



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DISCOVER YOUR Y

Sussex County YMCA



FALL 1

September 5 – October 29, 2017

Registration begins:

August 2 – Facility Members
August 7 – Program Members

FALL 2

October 30 – December 23, 2017

Registration begins:

October 9 – Facility Members
October 11 – Program Members

SussexCountyYMCA.org

Your YMCA is Expanding!

Learn about our expansion!

Check out one of the three touch screen tv's that are up around the facility.

- 1) By the Water Fountain
- 2) By the Wellness Center
- 3) By the Pool

- See photos of the progress outside
- Find out what's actually going to happen
- Learn how you can donate
- See a timeline (Subject to change)

1



2



3





WELCOME

As a local charitable organization dedicated to youth development, healthy living, and social responsibility, your membership means more at the Sussex County 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 representatives, see our facility and find out what's right for you.

| Facility Membership Rates | Monthly Draft | 20/20 | Joiner Fee |
|---|---------------|---------|------------|
| Youth (0-12) | \$21 | | \$25 |
| Teen (13-17) | \$29 | | \$25 |
| Young Adult (18-22) | \$40 | \$32 | \$25 |
| Adult (23-64) | \$51 | \$40.80 | \$25 |
| Senior (65+) | \$41 | \$32.80 | \$25 |
| Senior Couple (Both 65+) | \$58 | \$46.40 | \$25 |
| *Family | \$82 | \$65.60 | \$50 |
| NEW Plus Option – add an additional adult living in same house | \$15 per | \$77.60 | \$0 |

| 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:

- Adults receive a **FREE** 1 hour personal training session (redeemable within 30 days of joining)
- Full use of the pool
- Use of steam room, sauna & whirlpool (18 and older)
- Full use of Wellness Center
- Priority registration for all programs
- Child Watch and Youth Room
- **FREE** equipment orientation
- **FREE** group exercise classes
- **FREE** adult aquatic group classes
- **FREE** Wellness Coaching Program

Family Facility Membership Includes:

- **Same as Facility Membership** (see above)
- **FREE** Family Events
- *Family Plus option (\$15 per)
- **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.
- **FREE** Child Watch and Youth Room

Program Membership

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

Financial Assistance

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 may request a joiner fee waived.

Registration

Required for participation in classes and programs. Visit our Welcome Center to register or visit our Web site. YMCA membership status must be current through program session. \$10 late fee for registration once new session begins.

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 Sussex County 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.

Child Watch

Included in Family Membership. Facility Adult and Senior Members pay \$4 per child per visit, 3 months to 6 years old. Please visit our Web site for current hours of operation and policy. **Not available to Community Members.**

Youth Room

Available for children age 6 and older. Supervised by YMCA staff to ensure the safety and well being of all children. A two-hour time limit and participants must be signed in and out by a parent. Visit our Web site for hours.

Members: **FREE**
Community Members: **\$5 per child, per visit**

20/20 Membership

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.

Hours of Operation

| | |
|---------------|---------------|
| Monday-Friday | 5:00am-9:30pm |
| Saturday | 7:00am-6:00pm |
| Sunday | 8:00am-6:00pm |

Maintenance Week: August 28 - September 3

Labor Day: 7:00am-12:00pm

See web site for all other holiday hours.

SUMMER DAY CAMP 2018

2018 Camp begins June 18!

At the **Sussex County YMCA** there are many options for your children ages pre-school to tenth grade to have a summer experience of a lifetime. From half-day or full-day programs at our facility in Hardyston, to full-day camp with bus transportation to Fairview Lake in Stillwater, there is something for everyone.



Summer Y Day Camps (Age 3-entering grade 10) at the Sussex County Y

Summer Y Camps (Age 3-entering grade 10)

- **Junior Y Camp** (Age 3-entering kindergarten)
- **Kids Y Camp** (Entering grades 1-6)
- **Teen Y Camp** (Entering grades 7-8)
- **CIT Y Camp** (Entering grades 9-10)

Summer Y Sports Camp (Entering grades 3-7)

- **Basketball Camp**
- **Tennis Camp**
- **Soccer Camp**
- **Multi-Sports Camp**

Specialty Camps (Entering grades 4-7)

- **NEW! Cupcakes and S'mores Camp**
- **Explorers Camp**

Camps at Hardyston Middle School (Entering grades 5-8)

- **Cyber STEM**
- **Chopped Challenge**
- **GLAM Camp**
- **Troupe Camp**



VOLUNTEER OPPORTUNITIES

The YMCA is a cause driven organization that has many volunteer opportunities. Help at special events, join a committee or **Togetherhood™** (See below). Fill out a volunteer application at the Welcome Center.

Togetherhood™

It's easy to make a difference. There are so many ways to help make our community better. Sometimes it's not always obvious where or how to get involved. Participating in the Togetherhood™ program gives you the chance to activate your social responsibility by helping our neighbors receive the support they need to feel healthy, connected and secure.

Become a volunteer, contact Corey Brown at cbrown@metroymcas.org or call 973 209 9622.



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 **Sussex County 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.

New Sessions Begins September 11, 2017

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

Call for more information.



QUEENAX

QUEENAX CLASSES Facility Members Only

The Queenax is revolutionary, made by Precor, is an easy-to-use functional trainer designed for all ages and all abilities. This super functional trainer allows users to set up and rearrange equipment to design an all-inclusive workout. The versatility of this piece allows us to create infinite options ranging from aerial yoga, circuits and TRX® training. See Schedule for diverse classes for group exercise, call for private small group and personal training. Each experience utilizes super functional training equipment, designed to increase balance, core and overall strength. There is nothing that it can't do! No matter your training style, the Queenax has something for all.

View the list of classes below and find the right class for you. Download our class schedule from our web site to find days and times.

Circuit Training

Engage in diverse styles of exercise combined in a circuit to ensure full body fitness including stretch, functional mobility, cardio endurance and agility and flexibility.

Functional Fitness Journey

This special Queenax class will allow you to gain information on the basics of nutrition and engage in functional fitness in a supportive environment. Our trainers will support you in incorporating the Y App to help you stay on track throughout your journey. Weigh-ins with a certified trainer will also be available.

Teen X

A dynamic training class that will increase your strength, cardiovascular, core and flexibility by utilizing an array of functional training methods. Challenge your fitness level in a non-judgmental atmosphere. This class will bring the fun and diversity to your workout each week. All fitness levels welcome.

TRX®

The original suspension training that allows for a full body work out that leverages gravity and your body weight to perform hundreds of different exercises. You are in control of the intensity of your workout. Great for all fitness levels.

| COST (Facility Members Only) | |
|------------------------------|-------|
| 10-class punch card | \$100 |
| 20-class punch card | \$185 |
| 8-week class session | \$80 |
| 8-week teen class | \$65 |
| One-time Drop-in | \$15 |



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 Sussex County YMCA is proud to incorporate Healthy U in our school age programs.



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 to verify eligibility.**



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

School Age Child Care

Registration is now open for the 2017-2018 school year Before and After School Programs. Peace of mind comes from knowing your child is in a safe and nurturing environment after school. The Sussex County YMCA provides before and after school programs at **Blirstown, Hardyston Elementary** and **Franklin Elementary** Schools. Our staff provide homework assistance and supervised sports, games and enrichment activities to keep your child safe and engaged each day. The Before and After School programs promote healthy lifestyles through participation in fun, physical activity as part of the Y's Healthy U program. Children make friends, acquire life-skills and learn the YMCA core values of Caring, Honesty, Respect, and Responsibility. For registration forms and more information visit our Web site. **Spaces are limited.** Early registration is recommended. Completed registration paperwork must be received by August 15th to start the first day of school.

Y Vacation Camp

We offer camp on school holidays! We provide a safe and nurturing environment where children have fun, make new friends and explore new activities. All activities are created around exciting daily themes with an emphasis on building confidence, self-reliance and social skills. Send your child to camp with a packed lunch, a swim suit and a towel!

Half Day (Age 3 - grade 6) 9:00am-1:00pm
Must be toilet trained.
Facility Member: Family \$35 per day
Youth \$40 per day
Program/Community Member: \$52 per day

Full Day (Grades 1-6) 9:00am-5:00pm
Facility Member: Family \$45 per day
Youth \$50 per day
Program/Community Member: \$67 per day

Extended Day 7:00am-6:00pm
Facility Member: \$55 per day
Program/Community Member: \$83 per day

Visit our Web site for dates.

EDUCATION AND LEADERSHIP ACADEMIC ENRICHMENT

Pre-School Time (Ages 2-3)

Make new friends, learn new skills and grow with confidence. Each theme-based class includes music, craft, games, snack, story, and circle time. **Parent stays for class.**
Tuesday 10:00-10:45am
Facility Member: Family **FREE**/Youth \$73
Program Member: \$102

Pre-School Time On My Own (Ages 4-5)

Build your child's confidence and skills needed for Kindergarten. Each theme-based class includes music, craft, story, and circle time.
Tuesday 11:00-11:45am
Facility Member: Family \$68/Youth \$73
Program Member: \$102

Full STEAM Ahead (Ages 4-5)

Nurture creativity and innovative thinking with this hands-on STEAM (Science, Technology, Engineering, Art, and Math) class specially designed for preschoolers.
Monday 11:00-11:45am
Fall 1
Facility Member: Family \$60/Youth \$65
Program Member: \$90
Fall 2
Facility Member: Family \$68/Youth \$73
Program Member: \$102

Homework Assistance

Monday-Friday 4:00-4:30pm
FREE with Middle School Membership

ARTS AND HUMANITIES

Music and More (Ages 12 months-2 years)

Sing, dance and learn about rhythm and rhyme while exploring musical instruments. Parent stays for the class and enjoys helping his or her child grow through the magic of music.
Wednesday 10:00-10:45am
Facility Member: Family **FREE**/Youth \$73
Program Member: \$102

Music and More on my Own (Ages 3-4)

Sing, dance and learn about rhythm and rhyme while exploring musical instruments.
Wednesday 11:00-11:45am
Facility Member: Family \$68/Youth \$73
Program Member: \$102

Tiny Dancers (Ages 3-4)

Express, dance and thrive with this beginner dance class. Your child will learn the basics of dance and rhythm, including tap, jazz, ballet and hip-pop.
Saturday 10:00-10:45am
Fall 1
Facility Member: Family \$68/Youth \$73
Program Member: \$102

Fall 2
Facility Member: Family \$60/Youth \$65
Program Member: \$90

Artists' Studio for 2 (Ages 7-12)

Develop creative expression through art projects such as painting a rock, print making, drawing from nature, binding a journal, and assembling a sculpture made from natural objects. **Bring a friend for FREE.**
Friday 5:00-5:45pm
Middle School Member: FREE
Facility Member: Family \$68/Youth \$73
Program Member: \$102

LEADERSHIP DEVELOPMENT

Leaders Club (Grades 6-8)

Middle School students unite to develop activities and events that emphasize social responsibility in the community. Learn leadership and team building skills.
1st & 3rd Friday (Monthly) 5:30-6:30pm
Member/Community Member: \$25

SWIM, SPORTS AND PLAY RECREATION

Friday Frenzy (Ages 4-15)

This is a great opportunity for parents to enjoy a night out while their children have a safe and fun night with their friends at the Y. Kids will enjoy swimming, games, arts and crafts and much more.
1st & 3rd Friday (Monthly) 6:30-9:15pm
Member: Family \$5/Youth/Teen \$10 per
Community Member: \$15 per

Awesome Archery (Ages 9-14) Fall 1 Only

Heightened self-confidence and hand-eye coordination are just two of the benefits that come with learning how to properly use a bow and arrow.
Saturday 11:00-11:45am
Facility Member: Family \$68
Youth/Teen \$73
Program Member: \$102

Little Rookies (Ages 2-3)

Beginning pre-school sports skills are taught in a fun, non-competitive play environment. Emphasis is on participation, taking turns, learning new games, following directions, basic skill development and having fun.
Friday 11:45am-12:15pm
Facility Member: Family \$47/Youth \$52
Program Member: \$70

Martial Minis (Ages 3-5)

Beginning Martial Arts skills taught in a fun, non-competitive environment. Emphasis is on participation, following directions, and beginning Martial Arts skills. Class is a great introduction to Karate.
Thursday 5:30pm-6:15pm
Fall 1
Facility Member: Family \$68/Youth \$73
Program Member: \$102

Fall 2
Facility Member: Family \$60/Youth \$65
Program Member: \$90

Makerspace (Ages 7-9)

Makerspace is a hands-on workshop where your child can explore STEM through mini projects. Class fosters creativity and innovative thinking.
Thursday 4:15-5:00pm
Fall 1
Facility Member: Family \$68/Youth \$73
Program Member: \$102

Fall 2
Facility Member: Family \$60/Youth \$65
Program Member: \$90



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

YOUTH SPORTS PROGRAMS

Wiggle Worms (Ages 2-4)

Learn basic gymnastic skills including rhythmic movement, rolls, jumps, landings and stands.

Parent stays for class.

Saturday 11:00-11:30am

Fall 1

Facility Member: Family **FREE**/Youth \$52
Program Member: \$70

Fall 2

Facility Member: Family **FREE**/Youth \$45
Program Member: \$62

Rookie Sports (Ages 3-5)

Your child will learn the fundamentals of throwing, catching, kicking, running, dribbling, and more. Basic sports skills are introduced in a fun, non-competitive play environment.

Friday 11:00-11:45am

Facility Member: Family \$68/Youth \$73
Program Member: \$102

Bear Basketball (Ages 4-6, 7-9)

Learn the fundamentals of basketball through games and new drills. Emphasis on participation, sportsmanship, teamwork, skill development and having fun.

Fall 1 - Located at the Sussex County Y

Saturday 10:00-10:45am

Facility Member: Family \$68/Youth \$73
Program Member: \$102

Fall 2 - Located at the Littell Center in Franklin

Saturday 10:00-10:45am

Facility Member: Family \$60/Youth \$65
Program Member: \$90

Soccer Club (Ages 4-6)

Learn basic soccer skills in a play environment with emphasis on being active, following directions, and having fun.

Saturday 9:00-9:45am

Fall 1 - Located at the Sussex County Y

Facility Member: Family \$68/Youth \$73
Program Member: \$102

Fall 2 - Located at the Littell Center in Franklin

Facility Member: Family \$60/Youth \$65
Program Member: \$90

Karate 1 and 2 (Ages 4-15)

Learn self-defense, safety awareness, self-esteem and communication.

Karate 1 (Ages 4-8)

Monday 6:30-7:25pm

Karate 2 (Ages 9-15)

Monday 7:30-8:30pm

Fall 1

Facility Member: Family \$73/Youth/Teen \$78
Program Member: \$108

Fall 2

Facility Member: Family \$83/Youth/Teen \$89
Program Member: \$125

Everyone Can Play (Ages 7-14)

A fun fitness class for developmentally disabled children designed to increase physical activity levels in a supportive, social environment. Must be accompanied by an aide, if one is needed.

Families encouraged to participate.

All participants must register.

First Monday of each month 4:30pm

Kids Cardio (Ages 8-11)

This program enables teens to work in the wellness center with a certified trainer. The trainer will coach and support the children as they work towards increasing conditioning. Great for improving overall cardio ability and weight loss.

Monday 5:30-6:15pm

Fall 1

Facility Member: Family \$60/Youth \$65
Program Member: \$90

Fall 2

Facility Member: Family \$68/Youth \$73
Program Member: \$102

Youth/Teen Personal Training (Ages 8-18)

Training specific to your youth and teen's needs. Your personal trainer will help you set realistic attainable goals based on your individual needs. They will assist you with proper form and technique to ensure you work towards gaining desired results.

- Improve muscle tone and flexibility
- Improve nutritional habits
- Increase strength, cardiovascular and functional abilities
- Lose weight
- Gain confidence and improve self-esteem
- Make healthy living a lifestyle
- Sport specific

For more info contact Alma Dhuyvetter, ext. 208.

Teen Open Basketball (Ages 11-13)

Shoot around, work on your skills or get in on a pick up game. All skill levels welcome!

Fall 1 ONLY

Friday 5:30-6:30pm

Facility Member: Family \$83 Youth/Teen \$89
Program Member: \$125

Teen Coaching (Ages 1-17)

Train with experienced Wellness Coaches. Learn proper techniques for safe exercise and create positive behaviors for a healthier lifestyle. Ideal for teens wishing to increase overall fitness and gain confidence, even meet new friends. The program runs for eight consecutive weeks from when you register. Choose up to three nights a week.

For more Information contact Alma Dhuyvetter, Wellness Director, adhuyvetter@metroymcas.org.

Monday-Friday 6:00-8:00pm

Facility Member: Family \$68 Youth/Teen \$73
Program Member: \$120

Community Member: Group rate up to 10 people: \$250

1 month FREE for Middle School Members.

American Red Cross Babysitter's Training (Ages 11-15)

Learn decision making skills, first aid and basic care. A Babysitter's handbook is given out.

November 19 9:00am-4:00pm

Member: \$95 **Community Member:** \$115

COMPETITIVE SWIMMING

Swordfish YMCA/USA 2017-2018

Competitive swim teams for ages 6-18.

Prerequisite: Proficient at swimming the backstroke, breaststroke, butterfly and freestyle in proper technique.

Practices concentrate on improving technique, starts, turns, endurance and speed, dryland exercises and stretching. Team members will compete in dual meets against other YMCA teams in our league. Team members will be registered with USA Swimming, and have the opportunity to compete in invitational meets that include teams from the state of NJ, not just YMCAs. Swimmers who meet qualifying times during the season will be eligible to attend YMCA and USA championship meets. Tryouts required - visit scymcaswordfish.org for times and registration form. Swim season is September-March. Facility Membership required.

High School Swim Clinic (Grades 9-12)

These coached workouts will increase each swimmers endurance, emphasize legal stroke technique and work on starts and turns.

Clinic 1 (5 weeks) Sept. 5 - Oct. 5

Clinic 2 (5 weeks) Oct. 10 - Nov. 9

Tue, Wed, Thu 4:00-5:00pm

Facility Member: \$100

Program Member: \$150

Both Clinics (10 weeks) Sept. 5 - Nov. 9

Facility Member: \$180

Program Member: \$270

FREE Middle School Membership

(6, 7, & 8 grade membership)

Students get a free membership to support and encourage youth to live healthy lifestyles and make responsible choices.

Membership includes:

- Use of pool during open swim times
- Use of fitness equipment in the Wellness Center (**FREE** Teen Training Workshop required)
- Youth room
- Weekly Homework Help
- Group exercise classes for teens
- Wellness Coaching

Visit our Web site for more information.

BIRTHDAY PARTIES! Celebrate with us

- Open swim parties
- Private splash parties
- Fun and Games parties
- Cooking parties

Additional parties are available.

Visit our website for more information.





CONFIDENT SWIM

FREE Swim Lesson Evaluations – Be assured you and your child will be placed in the proper level of swim lessons.
Saturday or Sunday 9:00–11:30am

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.

| Session | Day | Facility Member | | Program Member |
|---------|-------------------|-----------------|-------|----------------|
| | | Family | Youth | |
| Fall 1 | Monday | FREE* | \$57 | \$83 |
| | Thu, Sat and Sun | FREE* | \$65 | \$95 |
| Fall 2 | Monday & Saturday | FREE* | \$65 | \$95 |
| | Thu and Sun | FREE* | \$57 | \$83 |

*If more than two classes in-a-row are missed without notifying the Y, you will be dropped from the class.

| | | | |
|----------|---|-----|---------|
| A | WATER DISCOVERY 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 | 10:00am |
| | | Thu | 11:20am |
| | | Sat | 9:00am |
| | | Sun | 10:20am |
| B | WATER EXPLORATION In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills. | Mon | 11:20am |
| | | Thu | 10:00am |
| | | Sat | 11:30am |
| | | Sun | 10:55am |

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

| Session | Day | Facility Member | | Program Member |
|---------|------------------|-----------------|-------|----------------|
| | | Family | Youth | |
| Fall 1 | Monday | \$70 | \$75 | \$114 |
| | Thursday-Sunday | \$80 | \$85 | \$130 |
| Fall 2 | Mon, Fri and Sat | \$80 | \$85 | \$130 |
| | Thu and Sun | \$70 | \$75 | \$114 |

| | | | |
|----------|--|-----|------------------------------------|
| 1 | WATER ACCLIMATION 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 | 10:00am, 11:20am, 4:00pm or 4:45pm |
| | | Thu | 10:40am, 11:20am, 5:00pm or 5:35pm |
| | | Fri | 4:45pm |
| | | Sat | 9:00am or 9:35am |
| | | Sun | 10:20am or 10:55am |
| 2 | WATER MOVEMENT 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 | 10:40am or 4:45pm |
| | | Thu | 10:40am or 5:00pm |
| | | Fri | 4:45pm |
| | | Sat | 9:35am or 10:55am |
| | | Sun | 10:20am |
| 3 | WATER STAMINA 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 | 10:40am or 5:20pm |
| | | Thu | 10:00am or 5:45pm |
| | | Fri | 4:45pm |
| | | Sat | 9:35am |
| | | Sun | 10:55am |
| 4 | STROKE INTRODUCTION 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. | Mon | 5:20pm |
| | | Thu | 6:10pm |
| | | Sat | 9:35am |
| | | Sun | 9:00am |

SWIMMERS FOR LIFE



SCHOOL AGE SWIM LESSONS: Ages 5-12 (40 min) - Having mastered the fundamentals, students 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.

| Session | Day | Facility Member | | Program Member |
|---------|------------------|-----------------|-------|----------------|
| | | Family | Youth | |
| Fall 1 | Monday | \$74 | \$79 | \$118 |
| | Thursday-Sunday | \$85 | \$90 | \$135 |
| Fall 2 | Mon, Fri and Sat | \$85 | \$90 | \$135 |
| | Thu and Sun | \$74 | \$79 | \$118 |

| | | | |
|----------|--|-----|--------------------|
| 1 | WATER ACCLIMATION 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 | 4:00pm |
| | | Thu | 6:20pm |
| | | Fri | 4:00pm |
| | | Sat | 10:10am |
| | | Sun | 9:35am |
| 2 | WATER MOVEMENT 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 |
| | | Thu | 5:00pm |
| | | Fri | 4:00pm |
| | | Sat | 10:10am |
| | | Sun | 9:35am |
| 3 | WATER STAMINA 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 | 4:35pm |
| | | Thu | 5:35am |
| | | Fri | 4:00pm |
| | | Sat | 10:10am or 10:55am |
| | | Sun | 9:35am |
| 4 | STROKE INTRODUCTION 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. | Mon | 5:20pm |
| | | Fri | 4:00pm |
| | | Sat | 10:10am |
| 5 | STROKE DEVELOPMENT 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. | Fri | 4:45pm |
| | | Sat | 10:55am |
| 6 | STROKE MECHANICS 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. | Thu | 6:20pm |
| | | Sat | 10:55am |

YOUTH SWIM PROGRAMS

Swim Fit Clubs (Ages 7-17)

Prerequisite: Completed Level 4 or higher and swim 100 yards without assistance.

Learn the fundamentals of team training: competitive strokes, turns, dives, build endurance, and learn how to circle swim.

Junior Fit (Ages 7-11)

Monday 4:00-5:00pm
Thursday 5:00-6:00pm
Saturday 11:00am-12:00pm

Fall 1

Monday
Facility Member: Family \$97
Facility Member: Youth/Teen \$102
Program Member: \$145

Thursday or Saturday

Facility Member: Family \$110
Facility Member: Youth/Teen \$115
Program Member: \$165

Senior Fit (Ages 12-17)

Thursday 6:00-7:00pm
Saturday 10:00-11:00am

Fall 2

Monday or Saturday
Facility Member: Family \$110
Facility Member: Youth/Teen \$115
Program Member: \$165

Thursday

Facility Member: Family \$97
Facility Member: Youth/Teen \$102
Program Member: \$145

Teen Beginner Swim Lessons (Ages 13-17)

This class is ideal for teens who have never learned to swim or who have some basic skills in the water, but never learned technique.

Saturday 11:30am-12:00pm
Sunday 9:00-9:30am

Fall 1

Saturday or Sunday
Facility Member: Family \$90 Teen \$95 **Program Member:** \$135

Fall 2

Saturday
Facility Member: Family \$90 Teen \$95 **Program Member:** \$135

Sunday

Facility Member: Family \$80 Teen \$85 **Program Member:** \$119

Private and Semi-Private Lessons

Private lessons provide the greatest flexibility and one on one instruction to meet your needs. For additional information and to purchase packages call the aquatic department, ext. 223.



HEALTHY LIVING

Improving the nation's health and well-being.

FAMILY TIME

Family Events/Programs

View all of our programs and events designed for families in mind. Download our monthly calendar today on our Web site.



NEW! Color blast Family challenge

Nothing is more important than the health of your family, stay active and be healthy. With today's busy schedules, families find it harder to engage in healthy activities. Our family fitness challenge encourages you to have fun and find exiting ways to incorporate fitness right in your back yard. Is your family active? Find out by taking the Color Blast Family Challenge, the challenge begins by participating in a fun and challenging family obstacle course, wear white and be prepared to be blasted with color at different stations along the course. The challenge continues off the course with your family engaging in a variety of activities provided to you by the Y. **See how many activities your family can complete by the October 15th wrap-up party.**

Color Blast Kick-off September 10 1:00pm
Family member: \$75 per Family
Community member: \$100 per Family

Family Night

This night is to help busy families reconnect and have fun together. Activities include swimming, hands-on projects, dancing, pizza and more. Pre-registration required at the Welcome Center.

Theme: The Great Pumpkin Swim

- An evening of fall themed family fun
- Monster Mash dance party
- Decorate and swim with pumpkins

Friday, October 27
6:30-8:00pm



FREE for family facility members.

HEALTH, WELL-BEING AND FITNESS GROUP CLASSES

Membership Tip

FREE adult group exercise classes for Facility Members. Visit our Web site for a complete list and schedules.

Aikido (Ages 17+)

Learn self-defense and discipline. Use your opponent's energy to gain control.

Thursday 8:00-9:00pm

Facility Member: \$115 or

\$50 draft per month

Program Member: \$170

Enhanced Fitness Members Only

An evidence-base program which focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility - everything older adults need to maintain health and function.

Mon, Wed and Fri 1:00-1:45pm

Golf Fit

Centered on a combination of golf basic instruction and golf fitness stations. Each day will be centered on a specific theme; speed, power, balance and coordination. Training will be based on a holistic approach to teaching golf. 50% Fitness/50% Instruction.

Sunday 9:00-10:00am

Facility Member: Family \$75/Adult \$80

Program/Community Member: \$107

MOSSA Strength Train Together

Strength and train together. Group Power is a result of driven strength training workout utilizing an adjustable barbell, weight plates, and body weight.

Wed or Sat 8:00am

Thursday 9:00am or 7:00pm

Members: **FREE**

Nutrition For Health And Well-Being

This interactive progressive program encompasses the principals of Doc Andrew Weil's anti-inflammatory diet. Through the 5 session you will engage in lecture and discussion, look at basic food preparation techniques meet and work with local nutritionists and attend a shopping at our Shop-Rite. A great social interactive class to feed your mind spirit and body.

Sundays September 17 and 24
October 1 and 8

Members: \$50

Community Member: \$75

HEALTHY LIFESTYLES

Everyone Can Play (Ages 15+)

A fun fitness class for developmentally disabled members designed to increase physical activity levels in a supportive social environment. Must be accompanied by an aide if one is needed. Two classes free for non-members. All participants must register.

Saturday 12:00-1:00pm

Facility Member: **FREE**

Program Member: \$73

Community Member: \$102

Y Diabetes Prevention Program (Ages 16+)

A trained lifestyle coach will help high risk individuals adopt and maintain a healthy lifestyle to reduce the chances of developing Type 2 diabetes. Insurance may cover your expense. A minimum of five participants are required to run the program. Participants will receive a **FREE** Y membership for the time they are enrolled in the program. Financial assistance is available for those who qualify.

Program Cost: \$429

For more information contact Alma Dhuyvetter at adhuyvetter@metroymcas.org or ext. 208.

PERSONAL FITNESS

Personalized Fitness Training

We offer a wide variety of personal training packages for individuals or duets. Perfect for anyone at any age that is looking to increase their fitness level, learn proper exercise techniques, gain confidence, lose weight, post physical therapy, sports specific or gain a better balance of health and wellness. Our certified trainers can train in various areas including strength, cardiovascular, yoga, cycle, kickboxing, triathletes, preparation for obstacle races and TRX®. For information contact Alma Dhuyvetter at adhuyvetter@metroymcas.org or X 208.

Small Group Personal Training

A cost effective way to gain benefits of personal training while exercising with members who share similar goals.

For information contact Alma Dhuyvetter at adhuyvetter@metroymcas.org or X 208.

Wellness Coaching Program

A 12-week program developed to encourage regular physical activity as a part of your healthy lifestyle. This program provides a safe and friendly environment where members are supported by specially trained wellness coaches to learn the fundamentals for safe exercise.

Monday-Saturday

By Appointment Only

Facility Members: **FREE**

For information contact Alma Dhuyvetter at adhuyvetter@metroymcas.org or ext. 208.



HEALTHY LIVING

Improving the nation's health and well-being.

Extreme Fitness Challenge (Coaches Anastasia and Teresa)

Burn fat and build lean muscle in just 6 weeks!

This challenge is designed to put you on the path to a leaner, stronger, and more confident you!

In this course, you will be led by our enthusiastic and knowledgeable coaches, (Anastasia & Teresa), while being in a fun, upbeat atmosphere. You will learn correct form and technique for functional training and cross training exercises, while learning valuable tools to keep you fit for life.

- 6 weeks of support and mentoring weekly progress reports
- Personal Goal Setting
- Before and After Pictures
- Bi-Weekly Weigh-ins
- Workouts Include:
 1. Aerobic conditioning
 2. Functional and Plyometric style training
 3. Resistance Training

Starts September 12, 2017

Tuesday 7:00-8:00pm (OUTDOORS - Rain or Shine)

Thursday 7:30-8:30pm

Sunday 8:00-9:00am

Member: \$250

Community Member: \$375

WATER ACTIVITIES

Adult Beginner Swim Lessons (Ages 18+)

This class is ideal for adults who have never learned to swim or who have some basic skills in the water, but never learned technique.

Saturday 11:30am-12:00pm

Sunday 9:00-9:30am

Facility Member: Family \$90/Adult \$95

Program Member: \$135

Adult Fitness Swim

Coached swim sessions ideal for triathletes or fitness swimmers looking to improve their endurance and strokes.

Tuesday 8:00-9:00pm

Thursday 8:00-9:00pm

Facility Member: Family \$85/Adult \$95

Program Member: \$135

SPORTS AND RECREATION

ADULT TEAM SPORTS

Adult Open Basketball (Ages 18+)

Join us on our new outdoor basketball court for pick-up games.

Saturday 8:30-9:30am

Members/Community Members: FREE

GROUP INTERESTS WORKSHOPS

For an up-to-date list of workshops and events, visit our Web site.

Aqua Boot Camp

Get ready to challenge your boot camp workout by adding the intensity and resistance of the water. Great cross training opportunity for those who want to reduce impact without sacrificing intensity. Keep your eye out in October for this workshop.

October TBD \$10 per person

Aqua Yoga

No mat needed. Enjoy practicing yoga poses while being gentle on the body and challenging your balance and flow in the serenity of the water. Keep your eye out in October for this workshop.

November TBD \$10 per person

Guided Meditation Workshop

Help calm your mind and bring inner balance, as well as strengthen your healing system, and release pent up energies. Heighten your awareness of the present moment and closing down the over active mind.

November TBD \$10 per person

American Red Cross Trainings:

Lifeguard Instructor or Water Safety Instructor Courses

Please contact Aquatics Department if interested.

Lifeguard with Waterfront Training Full Course (Minimum age of 15)

Upon successful completion, all candidates will be certified with Pool and Waterfront Lifeguard, First Aid, AED, and CPR for the Professional Rescuer. **Must pass a mandatory prerequisite swim test on the first day of class.**

Oct 14, 15, 21 and 22 8:00am-5:00pm

Member: \$300 Community Member: \$350

Lifeguard with Waterfront Training Recertification (Minimum age of 15)

As per American Red Cross standards, all candidates must show proof of certification before registering for this class.

Prerequisite: All candidates must pass the swim test on first day of the course.

This course is to renew the Waterfront Lifeguard, First Aid, AED and CPR for the Professional Rescuer certification.

October 28 and 29 9:00am-5:00pm

Member: \$150 Community Member: \$175

First Aid

Learn skills to give care in an emergency situation and minimize injury.

November 11 2:00-5:00pm

Member: \$55 Community Member: \$75

Lay Responder CPR/AED

Gain the skills to perform CPR and provide care for adults, children, and infants who have breathing emergencies.

November 12 10:00am-1:00pm

Member: \$100 Community Member: \$125

Lay Responder CPR/AED

Recertification Course (every 2 years)

As per American Red Cross standards, all candidates must show proof of certification before registering for this class.

November 10 6:30-8:30pm

Member: \$75 Community Member: \$100

Babysitter's Training (Ages 11-15)

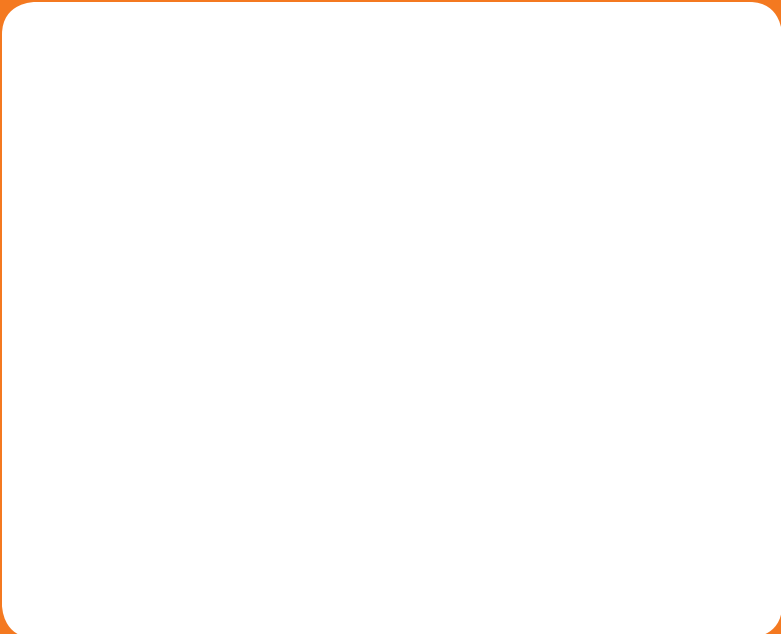
Learn decision making skills, first aid and basic care. A Babysitter's handbook is given out.

November 19 9:00am-4:00pm

Member: \$95 Community Member: \$115



SUSSEX COUNTY YMCA
 15 Wits End Road
 Hardyston, NJ 07419
 P 973 209 9622 F 973 209 1483
 SussexCountyYMCA.org



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