



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DISCOVER YOUR Y

Sussex County YMCA

**20/20
Membership,**
See details on
page 3.



The YMCA is proud to be a Raptor facility.
See pg. 3 for details.



SPRING

May 1 - June 25, 2017
Registration begins:
April 10 - Facility Members
April 12 - Program Members

SUMMER

June 26 - July 23 (summer 1)
July 24 - August 19 (summer 2)
Registration begins:
June 5 - Facility Members
June 7 - Program Members

Your YMCA is Expanding!

Ground breaking: May 2017

Grand Opening: January of 2018*

With the needs of our members and focus on healthy living, the Y has committed to build a full-size high school basketball court and expand its wellness center. The expansion will enable you to continue participating in programs that you have come to know, plus, create additional opportunities for you to stay healthy through the Y. Visit our Facebook page and be sure to receive our emails for up-to-the-date details.

*tentative date.





WELCOME

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. With the Y, you're not just a member of a facility; you're part of a cause, with a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors.

At the Y, we know you'll find a community with an everyday mission to help you achieve a balance of spirit, mind and body. We do this by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests. Welcome to the YMCA family, we're glad you're here.

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.

| 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 | \$0 |
| *Family | \$150 | \$0 |

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** 30 min. 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
 - **FREE** Family Plus option
 - **FREE** Parent/Child Classes
 - **FREE** Child Watch and Youth Room
- 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.

The YMCA is a Raptor facility. **Raptor is a registered sex offender screening system.** All members and guests must present their membership card or a government issued photo ID to enter the facility. See Web site for more information.



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

Memorial Day and 4th of July: 8:00am - 2:00pm; **Labor Day:** Closed
Maintenance Week: August 28 - September 3

SUMMER DAY CAMP 2017

Camp begins June 19

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.

Blue Mountain Day Camp (Ages 3-15)
at Fairview Lake YMCA Camps



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**
- **Flag Football Camp**
- **Cheer & Dance Camp**

NEW Specialty Camps (Entering grades 2-9)

- **Everyone Can Play Camp** (Entering grades 2-7)
- **Junior Fire Fighters Camp** (Entering grades 5-9)
- **Explorers Camp** (Entering grades 4-7)
- **Teen Trip & Travel Camp** (Entering grades 7-9)

NEW Camps at Hardyston Middle School

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

Learn more about Blue Mountain Day Camp at our open house held at Fairview Lake YMCA:

May 7, 2:00-4:00pm rain or shine

FREE Middle School Membership

(6, 7, & 8 grade membership)

6th-8th grade 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.

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.

Healthy Kids Day

April 29, 1:00-4:00pm - We will have camp activities and camp staff to answer any questions.



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.

QUEENAX

QUEENAX CLASSES Facility Members Only

Brand new on the wellness market and the only YMCA in NJ with a Queenax functional trainer. The Queenax, made by Precor, is an easy-to-use functional trainer designed for all ages and all abilities. With you in mind, this versatile equipment allows you to choose the type of workout you want. From a beginner to an advanced athlete, pick the style and intensity of class that fits your needs. 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.

The Queenax is revolutionary; 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.



Queenax Cross Training

Engage in diverse styles of exercise combined in a circuit to ensure whole body fitness, including strength, functional movements, cardiovascular, agility and flexibility.

Queenax Small Group Personal Training For Teens, Adults and Teams!

A cost effective way to gain benefits of personal training while exercising with friends who share similar goals. For more information contact Alma Dhuyvetter at ext. 208.

Options:

- Restorative Yoga
- Contact Kickboxing
- Beginner/Advance Functional Training
- Sports Training
- OCR (Obstacle Sports Race) Training

Queenax Super Functional

Get a full body workout utilizing the Queenax Super Functional Suspension trainer.

Queenax 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.

Queenax 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.

Queenax Weight Loss Challenge

An 8 week supportive program will consist of 1 specially designed fitness class per week, and weekly weigh ins. A Wellness Coach will support and help you create healthy lifestyle behaviors so you can reach and sustain your healthy weight goal.

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 |



LIVESTRONG FOUNDATION

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.

A **FREE** 12-week program with two 90-minute sessions per week.

Includes a Family Membership for the 12 weeks.

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



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 to verify eligibility.**



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

School Age Child Care

Peace of mind comes from knowing your child is in a safe and nurturing environment after school. The Y provides before and after school programs at **Blairstown and Hardyston Elementary Schools**. After School Child Care is provided at **Franklin Elementary School**. Our staff provide homework assistance, supervised 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 Y core values of Caring, Honesty, Respect, and Responsibility. For registration forms and more information visit our Web site.

Y Vacation Camp

We offer camp on school holidays! Our camp provides a safe and nurturing environment where children have fun, make new friends and explore new activities. All camp 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 SPRING ONLY

Pre-School Time (Ages 2½-4)

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

Facility Member: Family \$60/Youth \$64

Program Member: \$90

ARTS AND HUMANITIES SPRING ONLY

Music and More (Ages 1-2)

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)

Preschoolers will experience the magic of dance with this princess themed introduction to dance. A mini performance and princess party will be held at the end of the session.

Saturday 11:00-11:45am

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

Program Member: \$102

Tiny Dancers II (Ages 5-6)

Students will learn creative movement with an emphasis in Ballet and Jazz. A mini performance will be held at the end of the session. **Class requires ballet shoes, tights and leotard for girls, black jazz or sweat pants for boys. Long hair must be pulled back.**

Saturday 10:00-10:45am

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

Program Member: \$102

LEADERSHIP DEVELOPMENT SPRING ONLY

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 - SPRING ONLY

Stay N' Play (Ages 3 months-5 years)

Connect with friends while your child enjoys exploring our Child Watch room, playing with toys and making new friends of his/her own. No food is allowed in the Child Watch room.

Parent or guardian must stay with child.

Monday and Thursday 12:30-2:00pm

Facility Member: Family **FREE**

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

Everyone Can Play Camp (Grades 3-6)

July 5-8 ½ day

Visit our Web site for more information.

Awesome Archery (Ages 9-14)

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 10:00-10:45am

Facility Member: Family \$68

Youth/Teen \$73

Program Member: \$102

Level 1 Boot Camp (Ages 9-12)

In this program kids work as a team to accomplish challenging fitness tasks. The trainer will coach and support the children as they work towards increasing conditioning and working together.

Saturday 11:00am

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

Program Member: \$102

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.





YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

American Red Cross Guard Start

(Ages 11-14)

Learn what to do in life-threatening situations in and around water, rescue techniques, safety policies and responsibilities of becoming a future certified lifeguard.

Saturday 12:00-1:00pm

Member: \$100

Program Member: \$150

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.

May 28 9:00am-4:00pm

Member: \$95 Community Member: \$115



All About the Ball (Ages 7-12)

Play sports that focus on using a ball while you increase your eye-hand coordination and overall conditioning. Sports include basketball, GaGa, ping pong, pickleball, and more!

Thursday 5:15-6:00pm

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

Program Member: \$102

Youth and 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

For more info contact Alma Dhuyvetter, ext. 208.

NEW! Open Basketball (Ages 9-14)

Shoot around, work on your skills or get in on a pick up game. Fee includes a t-shirt and tournament! All skill levels welcome.

Saturday 11:00am-12:00pm

Facility Member: Family \$80/Teen \$85

Program/Community Member: \$120

Teen Coaching (Ages 12-17)

Teens train with experienced Wellness Coaches in a safe environment. Learn proper techniques for safe exercise and create positive behaviors for a healthier lifestyle. Ideal for all 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.

YOUTH SWIM PROGRAMS

Swim Fit Clubs (Ages 7-17) Spring Only

Prerequisite: Completed Fish 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

Tuesday 5:00-6:00pm

Thursday 5:00-6:00pm

Saturday 11:00am-12:00pm

Sunday 9:30-10:30am

Senior Fit (Ages 12-17)

Tuesday 4:00-5:00pm

Thursday 6:00-7:00pm

Saturday 10:00-11:00am

Sunday 10:30-11:30am

Monday

Facility Member: Family \$97

Youth/Teen \$102

Program Member: \$145

Tuesday-Sunday

Facility Member: Family \$110

Youth/Teen \$115

Program Member: \$165



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 (Spring Only) 9:00-9:30am

SPRING Saturday or Sunday

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

Program Member: \$135

SUMMER Saturday

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

Program Member: \$135

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.

YOUTH SPORTS PROGRAMS SPRING ONLY

Rookie Sports (Ages 2-4)

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.

Parent participation is welcome.

Friday 11:00-11:45am

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

Program Member: \$102

NEW! Lil' Hoopsters (Ages 3-6)

Basketball skill development taught in a fun environment with special emphasis on ball handling, passing, footwork, and shooting mechanics. All designed for beginners who want to learn and improve their basketball skills.

*Child Watch check-in if needed after class.

Thursday 4:30-5:00pm

Facility Member: Family \$48/Youth \$58

Program Member: \$71

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

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

Program Member: \$102

Karate 1 (Ages 4-15) Spring & Summer

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

Monday 6:30-7:25pm

Facility Member: Family \$70

Youth/Teen \$75

Program Member: \$105

Summer

Facility Member: Family \$80

Youth/Teen \$85

Program Member: \$120



Progressive Swim Lessons

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

Parent/Child Swim Lesson Prices

SPRING SESSION

May 1-June 25 (8 weeks)

Monday

Facility Member: Family **FREE**
Facility Member: Youth \$62
Program Member: \$88

Tuesday-Sunday

Facility Member: Family **FREE**
Facility Member: Youth \$70
Program Member: \$100

MINI SUMMER SESSIONS June 26-August 17

Each mini session includes 8 lessons Monday-Thursday.
Mini 1 session has 1 less class due to the 4th of July.

Mini 1: June 26 – July 6 **Mini 3:** July 24 – Aug 3
Mini 2: July 10 – July 20 **Mini 4:** Aug 7 – Aug 17

Mini 1 Facility Member: Family **FREE**/Youth \$62
Program Member: \$88

Mini 2, 3 and 4 Facility Member: Family **FREE**/Youth \$70
Program Member: \$100

SUMMER SESSION 1: June 26-July 22

SUMMER SESSION 2: July 24-August

Monday and Wednesday

(2x a week for 4 weeks = 8 lessons)

Summer 1

Facility Member: Family **FREE**/Youth \$62
Program Member: \$88



Summer 2

Facility Member: Family **FREE**/Youth \$70
Program Member: \$100





Saturday (1x a week for 4 weeks = 4 lessons)

Facility Member: Family **FREE**/Youth \$35
Program Member: \$50

Parent/Child Swim Lessons (30 Min) An adult must accompany the child in the water.

| | Session | Mon | Tue | Wed | Thu | Sat | Sun |
|---|----------------------|----------------------------|-----|-----|---------|---------|---------|
|  Shrimp 1 (Ages 6 months - 2 years) An introduction to water adjustment, safety, and basic swimming skills for parent and child. A positive early experience in water through song and games. | Spring | 10:00am | | | 11:20am | 9:00am | 10:20am |
| | Mini 1 & 3 | Monday - Thursday: 10:00am | | | | | |
| | Summer 1 or Summer 2 | | | | | 9:00am | |
|  Shrimp 2 (Ages 2-3) An introduction to water adjustment, safety, and basic swimming skills for parent and child. A positive early experience in water through song and games. | Spring | 11:20am | | | 10:00am | 11:30am | 10:55am |
| | Mini 2 & 4 | Monday - Thursday: 10:00am | | | | | |
| | Summer 1 or Summer 2 | | | | | 11:30am | |

Preschool Swim Lessons (30 Min)

| | Session | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|----------------------|--|--------|-----|------------------------------------|--------|-------------------|--------------------|
|  Pike (Ages 3-5) Instructors lead children in their first experience in the pool without parental assistance. They learn about pool safety, proper arm and leg motions, introduced to floating and paddle 5 feet without assistance. | Spring | 10:00am, 11:20am, 4:00pm or 4:45pm | 5:00pm | | 10:40am, 11:20am, 5:00pm or 5:35pm | 4:45pm | 9:00am or 9:35am | 10:20am or 10:55am |
| | Mini 1-4 | Monday - Thursday: 10:00am | | | | | | |
| | Summer 1 or Summer 2 | Monday and Wednesday: 4:00pm or 5:30pm | | | | | 9:00am or 9:35am | |
|  Eel (Ages 3-5) Prerequisite: Successfully complete Pike. Paddle over 5 yards in various positions, do a 10 second backfloat, jump from the edge and swim to the side. Students will demonstrate all skills without assistance. | Spring | 10:40am or 4:45pm | 5:00pm | | 10:40am or 5:00pm | 4:45pm | 9:35am or 10:55am | 10:20am |
| | Mini 1-4 | Monday - Thursday: 10:00am | | | | | | |
| | Summer 1 or Summer 2 | Monday and Wednesday: 4:00pm | | | | | 9:35am or 10:55am | |
|  Ray (Ages 3-5) Prerequisite: Successfully complete Eel. Paddle 12 yards and learn rhythmic breathing. They will be introduced to diving, elementary backstroke and jump from starting blocks. | Spring | 10:40am or 5:20pm | 5:00pm | | 10:00am or 5:45pm | 4:45pm | 9:35am | 10:55am |
| | Mini 1-4 | Monday - Thursday: 10:00am | | | | | | |
| | Summer 1 or Summer 2 | Monday and Wednesday: 4:35pm | | | | | 9:35am | |
|  Starfish (Ages 3-5) Prerequisite: Successfully complete Ray. Swim one lap of elementary and basic backstroke, basic freestyle, and master a kneeling dive. | Spring | 5:20pm | 5:35pm | | 6:10pm | | 9:35am | 9:00am |
| | Mini 1-4 | Monday - Thursday: 10:00am | | | | | | |
| | Summer 1 or Summer 2 | Monday and Wednesday: 4:35pm | | | | | 9:35am | |

Preschool and Youth Swim Lesson Prices

SPRING SESSION

May 1–June 25 (8 weeks)

Preschool

Monday

Facility Member: Family \$80

Facility Member: Youth \$85

Program Member: \$119

Tuesday–Sunday

Facility Member: Family \$90

Facility Member: Youth \$95

Program Member: \$135

Youth

Monday

Facility Member: Family \$83

Facility Member: Youth \$88

Program Member: \$123

Tuesday–Sunday

Facility Member: Family \$95

Facility Member: Youth \$100

Program Member: \$140

MINI SUMMER SESSIONS

Mini 1: June 26 – July 6

Mini 2: July 10 – July 20

Mini 3: July 24 – Aug 3

Mini 4: Aug 7 – Aug 17

Preschool

Mini 1

Facility Member: Family \$80/ Youth \$85

Program Member: \$119

Mini 2, 3 and 4

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

Program Member: \$135

Youth

Mini 1

Facility Member: Family \$83/Youth \$88

Program Member: \$123

Mini 2, 3 and 4

Facility Member: Family \$95/Youth \$100

Program Member: \$140

SUMMER SESSION 1: June 26–July 22

SUMMER SESSION 2: July 24–August 19

Preschool

Monday and Wednesday (2x a week for 4 weeks = 8 classes)

Summer 1

Facility Member: Family \$80/Youth \$85

Program Member: \$119

Summer 2

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

Program Member: \$135

Saturday (1x a week for 4 weeks = 4 classes)

Facility Member: Family \$45/Youth \$50

Program Member: \$68

Youth

Monday and Wednesday (2x a week for 4 weeks = 8 classes)

Summer 1

Facility Member: Family \$83/Youth \$88

Program Member: \$123

Summer 2







Facility Member: Family \$93/Youth \$100

Program Member: \$140

Saturday (1x a week for 4 weeks = 4 lessons)

Facility Member: Family \$50/Youth \$55

Program Member: \$70

| Youth Swim Lessons (40 Min) | | Session | Mon | Tue | Wed | Thu | Fri | Sat | Sun | |
|--|--|----------------------|------------------------------|--------|-----|--------|--------|--------------------|--------|--|
|  | Polliwog (Ages 6–12) Beginner or non-swimmer students will get acquainted with the pool and learn pool safety. Students will learn front and back floating, paddle 12 yards in various positions, and will demonstrate all the skills without assistance. | Spring | 4:00pm | 5:35pm | | 6:20pm | 4:00pm | 10:10am | 9:35am | |
| | | Mini 1–4 | Monday – Thursday: 10:40am | | | | | | | |
| | | Summer 1 or Summer 2 | Monday and Wednesday: 5:10pm | | | | | 10:10am | | |
|  | Guppy (Ages 6–12) Prerequisite: Successfully complete Polliwog. Begin learning freestyle, elementary backstroke, backstroke and swim 25 yards. Breaststroke kick is introduced along with treading water and basic diving skills. | Spring | 4:00pm | 5:35pm | | 5:00pm | 4:00pm | 10:10am | 9:35am | |
| | | Mini 1–4 | Monday – Thursday: 10:40am | | | | | | | |
| | | Summer 1 or Summer 2 | Monday and Wednesday: 5:10pm | | | | | 10:10am | | |
|  | Minnow (Ages 6–12) Prerequisite: Successfully complete Guppy. Swim 50 yards of formal strokes, including coordination of breathing, kick and arm motions. Freestyle, backstroke, breaststroke and sidestroke will be covered. Butterfly kick, standing and stride dives are introduced. | Spring | 4:35pm | 6:20pm | | 5:35pm | 4:00pm | 10:10am or 10:55am | 9:35am | |
| | | Mini 1–4 | Monday – Thursday: 10:40am | | | | | | | |
| | | Summer 1 or Summer 2 | Monday and Wednesday: 4:45pm | | | | | 10:10am or 10:55am | | |
|  | Fish (Ages 6–12) Prerequisite: Successfully complete Minnow. Learn butterfly, proper starts, turns, diving skills, refine the other strokes, and swim 75 yards with proper breathing. | Spring | 5:20pm | 6:20pm | | | 4:00pm | 10:10am | | |
| | | Mini 1–4 | Monday – Thursday: 10:40am | | | | | | | |
| | | Summer 1 or Summer 2 | Monday and Wednesday: 4:00pm | | | | | 10:10am | | |
|  | Flying Fish (Ages 6–12) Prerequisite: Successfully complete Fish. Develop racing starts, learn bilateral breathing, and increase endurance, refine butterfly over 50 yards, and swim all other strokes 150 yards. | Spring | | | | | 4:45pm | 10:55am | | |
| | | Mini 1–4 | Monday – Thursday: 10:40am | | | | | | | |
| | | Summer 1 or Summer 2 | | | | | | 10:55am | | |
|  | Porpoise (Ages 6–12) Prerequisite: Successfully complete Flying Fish. For advanced swimmers with knowledge of all four competitive strokes. Students will learn to swim a 200 individual medley, gain endurance with long swims while still working on minor stroke refinements and learn basic lifeguard techniques. | Spring | | | | 6:20pm | | 10:55am | | |
| | | Summer 1 or Summer 2 | | | | | | 10:55am | | |



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

COMPETITIVE SWIMMING

Swordfish YMCA/USA 2016-2017

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 invitationals 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 our Web site for times and registration form. Swim season is September-March. Facility Membership required.

Short Course Summer Season: June 19 - August 5

Long Course Swim Season: April 24 - July 28

For more information please contact Ray Gaffney, Competitive Swim Director at rgaffney@metroymcas.org or ext 224.

Swim Clinic (Ages 6-18) **SPRING ONLY**

Our swim clinic is taught by our Swordfish Coaches. The clinic will focus on stroke technique, conditioning and starts & turns.

Clinic Dates: April 3 - June 10 (10 weeks)

The Tunas* (Ages 6-8) 3x/week
Tuesday: 6:00-7:00pm Thursday: 6:15-7:15pm Saturday: 8:30-9:30am
Facility Member: Family \$269/Youth \$274 **Program Member:** \$381

The Sailfish* (Ages 9-12) 3x/week
Monday and Wednesday: 7:00-8:15pm Friday: 5:30-6:45pm
Facility Member: Family \$329/Youth \$334 **Program Member:** \$441

The Marlins* (Ages 13-18) 3x/week
Monday and Wednesday: 7:00-8:30pm Friday: 5:30-7:00pm
Facility Member: Family \$388/Teen \$393 **Program Member:** \$500

***Swimmers can and will be changed to another clinic group at the discretion of the swim coach.**



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.

Family Night

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

Friday, May 12 6:30-8:30pm

Theme: Block Party

FREE for Family Facility Members.

Me and My Pal (Adult + age 3-6)

Spend time with the special child in your life. Enjoy time to swim or play, then work on seasonal crafts, making memories to last a lifetime.

Sunday 12:30-2:00pm

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

Program Member: \$102

White Lake Beach Club

Beat the beach traffic! Spend the summer at the hidden gem White Lake Beach, Located on White Lake Road in Sparta Township. Enjoy fun in the sun, swimming in the lake or relaxing on the beach.

Become a member of White Lake Beach Club and earn a **FREE** month on your current Sussex County YMCA membership. **Contact us for details.**

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

Adult Karate

Learn self-defense, safety awareness while building strength and confidence.

Monday 7:30-8:30pm

Facility Member: \$115 or \$50 draft per month

Program Member: \$170

Golf Fit Spring Only

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 \$68/Adult \$73

Program/Community Member: \$102

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

NEW Destination Boot Camp

Test your fitness and go to the next level. We will intensify your standard exercises by moving locations and terrain. Participants must be able to meet at off-site locations.

Wednesday 6:30pm

Facility Member: Family \$80/Adult \$85

Program/Community Member: \$114

NEW MOSSA Group Power

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 7:00pm

Members: **FREE**

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.

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.



HEALTHY LIVING

Improving the nation's health and well-being.

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.

WATER ACTIVITIES

Adult Fitness Swim Spring Only

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

NEW - Extreme Fitness challenge (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! You will learn correct form and technique for functional training and cross training exercises, while learning valuable tools to keep you fit for life.

* Goal Coaching * Bi weekly weigh-ins *Before and after pictures *6 weeks of support and mentoring
* Weekly progress reviews *Cardiovascular Conditioning *Olympic Weightlifting *Structured Elite Training

Sunday 8:00-9:00am
Tuesday 7:00-8:00pm (Rain or Shine - OUTDOORS)
Thursday 7:30-8-8:30pm
Member: \$250 **Community Member:** \$375

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.

Spring
Saturday 11:30am-12:00pm
Sunday 9:00-9:30am
Facility Member: Family \$90/Teen/Adult \$95
Program Member: \$135

Summer
Saturday 11:30am-12:00pm
Facility Member: Family \$90/Teen/Adult \$95
Program Member: \$135

SPORTS AND RECREATION

ADULT TEAM SPORTS

Adult Open Basketball (Ages 18+) Spring Only

Join us on our new outdoor basketball court for pick-up games.
Saturday 8:30-9:30am
Members/Community Members: FREE

Adult Outdoor Golf Clinic (Ages 18+)

Get top golf instruction at a great price at our adult golf clinic. Golf instruction and techniques geared to improve your putting, chipping, pitching, and driving. Golfer brings own clubs.
June 4, 11, 18 and 25
Sunday 10:00-11:00am
Facility Member: \$80
Program Member: \$85
Community Member: \$120

GROUP INTERESTS WORKSHOPS

For an up-to-date list of workshops and events, visit our [Web site](#).

Women's Self Defense (Ages 16+)

Safety and survival in today's world requires a definite course of action. This program provides effective options by teaching women to take an active role in their own self-defense and psychological well-being.
June 5, 12, 19 and 26
Monday 8:00-9:00pm
Facility Member: Family \$40/Adult \$45
Program/Community Member: \$65

American Red Cross Trainings:

Lifeguard Instructor

Become a certified to teach Lifeguard Training courses. Please bring all current certifications to the first day of class and be prepared for the mandatory pre-requisite swim test. **Please contact Aquatics Department if interested.**

Lifeguard with Waterfront Training (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.**

April 17-21 9:00am-4:00pm
June 19-23 9:00am-4:00pm
August 7-11 9:00am-4:00pm
May 30, 31, June 5-7, 12-14 4:30-9:00pm
Member: \$300 **Community Member:** \$350

Recertification

As per American Red Cross standards, all candidates must show proof of certification before registering for this class. Any participant who is "expired" must take the full lifeguard course. **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.
May 6 & 7 9:00am-5:00pm
Member: \$150 **Community Member:** \$175

First Aid

Learn skills to give care in an emergency situation and minimize injury.
Saturday, May 20 1:00-4:00pm
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.
April 29 10:00am-1:00pm
Member: \$100 **Community Member:** \$125

Recertification (every 2 years)

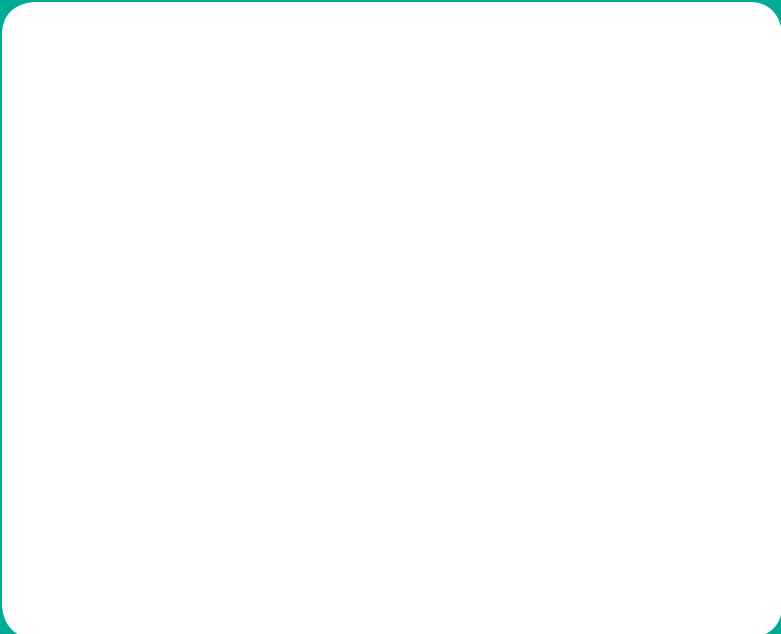
As per American Red Cross standards, all candidates must show proof of certification before registering for this class. Any participant who is "expired" must take the full certification course.
May 12 6:30pm-8:30pm
Member: \$75 **Community Member:** \$100

Water Safety Instructor

Learn to teach swim lessons with a strong emphasis on drowning prevention and water safety. This course is recommended by swim lesson providers. **Please contact the Aquatics Department if interested.**




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