



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DISCOVER YOUR Y

Wayne YMCA

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



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



WINTER 1

January 2 – February 26, 2017

Registration begins:

December 12 – Facility Members
December 14 – Program Members

WINTER 2

February 27 – April 30, 2017

Registration begins:

February 6 – Facility Members
February 8 – Program Members

WayneYMCA.org

SUMMER DAY CAMP 2017

EARLY BIRD SPECIAL

Register by January 31, 2017 and get 2017 camp for 2016 rates.

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 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 EVENTS:

January 7 - Camp Open House/Reunion, 11am-1pm • **February 11** - Camp Open House/Reunion, 10am-12pm
March 19 - Camp Open House/Sampler, 11am-1pm • **April 23** - Camp Open House, 10am-12pm



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 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.

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	\$25
*Family	\$94	\$75.20	\$50
NEW Plus Option – add an additional adult living in same house	\$15 per		\$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:

- Adult and family members are entitled to two free guest passes per year
- **FREE** family gym and swim times
- Full use of Wellness Center
- **FREE** adult fitness classes
- Priority program registration with reduced rates
- New members orientation
- Child Watch services
- **FREE** steam room and sauna

Family Facility Membership Includes:

- **Same as Facility Membership** (see above)
- **FREE** Child Watch and Youth Room
- **FREE** Parent/Child Classes

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

Program Membership

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

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. 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.

NEW 20/20 Membership Program

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

Child Watch (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

Holidays: Close at 3:00pm: **New Year's Eve**

Open 7:00am-12:00pm: **New Year's Day**

Close at 5:00pm: **Passover** - April 10

Closed: **Passover** - April 11 and **Easter** - April 16



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



CHILD CARE

For more information or to schedule a tour, contact Alison Dorfman, Early Childhood Director, ext. 247 or 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 2016–2017 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	\$1,327	\$1,174	9am-12pm	9am-3pm	9am-12pm
3 years old	\$1,298	\$1,145	\$595	\$730	\$377
*4 Years old - F/T	\$1,247	\$1,095	\$591	\$700	\$365
*4 Years old - P/T	\$898 - 3 full days, 9am-3pm (Mon, Wed, Fri) + 2 half Days, 12-3pm (Tue, Thurs)		\$546		
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 15th, 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

PM Classes: 12:30-3:00pm

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

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

Tuition: 3 Days: \$312 per month 4-5 Days: \$335 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.

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: \$519

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 **Adam Shuzman** at ext. 280.

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



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EDUCATION AND LEADERSHIP ACADEMIC ENRICHMENT

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!

Saturdays 10:00-11:00am
Member: \$150

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

NEW Intro to Lego Machines (Grades 3-5)

Come and 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

ARTS AND HUMANITIES

Dance Studio (All Ages)

Classes for adults and children available in 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.

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

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**



ROSEN PERFORMING ARTS CENTER

Visit metroymcas.org/rosenpac for more information on upcoming shows, events, purchase tickets online, and to choose your seat.



SCHOOL OF THE ARTS

2017 ANNUAL WINTER YOUTH SHOW WITH PUSHCARTS PLAYERS PRESENTS:

Willy Wonka Jr.

Performances: Saturday, March 4 and Sunday, March 5, 2017

Roald Dahl's Willy Wonka Jr. follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. Four of the five winning children are insufferable brats, but the fifth is a likeable young lad named Charlie Bucket, who takes the tour in the company of his equally amiable grandfather. The children must learn to follow Mr. Wonka's rules in the factory - or suffer the consequences.

Featuring the enchanting songs from the 1971 film starring Gene Wilder in addition to a host of fun new songs, Roald Dahl's Willy Wonka Jr. is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth.

The Rosen PAC partners with Pushcart Players - an award-winning professional touring theatre company specializing in arts education for children. In the past we've presented such hits as Disney's Peter Pan Jr, Disney's The Little Mermaid Jr, Alice in Wonderland Jr, and many more. Check the Web site metroymcas.org/rosenpac or call 973 595 0100 for questions regarding audition dates, fees and other details.





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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, fooseball, 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

FREE Middle School Membership

(expanded 7th grade membership)

As a benefit to families and teens we offer all 6th-8th grade students in our community a free program membership to support and encourage youth to live healthy lifestyles and make responsible choices. Valid for the 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 Sbrown@metroymcas.org or call 973 595 0100, ext. 279.




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.





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		
Winter 1 and 2	FREE	\$105	\$150	
 Shrimp (Ages 6 months - 3 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. An adult must accompany the child in the water.			Tues	11:30am
			Sat	9:00am
			Sun	9:00am

Preschool Swim Lessons (30 Min)			Day	Time
Session	Facility Member		Program Member	
	Family	Youth		
Winter 1 and 2	\$95	\$105	\$150	
 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.			Mon	12:00pm or 4:30pm
			Tues	5:00pm
			Fri or Wed	4:30pm
			Sat or Sun	9:30am or 10:00am
 Eel (Ages 3-5) Prerequisite: Successfully complete Pike. 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	12:30pm or 5:00pm
			Tues or Wed	4:30pm
			Fri	5:00pm
			Sat	10:30am
			Sun	11:00am
 Ray (Ages 3-5) Prerequisite: Successfully complete Eel. 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
			Fri	5:10pm
			Sat	11:00am
			Sun	10:30am
 Starfish (Ages 3-5) Prerequisite: Successfully complete Ray. Students will swim one lap of elementary and basic backstroke, basic freestyle, and master a kneeling dive.			Tues	5:30pm
			Fri	5:30pm
			Sat	11:30am

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



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

FREE! 2nd 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		
Winter 1 and 2	\$95	\$105	\$150	
 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.	Mon	5:10pm		
	Tues	5:50pm		
	Fri	5:50pm		
	Sat or Sun	10:40am		
 Guppy (Ages 6-12) Prerequisite: Successfully complete Polliwog. Students begin learning freestyle, elementary backstroke, backstroke and swim 25 yards. Breaststroke kick is introduced along with treading water and basic diving skills.	Tues	4:30pm		
	Wed	5:00pm		
	Fri	4:30pm		
	Sat or Sun	10:00am		
 Minnow (Ages 6-12) Prerequisite: Successfully complete Guppy. 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		
	Tues	5:10pm		
	Sat or Sun	10:00am		
 Fish (Ages 6-12) Prerequisite: Successfully complete Minnow. Students will learn butterfly, proper starts, turns, diving skills, refine the other strokes, and swim 75 yards with proper breathing.	Mon	5:50pm		
	Fri	5:50pm		
	Thurs	4:30pm		
	Sat or Sun	10:40am		
 Flying Fish (Ages 6-12) Prerequisite: Successfully complete Fish. Students will develop racing starts, learn bilateral breathing, and increase endurance, refine butterfly over 50 yards, and swim all other strokes 150 yards.	Thurs	5:10pm		
	Fri	4:30pm		
	Sat or Sun	11:20am		
 Swim Clinic (Ages 8-12) Prerequisite: Swim all strokes 100-200 yds. 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. Facility Member: Family \$108/Youth \$114 Program Member: \$168	Wed	5:40-6:40pm		
	Thurs	4:30-5:30pm		
	Sat	8:00-9:00am		

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/Youth/Teen \$168

Program Member: \$200

Semi-Private (2 individuals, 4 Lessons)

Facility Member: \$185/group

Program Member: \$220/group

COMPETITIVE SWIMMING

Bluestreaks Competitive Swim Team (Ages 8-18)

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

We strive to develop the abilities of all of our swimmers. We are nurturing today's youth and it is our goal as coaches to provide every member of our team an opportunity to improve their swimming skills and achieve success while encouraging teamwork. Practices concentrate on improving technique, starts, turns, endurance and speed. Dry land exercises and stretching are also part of the training regiment. Team members will compete in dual meets against other YMCA teams in our league. Team members will have the opportunity to compete in USA Swimming invitations 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.

Joining the WAYNE YMCA Bluestreaks Swim Team is an easy process. Here is how you can become part of our YMCA Bluestreaks Family.

Contact the head coach and schedule a meeting time to tryout and learn first-hand about our Wayne YMCA Bluestreaks Swim Team. All team members must be a YMCA Facility Member and registered members of USA Swimming. If a new swimmer has competed for another USA Swimming team in the previous four months, A USA-Swimming Transfer/Release form must be completed.

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.



YOUTH DEVELOPMENT

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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

COMPETITIVE SPORTS

Spring Travel Youth Basketball

Learn new skills, make new friends and sharpen your competitive edge. **Attending player evaluations is required in order to participate.** Player Evaluations will be June. League runs from June-March; Practice and game schedules vary; week-night and weekend games.

Evaluations: March 13 and 15

10U (Grades 3-4) 5:00-6:00pm
12U (Grades 5-6) 6:00-7:00pm
14U (Grades 7-8) 7:00-8:00pm
Facility Member: Family \$300
Facility Member: Youth/Teen: \$315
Program Member: \$345

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

Recreation Kickball - Indoors (Grades K-6)

Introduction to basic Kickball.

Tuesday

Kickball 1 (K)** 3:10-4:00pm
Kickball 2 (Grades 1-4) 4:10-5:00pm
Kickball 3 (Grades 5-6) 5:10-6:00pm
Facility Member: Family \$60
Facility Member: Youth \$70
Program Member: \$85

Sports Galore (K and Ages 3-4)

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

Sports Galore 1 (K)**

Mondays 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)

Please find the details for this program on our website.

Tennis - Indoors (Grades PreK-8)

Winter 2 Only

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

Tuesdays

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.
Call Shaquan Brown, ext. 279 for details.

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 Preschool 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 ext.259.

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 much 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.

SAFETY COURSES

Babysitting

Participants 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 having a course please contact Ben Mihalko, Aquatics Director at ext. 259.

Visit our Web site for upcoming dates.

Facility Member: \$80
Program/Community Member: \$100

CPR/AED For The Professional Rescuer

Participants 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 having a course please contact Ben Mihalko, Aquatics Director at ext. 259.

Visit our Web site for upcoming dates.

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



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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: \$325

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 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!

Saturdays 10:00-11:00am

Member: \$180

NEW! Family Fitness Weekends (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.

Saturdays and Sundays 4:00-6:00pm

FREE for all Family Facility Members.

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 Joe Nazare, personal training coordinator for training days and times.

HEALTH, WELL-BEING AND FITNESS

HEALTHY LIFESTYLES

Diabetes Prevention Program (Ages 16+)

A minimum of 6 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.

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**

Program Member: \$35

PERSONAL FITNESS

Personal Training

Challenging workouts with a Certified Personal Trainer designed to meet your specific fitness goals, including:

- Cardiovascular Endurance
- Flexibility
- Improved Muscular Strength
- Post-Injury Rehabilitation
- Sports-Performance Training
- Weight Loss

Introduction Package

Three 30-minute sessions: \$99

Three 50-minute sessions: \$150

More packages available. Contact Cathy Scutti for more information.

Group Fit Training

Grab some friends, have fun and get fit! This is a small group of participants who enroll in a series of 50-minute sessions with a personal trainer. Each participant will receive personal training-like attention in a small group setting.

Classes are available by appointment, times are flexible.

Facility Member: Family \$184

Facility Member: Adult \$189

Program Member: \$224

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**

Nutritional Counseling

Let our nutrition expert help you achieve your weight loss goals through one on one nutritional counseling sessions. Body Assessment tools are used to measure your progress along with weekly weigh-ins. During each session, we review your food diary, give practical food choice advice and work with your nutrition challenges that are specific to you.

Contact Cathy Scutti for more information.



HEALTHY LIVING

Improving the nation's health and well-being.

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.

Wednesday 4:30-5:15pm

Facility/Program Member: \$69

Next Chapter Book Club (Ages 15+)

The YMCA has partnered with the Wayne Public Library to provide a weekly book club meeting for individuals with developmental disabilities.

- Open to all nonreaders and all reading levels.
- Open to nonmembers

Thursday 5:00-6:00pm

For more information, please contact Joyce Fein, at ext. 226.

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.

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

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 10:00-10:40am

Facility Member: Family \$95

Facility Member: Adult \$105

Program Member: \$150

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

Facility Member: Adult \$168

Program Member: \$200

Semi-Private (2 individuals, 4 Lessons)

Facility Member: \$185/group

Program Member: \$220/group

NEW Strength Train Together

Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

Monday 9:15am or 6:30pm

Wednesday 6:30pm

Thursday 9:15am

Friday 5:30pm

Sunday 8:0am

Members: **FREE**

SPORTS AND RECREATION

ADULT TEAM SPORTS

Adult Spring/Summer Modified pitch

Softball League (Ages 18+) Winter 2

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 created 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 the schedule visit our Web site 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

SOCIAL GROUPS

Canasta and Mah Jongg

Learn and improve your skills while socializing and making new friends.

Canasta and Mah Jongg lessons are available. You must pre-register, contact us at 973 595 0100, ext. 236.

Canasta

Fridays 1:00pm

Mah Jongg (Open Games)

Monday 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.

Every other Monday 12:00-1:00pm

Facility/Program Member: **FREE**

Group Trip to Hunterdon Hills Playhouse Show: "Born Yesterday"

Garson Kanin's Comedy Classic
Cost includes luxurious Panorama coach bus, the play, and a full meal including their famous dessert room. A Boutique and bakery on site too. Don't miss the fun! Sign up and payment with the Welcome Center will begin in February. Call Wendy at ext. 236 asap to be put on our list to be notified of any trips and with any questions. April 25, 2017 10:00am-5:00pm

Space is limited, don't miss out!



HEALTHY LIVING

Improving the nation's health and well-being.



Jewish Federation
OF NORTHERN NEW JERSEY

***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.**

NEW this Winter - Dinner and a Movie!

"Deli Man"

A documentary presented by Cohen Media Group, and starring our most hungry Jewish food mavens. Iconic Deli's such as Katz's and 2nd Avenue Deli are highlighted as well as a man's quest to have the best deli in the world, in Houston, Texas.

Dinner catered by Kosher Nosh.

Sunday, January 29 1:00pm

"The Gett - The Trial of Viviane Amsalem"

This Israeli film on Orthodox divorce won spectacular acclaim at the Cannes Film Festival. Insight into a culture where the husband has more power than the judges... A Must-See! *Kosher Chinese dinner buffet.

Sunday, March 19 1:00pm

Members: \$10

Community Members: \$15

Pre-registration required.

Kabbalah

A 6-week series led on a rotating basis by local clergy, Rabbi Randall Mark, Rabbi Meeka Simerly and Rabbi Michel Gurkov. Known as Jewish mysticism, Kabbalah answers questions like "Who Am I?" "Who is God?" "What is the World?" and "Why did God Create Me?". Kabbalah is not a secret teaching, it is the teaching of a secret.

Dates to be determined.

*December Programs

Township Candle Lighting

Join us for the Second Annual Wayne Township Menorah Lighting at Town Hall. There will be music, dancing and, of course, jelly donuts!

December 27 7:00pm

*January Programs

Lunch and Learn.

A special program in recognition of Martin Luther King Day focusing on "Black-Jewish Relations: Martin Luther King and Israel"

Monday, January 16

*February Programs

A Tasty Tu B'Shevat Seder

Known as the New Year for trees, or the Jewish Arbor Day, this holiday stresses our deep commitment to the environment. We will discuss Tikkun Olam, Saving the World, as we feast on the seven species (wheat-barley-grape-fig-pomegranate-olive-date) as noted in the Torah.

Monday, February 13

*March Programs

Hooray for Holidays, Let's Celebrate Purim!

Come in costume, come ready to play games, win prizes, do arts and crafts project, try to figure out how the Magician does his tricks and, of course, to eat hamentashen!

Sunday, March 5 1:00-3:00pm

FREE and open to the public.

Adult Model Seder

Join us as we come together for a pre-Passover seder. Full menu including chicken soup, gefilte fish, kugels, haroset and more!

Wednesday, March 29 1:00-3:00pm

Members: \$10

Community Members: \$15

Pre-registration required.

*April Programs

Cooking in the Kitchen with Shir Ben-David!

You don't want to miss this tasty cooking demonstration by our emissary from Israel! Shir will showcase a typical Moroccan delicacy as we prepare for our post-Pesach celebration.

Monday, April 3 12:00pm

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 Evening

Stay Tuned!

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

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.

Visit horizonbfit.com to verify eligibility.

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



SPIRITUAL DEVELOPMENT

Book Discussion Group

Join this friendly group to discuss a book on a Jewish topic or by a Jewish author. Look for info on the Library Bulletin Board or flyers in the library.

Day and Time TBD

Facility/Program Member: FREE

Crafts with Miriam

Make a special project with a Jewish theme. Monthly during our Wednesday Social Club meetings at 1:00pm. Please call for specific dates or check the Bulletin Board outside the library. No art experience needed!

Wednesday 1:00pm

Facility/Program Member: FREE

Lunch and Learn

Now in its 27th year, join us for an always interesting presentation on a Jewish topic. Buy your lunch at the Tel Aviv Café or bring your lunch. Coffee and Tea served. Check Bulletin Board by the Library for current info.

Alternates with Point/Counterpoint.

Every other Monday 12:00pm

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.

Thursday 1:00pm

Facility/Program Member: FREE

Please call for the schedule, 973 595 0100, ext. 236.



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



Togetherhood™

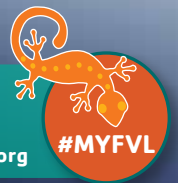
It's easy to make a difference. There are so many ways to help make our community better. Sometimes it's not always obvious where or how to get involved. Participating in the Togetherhood™ program gives you the chance to activate your social responsibility by helping our neighbors receive the support they need to feel healthy, connected and secure. Become a volunteer, contact Dana Wise, Membership Director at Dwise@metroymcas.org or call 973 595 0100, ext. 225.

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



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