



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



DISCOVER YOUR Y

South Mountain and West Essex YMCA

**20/20
Membership
Program.**
See details on
page 2.



The YMCA is proud to be a Raptor facility.
See pg. 2 for details.



SPRING

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

SUMMER

June 26 – August 27, 2017
Summer 1: June 26 – July 30
Summer 2: July 31 – August 27
Registration begins:
June 5 – Facility Members
June 7 – Program Members

SmountainYMCA.org

WestEssexYMCA.org



WELCOME

We know first hand 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.

*South Mountain YMCA Membership information can be found at SMountainYMCA.org.

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

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

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

Facility Membership Includes:

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

Family Facility Membership Includes:

- Same as Facility Membership (see above)
- **FREE** Parent/Child Classes
Of the free classes offered to Family Facility Members, there is a limit of two free classes per family, per session (additional fees apply if more than two free classes are selected). In addition, if your child misses more than two classes in a row without notifying the Y, the child will be dropped from the class.

Program Membership

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

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

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

Joiner Fee

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

Registration

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

Refund/Credit/Make-up Policies

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

My Y is Your Y

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

A.W.A.Y.

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

20/20 Membership Program

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

Child Watch Room

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

West Essex Y Child Watch Room Hours

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

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

Sunday 10:30am-12:30pm

West Essex Y Hours of Operation

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

Saturday 6:30am-9:00pm

Sunday 6:30am-6:00pm

Holidays: Memorial Day - Closed

4th of July and Labor Day - Open 7:00am-1:30pm



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE AT YOUR Y

SOUTH MOUNTAIN Y

Early Childhood Learning Center (ECLC)

(For ages 6 weeks - 5 years old)

10 West Parker Ave, Maplewood, NJ 07040

P 973 762 0860 • SmountainYMCA.org

WE OFFER:

- Care from 7am-6pm with extended hours available from 6pm-7pm.
- Experienced caring staff that receives ongoing professional development
- Low child/teacher ratios
- Respect for cultural diversity
- Outdoor play areas with designated space for each age group
- Family orientated programs and active parent participation
- Consistent parent communication
- Year round child care and summer programs
- Multi age group settings

For more information visit metroymcas.org/smyeclc or call 973 762 0860 to schedule a tour today!

School Age Child Care (SACC)

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

WE PROVIDE:

- BEFORE CARE Grades K-5 at your child's school. Begins at 7:15am*
- AFTER CARE in school and off site* Program runs from dismissal until 7pm
- Dedicated, enthusiastic and engaged staff
- Outdoor play/organized activities
- Nationally recognized Healthy U program using the CATCH® curriculum
- Structured homework time
- Healthy snacks
- Enrichment activities: Arts, Healthy Science and STEM

Visit smountainymca.org or contact SACC Registrar Briana Curtis mail to: bcurtis@metroymcas.org

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

*subject to school



WEST ESSEX Y

Peanut Shell Early Childhood Learning Center (PSECLC)

For ages 6 weeks - 5 years old



Conveniently located right off of Route 10

7 Regent Street, Suite 706, Livingston, NJ 07039

P 973 533 1511 • westessexymca.org

Refer a friend program with additional savings

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

WE OFFER:

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

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

School Age Child Care (SACC)

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

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

For more information and availability, visit westessexymca.org/peanutshell or contact SACC Registrar, Ava Collazo, ext. 103 or acollazo@metroymcas.org.

Registration for the SACC programs for the 2017-18 school year will be available April 17, 2017 on our Web site. Space is limited – early registration is recommended. Your child will be put on a waiting list if the site is at maximum capacity.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

South Mountain YMCA Program Locations:

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

All located at (behind office):

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

Civic House:

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

Baird Community Center:

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

Maplecrest Park:

237 Oakland Road, Maplewood, NJ

EDUCATION AND LEADERSHIP ACADEMIC ENRICHMENT

Tiny Tinkerers (Ages 3-4)

We create and design projects at the tiniest level. Curriculum includes building towers, utilizing gears and tools as well as free play to allow for adventurous construction. We incorporate STEM based learning. STEM stands for Science, Technology, Engineering and Math.

Thursday 10:00-10:30am

Location: SM Y Program Center

Facility Member: WE Y Family \$74

Facility Member: WE Y Youth \$79

Program Member: SM Y and WE Y \$84

NEW! Tiny Trees (Ages 3-5) Spring Only

Explore the outdoors with lessons and projects about the environment. We'll make bark rubbings, percussion jungles and so much more!
No class 5/29, Memorial Day.

Monday 10:00-10:45am

Location: SM Y Program Center

Facility Member: WE Y Family \$78

Facility Member: WE Y Youth \$83

Program Member: SM Y and WE Y \$88

Math in Motion (Ages 3-5) Spring Only

Gain a better understanding of mathematical concepts by participating in physical activities, cooperative play and games designed to strengthen number recognition, counting, patterns and sequencing. **No class 5/29, Memorial Day.**

Monday 11:00-11:45am

Location: SM Y Program Center

Facility Member: WE Y Family \$76

Facility Member: WE Y Youth \$81

Program Member: SM Y and WE Y \$88

Jr Chefs (Ages 3-5) Spring Only

Whip up a delicious and healthy lunch in this fun and tasty class while learning the basics of cooking. **Child must be potty trained.**

Tuesday 11:45am-12:30pm

Location: WE Y Child Watch

Facility Member: WE Y Family \$72

Facility Member: WE Y Youth \$77

Program Member: SM Y and WE Y \$124

Little Chefs (Ages 3-5) Spring Only

Learn different food preparation techniques as they make their own lunches and one "sweet" for dessert. We focus on keeping it healthy and introducing nutrition vocabulary to preschoolers'.

Thursday 11:30am-12:30pm

Location: SM Y Creation Station

Facility Member: WE Y Family \$125

Facility Member: WE Y Youth \$130

Program Member: SM Y and WE Y \$140

Pop Culture Cooking (Ages 3-5) Spring Only

Cooking and eating fun using kid-friendly pop culture! We'll whip up some meals like spaghetti from Lady & the Tramp or the delicious veggie dish from Ratatouille.

Friday 11:30 - 12:30pm

Location: SM Y Creation Station

Facility Member: WE Y Family \$125

Facility Member: WE Y Youth \$130

Program Member: SM Y and WE Y \$140

Slimy Science (Ages 3-5) Spring Only

Prepare to get messy! We introduce kids to scientific concepts while getting our hands dirty. Make oobleck, cloud dough, play with gel beads, erupt volcanos plus many more crazy projects!

Friday 10:30-11:15am

Location: SM Y Program Center

Facility Member: WE Y Family \$78

Facility Member: WE Y Youth \$83

Program Member: SM Y and WE Y \$100

Cooking the Countries (Ages 5-10) Spring Only

Fresh spices and unique ingredients guide your child on a journey around the globe as they build their skills and knowledge. Trying cultural foods encourages openness to new and exciting experiences and celebrates diversity.

Monday 4:00-4:50pm

Location: WE Y

Facility Member: Family \$72

Facility Member: Youth \$77

Program Member: \$124

ARTS AND HUMANITIES

NEW! Bitty Ballerinas (Ages 2½-3) Spring Only

A special class developed for toddlers ready for the next step, a 'drop off' class. Ballet slippers are recommended, not required.

Thursday 9:30-10:00am

Location: SM Y Program Center

Facility Member: WE Y Family \$70

Facility Member: WE Y Youth \$75

Program Member: SM Y and WE Y \$80

Ballet I (Ages 3-5) Spring Only

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

Thursday 10:15-11:00am

Saturday 9:00-9:30am

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

Facility Member: WE Y Family \$85

Facility Member: WE Y Youth \$90

Program Member:

Thursday - SM Y and WE Y \$100

Saturday - SM Y and WE Y \$80

Ballet II (Ages 4-6) Spring Only

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

Thursday 11:15am-12:00pm

Saturday 9:45-10:30am

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

Facility Member: WE Y Family \$85

Facility Member: WE Y Youth \$90

Program Member: SM Y and WE Y \$100

Let's Dance (Ages 4-8) Spring Only

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

Monday 5:15-6:00pm

Location: WE Y

Facility Member: WE Y Family **FREE**

Facility Member: WE Y Youth \$72

Program Member: SM Y and WE Y \$124

Musical Theatre (Ages 5-10) Spring Only

Improv exercises, theater games, vocal warm ups, dance combinations are taught. Showcase performance at the end of the session.

Wednesday 5:00-5:45pm

Location: SM Y Creation Station

Facility Member: WE Y Family \$65

Facility Member: WE Y Youth \$70

Program Member: SM Y and WE Y \$80



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

The Art of Comics and Cartooning (Ages 5-12) Spring Only

Learn to design characters, draw figures and storyboards to create a comic book of your own.

Wednesday 4:00-4:45pm
Location: SM Y Creation Station
Facility Member: WE Y Family \$70
Facility Member: WE Y Youth \$75
Program Member: SM Y and WE Y \$85

Junior Artists (Ages 6-13) Spring Only

Let your imagination soar as you discover your artistic side. Express yourself through a variety of projects like working with paint, clay and crafts supplies. Create your own masterpieces that you can take home and enjoy.

Tuesday 4:45-5:35pm
Location: WE Y
Facility Member: WE Y Family \$72
Facility Member: WE Y Youth \$77
Program Member: SM Y and WE Y \$124

LEADERSHIP DEVELOPMENT

FREE! Leaders Club (Ages 12-17)

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

Location: WE Y
For more information contact Lisa Sheafer – Family and Enrichment Director
lsheafer@metroymcas.org.



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

SWIM, SPORTS AND PLAY

RECREATION

*Teen Night (Grades 5-9)

Join us for dodgeball, basketball, teen open swim, dance parties, and more! Pizza and a drink are included in entry fee.

***Activities depend on what branch you are at, please check with the that branch.**

At the South Mountain YMCA

Friday Nights 7:30-9:30pm
April 14 and 28 May 12 and 26
Location: SMY Program Center
Members: \$10 per night
Community Members: \$15 per night

At the West Essex YMCA

Friday Nights 6:30-9:30pm
April 14 and 28 May 12 and 26
Location: WE Y
Members: \$5 per night
Community Members: \$10 per night

YOUTH SPORTS PROGRAMS

Strider Balance Bike Training (Ages 2½-5) Spring Only

Explore mobility on two wheels, improve motor skills development, increase balance, strength and build confidence and coordination. Children focus solely on learning balance first. Research shows that learning balance and coordination with exercise jump-starts a child's growth and development. Helmet use required. Bring your own or use the Y's helmets.

Wednesday 11:00-11:45am
Friday 2:05-2:50pm
Location: SM Y Gym
Facility Member: WE Y Family \$89
Facility Member:: WE Y Youth \$94
Program Member: SM Y and WE Y \$99

Soccer Clinics (Ages 3-9)

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

Saturday
Ages 3-5 11:00-11:50am
***New* Ages 6-9** 12:00-12:50pm
Location: WE Y
Facility Member: WE Y Family \$72
Facility Member: WE Y Youth \$77
Program Member: SM Y and WE Y \$124

Sports Bugs (Ages 3-5)

Builds motor skills and hand eye coordination. Sports include: T-Ball, Soccer, Basketball, Hockey and other age appropriate sports. Games will be modified to suit children's age and athletic ability.

Wed (Spring Only) 4:00-4:50pm
Sunday 12:30-1:20pm
Location: WE Y
Facility Member: WE Y Family \$72
Facility Member: WE Y Youth \$77
Program Member: SM Y and WE Y \$124

Kinder Sports (Ages 3-5½) Spring Only

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

Tuesday (Ages 4-5½) 9:00-9:45am
Wednesday (Ages 4-5½) 1:10-1:55pm
Wednesday (Age 3) 2:05-2:50pm
Location: SM Y Field
Facility Member: WE Y Family \$89
Facility Member: WE Y Youth \$94
Program Member: SM Y and WE Y \$99

Basketball Clinic (Ages 3-6+)

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

Wednesday (Ages 6+) 6:00-6:50pm
Friday (Ages 3-5) 5:00-5:50pm
Friday (Ages 6+) 6:00-6:50pm
Sunday (Ages 3-5) 1:30-2:20pm
Location: WE Y
Facility Member: Family \$72
Facility Member: Youth \$77
Program Member: \$124

FREE Middle School Membership at the West Essex Y

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

Valid for the 2016-2017 school year.

Program Membership includes:

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

For more information visit our Web site or contact:

Lisa Sheafer, Family and Enrichment Director at lsheafer@metroymcas.org or call 973 992 7500 ext. 107.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

YOUTH SPORTS PROGRAMS

continued

Kinder Soccer (Age 3) Spring Only

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

Tuesday 9:55-10:40am

Location: SM Y Field

Facility Member: WE Y Family \$89

Facility Member: WE Y Youth \$94

Program Member: SM Y and WE Y \$99

Kinder Soccer (Ages 4-5½) Spring Only

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

No class 5/27, Memorial Day Weekend.

Friday (Ages 4-5½) 3:00-3:45pm

Saturday (Ages 4-5½) 10:05-10:50am

Location: SM Y Field

Facility Member: Friday WE Y Family \$89

Facility Member: Friday WE Y Youth \$94

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

Facility Member: Saturday WE Y Family \$77

Facility Member: Saturday WE Y Youth \$82

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

Floor hockey (Ages 4-5½) Spring Only

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

Tuesday 2:45-3:30pm

Location: SM Y Gym

Facility Member: WE Y Family \$89

Facility Member: WE Y Youth \$94

Program Member: SM Y and WE Y \$99

NEW T-Ball (Ages 4-5) Spring Only

This indoor clinic will teach children the basics of baseball. They will build self-confidence, develop coordination, and have fun. Children must provide their own glove.

Saturday 1:00-1:50pm

Location: WE Y

Facility Member: WE Y Family \$72

Facility Member: WE Y Youth \$77

Program Member: SM Y and WE Y \$124

CELEBRATE WITH US

Birthday Parties at the Y

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

We specializes in fun and festive birthday celebrations. For more information visit SmountainYMCA.org or call 973 762 4145
WestEssexYMCA.org or call 973 992 7500

Kinder Basketball (Ages 4-6) Spring Only

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

Tuesday 10:50-11:35am

Tuesday 3:40-4:25pm

Wednesday 3:45-4:30pm

Saturday (Level 1) 2:50-3:35pm

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

Level 1 - Players new to basketball.

Level 2 - Returning Kinder Basketball players.

Location: SM Y Gym

Facility Member: WE Y Family \$89

Facility Member: WE Y Youth \$94

Program Member: SM Y and WE Y \$99

Little Climbers (Ages 4-6) Spring Only

Learn to climb and traverse (going side to side) on the Y's new outdoor climbing wall. Climbers will boulder across the wall from point to point while playing games, increasing flexibility, and challenging their abilities.

No Class 5/29, Memorial Day.

Monday 9:05 - 9:50am

Location: SM Y Field

Facility Member: WE Y Family \$77

Facility Member: WE Y Youth \$82

Program Member: SM Y and WE Y \$87

Pee Wee Tennis (Ages 4-8) Spring Only

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

Friday (Ages 4-5½) 3:50-4:35pm

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

Location: SM Y Gym

Facility Member: WE Y Family \$89

Facility Member: WE Y Youth \$94

Program Member: SM Y and WE Y \$99

TGA Golf (Ages 4-11) Spring Only

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

Thursday 5:30-6:30pm

Location: SM Y Field

Facility Member: WE Y Family \$160

Facility Member: WE Y Youth \$165

Program Member: SM Y and WE Y \$170

Private Sports Lessons (Ages 5-15)

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

Location: WE Y

30-minute sessions

Private \$36 per session

Semi-Private \$40 per session

Karate (Ages 4-Adult) Spring Only

Children and adults learn basic philosophy and movements of this martial art. Develop physical fitness, body control, discipline and self-esteem. Safety awareness and self-defense are also discussed. Sensei Carmen Puglio, with over 40 years of experience, leads this class. Uniforms are not required but available for purchase.

There is class Memorial Day Weekend.

Wednesday (Ages 4-6) 9:05-9:50am or 10:00-10:45am

Location: SM Y Gym

Friday (Ages 5-8) 5:30-6:15pm

Location: SM Y Creation Station

Saturday (Ages 5-Adult) 11:10-11:45pm or 12:00-12:45pm

Location: SM Y Program Center

Facility Member: WE Y Family \$100

Facility Member: WE Y Youth \$105

Program Member: SM Y and WE Y \$110

Flag Football (Ages 5-8) Spring Only

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

Tuesday 4:30-5:20pm

Location: WE Y

Facility Member: WE Y Family \$72

Facility Member: WE Y Youth \$77

Program Member: SM Y and WE Y \$124

Tiger Soccer (Grades 1st & 2nd) Spring Only

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

No class 5/27, Memorial Day Weekend.

Saturday 2:00-2:45pm

Location: SM Y Gym

Facility Member: WE Y Family \$81

Facility Member: WE Y Youth \$86

Program Member: SM Y and WE Y \$89

Youth Yoga (Ages 5-11)

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

Wednesday 5:00-5:50pm

Location: WE Y

Facility Member: WE Y Family **FREE**

Facility Member: WE Y Youth \$72

Program Member: SM Y and WE Y \$124

Tennis (Ages 6+)

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

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

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

Location: WE Y

Facility Member: WE Y Family \$72

Facility Member: WE Y Youth \$77

Program Member: SM Y and WE Y \$124



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

GAGA (Grades K-5) Spring Only

This fun, energetic, fast paced game is a kinder, gentler dodge ball. Build agility, quickness and hand eye coordination plus promote cardio endurance. We incorporate our core values of Caring, Honesty, Respect, and Responsibility in all our classes. Class is re-scheduled on rainy days. **No class 5/27, Memorial Day Weekend.**

Spring Gaga Tournament Sunday April 23.

Separate registration required.

Tuesday (K-2) 3:40 - 4:25pm

Saturday (K-2) 3:00 - 4:00pm

Saturday (3-5) 4:00 - 5:00pm

Location: SM Y Gaga Pit

Facility Member: Tuesday WE Y Family \$89

Facility Member: Tuesday WE Y Youth \$94

Facility Member: Saturday WE Y Family \$81

Facility Member: Saturday WE Y Youth \$86

Program Member: SM Y and WE Y

Tues- \$99, Sat- \$91

Youth/Teen Personal Training (Ages 10+)

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

1 session: \$30

Location: WE Y

Skateboarding Clinic (Grades K-8) Spring Only

Get expert lessons from skate instructor, Mike Kirk, named one of New Jersey's best. Learn solid fundamentals and take half pipe skills to the next level. All skill levels welcome! Skateboarders with higher skills should register for the advanced class. Skateboard helmet required. Pads highly recommended. **See SM Y Camp Guide for weekly half day summer clinic.**

Monday 5:15-6:15pm

Thursday 5:15-6:15pm

Saturday 10:00-11:00am

Location: Maplecrest Park in Maplewood

Facility Member: WE Y Family \$100

Facility Member: WE Y Youth \$115

Program Member: SM Y and WE Y \$120

Skateboarding Advanced Clinic (Grades K-8)

Spring Only

Expert lessons for the more advanced boarder. Bring skills to the next level with instructor Mike Kirk, named one of New Jersey's best. Supply your own skateboard and safety equipment. Helmet required.

Saturday 11:00am-12:00pm

Location: Maplecrest Park in Maplewood

Facility Member: WE Y Family \$100

Facility Member: WE Y Youth \$115

Program Member: SM Y and WE Y \$120

Basketball Clinics Only at the South Mountain YMCA

For Grades 1-4, Spring Only

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

Grades 1 & 2

Tuesday 5:25-6:10pm

Tuesday 6:10-6:55pm

Wednesday 4:35-5:20pm

Wednesday 5:20-6:05pm

Grades 3 & 4

Tuesday 4:35-5:20pm

Wednesday 6:10-6:55pm

Wednesday 6:55-7:40pm

Location: SM Y Gym

Facility Member: WE Y Family \$89

Facility Member: WE Y Youth \$94

Program Member: SM Y and WE Y \$99

Advanced Basketball Skills (Grades 3-4)

Spring Only

For players with previous class and game play experience, looking for the next level and challenge. Led by Coach Fred Ross, who has over 30 years of experience training children in basketball fundamentals. **Class is limited to 12.**

Friday 6:30-7:30pm

Location: SM Y Gym

Facility Member: WE Y Family \$99

Facility Member: WE Y Youth \$102

Program Member: SM Y and WE Y \$107

For Ages 4-9, Summer Only

Focus on developing fundamentals (dribbling, passing, shooting and defense) along with the team concepts of offensive and defensive play in a fun supportive environment. YMCA membership is not required for summer basketball programs.

June 21 - August 9 (8 classes)

Wednesday (Ages 4-6) 6:00-6:45pm

Wednesday (Ages 7-9) 6:45-7:30pm

Location: SM Y Gym

Facility Member: WE Y Family \$89

Facility Member: WE Y Youth \$94

Program Member: SM Y and WE Y \$99

Community Member: SM Y and WE Y \$109

Basketball Clinics and Leagues at the South Mountain YMCA

Basketball Clinics and Leagues for Grades 1-4, Spring Only

This fun, low-intensity league is about teamwork and good sportsmanship, not competition. Everyone plays at least one half of a game and no standings are kept. Players with minimal basketball skills should complete one Clinic Only programs first (see above). Children new to the Y wishing to start off in the league must get permission from the Program Director. Placement evaluations are held the first week of the session. Evaluation schedule listed below. After team placement, players are assigned a 45-minute practice time. At evaluation, please inform the coach of any Clinic Practice scheduling conflicts. There are no team requests taken. Siblings are placed on the same team. Games are on weekends. Team shirt is included.

Location for Evaluations, Clinics and Games: SM Y Gym

Go to Evaluation: Tuesday 4/25 or Wednesday 4/26 at one time listed below. Team assignments are emailed Friday, April 28. Players report to team practice starting the following week.

Team Practice/Clinic Times - Grades 1 and 2

Tuesday (Heat/Spurs) 5:25-6:10pm

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

Wednesday (Celtics) 4:35-5:20pm

Wednesday (Lakers/Bulls) 5:20-6:05pm

Games depending on team schedule:

Sundays 3:00pm, 3:45pm or 4:30pm

First game: April 30

No games 5/28, Memorial Day Weekend.

Location: SM Y Gym

Facility Member: WE Y Family \$136

Facility Member: WE Y Youth \$140

Program Member: SM Y & WE Y \$145

Team Practice/Clinic Times - Grades 3 and 4

Tuesday (Celtics & Spurs) 4:35-5:20pm

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

Wednesday (Lakers) 6:55-7:40pm

Games Depending on team schedule:

Saturdays 4:30pm, 5:15pm or

Sundays 5:15pm

First game: April 30

No games 5/27 or 5/28, Memorial Weekend.

Location: SM Y Gym

Facility Member: WE Y Family \$136

Facility Member: WE Y Youth \$140

Program Member: SM Y & WE Y \$145



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

YOUTH SPORTS PROGRAMS **continued**

Basketball at the Baird Community Center in South Orange

5 Mead Street, South Orange, NJ 07079 • 973 378 7754

The South Mountain YMCA and the South Orange Recreation Department collaborate to offer boys and girls clinics and game play. The YMCA coaching staff monitors and supervises at the Baird Courts for the South Orange Recreation Department during designated times to insure safe play and help younger children gain access to courts when they are otherwise busy with adult open play.

Those monitored court times are: **Thursdays and Fridays 4:00pm – Sunset** **Saturdays and Sundays 12:00pm – Sunset**

FREE Boys and Girls Basketball Clinic

Skill clinic and supervised free play. Monitored by the South Mountain YMCA coaching staff led by Fred Ross. **Saturday, April 22 12:00-2:00pm**

SPRING

Basketball Clinic on the Baird Courts (Ages 6-14)

April 24-June 19

Focus is on skill development of fundamentals (dribbling, passing, shooting and defense) during the first 4 weeks. Last 4 weeks groups are divided into teams and games are played. YMCA membership is not required for summer basketball programs.

No class held on Memorial Day.

Monday (Age 7-8) 5:00-6:00pm

Monday (Age 9-10) 6:00-7:00pm

Monday (Age 13-14) 7:00-8:00pm

Thursday (Age 6-7) 5:00-6:00pm

Thursday (Age 8-9) 6:00-7:00pm

Thursday (Age 10-12) 7:00-8:00pm

Saturday (Age 10-12) 5:30-6:30pm

Facility Member: WE Y Family \$97
WE Y Youth \$102

Program Member: SM Y and WE Y \$107

Community Member: SM Y and WE Y \$117

SUMMER

Basketball Showcase on the Baird Courts (Grades 1-6)

A fun basketball showcase where the teams practice once a week and play a game once a week for a total of 7 games. Game shirt is provided. Age groupings are determined by the grade the player is entering in September 2017.

Date: June 26 – August 15

Rain date: TBA

Saturday Practice (Grades 1-2) 12:00-1:00pm (1st time Monday, 6/26 is practice)

Games: Monday 6:00-7:00pm (1st game is on 7/10, No game -7/3)

Saturday Practice (Grades 3-4) 1:00-2:00pm (1st time Monday, 6/26 is practice)

Games: Monday 7:00-8:00pm (1st game is on 7/10, No game -7/3)

Saturday Practice (Grades 5-6) 4:00-5:00pm (1st time Friday, 6/30 is practice)

Games: Friday 7:00-8:00pm (1st game is on 7/7)

Facility Member: WE Y Family \$110

Program Member: SM Y and WE Y \$120

Facility Member: WE Y Youth \$115

Community Member: SM Y and WE Y \$130

Basketball Clinic on the Baird Courts

Clinics focus on skill development of basketball fundamentals (dribbling, passing, shooting and defense) along with team concepts of offensive and defensive play in a fun supportive environment. YMCA membership is not required for summer basketball programs.

June 29 – August 10 (8 classes)

Rain date: TBA

Thursday (Coed, Ages 6-9)

5:30-6:30pm

Thursday (Coed, Ages 10-12)

6:30-7:30pm

Thursday (Coed, Ages 13-14)

7:30-8:30pm

Facility Member: WE Y Family \$97

Program Member: SM Y and WE Y \$107

Facility Member: WE Y Youth \$102

Community Member: SM Y and WE Y \$117



Travel Basketball at the West Essex YMCA

We offer a year round Travel Basketball League for grades 3-8.

For tryout dates and league information contact: Lisa Sheaffer Family & Enrichment Director at 973 992 7500 ext 107 or lsheaffer@metroymcas.org.

Preschool Gymnastics Spring Only

Superhero Training (Ages 3-4)

Save the day! Train with us as we learn to run, jump, tumble and climb over obstacles! This is a great way to get your preschooler interested in gymnastics by using superhero themes to learn skills. **No Class 5/29, Memorial Day.**

Monday 9:45-10:30am

Location: **SM Y Gym**

Facility Member: WE Y Family \$94

Facility Member: WE Y Youth \$99

Program Member: SM Y and WE Y \$104



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

NEW! Superhero Society (Ages 4-6)

Our superheroes will train in to run, jump, tumble and climb over obstacles. Includes superhero certificate and a cape!

Thursday 4:15-5:00pm
Location: 1st Presbyterian & Trinity Church
(111 Irvington Avenue, South Orange)

Facility Member: WE Y Family/Youth \$119
Program Member: SM Y and WE Y \$124

Stars (Ages 3-4)

Children will begin to develop an understanding of gymnastics terminology and skill. This is a perfect introduction to basic gymnastics with a fun and engaging instructor.

Thursday 10:00-10:45am
Location: SM Y Gym
Facility Member: WE Y Family \$109
Facility Member: WE Y Youth \$114
Program Member: SM Y and WE Y \$119

Shining Stars (Ages 3-4)

Teacher recommendation or evaluation required. This is the next level in preschool gymnastics skill development. Continue to grow an understanding of gymnastics and important technical terminology.

Thursday 1:00-1:45pm
Friday 10:00-10:45am
Location: SM Y Gym
Facility Member: WE Y Family \$109
Facility Member: WE Y Youth \$114
Program Member: SM Y and WE Y \$119

Shooting Stars (Ages 4-5½)

This is either the next step for 4 year olds after Shining Stars or a starting point for older children. In preparation for further gymnastics development, children learn more challenging skills and terminology. **No Class 5/29, Memorial Day.**

Location: SM Y Gym
Monday 10:45-11:30am or 2:45-3:30
Thursday 11:00-11:45am
Facility Member: Monday WE Y Family \$99
Facility Member: Monday WE Y Youth \$104
Program Member: Mon SM Y and WE Y \$109
Facility Member: Thursday WE Y Family \$114
Facility Member: Thursday WE Y Youth \$119
Program Member: Thur SM Y and WE Y \$124

Sparklers (Ages 4-5½)

Teacher recommendation or evaluation required. Our highest level preschool class. The Sparklers are students either currently in Kindergarten or who have advanced past Shooting Stars.

Friday 11:00am-12:00pm
Location: SM Y Gym
Facility Member: WE Y Family \$120
Facility Member: WE Y Youth \$125
Program Member: SM Y and WE Y \$130

School-Age Gymnastics Spring Only

NEW! 5 Year Old Rollers (Age 5)

The same as our Rollers class, but specifically for children not yet 6.

Thursday 3:45-4:45pm
Location: SM Y Gym
Facility Member: WE Y Family \$154
Facility Member: WE Y Youth \$159
Program Member: SM Y and WE Y \$164

Rollers (Ages 6-10)

Introduction to gymnastics skills on all Olympic events. An emphasis on flexibility, strength, and the fundamentals of gymnastics. Begins with group warm-up/stretch then gymnasts are grouped by ability when working on each gymnastics apparatus. **There may be more than one class in the gym at a time.**

Thursday 3:45-4:45pm
Saturday 10:35-11:35am
Location: SM Y Gym
Facility Member: WE Y Family \$154
Facility Member: WE Y Youth \$159
Program Member: SM Y and WE Y \$164

Swingers (Ages 6-10)

Teacher recommendation or evaluation required. Further develop skills on the four Olympic events while building fitness and conditioning.

No Class 5/29, Memorial Day.
Monday 3:45-5:00pm
Location: SM Y Gym
Facility Member: WE Y Family \$142
Facility Member: WE Y Youth \$147
Program Member: SM Y and WE Y \$152

Kippers (Ages 7-12)

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

No Class 5/29, Memorial Day.
Location: SM Y Gym
Mondays 3:45-5:00pm
Saturday 9:15-10:30am
Facility Member: Monday WE Y Family \$169
Facility Member: Monday WE Y Youth \$147
Program Member: Mon SM Y and WE Y \$152
Facility Member: Saturday WE Y Family \$164
Facility Member: Saturday WE Y Youth \$142
Program Member: Sat SM Y and WE Y \$174

Aspiring ACES (Ages 7-12)

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

Saturday 8:30-10:00am
Location: SM Y Gym
Facility Member: WE Y Family \$174
Facility Member: WE Y Youth \$179
Program Member: SM Y and WE Y \$184

Competitive Gymnastics

Pre-Team Gymnastics

Our pre-team introduces the structure of team while building important techniques prior to Aces. Participants prepare for competitive gymnastics with a concentration on tumbling, dance connections, routine requirements and essential gymnastics drills. When pre-team members show specific learned skills on each of the four events (balance beam, vault, uneven bars and floor), they will be advanced onto the team. Pre-team meets are held with the other New Jersey Gymnastics League Teams to offer the experience of a scored meet.

2017-2018 SEASON TRYOUTS

May 11 5:00-7:30pm or
May 13 8:30-10:00am

No need to attend both dates.

Location: SM Y Gym
Contact Gailmarie Sprague to RSVP:
gsprague@metroymcas.org or
call (973)762 4145 x115

Practice Schedule/Location:

Pre-Team (2 days per week)

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

The ACES Competitive Gymnastics Team

Our ACES Team is dedicated to learning new skills, cheering each other on and putting in the work to succeed. The ACES compete across the state. Gymnasts compete at their skill level at local, state, regional, and national level competition in the New Jersey YMCA Gymnastics League following USA-G Junior Olympic Program rules and guidelines. Coaches are safety certified and USAG members with a combined 50 years of coaching and competition experience. Our goal is for every competing gymnast to reach their individual potential. Practices are typically held at two different locations.

2017-2018 SEASON TRYOUTS

May 11 5:00-7:30pm or
May 13 8:30-10:00am

No need to attend both dates.

Location: Y Gym
Contact Gailmarie Sprague to RSVP:
gsprague@metroymcas.org or call
(973) 762 4145 x115

Practice Schedule/Location:

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

Monday 4:30-7:30pm
Location: SM Y Gym
Wednesday 5:00-7:30pm
Location: 1st Presbyterian & Trinity Church
(111 Irvington Avenue, South Orange)
Thursday 5:00-8:00pm
Location: SM Y Gym



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Progressive Swim Lessons at the West Essex YMCA

FREE Swim Evaluation

All new participants must be evaluated in order to be placed in the appropriate level. Contact Scott Weber at sweber@metroymcas.org to make an appointment.

Class Cancellation and Make-up Policy

- A minimum of 3 participants is needed to run a class. The schedule is subject to change.
- Make-up classes will be provided only if the YMCA cancels a class, the facility closes, or you can provide a doctor's note verifying a medical reason for the absence. There will be no make-up if half the lesson time has lapsed before we stop the lesson.
- Credits for cancellations must be requested within 10 days of an absence. Any requests beyond that time will not be honored.



Parent/Child Swim Lesson Prices

Spring Session: May 1 - June 25

Facility Member: WE Y Family **FREE**

Facility Member: WE Y Youth \$99

Program Member: SM Y and WE Y \$158

Summer Session: June 26 - August 27 (9 weeks, 1x a week)

Facility Member: WE Y Family **FREE**/Youth \$112 Program Member: SM Y and WE Y \$178

Summer Session 1: June 26 - July 30 (5 weeks, 2x a week)

Facility Member: WE Y Family **FREE**/Youth \$124 Program Member: SM Y and WE Y \$198

Summer Session 2: July 31 - August 27 (4 weeks, 2x a week)

Facility Member: WE Y Family **FREE**/Youth \$99 Program Member: SM Y and WE Y \$158

| Parent/Child Swim Lessons (30 Min) An adult must accompany the child in the water. | | Session | Mon | Tue | Fri | Sat |
|--|--|---------|---------|-----|---------|------------------|
| | Shrimp 1 (Ages 6 months - 2 years) An introduction to water adjustment, safety, and basic swimming skills for parent and child. A positive early experience in water through song and games. | Spring | 10:30am | | | 9:00am or 9:45am |
| | | Summer | | | 10:00am | 9:00am or 9:45am |
| | Shrimp 2 (Ages 2-3) An introduction to water adjustment, safety, and basic swimming skills for parent and child. A positive early experience in water through song and games. | Spring | | | 11:00am | 10:30am |
| | | Summer | | | | 10:30am |

| Preschool Swim Lessons (30 Min) | | Session | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------|--|---------|--------------------|-------------------|--------------------|-------------------|---------|-----------------------------------|
| | Pike (Ages 3-5) Instructors lead children in their first experience in the pool without parental assistance. They learn about pool safety, proper arm and leg motions, introduced to floating and paddle 5 feet without assistance. | Spring | | 11:00am or 4:00pm | | 4:00pm | 5:30pm | 9:00am, 9:45am, 10:30am or 1:30pm |
| | | Summer | 10:00am or 5:00pm | 12:00pm or 5:40pm | 10:00am | 12:00pm or 5:40pm | 5:00pm | 9:00am, 9:45am, 10:30am or 1:30pm |
| | Eel (Ages 3-5) Prerequisite: Successfully complete Pike. Paddle over 5 yards in various positions, do a 10 second backfloat, jump from the edge and swim to the side. Students will demonstrate all skills without assistance. | Spring | 4:00pm | | | 11:00am or 5:30pm | 4:00pm | 9:00am, 9:45am, 10:30am or 1:30pm |
| | | Summer | 10:30am or 12:00pm | 5:40pm | 10:30am or 12:00pm | 5:40pm | | 9:00am, 9:45am, 10:30am or 1:30pm |
| | Ray (Ages 3-5) Prerequisite: Successfully complete Eel. Paddle 12 yards and learn rhythmic breathing. They will be introduced to diving, elementary backstroke and jump from starting blocks. | Spring | 4:00pm | | 5:30pm | 10:30am | | 10:30am or 11:15am |
| | | Summer | 11:00am | | 11:00am or 12:00pm | | 12:00pm | 10:30am or 11:15am |
| | Starfish (Ages 3-5) Prerequisite: Successfully complete Ray. Swim one lap of elementary and basic backstroke, basic freestyle, and master a kneeling dive. | Spring | | 10:30am or 4:00pm | | 4:00pm | | 10:30am |
| | | Summer | 11:30am | 12:00pm | 11:30am | 12:00pm | | 10:30am |



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Preschool and Youth Swim Lesson Prices

Spring Session: May 1 – June 25

Facility Member: WE Y Family \$94

Facility Member: WE Y Youth \$99

Program Member: SM Y WE Y \$158

Summer Session: June 26– August 27 (9 weeks, 1x a week)







Facility Member: WE Y Family \$106/Youth \$112 Program Member: SM Y WE Y \$178

Summer Session 1: June 26 – July 30 (5 weeks, 2x a week)

Facility Member: WE Y Family \$117/Youth \$124 Program Member: SM Y WE Y \$198

Summer Session 2: July 31 – August 27 (4 weeks, 2x a week)

Facility Member: WE Y Family \$94/Youth \$99 Program Member: SM Y WE Y \$158

| Youth Swim Lessons (40 Min) | | Session | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---------|---------|---------|-------------------|---------|--------|----------------------------|
|  | Polliwog (Ages 6-12) Beginner or non-swimmer students will get acquainted with the pool and learn pool safety. Students will learn front and back floating, paddle 12 yards in various positions, and will demonstrate all the skills without assistance. | Spring | 4:45pm | | 5:30pm | | 4:45pm | 9:45am, 11:15am or 12:00pm |
| | | Summer | 12:40pm | | 12:40pm or 5:00pm | | 5:00pm | 9:45am, 11:15am or 12:00pm |
|  | Guppy (Ages 6-12) Prerequisite: Successfully complete Polliwog. Begin learning freestyle, elementary backstroke, backstroke and swim 25 yards. Breaststroke kick is introduced along with treading water and basic diving skills. | Spring | 5:30pm | 4:35pm | 4:00pm | 4:35pm | | 9:00am, 11:15am or 12:00pm |
| | | Summer | 12:40pm | 5:00pm | 12:40pm | 5:00pm | | 9:00am, 11:15am or 12:00pm |
|  | Minnow (Ages 6-12) Prerequisite: Successfully complete Guppy. Swim 50 yards of formal strokes, including coordination of breathing, kick and arm motions. Freestyle, backstroke, breaststroke and sidestroke will be covered. Butterfly kick, standing and stride dives are introduced. | Spring | | 4:00pm | 4:45pm | | 4:45pm | 11:15am or 12:00pm |
| | | Summer | 5:45pm | 12:40pm | 5:45pm | 12:40pm | | 11:15am or 12:00pm |
|  | Fish (Ages 6-12) Prerequisite: Successfully complete Minnow. Learn butterfly, proper starts, turns, diving skills, refine the other strokes, and swim 75 yards with proper breathing. | Spring | | 4:45pm | 4:45pm | 4:00pm | | 12:00pm or 12:45pm |
| | | Summer | | 5:00pm | 5:45pm | 5:00pm | 5:45pm | 12:00pm or 12:45pm |
|  | Flying Fish (Ages 6-12) Prerequisite: Successfully complete Fish. Develop racing starts, learn bilateral breathing, and increase endurance, refine butterfly over 50 yards, and swim all other strokes 150 yards. | Spring | | 5:30pm | | 4:45pm | | 12:45pm or 1:30pm |
| | | Summer | 5:00pm | 12:40pm | 5:00pm | 12:40pm | | 12:45pm or 1:30pm |
|  | Porpoise (Ages 6-12) Prerequisite: Successfully complete Flying Fish. For advanced swimmers with knowledge of all four competitive strokes. Students will learn to swim a 200 individual medley, gain endurance with long swims while still working on minor stroke refinements and learn basic lifeguard techniques. | Spring | 4:45pm | 5:30pm | | | | 12:45pm |
| | | Summer | 5:00pm | 5:45pm | 5:00pm | 5:45pm | | 12:45pm |



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

COMPETITIVE SWIMMING AT THE WEST ESSEX Y

Pre-Team Swimmers (Ages 7-15)

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

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

All **NEW** Pre-Team swimmers must be evaluated.

Contact Paul Casazza at

pcasazza@metroymcas.org.

| | | |
|--------------------------------|------------------------|-------|
| Location: | WE Y | |
| Spring - Select 2 Days: | May 1 - June 25 | |
| Mon, Tues, Thurs or Fri | 4:00pm | |
| Wednesday | 4:00pm or 5:45pm | |
| Saturday | 2:00pm | |
| Facility Member | WE Y Family | \$149 |
| Facility Member: | WE Y Youth | \$156 |
| Program Member: | SM Y & WE Y | \$306 |

| | | |
|--------------------------------|--------------------------|-------|
| Summer - Select 2 Days: | June 26 - July 30 | |
| Monday - Thursday | 7:00pm | |
| Summer Session 1: | June 26 - July 30 | |
| Facility Member | WE Y Family | \$105 |
| Facility Member: | WE Y Youth | \$108 |
| Program Member: | SM Y & WE Y | \$215 |

| | | |
|--------------------------|----------------------------|-------|
| Summer Session 2: | July 31 - August 27 | |
| Facility Member | WE Y Family | \$85 |
| Facility Member: | WE Y Youth | \$90 |
| Program Member: | SM Y & WE Y | \$173 |



Competitive Aquatics Swim Team (Ages 6-18) Spring Training runs April 10 - June 23

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

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

Swimmer Evaluations held at the West Essex Y
Wednesday, June 21

| | |
|-------------------|-----------------|
| Arrive at: 6:45pm | Warm-up: 7:00pm |
| Start: 7:20pm | Finish: 8:00pm |

Wednesday, July 12

| | |
|----------------|-----------------|
| Arrive: 6:45pm | Warm-up: 7:00pm |
| Start: 7:20pm | Finish: 8:00pm |

Wednesday, September 6

| | |
|----------------|-----------------|
| Arrive: 6:45pm | Warm-up: 7:00pm |
| Start: 7:20pm | Finish: 8:00pm |

Adult/Teen Swim Instruction (Ages 14+)

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

Monday or Wednesday 9:00pm
Location: WE YMCA Pool

Private Swim Lessons (30 Minutes)

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

Location: WE YMCA Pool

Private:
Facility Member: WE Y \$39
Program Member: SM Y and WE Y \$44

Semi-private (2 children):
Facility Member: WE Y \$44
Program Member: SM Y and WE Y \$49



LIVESTRONG® at the YMCA

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

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

Call for more information.



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 at WestEssexYMCA.org.

Family Night

A night of family fun! Activities will include family swim, games, crafts and much more!

Pre-registration is required.

Friday 6:30-8:30pm

April 7

May 5

Location: WE Y

Family Facility Member: FREE

Parent/Child Classes

Parents/chaperones are required to participate.

Must register for each class each session.

Giggle & Groove (Ages 0-3) Spring Only

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

Tuesday 9:30-10:00am

Location: SM Y Program Center

Members: SM Y & WE Y FREE

Team for Tots (Walking -2½) Spring Only

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

Friday 9:45-10:15am

Location: SM Y Program Center

Members: SM Y & WE Y FREE

Tiny Tumblers I (Walking-2½) Spring Only

This introduction to basic gymnastics helps to develop skills with rolling, balancing, and swinging. Parachute games, singing and obstacle courses are part of the fun!

No class 5/29, Memorial Day.

Monday 9:00-9:30am

Location: SM Y Gym

Facility Member: WE Y Family FREE

Facility Member: WE Y Youth \$65

Program Member: SM Y & WE Y \$70

Tiny Tumblers II (Ages 2-3½) Spring Only

Teacher recommendation or evaluation required.

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

Thurs or Friday 9:00-9:45am

Location: SM Y Gym

Facility Member: WE Y Family FREE

Facility Member: WE Y Youth \$93

Program Member: SM Y & WE Y \$98

Learn, Play, Grow! (12-36 months) Spring Only

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

Monday 9:30-10:00am

Location: WE Y

Facility Members: WE Y Family FREE

Facility Members: WE Y Youth \$77

Program Members: SM Y & WE Y \$124

Building Buddies (Walking-3) Spring Only

Come build soaring towers using Tinker Toys, Lincoln Logs, Legos and more.

Thursday 9:00-9:30am

Location: SM Y Program Center

Facility Member: WE Y Family FREE

Facility Member: WE Y Youth \$75

Program Member: SM Y and WE Y \$80

NEW! Language Explorers (Walking-3) Spring Only

Discover new languages in this basic class.

Songs, games and projects will help participants hear and become familiar with various languages.

Friday 9:15-9:45am

Location: SM Y Program Center

Members: \$80

Let's Go To Art! (Walking-3) Spring Only

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

Wednesday 9:30-10:00am

Location: SM Y Program Center

Facility Member: WE Y Family FREE

Facility Member: WE Y Youth \$75

Program Member: SM Y and WE Y \$80

Music & Me (Walking-3) Spring Only

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

Wednesday 9:00-9:30am

Location: SM Y Program Center

Members: SM Y & WE Y FREE

Open Play (Walking-3) Spring Only

An unstructured yet supervised gym time for those who wish to arrive before classes begin and free play. **Only for children currently enrolled in one of our adult/child classes.**

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

Location: SM Y Gym

Members: SM Y & WE Y FREE

NEW! Parent-Child Soccer (Ages 2-3)

Learn fundamental skills with your child. Develop motor skills, balance, coordination, the ability to better focus on tasks and better comprehend and follow directions.

Saturday 9:05 - 9:50am

Location: SM Y Field

Facility Member: WE Y Family 77

Facility Member: WE Y Youth \$82

Program Member: SM Y and WE Y \$87

Puppet Play (Walking-3) Spring Only

Learn the art of storytelling through all types of puppets. Each week, we create a new puppet using assorted materials. **No class 5/29, Memorial Day.**

Monday 9:00-9:30am

Location: SM Y Program Center

Members: SM Y & WE Y FREE

Sensory Explorers (Walking-3) Spring Only

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

Thursday 9:30-10:00am

Location: SM Y Program Center

Members: SM Y & WE Y FREE

Silly Science (Walking-3) Spring Only

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

No class 5/29, Memorial Day.

Monday 9:30-10:00am

Location: SM Y Program Center

Facility Member: WE Y Family FREE

Facility Member: WE Y Youth \$65

Program Member: SM Y and WE Y \$70

Yoga Friends (Walking-3) Spring Only

Certified by Yoga Alliance, we teach yoga to both adults and children.

Tuesday 9:00-9:30am

Location: SM Y Program Center

Members: SM Y & WE Y FREE

HEALTH, WELL-BEING AND FITNESS

Karate (Ages 5-Adult) Spring Only

Children and adults learn basic philosophy and movements of this martial art. Develop physical fitness, body control, discipline and self-esteem. Safety awareness and self-defense are also discussed. Sensei Carmen Puglio, with over 40 years of experience, leads this class. Uniforms are not required but available for purchase.

There is class Memorial Day weekend.

Sat (Ages 5-Adult) 11:10-11:55am or 12:00-12:45pm

Location: SM Y Program Center

Facility Member: WE Y Family \$100

Facility Member: WE Y Youth \$105

Program Member: SM Y and WE Y \$110

PickleBall

Tuesday, Thursday or Friday 1:00-3:00pm

NEW Sunday Family Night 6:30-8:30pm

Call for more information



HEALTHY LIVING

Improving the nation's health and well-being.

FREE GROUP CLASSES at the West Essex YMCA

Facility Members Only

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

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

For more information contact Barbara Santola Health Enhancement Director at Bsantola@metroymcas.org.

Body Fusion (Non-aerobic)

Strengthen the entire body using hand weights.

Boot Camp

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

Cardio and Core Interval

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

Cycle

Indoor group cycling for all fitness levels.

Cycle and Yoga

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

Functional Circuit Training

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

Gentle Fitness

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

Insane Interval Training

A fat burning workout that exercises every muscle group alternating challenging intervals of aerobic activity and muscle conditioning.

Integrated Yoga

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

Keep On Movin' (Active Older Adults)

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

Pilates (Beginner to Intermediate)

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

Sculpt and Stretch

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

Super Sonic Seniors

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

Tai Chi

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

Total Body Conditioning (TBC)

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

TRX® 30 Minute Focus

Zeroes in on the abdominals, back and glutes.

TRX® Functional Training Class

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

TRX® for Seniors

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

Yoga

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

Zumba® (High energy cardio class)

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

Zumba® Plus!

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

NEW! Mossa - Defend Together at the West Essex YMCA

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

HEALTHY LIFESTYLES

Held at the West Essex YMCA

American Red Cross Babysitter Training (Ages 11-15)

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

A Minimum 5 participants required. Community Members are welcome.

Call for days and times:

SM Y - 973 762 4145

Member: \$120

Community Member: \$160

WE Y - 973 992 7500

Member/Community Member: \$85

Delay the Disease

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

Friday 11:30am

Member: FREE

Community Member: \$5 per class

Health and Safety Information Seminars

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

Dates and times to be announced.

Facility/Program Member: FREE

American Red Cross Lifeguard Certification (Ages 15+)

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

See website for days and times.

Lifeguarding:

Facility/Program Member: \$300

Community Member: \$350

Lifeguarding Review:

Facility/Program Member: \$200

Community Member: \$250

Y Diabetes Prevention Program (Ages 16+)

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

Program Fee: \$429

A minimum of 6 required to run the class.

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

Financial assistance is available for those who qualify.



HEALTHY LIVING

Improving the nation's health and well-being.

Stretch and "De-Stress" Sessions

(One-on-One)

Improve flexibility, mobility and state of mind.

1 Session: \$30

Facility Members only



Parent's Night Out

At the South Mountain YMCA

(6 weeks-12 years old)

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

Friday 6:00-10:00pm

May 6 and 20, June 3

Facility Member: WE Y \$25 per night

Program Member:

SM Y and WE Y \$30 per night

Community Member: \$45 per night

At the West Essex YMCA (Ages 3-11)

Kids have a blast, while you enjoy your own evening. Each month features a different theme and associated activities. Children 6 and older will participate in activities in the gym and pool. Children 3-5 will enjoy activities in our child watch center. (Children must be potty trained)

Friday 6:00-9:00pm

April 21 May 19

Facility Member: WE Y \$25 per night

Program Member:

SM Y and WE Y \$35 per night

Community Member: \$45 per night

HorizonbFit

HorizonbFit.com

It pays to be FIT!

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

Simply visit horizonbfit.com to verify eligibility.

PERSONAL FITNESS

Held at the **West Essex YMCA**

FREE! Fitness Evaluation

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

Testing takes approximately 30 minutes.

Facility Members only - By appointment

Personal Training (One-on-One)

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

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

Packages available - contact Barbara Santola at bsantola@metroymcas.org or ext. 105.

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.

To become a volunteer, contact:

SM Y - Tommy Donaldson at tdonaldson@metroymcas.org or call 973 762 0183

WE Y - Cheryl Francione at cfrancione@metroymcas.org or call 973 992 7500 ext. 106.

WATER ACTIVITIES

Held at the **West Essex YMCA**

Adult/Teen Swim Instruction (Ages 14+)

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

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

Aqua-Fitness

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

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

Aqua-Fitness Fusion

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

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

Aquadance

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

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

Aqua Cardio and Core

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

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

Arthritis Exercise Class

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

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

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

Are you 65 or older?

We have personalized fitness regimes for Older Adults.

Contact Barbara Santola at bsantola@metroymcas.org or ext. 105.



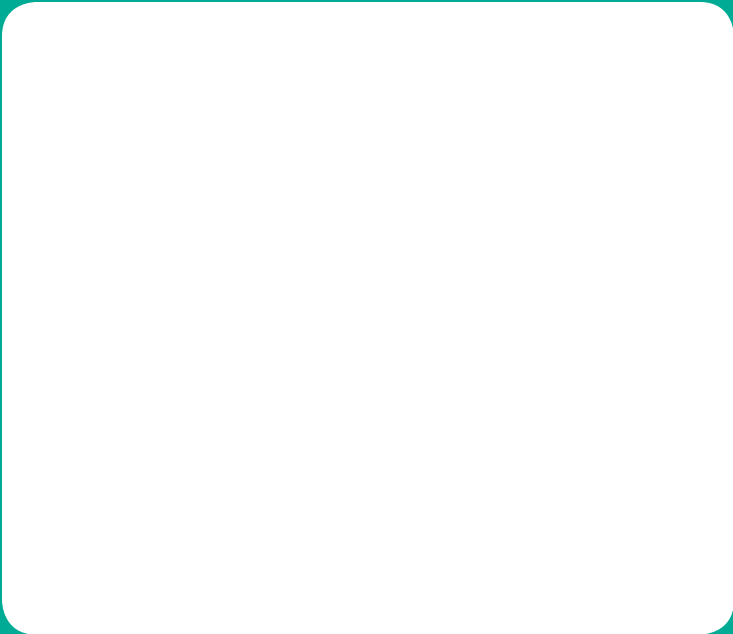
SOUTH MOUNTAIN YMCA

13 Jefferson Avenue
Maplewood, NJ 07040
P 973 762 4145
F 973 762 2064
SmountainYMCA.org



WEST ESSEX YMCA

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



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