



PRIORITY REGISTRATION OPENS:  
MONDAY, OCTOBER 13



SUMMIT AREA YMCA

# FIND IT ALL THIS FALL

2025 FALL II PROGRAMS  
NOVEMBER 3 TO DECEMBER 21

# TABLE OF CONTENTS

Table of Contents .....	2
Program Registration Dates .....	2
Financial Assistance .....	2
Locations .....	3
Benefits of Membership .....	4
Program Registration FAQ .....	5
Adaptive Programs .....	6
Childcare .....	7
Youth Enrichment .....	9
Youth Sports .....	10
Swim Lessons .....	12
Teen Programs .....	14
Adult Enrichment .....	15
Aqua Fitness .....	16
Wellness Programs .....	17
Upcoming Events .....	20

## 2025 FALL II PROGRAM SESSION:

**MONDAY, NOVEMBER 3 to  
SUNDAY, DECEMBER 21**

## REGISTRATION DATES:

**SAY Family & Senior Family Members  
MONDAY, OCTOBER 13**

**Adult, College, Teens, & Youth Members  
THURSDAY, OCTOBER 16**

**Open to All  
MONDAY, OCTOBER 20**



## OPPORTUNITY FOR ALL

As a 501(c)(3) nonprofit organization, the Summit Area YMCA is dedicated to serving individuals and families of all backgrounds, abilities and income levels. We offer inclusive programs that support youth development, healthy living, and social responsibility.

Thanks to the generosity of our donors, we provide financial assistance to ensure that cost is never a barrier.

**APPLY TODAY** ➤

### BRANCHES



#### SUMMIT YMCA

67 Maple St, Summit, NJ 07901 | (908) 273-3330



#### BERKELEY HEIGHTS YMCA

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373

The Summit YMCA and Berkeley Heights YMCA provide welcoming, full-service facilities with modern fitness centers, swimming pools, youth and teen programs, and childcare services. Members enjoy a wide range of group exercise classes, personal training, and community events, all backed by the Y's commitment to inclusivity and impact.

### EARLY EDUCATION



#### THE LEARNING CIRCLE YMCA

95 Morris Ave, Summit, NJ 07901 | (908) 273-7040



#### LEARNING LANE AT THE YMCA

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373

The Learning Circle YMCA and the Learning Lane at the YMCA provide early education focused on social-emotional growth, school readiness, and key early learning milestones like language development, motor skills, math and literacy. With experienced teachers, engaging enrichment, and full-day care options, we support families and prepare children for transition into kindergarten and beyond.

### OUTDOOR POOLS



#### SPRINGFIELD COMMUNITY POOL

44 Morrison Rd, Springfield, NJ 07081 | (973) 912-0039



#### BERKELEY HEIGHTS COMMUNITY POOL AT THE YMCA

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373

Operated by the Summit Area YMCA, our seasonal outdoor pools feature large swimming pools, kiddie pools, slides, diving boards, snack stands, grills, and shaded areas for everyone to enjoy. With lap swim, lessons, family fun, and a safe, welcoming atmosphere, our pools are your go-to spot for summer.

# JOIN OUR Y FAMILY

## BENEFITS OF MEMBERSHIP

From enriching programs and welcoming spaces to top-tier amenities and a strong sense of community, membership at the Y means more than just access. It means belonging. We are proud to be an inclusive, intergenerational organization where every individual is welcomed, supported, and encouraged to thrive.

BENEFITS	FAMILY FAMILY SENIOR FAMILY	INDIVIDUAL ADULT SENIOR COLLEGE	YOUTH TEEN (13-17)	YOUTH YOUTH (0-12) **
200+ GROUP EXERCISE CLASSES PER WEEK	✓	✓	✓	
CHILDCARE & CAMP PROGRAMS	✓		✓	✓
COMPLIMENTARY KID ZONE	✓			
NATIONWIDE ACCESS TO 2,500+ YMCA LOCATIONS	✓	✓		
NO CONTRACTS	✓	✓	✓	✓
PERSONALIZED ORIENTATION AND EQUIPMENT DEMOS	✓	✓	✓	
PRIORITY REGISTRATION FOR PROGRAM SESSIONS	✓			
STATE-OF-THE-ART WELLNESS CENTER	✓	✓	✓	
TWO HEATED INDOOR POOLS (SUMMIT YMCA)	✓	✓	✓	
** Youth members must be accompanied by an adult member at the YMCA				

## BEGIN YOUR Y STORY TODAY!

### WHERE TO REGISTER

To register online, you'll need an account in our easy-to-use membership system (Daxko). Safely search and register for classes, programs, events and camp, manage your account, make payments, view transaction history and print receipts, all in one convenient place.

**SIGN IN** ➤

Don't have an account? Click "Sign Up" and follow the instructions. If you're not a member, you can join online or register as a non-member for programs at the applicable rate.

### HOW TO REGISTER

- Sign in to Daxko with your membership account.
- Browse and register for programs and classes in Daxko.
- Or browse the guide or website and click on the program that you're interested in.

### GROUP EX RESERVATIONS

Reserve your spot in group exercise classes using the SAY Mobile App or at [www.thesay.org/schedules](http://www.thesay.org/schedules). A separate login is required for reservations.

**MOBILE APP** ➤

### FACILITY ACCESS

If you're entering the Y to pick up or drop off a program participant and aren't a member, you'll need an access ID card. Cards are individual and non-transferable. Visit the Berkeley Heights YMCA or Summit YMCA membership desk with a government-issued photo ID (required for ages 18+). Everyone entering a Summit Area YMCA facility must complete our guest waiver online at [www.thesay.org/waiver](http://www.thesay.org/waiver).

### FOR YOUR SAFETY

Your family's safety is our top priority. All YMCAs regularly conduct sex offender screenings on members, participants and guests. If a match occurs, membership will be canceled, program participation ended and visitation access revoked.

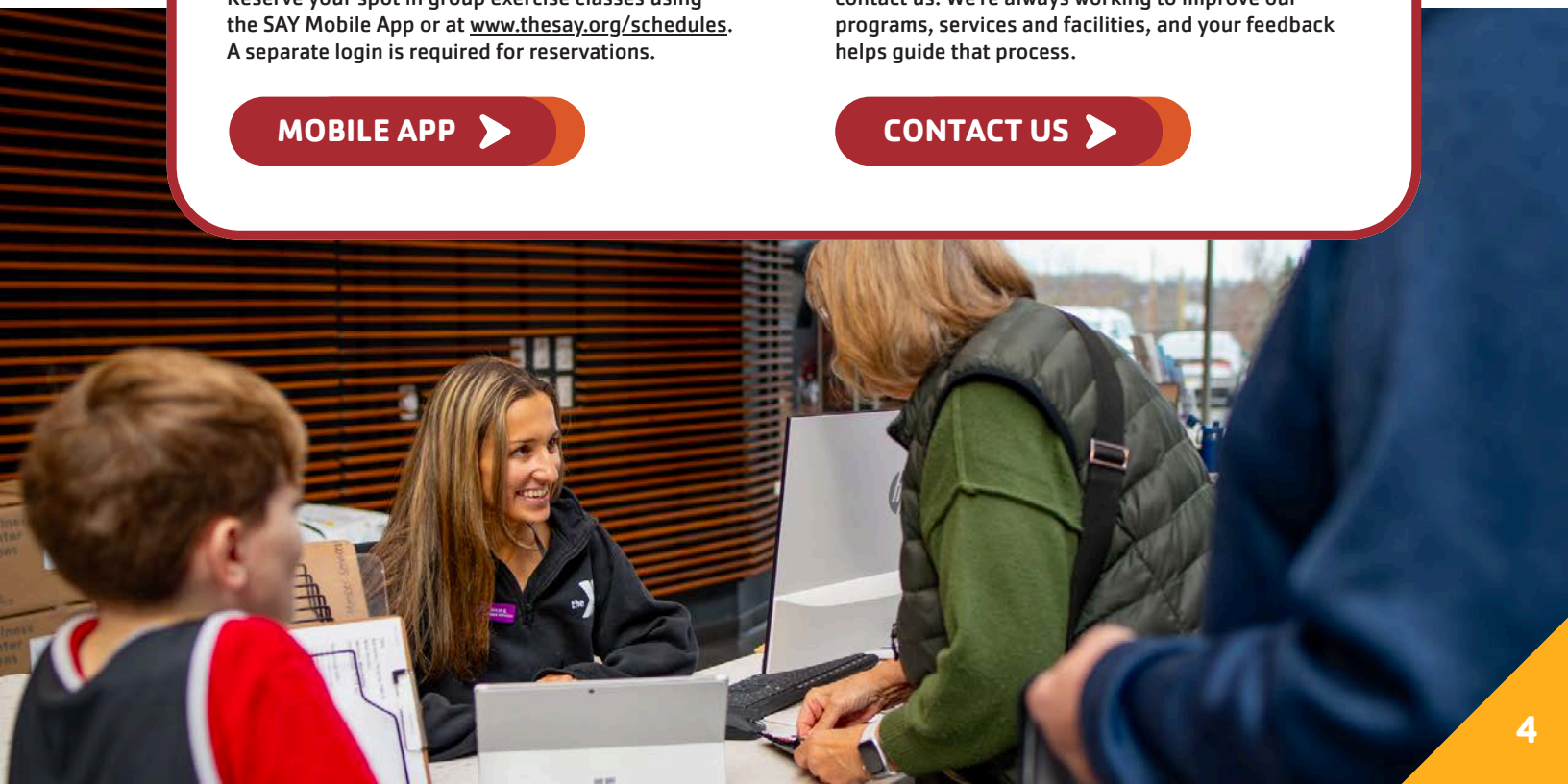
### PARENT INFORMATION

To help keep children safe, please remember that any child under age 11 must be accompanied by a parent or guardian while in the facility. The parent does not need to be a member but must stay with the child at all times.

### QUESTIONS?

If you have any questions, comments or suggestions about the Summit Area YMCA, we encourage you to contact us. We're always working to improve our programs, services and facilities, and your feedback helps guide that process.

**CONTACT US** ➤



## ADAPTIVE CHEFS

A cooking club to explore the kitchen, new recipes, and show off their creativity. Hands-on fun, no experience needed.

### SUMMIT YMCA

**AGES:** 13-21

**DATES:** 10/4-11/22

**SAT:** 1:00-3:00 PM



## ADAPTIVE SWIM LESSONS

Swimming is a life skill everyone should have access to. This program helps increase comfort with water exploration, introduces basic self-rescue skills performed with assistance and begins the fundamentals of swimming through directional change and forward movement.

### SUMMIT YMCA

**AGES:** 12-17

**DATES:** 11/7-12/19

**SAT:** 2:00-2:30 PM



## ADAPTIVE YOGA

Adaptive Yoga supports individuals of all abilities by improving flexibility, balance, and body awareness through modified poses, breathing techniques, and gentle guidance tailored to each participant's needs.

### BERKELEY HEIGHTS YMCA

**AGES:** 13-21

**DATES:** 11/7-12/18

**THU:** 4:30-5:15 PM



## FRIDAY'S IN MOTION

Fridays in Motion swim events are hosted for youth with diverse abilities to socialize with their families and other participants. Volunteers assist and engage participants through swimming activities. Families are not required to participate unless your child requires one-on-one support in the water.

### SUMMIT YMCA

**AGES:** 5-21

**DATES:** 10/24, 11/14, 12/12

**FRI:** 6:15-7:15 PM



## MUSIC CREATION & THERAPY

A creative program that uses music to help individuals with special needs express themselves, build social skills, and enhance well-being.

### SUMMIT YMCA

**AGES:** 5-21

**DATES:** 10/4-11/22

**SAT:** 1:00-3:00 PM





## **EARLY EDUCATION: WHERE LEARNING & CARE GROW TOGETHER**

Serving children 6 weeks to 5 years, our programs nurture curiosity, creativity, and growth in a safe, supportive environment. Using The Creative Curriculum® for Infants, Toddlers, and Preschoolers, our teachers guide development through structured routines, play, and hands-on learning. With two convenient locations, The Learning Circle YMCA in Summit and The Learning Lane at the Berkeley Heights YMCA, we make early education easy for busy families.



### **WHY FAMILIES CHOOSE THE Y**

- Extended day care options available for children 6 weeks to 5 years
- Caring, experienced, full-time educators
- Creative Curriculum® with Language Arts, Math, STEM, Music & More
- Spanish exposure + motor skill development
- Healthy meals and full-time nurse
- Outdoor playgrounds, daily activity, field trips, weekly swim & gym
- Licensed, Praesidium-accredited, and small class ratios

### **THE LEARNING CIRCLE YMCA**

#### **PROGRAMS:**

- INFANT
- TODDLER
- PRESCHOOL
- PRE-K
- KINDERGARTEN

95 Morris Ave, Summit, NJ 07901  
(908)273-7040

### **LEARNING LANE AT BERKELEY HEIGHTS YMCA**

#### **PROGRAMS:**

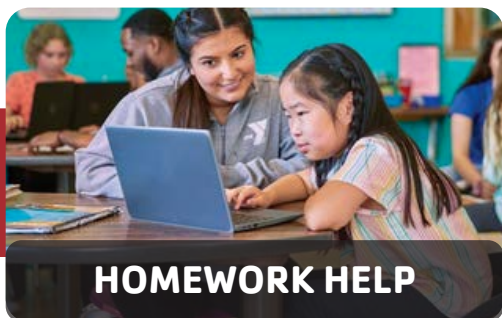
- PRESCHOOL
- PRE-K

59 Locust Ave, Berkeley Heights, NJ 07922  
(908)464-8373



## **BEFORE & AFTER SCHOOL: WHERE KIDS LOVE TO BE BEYOND THE BELL**

With flexible options to fit your family's schedule, including full-week and part-time care before or after school, our School Age Child Care Programs provide dependable, licensed child care that families trust and kids love.



**HOMEWORK HELP**



**SPORTS & ENRICHMENT**



**ARTS & STEM**



### **BEFORE CARE**

Available for Kindergarten through 6th grade students starting at 7:00 AM at the Berkeley Heights YMCA and in New Providence schools, with transportation ensuring timely arrival at school.



### **AFTER CARE**

A comprehensive program at both Berkeley Heights & Summit YMCA and in-school for Kindergarten (full-day or afternoon sessions) through 5th grade until 6:00 PM, with an extended care option available until 6:30 PM.



### **HOLIDAY CARE**

School's out, the Y is in! Full-day holiday care for K-5th grade with games, crafts, and activities until 6:00 PM, with an extended care option available until 6:30 PM.



## **SCHOOLS WE SERVE**

#### **SUMMIT YMCA:**

- BRAYTON SCHOOL
- FRANKLIN SCHOOL
- JEFFERSON SCHOOL
- LINCOLN HUBBARD SCHOOL
- WASHINGTON SCHOOL
- WILSON SCHOOL
- SALT BROOK ELEMENTARY

#### **BERKELEY HEIGHTS YMCA:**

- WILLIAM WOODRUFF
- MARY KAY MCMILLIN
- THOMAS P. HUGHES
- MOUNTAIN PARK
- ALLEN W ROBERTS

**ENROLL HERE**





Engage your child's creativity and curiosity this fall with enrichment programs designed to build confidence, sharpen skills, and spark joy through learning!

## ADVANCED CHESS

For players ready to deepen their chess knowledge and compete.

### SUMMIT YMCA

**AGES:** 7-10

**DATES:** 11/5-12/17

**WED:** 4:30-5:15 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 7-10

**DATES:** 11/6-12/18

**THU:** 4:30-5:15 PM



## BEGINNER BALLET

Train, trade, and play in a social and fun environment!

### SUMMIT YMCA

**AGES:** 6-10

**DATES:** 11/8-12/13

**SAT:** 10:15-11:00 AM

## BEGINNER CHESS

Learn strategic thinking and game fundamentals in a supportive setting.

### SUMMIT YMCA

**AGES:** 6-10

**DATES:** 11/5-12/17

**WED:** 4:00-4:45 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 6-10

**DATES:** 11/6-12/18

**THU:** 4:00-4:45 PM



## ROBOTICS

Learn the basics of robotics and problem-solving through hands-on exploration.

### SUMMIT YMCA

**AGES:** 4-6

**DATES:** 11/6-12/18

**THU:** 4:00-5:00 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 4-6

**DATES:** 11/6-12/18

**THU:** 4:00-5:00 PM

**AGES:** 7-12

**DATES:** 11/6-12/18

**THU:** 5:00-6:00 PM

**AGES:** 7-12

**DATES:** 11/6-12/18

**THU:** 5:00-6:00 PM

Grow your game at the home of hoops and where all your favorite sports live! We put the 'fun' in fundamentals teaching skills and confidence in basketball, soccer, baseball, volleyball, and more.

## ADVANCED BASKETBALL

Skill-focused classes for youth who have mastered the basics and are ready for higher-level play.

### SUMMIT YMCA

**AGES:** 8-9  
**DATES:** 11/6-12/18  
**THU:** 4:00-5:00 PM

**AGES:** 10-12  
**DATES:** 11/6-12/18  
**THU:** 5:00-6:00 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 10-14  
**DATES:** 11/6-12/18  
**THU:** 5:00-6:15 PM

## FUNDAMENTALS

Build confidence through drills, scrimmages, and team building. Develop coordination and team play in a supportive setting.

### SUMMIT YMCA

**AGES:** 6-7  
**DATES:** 11/4-12/16  
**TUE:** 4:00-4:45 PM

**AGES:** 10-12  
**DATES:** 11/4-12/16  
**TUE:** 6:00-6:45 PM

**AGES:** 8-9  
**DATES:** 11/4-12/16  
**TUE:** 5:00-5:45 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 6-8  
**DATES:** 11/6-12/18  
**THU:** 4:00-4:45 PM

## PEEWEE BASKETBALL

Introduce your athlete to the game in a fun, energetic class that encourages basic skills and movement.

### SUMMIT YMCA

**AGES:** 3-5  
**DATES:** 11/3-12/15  
**MON:** 3:45-4:30 PM

**DATES:** 11/8-12/20  
**SAT:** 10:15-11:00 AM

**DATES:** 11/8-12/20  
**SAT:** 11:15 AM - 12:00 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 11/4-12/16  
**TUE:** 5:00-5:45 PM

## YOUTH BASKETBALL LEAGUE (YBL)

Our introductory Youth Basketball League focuses on fun, teamwork, and learning the basics of the game.

### SUMMIT YMCA

**SUN:** 11/16-12/21

**BOYS:** KINDERGARTEN  
**BOYS:** 1ST GRADE  
**GIRLS:** KINDERGARTEN  
**GIRLS:** 1ST GRADE

### BERKELEY HEIGHTS YMCA

**SAT:** 11/15-12/20

**BOYS:** 2ND & 3RD GRADE  
**BOYS:** 2ND & 3RD GRADE (ADVANCED)  
**GIRLS:** 2ND & 3RD GRADE

## YBL CLINICS

A skills-focused clinic that helps young players develop fundamentals, confidence, and skills to play in the YBL.

### SUMMIT YMCA

**COED:** KINDERGARTEN  
**DATES:** 11/3-12/15  
**MON:** 4:30-5:15 PM

**COED:** 1ST GRADE  
**DATES:** 11/3-12/15  
**MON:** 5:15-6:00 PM

**DATES:** 11/5-12/17  
**WED:** 3:45-4:30 PM

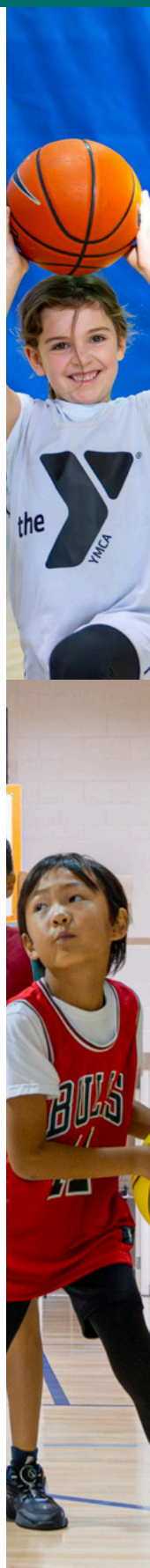
**DATES:** 11/5-12/17  
**WED:** 4:30-5:15 PM

**COED:** 2ND & 3RD GRADE  
**DATES:** 11/5-12/17  
**WED:** 5:15-6:00 PM

## YBL DROP-IN OPEN GYM

### BERKELEY HEIGHTS YMCA

**COED:** 2ND & 3RD GRADE  
**DATES:** 11/5-12/17  
**THU:** 6:15-7:30 PM



## TRAVEL BASKETBALL

Tryout for our competitive travel league open to players in search of advanced team play.

### SUMMIT YMCA

**SAT:** 10/11 & 10/18

**BOYS:** 12U (GRADES 4-6) & 14U (GRADES 7-8)  
**GIRLS:** 12U (GRADES 4-6) & 14U (GRADES 7-8)

.....

## MULTI-SPORT MADNESS

An action-packed program that introduces kids to a variety of sports while building skills and confidence.

### SUMMIT YMCA

**AGES:** 3-4

**DATES:** 11/7-12/19

**FRI:** 3:45-4:30 PM

**AGES:** 5-7

**DATES:** 11/7-12/19

**FRI:** 4:30-5:30 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 3-4

**DATES:** 11/3-12/15

**MON:** 4:45-5:30 PM

**AGES:** 5-7

**DATES:** 11/5-12/17

**WED:** 4:00-5:00 PM

**AGES:** 8-10

**DATES:** 11/5-12/17

**WED:** 4:00-5:00 PM

.....

## PEE WEE SOCCER

This engaging and energetic program introduces young athletes to the basics of soccer through fun, age-appropriate activities and games.

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5

**DATES:** 11/3-12/15

**MON:** 4:00-4:45 PM

## SELF-DEFENSE SHADOW BOXING

Learn striking techniques, footwork, and defensive movements in a fun, non-contact setting.

### SUMMIT YMCA

**AGES:** 5-8

**DATES:** 11/3-12/15

**MON:** 3:45-4:30 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 9-13

**DATES:** 11/6-12/18

**THU:** 4:00-4:45 PM

.....

## T-BALL

Kids learn fundamental skills such as hitting from a tee, catching, throwing, and running bases.

### SUMMIT YMCA

**AGES:** 3-6

**DATES:** 11/8-12/20

**SAT:** 12:15-1:00 PM

**DATES:** 11/8-12/20

**SAT:** 1:00-1:45 PM

.....

## VOLLEYBALL

Designed for middle school students new to the sport, this program focuses on fundamental skills.

### BERKELEY HEIGHTS YMCA

**BEGINNERS**

**DATES:** 11/4-12/16

**TUE:** 6:30-7:45 PM

**INTERMEDIATE/ADVANCED**

**DATES:** 11/18-12/16

**TUE:** 7:45-9:00 PM

### SPORTS PROGRAM QUESTIONS? CONTACT:

Muadh (Mo) Abdus-Salaam, Sports Director, [muadh.abdus-salaam@thesay.org](mailto:muadh.abdus-salaam@thesay.org), or (908) 273-3330

# SWIM LESSONS

NEW SESSIONS BEGIN NOVEMBER 3



STARTERS



FUNDAMENTALS



DEVELOPMENT

**A**

**WATER**  
Discovery

Parent/Child

**B**

**WATER**  
Exploration

Parent/Child

**1**

**WATER**  
Acclimation

Preschool

**2**

**WATER**  
Movement

Preschool

**3**

**WATER**  
Stamina

Preschool

**4**

**STROKE**  
Introduction

Preschool or  
School Age

**5**

**STROKE**  
Development

School Age

**6**

**STROKE**  
Mechanics

School Age

## PARENT\*/CHILD

### STAGE A/B: WATER DISCOVERY

Parent is guided by instructor to learn swim cues to assist their child in learning basic beginner skills.

### STAGE B: WATER EXPLORATION

Child is comfortable in the water with parent and learning swim cues from the instructor.

\*We define "parent" to include all adults with primary responsibility for raising children, including biological and/or adoptive parents, guardians, stepparents, caregivers, grandparents, and other.

### PARENT/CHILD: 9-18 MONTHS (30 MIN.)

SATURDAY 11:30 AM

### PARENT/CHILD: 19-35 MONTHS (30 MIN.)

SATURDAY 11:30 AM

## PRESCHOOL & YOUTH

### STAGE 1: WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

### STAGE 2: WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

### STAGE 3: WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

### STAGE 4: STROKE INTRO

Can swim 10-15 yards of front crawl and back stroke.

## PRESCHOOL: AGES 3-5 (30 MIN.)

MONDAY

4:35 PM

TUESDAY

9:30 AM  
4:00 PM

WEDNESDAY

4:35 PM

THURSDAY

FRIDAY

4:00 PM

SATURDAY

10:55 AM

## YOUTH: AGES 6-7 (30 MIN.)

MONDAY

4:00 PM  
5:10 PM

TUESDAY

4:35 PM  
5:10 PM

WEDNESDAY

5:10 PM

THURSDAY

4:00 PM

FRIDAY

4:35 PM

SATURDAY

9:10 AM  
2:00 PM

## SCHOOL AGE

STAGE 1 & 2: WATER MOVEMENT	STAGE 3: WATER STAMINA	STAGE 4: STROKE INTRODUCTION	STAGE 5: STROKE DEVELOPMENT	STAGE 6: STROKE MECHANICS
Little to no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Focus on body positioning and control directional change and forward movement.	Students will learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action. Will need to be able to paddle stroke on front 20 yards, and kick back for 20 yards.	Will develop stroke technique in front crawl and back crawl, and learn breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.	Will work on stroke techniques and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.	Will refine stroke technique on all major strokes, learn about competitive swim, and discover how to incorporate swimming into a healthy lifestyle.

## YOUTH: AGES 8-9 (30 MIN.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			4:35 PM	5:10 PM	9:45 AM

## YOUTH: AGES 10+ (30 MIN.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:10 PM	5:45 PM	10:20 AM

## ADULT: BEGINNER & INTERMEDIATE (30 MIN.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00 AM

## PRIVATE AND SEMI-PRIVATE LESSONS: AGES 3+

Whether you're new to swimming or looking to build confidence, our private and semi-private lessons offer personalized instruction and support to help you meet your goals in the water. Contact us to learn more!

## 6TH GRADE CHALLENGE

Have fun while building communication, teamwork, and social skills through monthly challenges and Y activities.

### SUMMIT YMCA

**GRADES:** 6  
**DATES:** 9/26-5/8  
**FRI:** 6:00-8:00 PM

## 7TH GRADE INITIATIVE

A free membership for 7th graders that includes fitness orientation, access to the gym, pool, teen classes and special events empowering teens to build healthy habits, meaningful connections, and self-discovery.

### BERKELEY HEIGHTS YMCA & SUMMIT YMCA

**GRADES:** 7  
**DATES:** 10/1-6/30

## 8TH GRADE LEADERS CLUB

Students get involved in community service projects, participate in team building activities, learn healthy habits, and socialize with peers.

### SUMMIT YMCA      BERKELEY HEIGHTS YMCA

**GRADES:** 8  
**DATES:** 10/8-5/6  
**WED:** 4:00-5:00 PM

**GRADES:** 8  
**DATES:** 10/10-5/8  
**FRI:** 4:00-5:00 PM

## ACHIEVERS

Participants benefit from a range of services, including one-on-one mentorship, SAT preparation, and career planning workshops. The program also offers internship opportunities, corporate mentoring, guest speaker lectures, and assistance with finding scholarships and college tours.

### SUMMIT YMCA

**GRADES:** 9-12  
**DATES:** 10/7-5/19  
**TUE:** 7:00-8:00 PM

## TEEN CENTER

Teens can complete homework in a supportive setting, challenge friends to pool or video games, or simply unwind and socialize after a busy school day. We also host special programs, events, and workshops that encourage leadership, teamwork, and self-expression.

### SUMMIT YMCA      BERKELEY HEIGHTS YMCA

**GRADES:** 6-12  
**DATES:** 9/1-6/12  
**MON-FRI:** 2:45-7:00 PM

**GRADES:** 6-12  
**DATES:** 9/1-6/12  
**MON-FRI:** 2:45-6:00 PM

## ESPORTS

Compete, connect, and sharpen your gaming skills in a fun and supportive eSports community.

### SUMMIT YMCA

**AGES:** 12-17  
**DATES:** 11/5-12/17  
**WED:** 5:30-7:00 PM

## GIRLS NIGHT IN

A fun and supportive evening just for girls, filled with activities, connection, and positive experiences in a safe space.

### SUMMIT YMCA

**GRADES:** 8-12  
**DATES:** 9/18-5/22  
**THU:** 7:00-8:00 PM

## MEN OF TOMORROW

A mentorship program empowering young men to build character, leadership skills, and confidence for the future.

### SUMMIT YMCA

**GRADES:** 8-12  
**DATES:** 9/15-5/18  
**MON:** 7:00-8:00 PM

## TEEN CHEF: FALL FLAVOR

Each week, participants will learn to create seasonal appetizers, hearty entrees, and delicious desserts inspired by classic fall ingredients.

### SUMMIT YMCA

**GRADES:** 8-12  
**DATES:** 10/4-11/22  
**SAT:** 10:00 AM-12:00 PM

## TEEN NIGHTS

A safe and fun space for teens to hang out, enjoy activities, and build friendships.

### BERKELEY HEIGHTS YMCA

**GRADES:** 6-12  
**DATES:** 9/15-5/18  
**MON:** 7:00-8:00 PM

## WORD WEAVERS

A creative writing group where storytellers share ideas, practice their craft, and inspire one another.

### SUMMIT YMCA

**GRADES:** 6-12  
**DATES:** 9/15-5/18  
**MON:** 7:00-8:00 PM

### TEEN PROGRAM QUESTIONS? CONTACT:

Trevor Cromwell, Teen & Equity Director  
trevor.cromwell@thesay.org  
(908) 273-3330



## BOOK CLUB

Join fellow readers once a month for an engaging discussion and connection on the book of the month.

**BERKELEY HEIGHTS YMCA**

**TUE: 12:00-1:30 PM**

## CHAT & CHILL

A welcoming space for seniors to connect, share stories, and build friendships.

**BERKELEY HEIGHTS YMCA** **SUMMIT YMCA**

**THU 10/30: 10:30-11:30 AM**

**TUE 10/28: 12:30-1:30 PM**

## DRUM CIRCLE

Join our Adult Drumming Circle for a fun and energizing way to connect and unwind. No experience needed!

**SUMMIT YMCA**

**TUE: 12:30-1:15 PM**

## MAHJONG

Stimulate your mind and socialize in this classic game of skill and strategy. Open play. Beginners welcome.

**BERKELEY HEIGHTS YMCA**

**MON: 12:00-1:30 PM**

## MAHJONG LESSONS

Sharpen your mind and meet new friends as you learn the classic game of Mahjong in a beginner-friendly setting.

**SUMMIT YMCA**

**TUE: 6:00-8:00 PM**

## PING PONG

Stay active and have fun with friendly ping pong play in an open and relaxed setting.

**BERKELEY HEIGHTS YMCA**

**TUE & FRI: 11:00 AM-1:00 PM**

## POKER

Join us for Poker Night! A fun, no-gambling evening of cards, laughter, and friendly play for all skill levels.

**BERKELEY HEIGHTS YMCA**

**WED: 6:00-8:00 PM**

## STITCHES & TEA

Enjoy a relaxing and social environment while working on knitting projects over a cup of tea.

**BERKELEY HEIGHTS YMCA**

**THU: 12:00-2:20 PM**

## TRIVIA

Test your knowledge and enjoy an afternoon of laughs and friendly competition.

**BERKELEY HEIGHTS YMCA**

**WED: 12:00-1:30 PM**



## AQUA FITNESS AT THE SUMMIT YMCA

Aqua Fitness provides a challenging and fun workout using the natural resistance of the water with minimal impact to the body. Exercising in the pool is a wonderful, low-impact way to get movement in your day and to strengthen muscles and joints. It's perfect for bodies experiencing aching pains, for muscle and joint therapy, and is a great cardio workout!

### **AQUA FITNESS DEEP WATER**

- MONDAY: 9:00-10:00 AM
- TUESDAY: 10:00-11:00 AM

### **AQUA FITNESS SHALLOW WATER**

- TUESDAY: 11:00 AM-12:00 PM
- THURSDAY: 11:00 AM-12:00 PM
- FRIDAY: 11:00 AM-12:00 PM

### **AQUA CORE & MORE**

- MONDAY: 10:00-11:00 AM
- WEDNESDAY: 9:00-10:00 AM
- THURSDAY: 10:00-11:00 AM

### **AQUA ARTHRITIS DEEP & SHALLOW WATER**

- MONDAY: 11:00 AM-12:00 PM

### **AQUA ARTHRITIS DEEP WATER**

- WEDNESDAY: 10:00-11:00 AM
- THURSDAY: 9:00-10:00 AM

### **AQUA ARTHRITIS SHALLOW WATER**

- WEDNESDAY: 11:00 AM-12:00 PM
- FRIDAY: 10:00-11:00 AM

### **AQUA TREADING**

- TUESDAY: 9:00-10:00 AM
- FRIDAY: 9:00-10:00 AM

### **AQUA BUNGEE FITNESS**

- WEDNESDAY: 9:00-10:00 AM

### **AQUA CIRCUIT DEEP & SHALLOW WATER**

- WEDNESDAY: 10:00-11:00 AM

## GET YOUR FIT ON



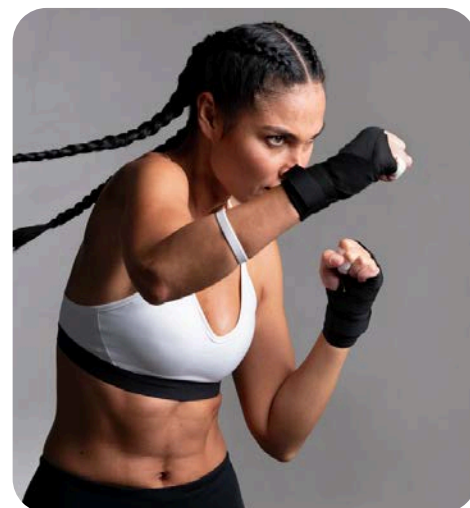
## NEW! SHADOW BOXING

Led by a professional boxer, this empowering, high-energy class introduces women to the fundamentals of self-defense through shadow boxing. You'll learn footwork, defensive techniques, and striking movements in a safe, non-contact environment. With a focus on strength, coordination, and confidence building, this class is perfect for beginners who want to get active, build skills, and train with a true pro.

## SUMMIT YMCA

DATES: 11/5-12/17

WED: 1:00-2:00 PM



## 200+ WEEKLY EXERCISE CLASSES

Taught by nationally-certified instructors, our schedule offers a wide variety of options to suit every interest and fitness level, from high-energy cardio and strength training to mind-body practices like yoga and Pilates. Join your community, find new inspiration, and discover the power of working out together.

## EXPLORE GROUP EXERCISE CLASSES

- Balance & Stretch
- Barre
- Body Sculpt
- Cardio Latin Dance
- Core & More
- Cycling
- Forever Strong
- Gentle Flow Yoga
- Hatha Yoga
- LesMills BodyCombat
- LesMills BodyPump
- LesMills SPRINT
- LesMills TONE
- Pilates
- Step & Strength
- Strictly Strength
- Total Body Blast
- TRX
- Vinyasa Yoga
- Yin Yoga
- Zumba
- And more!

VIEW SCHEDULES &gt;



# LIVESTRONG® AT THE YMCA

# RECLAIM YOUR STRENGTH

A free, research-based program for adult cancer survivors, LIVESTRONG at the YMCA helps rebuild strength, increase physical activity, and connect participants in a supportive community.

## 12-WEEK PROGRAM INCLUDES:

- Trained wellness coaches
- Group workouts
- Personalized support
- Social Connection

## UPCOMING SESSION:

**BERKELEY HEIGHTS YMCA**

**DATES: 9/16-12/4**

**SUMMIT YMCA**

**DATES: 10/20-1/14**

**LEARN MORE** ➔



## PARKINSON'S DISEASE EXERCISE CLASS

A science-based exercise program that caters to improving Parkinson's disease (PD) and Multiple Sclerosis (MS) symptoms and specific exercises that help restore lost function. Our exercise class incorporates the newest research principles of forced exercise, aerobic training and dissociated movements to retrain or optimize function for people with PD and other balance or movement disorders.

**BERKELEY HEIGHTS YMCA**

**FRI: 1:15-2:15 PM**

**EXPLORE** ➔

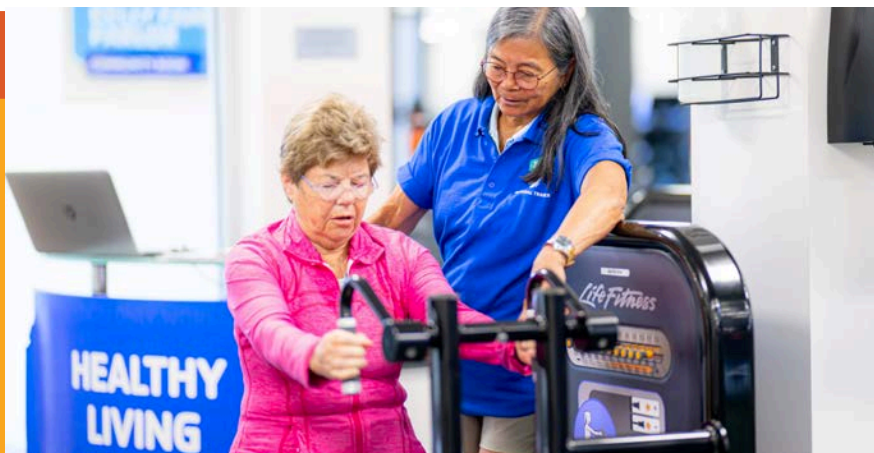


## PERSONAL TRAINING

Reach your wellness goals faster with the help of a certified personal trainer. Whether you're just starting your fitness journey or looking to take your performance to the next level, our expert trainers will design a plan tailored to your unique needs.

### BENEFITS INCLUDE:

- Individualized workout plans
- Motivation and accountability
- Injury prevention and form correction
- Support for strength, weight loss, endurance, and more!

[GET STARTED](#)

## SMALL GROUP TRAINING

### INDOOR ROWING

Get a full-body, low-impact cardio workout that ranks among the top calorie burners! Rowing strengthens your back, shoulders, arms, glutes, thighs, and calves, and provides heart-pumping benefits all while being gentle on your joints.

**SUMMIT YMCA**

**DATES:** 11/7-12/19

**FRI:** 5:45-6:45 AM

[SIGN UP](#)

### STRENGTH CIRCUIT TRAINING

Set the tone for your day! This high energy cardio and strength workout includes circuit training stations of weights, cardio and core work. Perfect for early risers that want to start off their day with a challenge and push themselves to the limit.

**SUMMIT YMCA**

**DATES:** 11/7-12/19

**FRI:** 5:45-6:45 AM

[REGISTER](#)

# UPCOMING EVENTS

FOR SOCIAL RESPONSIBILITY

## HISPANIC HERITAGE CELEBRATION

OCTOBER  
**11**

BERKELEY HEIGHTS YMCA  
1:00 – 3:00 PM

## BENEFITS OF LAUGHTER SEMINAR

OCTOBER  
**21**

SUMMIT YMCA  
12:30 – 2:00 PM

## FRIDAYS IN MOTION

OCTOBER  
**24**

SUMMIT YMCA  
6:15 – 7:15 PM

## DIWALI

NOVEMBER  
**1**

BERKELEY HEIGHTS YMCA  
4:00 – 6:00 PM

## VETERAN'S DAY BREAKFAST

NOVEMBER  
**11**

SUMMIT YMCA  
9:00 – 10:30 AM

## VETERAN'S DAY BRUNCH

NOVEMBER  
**11**

BERKELEY HEIGHTS YMCA  
11:00 AM – 12:30 PM

## BLINDNESS PREVENTION SEMINAR

NOVEMBER  
**12**

BERKELEY HEIGHTS YMCA  
12:00 – 2:00 PM

## FRIDAYS IN MOTION

NOVEMBER  
**14**

SUMMIT YMCA  
6:15 – 7:15 PM

## LIVESTRONG AT THE YMCA REUNION

NOVEMBER  
**15**

BERKELEY HEIGHTS YMCA  
10:30 AM – 12:00 PM

CALENDAR

