Enhancement Director at [bsantola@metroymcas.org](mailto:bsantola@metroymcas.org).

**Program Fee: \$429**

A minimum of 6 required to run the class.

Participants will receive a **FREE** Y membership for the time they are enrolled in the program. Financial assistance is available for those who qualify.

### American Red Cross Babysitter Training (Ages 11-15)

Learn what every parent wants in a responsible babysitter. This course provides information necessary to provide safe and responsible care for children in the absence of parents, it can help you interview for a babysitting job, perform first aid, learn diapering and feeding techniques, handle bedtime issues, and learn tips for having a safe babysitting experience.

**A Minimum 5 participants required.**

**Community Members are welcome.**

**Call for days and times:**

**SM Y 973 762 4145**  
**Member: \$120 Community Member: \$160**

**WE Y 973 992 7500**  
**Member/Community Member: \$85**

### American Red Cross Lifeguard Certification (Ages 15+)

Learn skills to respond to aquatic emergencies and provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personal take over.

**See website for days and times.**

**Lifeguarding:**  
**Facility/Program Member: \$300**  
**Community Member: \$350**

**Lifeguarding Review:**  
**Facility/Program Member: \$200**  
**Community Member: \$250**





# HEALTHY LIVING

Improving the nation's health and well-being.

## Stretch and "De-Stress" Sessions

(One-on-One)

Improve flexibility, mobility and state of mind.

1 Session: \$30

**Facility Members only**



## Parent's Night Out

### At the South Mountain YMCA

(6 weeks-12 years old)

Enjoy a night out while the kids have a blast! We play games, cook our own snacks, create art projects & more!

Friday 6:00-10:00pm

May 6 and 20, June 3

**Facility Member:** WE Y \$25 per night

**Program Member:**

SM Y and WE Y \$30 per night

**Community Member:** \$45 per night

### At the West Essex YMCA (Ages 3-11)

Kids have a blast, while you enjoy your own evening. Each month features a different theme and associated activities.

Children 6 and older will participate in activities in the gym and pool. Children 3-5 will enjoy activities in our child watch center. (Children must be potty trained)

Friday 6:00-9:00pm

September 15 November 17

October 20 December 15

**Facility Member:** WE Y \$25 per night

**Program Member:** SM Y & WE Y \$35 per night

**Community Member:** \$45 per night

## HorizonbFit

HorizonbFit.com

### It pays to be FIT!

Now, Horizon Blue Cross Blue Shield of New Jersey and the YMCA is making regular exercise even more beneficial for you with the introduction of HorizonbFit, the program that rewards you when you stay on track to achieve your fitness goals.

**Simply visit [horizonbfit.com](http://horizonbfit.com) to verify eligibility.**

## PERSONAL FITNESS

Held at the **West Essex YMCA**

### FREE! Fitness Evaluation

Our trainers will evaluate your current fitness level. Evaluations will determine target heart rate, body composition and flexibility.

Testing takes approximately 30 minutes.

**Facility Members only - By appointment**

### Personal Training (One-on-One)

Looking to improve endurance, strength and flexibility? Trying to drop a few lbs?

Maybe you want to improve your overall wellness. Our Personal Trainers are diverse and knowledgeable and provide a wide range of benefits assisting you in reaching your goals, providing you with the motivation you need, and helping you to make exercise a regular part of your daily life.

**Packages available - contact Barbara Santola at [bsantola@metroymcas.org](mailto:bsantola@metroymcas.org) or ext. 105.**

## Are you 65 or older?

We have personalized fitness regimes for Older Adults.



Contact Barbara Santola at [bsantola@metroymcas.org](mailto:bsantola@metroymcas.org) or ext. 105.



## WATER ACTIVITIES

Held at the **West Essex YMCA**

### Adult/Teen Swim Instruction (Ages 14+)

Adults /teens who have limited or no swim experience will become comfortable in the water, and learn basic swimming techniques and personal safety.

Monday or Wednesday 9:00-9:45pm  
**Facility Member:** Family \$94  
**Facility Member:** Teen/Adult \$99  
**Program Member:** \$158

### Aqua-Fitness

A great low-impact workout in the water. Use every muscle while floating in the pool with a floatation belt.

Tuesday and Thursday 10:00am  
**Facility Member:** **FREE**  
**Program Member:** \$99

### Aqua-Fitness Fusion

A high energy water workout. Test your limits by experiencing innovative exercise blended with traditional Aqua-Fitness. Individual physical limitations are always considered.

Wednesday and Friday 9:00am  
**Facility Member:** **FREE**  
**Program Member:** \$99

### Aquadance

A stress free workout with little impact on joints in the pool and high cardiovascular conditioning.

Wednesday 10:00am  
**Facility Member:** **FREE**  
**Program Member:** \$99

### Aqua Cardio and Core

A heart healthy workout in the shallow end of the pool designed to strengthen your entire body and core.

Friday 11:30am  
**Facility Member:** **FREE**  
**Program Member:** \$99

### Arthritis Exercise

Use the gentle resistance of the water to exercise your joints, bones, and muscles.

Tuesday and Thursday 9:00-9:45am  
**Facility Member:** **FREE**

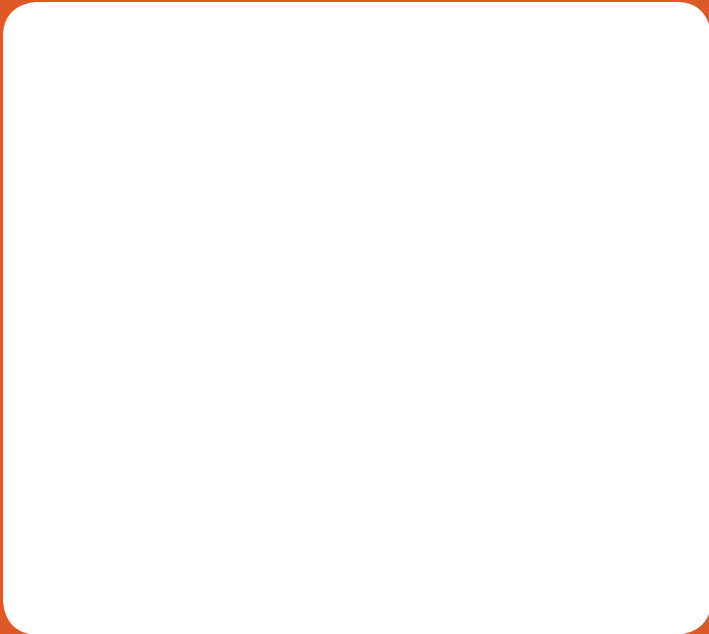
All others must preregister through the Township of Livingston Senior, Youth, and Leisure Department.



**SOUTH MOUNTAIN YMCA**  
 13 Jefferson Avenue  
 Maplewood, NJ 07040  
 P 973 762 4145  
 F 973 762 2064  
 SMountainYMCA.org



**WEST ESSEX YMCA**  
 321 South Livingston Avenue  
 Livingston, NJ 07039  
 P 973 992 7500  
 F 973 992 7680  
 WestEssexYMCA.org



**Day Camp Earl Bird Special!**  
 Register for South Mountain or West Essex  
 YMCA Day Camp by January 31, 2018 and  
 get 2018 camp for 2017 rate.  
 Call for more information.



**COME HERE ALL YEAR**  
**FAIRVIEW LAKE YMCA CAMPS**

In an environment created just for you, each person is empowered to strengthen relationships by participating in a wide variety of activities designed to build lasting memories. At camp, magic happens. Join us.

**REGISTER ONLINE**  
 FairviewLakeYMCA.org  
  
 #MYFVL



**SUMMER CAMPS**  
 June–August  
 Grades 2–11

- Traditional Sleep-Away
- Environmental Trips for Challenge (E.T.C.)
- Ranch Camp
- Specialty Camps
- Counselor-In-Training Program (CIT)



**ENVIRONMENTAL EDUCATION**  
 August–June

The Environmental Education program provides a once-in-a-lifetime experience for students. Leave the classroom and explore the Kittatinny Ridge: a three-mile hike to the highest point of our facility. Along the way, students gain valuable insight and experience a brief section of the renowned Appalachian Trail.

**FAMILY AND SPECIALTY WEEKENDS**  
 August–June

- Family Camp Weekends
- Mother/Daughter Weekend
- Father/Son Weekend
- Father/Daughter Weekend
- Mother/Son Weekend
- Women’s Wellness Weekends