



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHARITY NAVIGATOR  
Four Star Charity

6 YEARS IN-A-ROW  
TOP 5% OF NON-PROFITS

The YMCA is a 501(c)3 non-profit organization.

# DISCOVER YOUR Y

## Wayne 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 – August 27, 2017  
Registration begins:  
June 5 – Facility Members  
June 7 – Program Members

# SUMMER DAY CAMP 2017

**Camp begins June 26, 2017**

The Wayne YMCA White Pines Day Camp offers a wide variety of day Camps that are perfect for all children. Our camps provide activities that are educational, exciting and fun, but most importantly, it is an experience that builds self-esteem, lasting friendships and treasured memories. **Before and after camp care** is available at all camps.

**Choose the right camp for your child** (For more information visit [WayneYMCA.org](http://WayneYMCA.org) and download out 2017 Camp Brochure):

**Summer Play School** (Ages 2-5)  
**SMALL STEPS WITH BIG DISCOVERIES**



**Performing Arts Specialty Camps** (Ages 5-13)  
**BECOMING CONFIDENT AND INDEPENDENT**



**Traditional Day Camp** (Ages 6-13)  
**PLAY ALL DAY MAKE LASTING FRIENDSHIPS**



**Specialty Camps** (Ages 6-14)  
**NEW CHALLENGES WITH NEW FRIENDS**



**Counselor-In-Training Program** (Ages 14-15)  
**BUILDING TOMORROW'S LEADERS TODAY**



**Swim Tech Camp** (Ages 8+)  
**BUILDING CONFIDENCE AND A STRONG WORK ETHIC**



**CAMP OPEN HOUSE: April 23, 10:00am-12:00pm**



# WELCOME

**W**e 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 that 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.

## 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. 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 Wayne 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

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 (Ages 6 months - 5 years)

Bring your child to a safe, supervised environment while you take advantage of YMCA Programs. Child Watch is limited to a maximum of two-hours per day per child. Parents must be in the YMCA facility. For hours of operation visit wayneymca.org.

**Family Facility Member:** **FREE**  
**Facility/Program Member:** \$5 per child per visit

## Child Watch Room Hours

Monday-Friday	9:00am-12:30pm and 5:00-8:30pm
Saturday	8:00am-12:00pm
Sunday	8:00am-12:00pm

## Hours of Operation

Monday-Friday	5:00am-10:00pm
Saturday-Sunday	7:00am-6:00pm

## Holiday Hours:

Open 8:00am-2:00pm: **Memorial Day, 4<sup>th</sup> of July and Labor Day**

### Facility Membership Rates

	Monthly Draft	20/20	Joiner Fee
Youth (0-12)	\$24		\$25
Teen (13-17)	\$34		\$25
Young Adult (18-22)	\$46	\$36.80	\$25
Adult (23-64)	\$59	\$47.20	\$25
Senior (65+)	\$46	\$36.80	\$25
Senior Couple (Both 65+)	\$70	\$56.00	\$25
*Family	\$94	\$75.20	\$50
<b>NEW Plus Option</b> - add an additional adult living in same house	\$15 per	\$12.00	\$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:

- Full access to 100,000 sq ft facility
- **TWO FREE** guest passes per year
- **TWO FREE** Initial Training Sessions
- **FREE** 12-week wellness coaching program
- **FREE** group exercise classes
- Priority program registration with reduced rates

## Family Facility Membership Includes:

- **Same as Facility Membership** (see above)
- **FREE** Child Watch and Teen Center
- **FREE** Parent/Child Classes
- **FREE** Family Events
- **FREE** Family gym, swim and play times
- **FREE** Family Fitness

There is a limit of two free classes per family, per session. Additional classes can be purchased. In addition, if you misses more than two classes in a row without notifying the Y, you 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.





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

**NEW this September!**

### Infant Care

Children ages 6 weeks – 13 months

### Waddler Care

Children ages 13 months – 23 months

## CHILD CARE

For more information or to schedule a tour, contact Alison Dorfman, Early Childhood Director, ext. 247 or [adorfman@metroymcas.org](mailto:adorfman@metroymcas.org).

### Preschool ABC Early Childhood Learning Center (Ages 2-5 years old)

We provide a nurturing environment and enriching experiences that help to facilitate a child's cognitive, social, physical and emotional growth. Children will learn skills that are necessary for success in school and in life. Getting along with other children, sharing, taking turns and working in a group are a natural part of the early childhood education process. Our curriculum incorporates math, reading, social studies, science, music, theater, dance, and Judaic culture. We strive to meet the developmental needs of each individual child by working in partnership with their families. Our full-day or half-day programs are for children ages two through five. The YMCA has made a commitment to quality and safety by striving to surpass state licensing standards.

### Why choose the Y?

- Flexible scheduling: 3 or 5 days of care available per week – morning care, afternoon care or both
- Modern, spacious classrooms
- Run, jump and play in gym
- Swimming pool (swim readiness program)
- Indoor climbing room
- School break vacation programs are available for an additional fee
- Fenced playground
- Tax-deductible
- Character development education included in curriculum
- Scholarships available
- Healthy lifestyle promoted through physical activity
- Enriched Language Arts program
- Experienced staff

### ABC Early Childhood Learning Center 2017-2018 Rates ( Y Facility Membership is required.)

Monthly Tuition	5 Days: F/T		F/T: Full Time P/T: Part Time		
	7:15am-6:00pm	9am-3pm	5 Days: P/T	3 Days: F/T	3 Days: P/T
2 years old	\$1,367	\$1,209	9am-12pm	9am-3pm	9am-12pm
3 years old	\$1,337	\$1,179			
*4 Years old - F/T	\$1,284	\$1,128			
*4 Years old - P/T	\$925 - 3 full days, 9am-3pm (Mon, Wed, Fri) + 2 half Days, 12-3pm (Tue, Thurs)				

### Before and After Care

7:15-9:00am	Included	\$100	N/A	\$75	N/A
3:00-6:00pm	Included	\$195	N/A	\$150	N/A

\*Specialty classes (included, 4 year-old room): The children participate in daily enrichment classes in the morning. Swim, gym, creative movement and music will be offered weekly throughout the program day. The topics include:

#### Jump Start daily

**Monday:** Preschool Art

**Tuesday:** Munchkin Math

**Wednesday:** What Makes It Go Like That

**Thursday:** Healthy Living & Healthy Eating

**Friday:** Explore with 4's

**Mid-Year Two's - Starting in January 2017-** Geared towards children who turn two years of age after October 15<sup>th</sup>, and are looking to start their preschool years. Our philosophy of education is that children learn best through play. The children will be engaged in fun-filled educational activities as they learn how to share, take turns, how to interact with their peers, and to start learning the concepts of the preschool standards in math and language arts. The day is filled with singing, story time, arts and crafts, and gross-motor fun on the playground and in the climbing room. The children will begin to learn the skills they will need to be successful in school and to develop their love of learning in a warm nurturing environment.

**Starting Date:** January 5

Tuesdays and Thursdays 9:00am-12:00pm

**Monthly Tuition:** \$246

**Kindergarten Enrichment** - Designed to stimulate the mind and spark the imagination with hands-on, exciting educational activities. We offer year-long classes in a variety of subject areas. We encourage a child's curiosity by exploring new ideas and interesting concepts. We provide opportunities in a social setting for children to broaden their knowledge base and increase their understanding of the world around them. We offer morning and afternoon sessions and follow the Wayne Public School calendar. Your child will enjoy a warm, nurturing environment with our experienced teachers.

**Includes:** Before and After School Care • Daily Supervised Lunch Time • Weekly Gym, Swim and Dance Classes • Indoor Playground

**Subjects:** **Monday:** Journey to Another Land **Tuesday:** Animals and their Precious Habitats **Wednesday:** Storytelling and Writing

**Thursday:** Dynamic Minds and Bodies

**Friday:** Space Discovery

**AM Classes:** 9:00-11:30am

**AM Lunch Bunch:** 11:30am-12:00pm

**PM Classes:** 12:30-3:00pm

**PM Lunch Bunch:** 12:00-12:30pm

**Tuition:** 3 Days: \$321 per month 4-5 Days: \$345 per month

When you're notified by the school district if your child is enrolled in morning or afternoon kindergarten, please notify us by phone: ext. 247 or [adorfman@metroymcas.org](mailto:adorfman@metroymcas.org).

**Full-Day Kindergarten** - As an added convenience for families, the Y offers a full-day Kindergarten program. The full-day Kindergarten program follows the **NJ Core Curriculum Content Standards** and is led by certified teachers.

**We offer:** Before and After School Care • Swim • Gym Time • Dance/Drama/Art • Indoor playground

**Monthly Fee:** \$535

**School Age Child Care Afterschool Program** - Refer a friend and get a \$50 credit. Call for more information.

The Afterschool Program follows the Wayne Public School calendar. For more information or to schedule a tour, contact **Shquan Brown** at ext. 279.

**Monthly Fee:** \$225 (three days a week) \$310 (five days a week)



# ROSEN PERFORMING ARTS CENTER



Visit [metroymcas.org/rosenpac](http://metroymcas.org/rosenpac) for more information on upcoming shows, events, purchase tickets online, and to choose your seat.

## ROSEN PERFORMING ARTS CENTER ON STAGE



### Summer Concert Series, Produced by Naomi Miller

**Thursdays July 6 – August 24**

Filled with performers who have won numerous awards and travel the world with their music. You need only to take a short ride to the Y to enjoy their many talents.

Broadway Star Donna Vivino (Wicked, Les Miserables, Hairspray) performs July 20<sup>th</sup>

### FREE! Tzofim Friendship Caravan

**Wednesday, August 16**

The Tzofim Friendship Caravan is celebrating over 40 years of bringing excitement, energy and friendship to North America! Founded in 1973, the first Caravan came to the United States to bring a message of hope and peace for Israel. Since that first Caravan, the program has grown to four different Caravans travelling across North America, from New York to California to Wyoming and Toronto. Each Caravan is made up of a group of five girls and five boys and their two leaders. They are chosen to be members of the Caravan based on their maturity, fluency in English, and of course their talent in the performing arts. After several rounds of competitive auditions and interviews, the scouts spend a year training and rehearsing for their exciting summer in North America.

## SUMMER MAINSTAGE PRODUCTIONS

The Rosen PAC's Youth and Teen Theatre Companies proudly present:



### Seussical Kids

**July 15 and 16**

"OH, THE THINGS YOU CAN THINK" Horton the Elephant, the Cat in the Hat and all of your favorite Dr. Seuss characters spring to life on stage in SEUSSICAL KIDS! Horton the Elephant, the Cat in the Hat and all of your favorite Dr. Seuss characters spring to life on stage in Seussical KIDS, a fantastical musical extravaganza!

**Auditions:** Seussical Kids: Ages 5-11; May 21, 2017; no preparation required; everyone is cast in the show. Tuition Based Production.



### Hairspray The Broadway Musical

**July 21 and 22**

You can't stop the beat in this big and bold musical about one girl's inspiring dream to dance! The 1950s are out, and change is in the air! Hairspray, winner of eight Tony Awards, including Best Musical, is a family-friendly musical, piled bouffant-high with laughter, romance and deliriously tuneful songs. It's 1962 in Baltimore, and the lovable plus-size teen, Tracy Turnblad, has only one desire – to dance on the popular "Corny Collins Show." When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob, Link Larkin, and integrate a TV network... all without denting her 'do!

**Auditions:** Ages 12-20; May 21, 2017; prepare 16 bars in the style of the show (acapella); everyone is cast in the show. Tuition Based Production.

## UPCOMING AUDITIONS

**Shrek The Musical** - Intergenerational Show: Ages 6-99; August audition dates TBD; prepare 16 bars in the style of the show; everyone is cast in the show (large cast needed – kids, teens, adults).



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## EDUCATION AND LEADERSHIP ACADEMIC ENRICHMENT

### Creative Science (Grades: 1-5)

Learn how to make slime, simulate volcano eruptions, and create play dough. Challenge your friends at building tall towers out of paper or marshmallows. Design a maze or learn how to fit your body through a single sheet of paper. Find out why popcorn pops and more.

**Thursdays** 6:15-7:00pm  
**Facility Member:** Family \$85/Youth \$95  
**Program Member:** \$120

### Intro to Lego Machines (Grades 3-5)

Build simple machines with Legos. Learn about different forces, energies, measuring, and structures. Use Legos to complete different problem solving challenges.

**Fridays** 6:15-7:00pm  
**Facility Member:** Family \$145/Youth \$155  
**Program Member:** \$180



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## ARTS AND HUMANITIES

### Dance Studio (All Ages)

A variety of dance disciplines, including ballet, tap, jazz, hip hop and musical theater and boys and girls pre-school movement. **Registration is ongoing.** For a year-long schedule visit the classes tab on our Web site [metroymcas.org/rosenpac](http://metroymcas.org/rosenpac).

#### Children Classes - Monthly

**Facility Member:** \$55  
**Program Member:** \$78

#### Adult Classes - 8 week session

**Facility Member:** \$120  
**Program Member:** \$145  
**Community Member:** \$175

#### Special Needs Classes for Adults and Children 8 week session

**Facility/Program Member:** \$69  
**Community Member:** \$89

### Kids Creations, Exploring the World of Art

#### (Ages 3-6) Spring Only

Explore painting, sculpting, print making, collage making and so much more while stimulating the imagination and enhancing creativity. Art can positively impact a child's emotional and social growth and can help them develop fine motor skills, improve language and build self-confidence. The children will be introduced to various colors, textures and shapes through the use of multiple mediums while creating unique crafts.

**Monday** 3:15-4:00pm  
**Facility Member:** Family/Youth \$140  
**Program Member:** \$160

### Piano Studio Private Lessons (All Ages)

45 minute private piano lessons are taught by Svetlana Brandt, an accomplished pianist and educator, who has been teaching piano at all levels – from beginners to adults for over 16 years. She holds a Master's Degree in Piano Performance from Penn State University and a Master's Degree in Music Education and Piano Pedagogy from Moscow State University. An end of season piano recital is held in June for students on the main stage at the Rosen PAC.

**Facility Member:** \$55 per lesson  
**Program Member:** \$60 per lesson

## LEADERSHIP DEVELOPMENT

### Leaders Club (Grades 6-12)

Equal parts leadership development and volunteerism. Members will be introduced to the importance of volunteer work while earning service hours for their middle and high schools. They will elect officers, democratically decide on volunteer projects to pursue, and learn valuable leadership skills. This program is for all teens interested in fulfilling their service requirements.

**Monday** 7:00-8:30pm  
Meets Bi-monthly  
**Members:** **FREE**

## SWIM, SPORTS AND PLAY

### Progressive Swim Lessons

(Classes will be prorated for all building closures.)



Parent/Child Swim Lessons (30 Min)			Day	Time
Session	Facility Member		Program Member	
	Family	Youth		
Spring	FREE	\$105	\$150	
Summer (9 weeks)	FREE	\$118	\$169	
<b>Shrimp (Ages 6 months - 3 years)</b> An introduction to water adjustment, safety, and basic swimming skills for parent and child. A positive early experience in water through song and games. <b>An adult must accompany the child in the water.</b>			Tue	11:30am
			Sat	9:00am
			Sun	9:00am

Preschool Swim Lessons (30 Min)			Day	Time
Session	Facility Member		Program Member	
	Family	Youth		
Spring	\$95	\$105	\$150	
Summer (9 weeks)	\$107	\$118	\$169	
<b>Pike (Ages 3-5)</b> 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.			Mon	12:15pm or 4:30pm
			Tue or Wed	5:00pm
			Thu	5:30pm
			Fri	4:30pm
			Sat or Sun	9:00am, 9:40am or 11:00am
<b>Eel (Ages 3-5)</b> <b>Prerequisite: Successfully complete Pike.</b> Students will 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.			Mon	12:45pm or 5:00pm
			Tue or Wed	4:30pm
			Thu or Fri	5:00pm
			Sat or Sun	9:00am or 10:20am
<b>Ray (Ages 3-5)</b> <b>Prerequisite: Successfully complete Eel.</b> Students will paddle 12 yards and learn rhythmic breathing. They will be introduced to diving, elementary backstroke and jump from starting blocks.			Mon	5:30pm
			Wed	4:30pm
			Fri	5:10pm
			Sat or Sun	9:40am or 11:00am
<b>Starfish (Ages 3-5)</b> <b>Prerequisite: Successfully complete Ray.</b> Students will swim one lap of elementary and basic backstroke, basic freestyle, and master a kneeling dive.			Wed	5:30pm
			Fri	5:30pm
			Sat or Sun	10:20am

### Special Needs Swim Lessons

For children of all ages with moderate to severe neurological, physical, or social challenges. Overseen by instructors who will be in the water offering assistance to participants. They will assist in teaching students how to swim as well as teaching adults the exercises that should be done with the child in the water. **An adult must accompany the child in the water.**  
Sunday 12:00-12:40pm



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## FREE! 2<sup>nd</sup> Grade Swim Lessons

Whether it's the pool, beach, water park or lake front, the Y wants you to be safe in and around the water. With this in mind, the Y is offering one **FREE** 8-week swim lesson to all second grade children in the local school area to teach swim and water safety skills and give kids and adults the chance to explore the many health benefits of swimming.

Second graders, along with their parent or guardian, must present proof of grade.

Youth Swim Lessons (40 Min)		Day	Time
Session	Facility Member		Program Member
	Family	Youth	
Spring	\$95	\$105	\$150
Summer (9 weeks)	\$107	\$118	\$169
 <b>Polliwog (Ages 6-12)</b> 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.	Mon	11:40am (Summer Only) 5:10pm	
	Tue or Fri	5:50pm	
	Thu	4:30pm	
	Sat or Sun	9:50am	
 <b>Guppy (Ages 6-12)</b> <b>Prerequisite: Successfully complete Polliwog.</b> Students begin learning freestyle, elementary backstroke, backstroke and swim 25 yards. Breaststroke kick is introduced along with treading water and basic diving skills.	Mon	12:20pm (Summer Only)	
	Tue or Fri	4:30pm	
	Wed	5:10pm	
	Thu	5:50pm	
	Sat or Sun	9:00am or 10:40am	
 <b>Minnow (Ages 6-12)</b> <b>Prerequisite: Successfully complete Guppy.</b> Students will 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.	Mon	4:30pm	
	Tue, Thu or Fri	5:10pm	
	Sat or Sun	9:50am or 11:30am	
 <b>Fish (Ages 6-12)</b> <b>Prerequisite: Successfully complete Minnow.</b> Students will learn butterfly, proper starts, turns, diving skills, refine the other strokes, and swim 75 yards with proper breathing.	Mon or Fri	5:50pm	
	Wed	4:30pm	
	Sat or Sun	10:40am	
 <b>Flying Fish (Ages 6-12)</b> <b>Prerequisite: Successfully complete Fish.</b> Students will develop racing starts, learn bilateral breathing, and increase endurance, refine butterfly over 50 yards, and swim all other strokes 150 yards.	Wed	5:50pm	
	Fri	4:30pm	
	Sat or Sun	11:30am	
 <b>Swim Clinic (Ages 8-13)</b> <b>Prerequisite: Swim all strokes 100-200 yds.</b> Refine all strokes, diving from blocks and flip turns. This is the last instructional swim class in progressive swim program and will prepare participants for swim team. <b>Spring</b> <b>Facility Member:</b> Family \$108/Youth \$114 <b>Program Member:</b> \$168 <b>Summer</b> <b>Facility Member:</b> Family \$121/Youth \$128 <b>Program Member:</b> \$189	Wed	5:30-6:30pm	
	Thur	6:30-7:30pm	
	Sat	12:00-1:00pm	

## Private Swim Lessons (30 minutes)

We offer one-on-one instruction, designed to encourage swimmers at different levels and help them progress into group or personal aquatic activities. **Days and times based on instructor and pool availability.**

**Private (4 Lessons)**

**Facility Member:** Family \$160/Youth/Teen \$168

**Program Member:** \$200

**Semi-Private (2 individuals, 4 Lessons)**

**Facility Member:** \$185/group

**Program Member:** \$220/group

## Intensive Private Swim Lessons Summer Only

This training will consist of 4 30-minute lessons, Monday through Thursday, during a week agreed upon by the instructor and participant. During this package a skill determined by the participant will be worked on with different drills and equipment. The development of the skill will be learned quicker due to repetition and constant practice outside of the lesson.

**Special Offer** \$140 per week

## COMPETITIVE SWIMMING

### Bluestreaks Competitive Swim Team (Ages 8-18)

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

**Long Course: April 12 - June 23**

**Long Course Competitive: April 12 - July 30**

**Short Course: September 2017 - March 2018**

**Tryouts:** are ongoing please contact Vlad the Head Coach at ext. 227. Fill out a tryout form at the Welcome Center and visit our Web site for more information.

### Time-Tech-Achieve

The program is based for swim team level youth, which have the ability to swim for over an hour and can swim for more than a 200yds without stopping. A group of 4 will work with a coach and will have the opportunity to swim and work on technique, learn proper stretching and dryland activities with a trainer and work on specific areas competitive swimming.

June 26-30 8:00am-4:00pm

**Facility Member:** \$425 per week

**Program Member:** \$475 per week

**Community Member:** \$475 per week



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## RECREATION

### Let's Play Chess (Grades: 1-5)

Have you ever wanted to learn how to play chess? Do you want to challenge your friends in a fun strategy game? Learn how to play chess or improve your game! Novice and Pros are welcome to join!

**Mondays** 6:00-6:45pm  
**Facility Family:** \$60  
**Facility Youth:** \$70  
**Program Member:** \$95

## YOUTH SPORTS PROGRAMS

### Basketball (Grades K-8)

Skills, drills and basketball fundamentals.

Thursdays

**Basketball 1 (K)\*\*** 3:10-4:00pm  
**Basketball 2 (Grades 1-4)** 4:10-5:00pm  
**Basketball 3 (Grades 5-8)** 5:10-6:00pm  
**Facility Member:** Family \$125  
**Facility Member:** Youth/Teen \$135  
**Program Member:** \$150

### Sports Galore (K and Ages 3-4)

Introduction to a variety of sports through skill-building and functional movement games.

Sports Galore 1 (K)\*\*

**Tuesdays** 3:10-4:00pm

Sports Galore 2 (Age 3-4)

**Tuesdays** 12:00-12:50pm

**Facility Member:** Family \$125

**Facility Member:** Youth \$135

**Program Member:** \$150

### Karate (Ages 5-11)

Mondays

**Ages 5-6** 3:10-3:50pm  
\$59.99 per month

**Ages 7-11** 4:00-4:40pm  
\$69.99 per month

### Teen Center (Ages 6-18)

We encourage our tweens and teens to utilize our Teen Center. We offer the newest gaming systems (XboxONE and PS4), international ping pong table, pool table, foosball, air hockey, a variety of board games, and even iPads. There is also space for children to do their homework.

Children under 9 years old must be signed in and out by a parent and the parent MUST be on Y premises while their children are in the Teen Center.

#### Hours:

**Monday-Friday** 4:00-8:30pm

**Saturday and Sunday** 8:00am-3:00pm

### Tennis (Grades PreK-8)

Learn proper techniques, footwork, singles, doubles strategies, combination drills and games.

Mondays

**Tennis 1 (PreK-K)** 3:10-4:00pm

**Tennis 2 (Grades 1-4)** 4:10-5:00pm

**Tennis 3 (Grades 5-8)** 5:10-6:00pm

Saturdays

**Tennis 1 (Grades 1-4)** 9:00-10:00am

**Tennis 2 (Grades 5-8)** 10:00-11:00am

**Facility Member:** Family \$135

**Facility Member:** Youth/Teen: \$145

**Program Member:** \$160

Mondays and Saturdays

**Facility Member:** Family \$245

**Facility Member:** Youth/Teen: \$255

**Program Member:** \$295

**Private, Semi-Private and Group Youth Tennis lessons available.**

Email Shaquan Brown,  
Sbrowna@metroymcas.org

### Soccer (Grades K-5)

Introduction to basic soccer skills.

Wednesdays

**Soccer 1 (K)\*\*** 3:10-4:00pm

**Soccer 2 (Grades 1-3)** 4:10-5:00pm

**Soccer 3 (Grades 4-5)** 5:10-6:00pm

**Facility Member:** Family \$125

**Facility Member:** Youth \$135

**Program Member:** \$150



**\*\*In-house Pre-school students will be picked up from school.**

## CELEBRATE WITH US

### Birthday Parties!

Celebrate your child's birthday at the Y. We offer swim, sports, dance parties and more! Visit our website for a full list of activities. Our professional staff will lead the activities and organize your party. A private party room is available for pizza and cake.

For additional information and to book your party, call 973 595 0100.



## FREE Middle School Membership

(Expanded 7<sup>th</sup> grade membership)

As a benefit to families and teens we offer all 6<sup>th</sup>-8<sup>th</sup> 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 2016-2017 school year.**

#### Program Membership includes:

- Use of pool during designated hours
- FREE Teen training classes
- Use of gym during designated hours

For more information visit our Web site or contact: Shaquan Brown - Program Director at Sbrowna@metroymcas.org or call 973 595 0100, ext. 279.

### Youth and Teen Y Intensity Class

Looking to improve your child's fitness level, increase speed, or improve functional movements in a fun environment? The Y Intensity Center combines the social and motivational aspects of group training in a small group environment. All classes are led by a nationally recognized certified personal trainer with expertise in sports specific exercise training. The sessions include training with kettlebells, battle ropes, prowler sleds, TRX® suspension trainers, dumbbells, kickboxing and more.

Research has shown that the best way to stay with your fitness routine is to find a buddy to work with you. So whether your teen is seeking to build the skill-set for a school sport, training for an upcoming athletic event, or simply trying to get in the best shape, the Teens Only Y Intensity Class is for your teen.

**Friday** 4:30-5:30pm

**Facility Member:** Youth/Teen \$120 for 8 sessions

For sport specific training groups, contact Cathy Scutti, Fitness/Wellness Director, at ext. 240 or email Cscutti@metroymcas.org.





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SAFETY COURSES

### American Red Cross Babysitting

American Red Cross babysitting training and Advanced Child Care courses can help you gain the skills you need to take care of the kids in your neighborhood when their parents can't be with them. Created for both young babysitters and seasoned child care professionals, our best-in-class training gives you the opportunity to sharpen your skills and become a safe, reliable babysitter. During your training, you can also choose to earn your First Aid and CPR/AED certifications (good for two years), which can help you learn how to provide care during an emergency. If you have a group of friends and are interested in taking the course please contact Ben Mihalko, Aquatics Director at ext. 259. Visit our Web site for upcoming dates.

**Facility Member:** \$55  
**Program/Community Member:** \$65

### CPR/AED For The Professional Rescuer

Learn how to recognize and provide care in respiratory and cardiac emergencies for adults, children and infants, with special emphasis on two-rescuer CPR use of the resuscitation mask, bag-valve mask and automated external defibrillator. If you have a group of friends or co-workers and are interested in taking the course please contact Ben Mihalko, Aquatics Director at ext. 259.

Visit our Web site for upcoming dates.  
**Facility Member:** \$55  
**Program/Community Member:** \$65

### Waterfront and Lifeguard Training

**Prerequisite:** Pass a mandatory swim test on the first day of class.

Upon successful completion, all will be certified with pool and waterfront lifeguarding, first aid, and CPR/AED for the Professional Rescuer.

Visit our Web site for upcoming dates.  
**Facility Member:** \$350  
**Program/Community Member:** \$400

### Waterfront and Lifeguard Recertification

For those who have already completed the lifeguard training class and still current, but their certifications are expiring. This class includes CPR for the Professional Rescuer/AED, First Aid and Waterfront.

Visit our Web site for upcoming dates.  
**Facility Member:** \$150  
**Program/Community Member:** \$200



**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 Wayne YMCA is proud to incorporate Healthy U in school age and preschool programs.



# 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. Visit our Web site.

### Creative Cooking With Kids (Ages: 2-6)

Are you looking for a way to encourage your child to eat healthy foods? Start from scratch as we discover unique recipes while strengthening your bond with your child. As we combine numerous ingredients together your child will be amazed at what the end result will taste like. Come join us as we explore the wonderful world of cooking!

Saturday 10:00-11:00am  
**Facility Family Member:** FREE  
**Program Member:** \$150

### NEW! Family Fitness Hours (Ages 9+)

All Family Facility members can work out in the fitness center with their family. Ages 9 and up can use all cardio and circuit training machines along with a parent or guardian. We have fitness staff available to assist you and your family in developing fitness routines that will encourage a healthy lifestyle.

Wednesday and Friday 7:00-9:00pm  
Saturdays and Sundays 4:00-6:00pm  
**FREE** for all Family Facility Members.

## HEALTH, WELL-BEING AND FITNESS

### HEALTHY LIFESTYLES

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

A minimum of 8 required to run the class.

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. Participants will receive a **FREE** Y membership for the time they are enrolled in the program.

Program Fee: \$429  
For more information contact Cathy Scutti at [cscutti@metroymcas.org](mailto:cscutti@metroymcas.org).

#### Delay the Disease Parkinson's Exercise Class

Delay the Disease empowers individuals suffering from Parkinson's disease by optimizing physical function and helping to delay the progression of symptoms. Geared specifically to counteract the movement challenges that are unique to Parkinson's. Taught by certified Parkinson's exercise specialist Drewann Rodney.

Wednesday 11:15am-12:15pm  
**Facility Member:** FREE

## RELEASE YOUR SUPER POWERS

### Defend Together



#### NEW Defend Together

A gripping hour that burns a ton of calories and builds total body strength. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

#### THE WORKOUT

"Conditioning...fast feet...OH, my legs!"  
"Huge sweat factor."  
"Adrenaline rush from start to finish."  
"Sweat, smile, success!"



# HEALTHY LIVING

Improving the nation's health and well-being.

## PERSONAL FITNESS

### Personal Training

Challenging workout with a Certified Personal Trainer designed to meet your specific fitness goals.

30 minute session		50 minute session	
Single session	\$45	Single session	\$65
5 sessions	\$199	5 sessions	\$299
10 sessions	\$375	10 sessions	\$575
20 sessions	\$725	20 sessions	\$1,099

### Wellness Coaching

Designed to lend a helping hand to our members who want to develop good exercise behaviors. Every YMCA member can take advantage of this **FREE** 12-week program. Staffed with nationally certified personal trainer/lifestyle coaches who will help you learn how to set goals, exercise safely and appropriately in a structured, non-intimidating environment. At the YMCA, we want you to reach your goals and discover how satisfying healthy living can be.

Sign up for an informational workshop at the Welcome Center.

Monday 6:15pm Friday 10:15am

Facility Member: **FREE**

### NEW! Member Introductory Training Session

We are here to help you reach your fitness goals. Before you get started take advantage of our 2 free introductory training sessions (ITS). The first session is an assessment of your fitness level so we know where to start and the second session is a personalized fitness routine that you can take with you. All ITS's are conducted by nationally accredited certified personal trainers. Sign up at your convenience with Cathy Scutti, Fitness/Wellness Director, [cscutti@metroymcas.org](mailto:cscutti@metroymcas.org).

### NEW! Personal Training Client

Three 30-minute sessions: \$99  
Three 50-minute sessions: \$150

### Y Intensity Training Program

Looking to train for an obstacle race? This program will help you improve your speed and strength and can help in your weight loss journey. Lead by a certified personal trainer, your workouts will be intense. Our state-of-the-art "Y Intensity Training Center" is equipped with a Life Fitness Synergy 360T circuit training machine, battle ropes, sled training and TRX® stations.

Facility/Program Member: \$60 per month  
Contact Cathy Scutti, Fitness/Wellness Director for training days and times.

## WATER ACTIVITIES

### Adult Swim Lessons (40 minutes)

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

Monday 6:30-7:10pm  
Wednesday 8:30-9:10pm  
Saturday 8:20-9:00am

#### Spring

Facility Member: Family \$95/Adult \$105  
Program Member: \$150

#### Summer

Facility Member: Family \$107/Adult \$118  
Program Member: \$169

### Adult Private Swim Lessons (30 minutes)

We offer one-on-one instruction with a certified swim instructor. Designed to encourage swimmers at different levels and help them progress into group or personal aquatic activities. Days and times based on instructor and pool availability.

#### Private (4 Lessons)

Facility Member: Family \$160/Adult \$168  
Program Member: \$200

#### Semi-Private (2 individuals, 4 Lessons)

Facility Member: \$185/group  
Program Member: \$220/group

## SPORTS AND RECREATION

### ADULT TEAM SPORTS

#### Adult Spring/Summer Modified pitch Softball League (Ages 18+)

The largest modified pitch league in NJ.

League follows ASA rules - 10 player and modified pitch. Games are played on several area fields. The league is open to Men's teams and Co-ed teams. League culminates with Tournament style playoffs. Eleven games are guaranteed.

Sundays, April 9 - Aug 28 \$1,200 per team

### 40+ Basketball and

#### Adult Pick-Up Basketball (Ages 18+)

For players of all levels, both sides of the gymnasium are available, a 5 on 5 format is used. If you win, you stay on the court. If you lose, earn your way back on the court by shooting a free throw. Fee must be paid at the Welcome Desk.

Sunday 8:15-11:30am  
Thursday 8:00-10:00pm

Facility Member: **FREE** Program Member: \$75

### Pickleball Facility Members Only

A paddle sport for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

#### The Basics:

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball.

#### 4. NEW - No Drop in Fee

For more information and a schedule visit [WayneYMCA.org](http://WayneYMCA.org) or call ext. 279.

Facility Member: **FREE**

## GROUP INTERESTS

### LIFE-LONG LEARNING

#### Piano Studio Private Lessons (All ages)

Svetlana Brandt, an accomplished pianist and educator, has been teaching piano at all levels - from beginners to adults for over 15 years. She holds a Master's Degree in Piano Performance from Penn State University and a Master's Degree in Music Education and Piano Pedagogy from Moscow State University.

Facility Member: \$55 Program Member: \$60

## SPECIAL NEEDS PROGRAMS

### Movin' and Groovin'

This program is designed for special needs individuals and consists of weight training activities for strengthening, lively music and dance for cardio and yoga movements for stretching. Everyone moves at their own pace.

Tuesday 4:30-5:15pm

Facility/Program Member: \$69

We are also searching for volunteers to assist those participants that may need some extra help.

Anyone interested in becoming volunteer please e-mail Marianne [mare60185@aol.com](mailto:mare60185@aol.com).

(It may be necessary for your own aide, caregiver or even parent to participate, until enough volunteers can be secured.)



# HEALTHY LIVING

Improving the nation's health and well-being.

## SOCIAL GROUPS

### Canasta and Mah Jongg

Learn and improve your skills while socializing and making new friends. Contact us at 973 595 0100, ext. 236 for information on lessons.

#### Canasta (Open Games)

Fridays 1:00-4:30pm

#### Mah Jongg (Open Games)

Mondays 1:00-4:30pm

**Facility Member: FREE**

**Program Member: \$30**

(Fee Covers 6 consecutive months)

### Point/Counterpoint with Arnie and Paula Rogoff

Join our lively discussions. Check the Library Bulletin Board for specific dates.

#### Alternates with Lunch and Learn

12:00-1:00pm

**Facility/Program Member: FREE**

### Adult Social Club

We have speakers, movies, games. Something different every week!! Coffee, tea and a snack are served.

Wednesdays 1:00pm



\*The following programs are sponsored by Jewish Federation of Northern New Jersey, are FREE and open to the entire community.

Check FACEBOOK, email and local papers for the exact date and times of these events.

## \*April Programs

### Staying in Town For Passover?

Join us for a FREE, family friendly and open to the public concert performed by Israeli performer, Gon Halevi. "The Great Israeli -American Songbook promises to be a thoroughly entertaining evening during the intermediate days of Pesach.

Thursday, April 13 7:00pm

### Have You Heard of Mimouna?

No? It's a delicious way to celebrate the END of Passover. Typically celebrated widely by indulging in leavened foods like pizza, bread, and cookies, in Morocco, Israel, and most Sephardic communities, there's an actual holiday for that, called Mimouna. Mark your calendars now, for the first ever community-wide Mimouna get together to celebrate the return of chametz!

Wednesday April 19 5:00-7:00pm

### FREE Community Event

Commemoration of Yom Hashoah, Holocaust Remembrance Day

Monday, April 24 7:00pm

## \*May Programs

### FREE Community Events

### Celebrate Yorn Hazikaron and Yorn Ha'atzmaut

(Israel's Memorial Day and Independence Day respectively) as a family complete with dancing, songs, falafel, soldiers' stories and more!

Monday, May 1 6:00-8:00pm

### Kabbalah: Jewish Mysticism

Studying Kabbalah opens the door to inner reflection. Join us as two Wayne Rabbis help us to unravel and bring to life some aspects of ancient Jewish tradition of Kabbalah, the mystical interpretation of the Bible.

Tuesdays, May 2, 9, 16, 23 12:00-1:00pm

### Shalom Baby

Dropping off your child at Nursery School? New to town and looking to meet other families with young children? Join us for "virtual trip to Israel". We'll learn about this fascinating country with water games (Mayim, mayim!), dancing, and a map sooooo big, it might just be the exact size as Israel!

Thursday, May 11 9:15am

If weekends are easier for you, join us when we'll meet in the Atrium for a family picnic and we'll plant the seeds (literally!) for our Y garden. They'll be lots of bubbles, sidewalk chalk, games, and giggles for the entire family.

Sunday, June 11 10:00am

## \*June Programs

### FREE Community Event

March down 5<sup>th</sup> Avenue in NYC as part of a huge crowd enjoying the Israel Day Parade. Bus reservations from various locations will be available.

Sunday, June 4

### Building Bridges-Building Friendships Part 2

If you shared the experience of Building Bridges-Building Friendships last Spring, you know how fascinating it was learning about other religions, traditions and holidays that emphasized our similarities, not our differences. Now, back by popular demand, we'll delve into more practices that illustrate our diversity and inclusiveness, at the same time.

Tuesdays, June 6, 13, 20, 27 12:00pm

## Stay Tuned!

More trips may be planned, New classes forming. Let us know what you're interested in.



### 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.

Visit [horizonbfit.com](http://horizonbfit.com) to verify eligibility.

THE METRO YMCAs OF THE ORANGES IS A PROUD PARTNER OF THE YM-YWHA



## SPIRITUAL DEVELOPMENT

### Crafts and Knitting with Miriam

Make a special project with a Jewish theme. Monthly during our Social Club meetings. Please call for specific dates or check the Bulletin Board outside the library. No art experience needed.

Wednesdays 1:00pm

**Facility/Program Member: FREE**

### Yiddish Vinkle

Do you speak Yiddish? Would you like to learn? Join us, Ray Fishler will lead the group.

The group generally meets monthly.

Thursdays 1:00pm

**Facility/Program Member: FREE**

Please call for the schedule,

973 595 0100, ext. 236.

### Lunch and Learn

Now in its 27<sup>th</sup> year, join us for an always interesting presentation on a Jewish topic. Coffee and Tea served. Check Bulletin Board by the Library for current info.

Every other Monday 12:00pm

**Facility/Program Member: FREE**

### Specials sessions

\*June 5 at noon - Rabbi Daniel Cohen from Connecticut will speak about his book "What will they say about you when you are gone? Creating a Life of Legacy."

\*June 19 at noon - Rabbi Joseph H. Prouser, Temple Emanuel of North Jersey.



**WAYNE YMCA**

1 Pike Drive, Wayne, NJ 07470  
P 973 595 0100 F 973 595 5234  
wayneymca.org



### Togetherhood™

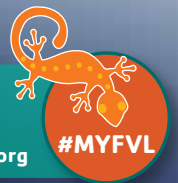
It's easy to make a difference. There are so many ways to help make our community better. Sometimes it's not always obvious where or how to get involved. Participating in the Togetherhood™ program gives you the chance to activate your social responsibility by helping our neighbors receive the support they need to feel healthy, connected and secure. Become a volunteer, contact Joyce Fein, Associate Executive Director at [jfein@metroymcas.org](mailto:jfein@metroymcas.org), ext 226 or Bill Kanas, Associate Executive Director at [BKanas@metroymcas.org](mailto:BKanas@metroymcas.org), ext 233.

# 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](http://FairviewLakeYMCA.org)



### 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