



DISCOVER YOUR Y

2017 FALL 1 & 2 PROGRAM GUIDE



FALL PROGRAM GUIDE 2017

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FALL 1 SEP. 5 - OCT. 29

REGISTRATION DATES:
MONDAY, AUGUST 14
FAMILY MEMBERS
TUESDAY, AUGUST 15
YOUTH AND ADULT MEMBERS
MONDAY, AUGUST 21
OPEN COMMUNITY REGISTRATION
8 WEEKS EACH

FALL 2 OCT. 30 - DEC. 23

REGISTRATION DATES:
MONDAY, OCTOBER 9
FAMILY MEMBERS
TUESDAY, OCTOBER 10
YOUTH AND ADULT MEMBERS
MONDAY, OCTOBER 16
OPEN COMMUNITY REGISTRATION
8 WEEKS EACH

Members and non-members can register online at www.theSAY.org. In person and online registration begins at 6:30 am. Log-in one week prior to registration to ensure your login and password are current, or call Membership Services at your Y branch for further assistance.



"I used to be a small guy, but with a lot of hard work, I'm getting bigger and stronger every day. I love the Y because it's like a second home to me. I've developed close relationships with almost everyone here and their support really helped me become the person I am today. My time here has made me realize that I want to pursue fitness as my career—maybe become a gym instructor or personal trainer one day. It's great to see that this whole thing is bigger than myself. I can impact other people's lives as well, and that's what the Y is all about. It's not just about you—this place, it's a big family."

—Teo, Summit Area YMCA Member

AT THE Y, WE'RE STRENGTHENING YOUTH, FAMILIES AND COMMUNITIES EVERY DAY.

FINANCIAL ASSISTANCE AVAILABLE FOR
THOSE WITH DEMONSTRATED NEED.

SEND A CHILD TO CAMP. SUPPORT A MILITARY FAMILY. HELP A CANCER SURVIVOR RECOVER IN SPIRIT, MIND, AND BODY. PROVIDE SINGLE PARENTS THE ABILITY TO AFFORD CHILD CARE. ALLOW A 2ND GRADER TO LEARN TO SWIM FOR FREE. TEACH YOUTH TO STAY ACTIVE AND HEALTHY. KEEP SENIORS SOCIALIZED AND BUSY. FOR A BETTER INDIVIDUAL, FOR A BETTER COMMUNITY, FOR A BETTER US.

YOUTH BASKETBALL LEAGUE

LEAGUE GROUPS	AGE	FALL 1 SESSION DATES	FALL 2 SESSION DATES	DAY	TIMES	MEMBER PRICE	NON-MEMBER PRICE
STARTERS MUST BE IN KINDERGARTEN	5	Nov. 12-Jan. 7	Jan. 14-Mar. 11	Sunday	11:00AM-6:00PM	Fall 1: \$105	Fall 1: \$160
ROOKIES WEST 1ST GRADE BOYS	6-7						
ROOKIES EAST 1ST GRADE GIRLS							
WINNERS NORTH MUST BE IN 2ND OR 3RD GRADE BOYS	8-9	Nov. 11-Jan. 6	Jan. 13-Mar. 10	Saturday	9:00AM-3:00PM	Fall 2: \$140	Fall 2: \$210
WINNERS SOUTH MUST BE IN 2ND OR 3RD GRADE GIRLS							

Join our Youth Basketball League (YBL) to learn basketball skills, make new friends, grow self-confidence, and more. Players learn the fundamentals of basketball in a safe and fun environment, with each player being guaranteed playing time.

YOUTH SPORTS & EXERCISE

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
BASKETBALL PEE WEE	4-6	Sept. 11	Oct. 23	Monday	3:45PM	4:30PM	\$81	\$123	SU
		Sept. 16	Oct. 28	Saturday	10:15AM	11:00AM	\$70	\$105	
		Oct. 30	Dec. 18	Monday	3:45 PM	4:30 PM	\$92	\$140	
		Nov. 4	Dec. 23	Saturday	10:15AM	11:00 AM	\$92	\$140	

The Pee Wee Basketball clinic for 4-6 year olds lasts for 45 minutes. Each class will incorporate fundamental skill development with an emphasis on structured basketball drills. Children will learn the fundamentals of how to shoot, dribble, and pass. Fun games will be incorporated to reinforce the learned skills that are developed throughout the session.

YOUTH BASKETBALL CLINIC	6-7	Sept. 12	Oct. 24	Tuesday	4:30 PM	5:30 PM	\$81	\$123	SU
		Sept. 14	Oct. 26	Thursday	4:30 PM	5:30 PM	\$81	\$123	
		Oct. 31	Dec. 19	Tuesday	4:30 PM	5:30 PM	\$92	\$140	
	8-9	Nov. 2	Dec. 21	Thursday	4:30 PM	5:30 PM	\$81	\$123	
		Sept. 12	Oct. 24	Tuesday	5:30 PM	6:30 PM	\$81	\$123	
		Sept. 14	Oct. 26	Thursday	5:30 PM	6:30 PM	\$81	\$123	
	10-12	Oct. 31	Dec. 19	Tuesday	5:30 PM	6:30 PM	\$92	\$140	
		Nov. 2	Dec. 21	Thursday	5:30 PM	6:30 PM	\$81	\$123	
		Sept. 12	Oct. 24	Tuesday	6:30 PM	7:30 PM	\$81	\$123	
		Sept. 13	Oct. 25	Wednesday	5:30 PM	6:30 PM	\$81	\$123	
		Oct. 31	Dec. 19	Tuesday	6:30 PM	7:30 PM	\$92	\$140	
		Nov. 1	Dec. 20	Wednesday	5:30 PM	6:30 PM	\$92	\$140	

Our basketball clinics are designed to develop fundamental basketball skills while learning teamwork, strategy and sportsmanship. Children will learn basketball rules, shooting, passing and ball handling. They will also learn offensive and defensive skills like rebounding and team play.

INDIVIDUAL BASKETBALL TRAINING

5 SESSION TRAINING PACKAGE	6+	Any Day	1 HOUR	5 / \$280	N/A	SU
10 SESSION TRAINING PACKAGE				10 / \$500	N/A	

We offer private one on one basketball training for members only. This gives your child a chance to get one on one attention with a basketball instructors. In order to set up your private training session please contact Allison Zeimann to set up your first private training session.

GROUP BASKETBALL TRAINING

5 SESSION TRAINING PACKAGE	6+	Any Day	1 HOUR	5 / \$500	N/A	SU
10 SESSION TRAINING PACKAGE				10 / \$1000	N/A	

We offer private one on one basketball training for members only. This gives your child and a buddy a chance to get one on one attention with a basketball instructors. In order to set up your private training session please contact Allison Zeimann to set up your first private training session.

PRE SEASON BASKETBALL

8-14	Sept. 14	Oct. 19	Thursday	6:30 PM	8:00 PM	\$70	\$105	SU
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A 6 week basketball clinic designed to prepare children to for basketball try outs. This clinic will help give your child the edge they need for tryouts.

PEE WEE SOCCER	3-5	Sept. 13	Oct. 25	Wednesday	3:45 PM	4:30 PM	\$81	\$123	SU
		Sept. 16	Oct. 28	Saturday	12:15 PM	1:00 PM	\$70	\$105	
		Nov. 1	Dec. 20	Wednesday	3:45 PM	4:30 PM	\$92	\$140	
		Nov. 4	Dec. 23	Saturday	12:15 PM	1:00 PM	\$92	\$140	

Pee Wee Soccer (Ages 3-5 Years) Each 45 minute class will incorporate instruction and fundamental soccer skills development with an emphasis on structured drills and fun games. Your child will learn how to shoot, kick and pass a soccer ball.

YOUTH SOCCER CLINIC	6-7	Sept.11	Oct. 23	Monday	4:30 PM	5:30 PM	\$81	\$123	SU
		Oct. 30	Dec. 18		4:30 PM	5:30 PM	\$92	\$140	
	8-10	Sept.11	Oct. 23		5:35 PM	6:35 PM	\$81	\$123	
		Oct. 30	Dec. 18		5:35 PM	6:35 PM	\$92	\$140	

Youth Soccer Clinic (Ages 5-9 Years) The soccer clinic is designed to develop fundamental soccer skills while learning teamwork and sportsmanship. Your child will learn proper footwork, dribbling techniques, proper passing form and accuracy, along with proper shot form and accuracy.

T-BALL	4-6	Sept. 16	Oct. 28	Saturday	11:15 AM	12:00 PM	\$81	\$123	SU
		Sept. 13	Oct. 25	Wednesday	4:30 PM	5:15 PM	\$70	\$105	
		Nov. 4	Dec. 23	Saturday	Dec. 23	11:15 AM	\$92	\$140	
		Nov. 1	Dec. 20	Wednesday	Dec. 20	4:30 PM	\$92	\$140	

T-Ball Clinic (Ages 4-6 Years) Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills and fun games. The kids will learn the fundamentals of batting, throwing, and base running.

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

YOUTH SPORTS & EXERCISE

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
BALLET & JAZZ	4-6	Sept. 6	Oct. 25	Wednesday	3:45 PM	4:30 PM	\$85	\$125	BH
	5-7	Nov. 1	Dec. 20		3:45 PM	4:30 PM	\$85	\$125	

Learn the basics of ballet & jazz with fun and exciting choreography using today's top hits and some dance classics!

NINJA WARRIOR WORKOUT	5-7	Sept. 5	Oct. 24	Tuesday	3:30 PM	4:15 PM	\$85	\$125	BH
		Oct. 31	Dec. 19	Tuesday	3:30 PM	4:15 PM	\$85	\$125	
	6-8	Sept. 14	Oct. 26	Thursday	3:45PM	4:30 PM	\$81	\$123	SU
		Nov. 2	Dec. 21	Thursday	3:45PM	4:30 PM	\$81	\$123	

This class is designed after the show America Ninja Warrior. In this class, the kids will do different obstacle course each week along with fun gym class games like capture the flag. The class is a fun workout for your kids that will help them work on their agility and speed. Children will also learn patience, balancing skills, and problem solving. This will help them achieve their goal of finishing the obstacle course.

COSMIC YOGIS	6-10	Sept. 8	Oct. 27	Friday	3:30 PM	4:15 PM	\$85	\$125	BH
		Nov. 3	Dec. 22		3:30 PM	4:15 PM	\$85	\$125	

Join us for our kids yoga class! Learn poses and meditation techniques that you can carry throughout your daily life.

SPORTS & GAMES HOMESCHOOL PROGRAM NEW	6-11	Sept. 5	Oct. 24	Tuesday	2:15pm	3:00pm	\$85	\$125	BH
		Oct. 31	Dec. 19		2:15pm	3:00pm	\$85	\$125	

Who doesn't love playing sports? In this class we will try a new sport every couple of weeks. Learning basic skills, vocabulary and techniques. Keep your athlete on their toes and come run out some of that boundless energy!

KIDS ZUMBA	7-12	Sept. 6	Oct. 25	Wednesday	4:30 PM	5:15 PM	\$85	\$125	BH
		Nov. 1	Dec. 20		4:30 PM	5:15 PM	\$85	\$125	

Shake and shimmy to fun and exciting zumba tunes. Learn salsa and cumbia and play fun and exciting games!

INDOOR TENNIS CLINIC	5-8	Sept. 15	Oct. 27	Friday	3:30 PM	4:30 PM	\$81	\$123	SU
		Nov. 3	Dec. 22		3:30 PM	4:30 PM	\$81	\$123	
	9-10	Sept. 15	Oct. 27		5:40 PM	6:40 PM	\$81	\$123	
		Nov. 3	Dec. 22		5:40 PM	6:40 PM	\$81	\$123	

USTA certified instructor will teach basic fundamentals of tennis using the USTA 10 and under quick start playing format. Your child will learn the rules of tennis, how to serve, volley, backhand, forehand, and more.

ADVANCED INDOOR TENNIS CLINIC	7-10	Sept. 15	Oct. 27	Friday	4:30 PM	5:30 PM	\$81	\$123	SU
		Nov. 3	Dec. 22	Friday	4:30 PM	5:30 PM	\$81	\$123	

This tennis class is for advance tennis players who can rally and play a match again one another.

PARENT CHILD TAE KWON DO	7+	Sept. 16	Oct. 28	Saturday	9:15 AM	10:00 AM	\$40	\$65	SU
		Nov. 4	Dec. 23		9:15 AM	10:00 AM	\$45	\$75	

Tae Kwon Do is a Korean martial art form known for its quick and powerful kicks techniques. It is an unarmed, hard style of karate where practitioners utilize blocks, punches, and kicks to defend themselves and disable attackers. Learn this fun, action packed martial art together with your child!

PE GAMES	6-8	Sept. 12	Oct. 24	Tuesday	3:45 PM	4:30 PM	\$81	\$123	SU
		Oct. 31	Dec. 19		3:45 PM	4:30 PM	\$92	\$140	

We play PE games like, capture the flag, kickball, and football along with other PE games. This class will get your kids moving, working on sportsmanship and must important they will have fun.

ROCK WALL

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
LITTLE CLIMBERS	5-6	Sept. 14	Oct. 26	Thursday	5:00 PM	6:00 PM	\$68	\$100	SU
		Sept. 16	Oct. 28	Saturday	10:00 AM	11:00 AM	\$59	\$85	
		Nov. 2	Dec. 21	Thursday	5:00 PM	6:00 PM	\$81	\$123	
		Nov. 4	Dec. 23	Saturday	10:00 AM	11:00 AM	\$77	\$115	

This program is for beginning climbers interested in learning how to climb. This class will teach your child basic climbing technique to help them climb a number of routes of varying difficulty on our Rock Wall.

CLIMB ON!	7+	Sept. 12	Oct. 24	Tuesday	4:00 PM	5:00 PM	\$68	\$100	SU
		Sept. 16	Oct. 28	Saturday	11:00 AM	12:00 PM	\$59	\$85	
		Oct. 31	Dec. 19	Tuesday	4:00 PM	5:00 PM	\$77	\$115	
		Nov. 4	Dec. 23	Saturday	11:00 AM	12:00 PM	\$77	\$115	

Indoor rock climbing was just seen as an alternative and secondary option to outdoor climbing. However, Indoor Climbing has now become a competitive sport in its own right, governed by local, national and international organizations throughout the world. This climb class is for beginner climbers who are interested in learning how to rock climb.

KEEP CLIMBING!	7+	Sept. 12	Oct. 24	Tuesday	5:00 PM	6:00 PM	\$68	\$100	SU
		Sept. 14	Oct. 26	Thursday	4:00 PM	5:00 PM	\$68	\$100	
		Oct. 31	Dec. 19	Tuesday	5:00 PM	6:00 PM	\$77	\$115	
		Nov. 2	Dec. 21	Thursday	4:00 PM	5:00 PM	\$68	\$100	

Learn more climbing techniques such as the dyno and bridging. This class is class for advance climbers, who want to advance their climbing skills. With indoor climbing you get the best possible workout. Even your mind benefits with the problem solving skills you need to climb the difficult route to the top of the wall.

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.



IMAGINATION PLAY
GIANT BLUE FOAM BLOCKS!

PARENT CHILD PROGRAMS

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
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BUSY TIME NEW	1-5	Sept. 11	Oct. 23	Monday	10:15 AM	11:00 AM	\$70	\$110	BH
		Oct. 30	Dec. 18		10:15 AM	11:00 AM	\$80	\$120	

Parents, Guardians, Grandparents- all are welcome to join us for some Busy Time! Bring your little one in for some playtime, and a new activity each week- maybe art, maybe music, maybe storytime! Come and join the fun!

FULL S.T.E.A.M AHEAD!	2-5	Sept. 6	Oct. 25	Wednesday	11:00 AM	11:45 AM	\$85	\$125	BH
		Nov. 1	Dec. 20	Wednesday	11:00 AM	11:45 AM	\$85	\$125	

Children explore with Science, Technology, Engineering, Arts & Math through age appropriate activities. Get ready for lots of fun! Make sure your child is in clothes that can be used for messy play.

CREATION STATION NEW	3-5	Sept. 8	Oct. 27	Friday	10:30 AM	11:15 AM	\$85	\$125	BH
		Nov. 3	Dec. 22	Friday	10:30 AM	11:15 AM	\$85	\$125	

Using principals of engineering, lots of fun mediums and those creative imaginations we will build, tinker, mold and sculpt new and innovative projects each week.

WIGGLE, GIGGLE, RHYME	Walking -3	Sept. 6	Oct. 25	Wednesday	10:15 AM	11:00 AM	\$88	\$129	SU
		Nov. 1	Dec. 20						

In this semi-structured class, toddler with their grown up will be making friends and bonding over circle time, stories, music and movement, simple crafts, and free play. This class is a great start to your Y experience with your child.

IMAGINATION PLAY NEW	3-5	Sept. 8	Oct. 27	Friday	10:00 AM	10:45 AM	\$5/family	\$10/family	SU
		Nov. 3	Dec. 22		10:00 AM	10:45 AM			

Come and enjoy our new, unstructured, Imagination Play installation in the gymnasium. Using custom-designed, oversized, blue foam parts, your child will use their imaginations and have fun building and rebuilding the creations of their dreams. Parents must remain in the gymnasium with their child at all times.

INDOOR PLAYGROUND	2.5-4	Sept. 8	Oct. 27	Friday	11:00 AM	11:45 AM	FREE	\$10/family	SU
		Nov. 3	Dec. 22		11:00 AM	11:45 AM			

Spend quality time together and connect with other families. The gym is set-up each week...balls, hula hoops, trikes and more to facilitate open play. Parents are involved with their children to provide direction and safety. Spots are limited! Pre-registration is required.

PRESCHOOL PROGRAMS									
CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
KIDVENTURES A GREAT PLACE TO GROW!	2.5-4	Sept. 11	Oct. 25	Mon. / Wed.	9:00 AM	12:00 PM	\$153	\$230	SU
		Sept. 5	Oct. 26	Tues. / Thurs.	9:00 AM	12:00 PM	\$175	\$263	
		Oct. 30	Dec. 20	Mon. / Wed.	9:00 AM	12:00 PM	\$175	\$263	
		Oct. 31	Dec. 21	Tues. / Thurs.	9:00 AM	12:00 PM	\$153	\$230	
		Lunch Bunch & Munch Add-On Option		12:00 PM	1:00 PM	\$20	\$30		

Give your child a chance to socialize, explore, and get ready for preschool in a place they already know and love, the Summit YMCA. We provide a nurturing and educational environment for your 2.5 to 4 year old. Their day will include: friendship table, story time, themed arts & crafts, music & movement, indoor/outdoor active play, and weekly library visit. *Drop off time (9:00 am - 9:30 am; Pick up time (11:30 am - 12:00 pm)

LUNCH BUNCH & MUNCH FUN NEW		Sept. 11	Oct. 25	Mon. / Wed.	12:00 PM	2:00 PM	\$60	\$90	SU
		Sept. 5	Oct. 26	Tues. / Thurs.	12:00 PM	2:00 PM	\$60	\$90	
		Oct. 30	Dec. 20	Mon. / Wed.	12:00 PM	2:00 PM	\$60	\$90	
		Oct. 31	Dec. 21	Tues. / Thurs.	12:00 PM	2:00 PM	\$60	\$90	

Lunch Bunch offers a great place to have lunch with a different activity every week. Story Time, Movie and Popcorn, Arts and Crafts, Outside Games, and Classroom Games are some of the activities your child will be able to participate in. Great for parents that want to work out, run an errand, take a swim, or have lunch with some friends. Please send your child in with a non-refrigerated, peanut free snack.

MARVELOUS MESSSES NEW	3+	Sept. 8	Oct. 27	Friday	1:00 PM	1:45 PM	\$88	\$129	SU
		Nov. 3	Dec. 22				\$88	\$129	

This class is filled with fun and messy play designed to enhance your preschoolers development. Painting, sculpting, making marks, sticky business and many more creative activities will keep your child coming back for more! Please make sure that your child is in clothes they can wear for messy play. Parent participation encouraged, but not required!

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

SCHOOL AGE PROGRAMS

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
ARTISTS TABLE	5-7	Sept. 7	Oct. 26	Thursday	3:30 PM	4:15 PM	\$85	\$125	BH
		Nov. 2	Dec. 21		3:30 PM	4:15 PM	\$85	\$125	
Come on in to the world of artists! Every week learn about a famous artist and create a project based on a different art medium. Be prepared to get a little messy!									
IMAGINE THIS! (STEAM)	5-7	Sept. 7	Oct. 26	Thursday	4:30 PM	5:15 PM	\$85	\$125	BH
		Nov. 2	Dec. 21		4:30 PM	5:15 PM	\$85	\$125	
Lets build, sculpt, invent and design anything our imagination wants! We will use legos, lincoln logs, gears, and much more to create our wildest inventions!									
ARTISTS STUDIO HOMESCHOOL PROGRAM	6-11	Sept. 5	Oct. 24	Tuesday	1:00 PM	2:00 PM	\$85	\$125	BH
		Oct. 31	Dec. 19		1:00 PM	2:00 PM	\$85	\$125	
Each week we will look at pieces of art, then learn about its artist or its medium. Of course- we will then create our own works of art!									
DRAMA BUGS	6-9	Sept. 11	Oct. 23	Monday	4:45 PM	5:30 PM	\$85	\$125	BH
		Oct. 30	Dec. 18		4:45 PM	5:30 PM	\$85	\$125	
Your child will play games, read stories, and dance while they learn to harness their amazing imaginations. Using creative drama techniques, your kids will learn to create characters and tell stories while they work both as individuals and cooperatively in this super-fun creative class.									
SEWING	7-12	Sept. 6	Oct. 25	Wednesday	3:30 PM	4:30 PM	\$85	\$125	BH
		Nov. 1	Dec. 20		3:30 PM	4:30 PM	\$85	\$125	
Come and learn the basics of sewing from hand stitching as well as operating a sewing machine. Your child can work on projects such as pillows, stuffed animals and event clothing. Supplies are included.									
LITTLE BITS SCIENCE & TECHNOLOGY	8-10	Sept. 8	Oct. 27	Friday	3:30 PM	4:30 PM	\$100	\$140	BH
		Nov. 3	Dec. 22		3:30 PM	4:30 PM	\$100	\$140	
Little bits are electronic building blocks used to create inventions of any kind. Use those science and engineering skills to build the next famous invention!									
MASTERPIECE STUDIO	8-11	Sept. 11	Oct. 23	Monday	3:30 PM	4:30 PM	\$85	\$125	BH
		Oct. 30	Dec. 18		3:30 PM	4:30 PM	\$85	\$125	
Do you like to paint? To draw? To Sculpt? In Masterpiece studio you will have the chance each week to choose your art medium and work on your own creative projects! Work at your own pace and make your own masterpieces!									
FOOD EXPLORERS	6+	Sept. 11	Oct. 23	Monday	4:00 PM	4:45 PM	\$90	\$135	SU
		Oct. 30	Dec. 18		4:00 PM	4:45 PM	\$90	\$135	
Are you a budding chef? Do you like to taste or try different foods? Through guided experimentation, participants will create and take home new, intriguing food combinations guaranteed to expand their palette. Instructor must be notified of all food allergies prior to the start of the class.									
BEAT THE CLOCK SPEED STACKS	5+	Sept. 11	Oct. 23	Monday	5:00 PM	5:45 PM	\$77	\$113	SU
		Oct. 30	Dec. 18		5:00 PM	5:45 PM	\$77	\$113	
Speed Stacks is an amazing sport of fitness, agility, concentration and quickness and is becoming one of the fastest growing new sports in the country. Stackers up stack and down stack 12 specially designed cups in specific patterns to measure and record their best times. Benefits include improved hand-eye coordination, quickness and ambidexterity. Each week participants will participate in tournaments and try to Beat the Clock.									
STRUCTURED PLAYDATES FOR CHILDREN WITH DIVERSE DISABILITIES	5+	Sept. 5	Oct. 24	Tuesday	4:30 PM	5:15 PM	\$88	\$129	SU
		Oct. 31	Dec. 19		4:30 PM	5:15 PM	\$88	\$129	
Structured playdates for children with special needs will help your child connect with others in a safe environment that promotes inclusion. From organized games, sensory fun, and collaborative art projects, this class will help to foster friendships between special needs children and their peers.									
POKEMANIACS CLUB	6+	Sept. 6	Oct. 25	Wednesday	4:00 PM	4:45 PM	\$88	\$129	SU
		Nov. 1	Dec. 20		4:00 PM	4:45 PM	\$88	\$129	
Are you PokeCrazy? If yes, then we have the class for you. Activites will include trivia games, art projects, and other fun games. All while earning badges to become a Pokemon master.									
MINDFULNESS COLORING CLUB	5+	Sept. 6	Oct. 25	Wednesday	5:00 PM	5:45 PM	\$88	\$129	SU
		Nov. 1	Dec. 20		5:00 PM	5:45 PM	\$88	\$129	
While listening to relaxing, classical music, this class will help promote relaxation, creative expression, and self-regulation of emotion all the while working on gross and fine motor skills. All supplies will be provided, but you're welcome to bring your own as well.									
HOME SCHOOL THURSDAYS									
CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
Take a break and let us provide enrichment activities and physical education for your homeschooler. This is a great opportunity for you to drop off your kids for structured, instructional time. We have three programs available, sign up for one or all! Parents must sign their kids in and out of the program, but are allowed to leave the facility. Parents are responsible for providing a nut-free, non-refridgerated snack. 11:55 am - 12:10 pm - Lunch Break. Receive discounted pricing when you sign-up for all three programs!									
MAD ABOUT SCIENCE	6+	Sept. 7	Oct. 26	Thursday	10:15 AM	11:00 PM	\$88	\$129	SU
		Nov. 2	Dec. 21		10:15 AM	11:00 AM	\$77	\$113	
Explore the world of science through hand-on experiments and lessons.									
INDOOR & OUTDOOR FUN	6+	Sept. 7	Oct. 26	Thursday	11:10 AM	11:55 AM	\$88	\$129	SU
		Nov. 2	Dec. 21		11:10 AM	11:55 AM	\$77	\$113	
Kids are instructed in physical education; learning conditioning drills, and playing fun games.									
SPANISH IMMERSION	6+	Sept. 7	Oct. 26	Thursday	12:15 PM	1:00 PM	\$88	\$129	SU
		Nov. 2	Dec. 21		12:15 PM	1:00 PM	\$77	\$113	
Fun and engaging foundational activities for the kids to practice speaking and learning Spanish.									
ALL THREE CLASSES	6+	Sept. 7	Oct. 26	Thursday	10:15 AM	1:00 PM	\$250	\$375	SU
		Nov. 2	Dec. 21		10:15 AM	1:00 PM	\$250	\$375	
Receive discounted pricing when you sign-up for all three programs! 11:55 am - 12:10 pm Lunch Break.									
No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.									

SCHOOL AGE PROGRAMS

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
GREEN THUMB CLUB	6+	Sept. 7	Oct. 26	Thursday	4:45 PM	5:30 PM	\$88	\$129	SU
		Nov. 2	Dec. 21		4:45 PM	5:30 PM	\$88	\$129	
Do you like getting dirty? Do you have a green thumb, or wish you did? Do you love planting and all things nature? If you answered yes to any of these questions then the Green Thumb Club might be right for you! We will be working on all-things nature...planting projects, mini-gardens, bird feeders, and take-home terrariums.									
LEGO & K'NEX CLUB	6+	Sept. 8	Oct. 27	Friday	4:00 PM	4:45 PM	\$88	\$129	SU
		Nov. 3	Dec. 22		4:00 PM	4:45 PM	\$88	\$129	
Does your child love playing with Legos or K'NEX? If so, this class will help them continue that enjoyment and foster a new interest in engineering! Each week, students will work individually or together on different projects and challenges using Legos and K'NEX to help them build structures and learn about simple machines.									
CHESS MASTERS	ALL AGES	Sept. 8	Oct. 27	Friday	5:00 PM	5:45 PM	\$88	\$129	SU
		Nov. 3	Dec. 22		5:00 PM	5:45 PM	\$88	\$129	
Learn a game you can play for life and practice strategies with all skill levels, beginner to advanced. Children in the class will be paired for games as such. Chess sets are supplied, classes are small for individual instruction.									
STEM SATURDAY SCIENCE, TECHNOLOGY, ENGINEERING, MATH	6+	Sept. 9	Oct. 28	Saturday	9:30 AM	10:30 AM	\$100	\$150	SU
		Nov. 4	Dec. 23		9:30 AM	10:30 AM	\$100	\$150	
Experiences that involve Science, Technology, Engineering and Mathematics, provide kids with opportunities to innovate, problem solve, be creative, and improve critical thinking. Our program allows kids to try something new and helps them to build their knowledge through hands-on learning and exciting demonstrations. All materials are included in the cost of registration. Parents are encouraged, but not required to attend class.									
IZIGI DANCE PROJECT AFRICAN DANCE	ALL AGES	Sept. 9	Oct. 28	Saturday	10:00 AM	10:45 AM	\$88	\$129	SU
		Nov. 4	Dec. 23		10:00 AM	10:45 AM	\$88	\$129	
This fun and joyful class will teach fundamentals of Soweto township dancing and other traditional African dance moves. No prior dance experience is required. Wear comfortable clothes!									
SUMMIT CHESS CLUB & LESSONS	7+	Sept. 10	Oct. 29	Sunday	4:00 PM	5:00 PM	\$88	\$129	SU
		Nov. 5	Dec. 17		4:00 PM	5:00 PM	\$77	\$113	
Learn and play chess while having fun and making friends. All levels of players from beginner to masters are welcome to join. The first four weeks will consist of casual instruction and play, and the next four will be tournament play.									
GIRL SCOUTS BADGE & PATCHES	Interested in earning a Badge or Patch? Contact Maria Marinaccio, Youth Enrichment Coordinator at maria.marinaccio@thesay.org or 908. 273. 3330 ext. 1166.								SU

EVENING DROP-OFF PROGRAMMING

SESSIONS AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
PARENTS NIGHT OUT	5-10	Sept. 15	Friday	6:00 PM	9:00 PM	\$20	\$30	BH	
		Oct. 6				\$20	\$30		
		Oct. 20				\$20	\$30		
		Nov. 3				\$20	\$30		
		Nov. 17				\$20	\$30		
		Dec. 1				\$20	\$30		
		Dec. 8				\$20	\$30		
Take A Break For You! Parent's have the hardest jobs and you deserve a break. Drop off your children for a fun night of food, games, movie and dessert while you take some time to get a little R&R, run errands, or have a date night! Pre-registration is required two days before!									
MINION MADNESS PARENTS NIGHT OUT	3+	Sept. 30	Saturday	5:00 PM	8:00 PM	\$20	\$30	SU	
Parents, Plan a Night Out! Let your kids spend time with us. We will provide a pizza dinner, have arts and crafts, and watch the Minions movie. Pre-registration is required two days before.									
SUPER HERO & PRINCESS PARENTS NIGHT OUT	3+	Oct. 14	Saturday	5:00 PM	8:00 PM	\$20	\$30	SU	
In need of a night out? Bring your children to the Y on Parents Night Out – you'll enjoy a few hours away and your kids will have a blast participating in age-appropriate themed activities. Pizza and healthy snacks, will be provided for dinner. Don't forget to wear your super hero or princess costume. Pre-registration is required two days before.									
POLAR EXPRESS PARENTS NIGHT OUT	3+	Dec. 15	Friday	6:00 PM	9:00 Pm	\$20	\$30	SU	
All aboard the Polar Express! Our "Polar Express" night is the perfect opportunity for parents to relax and enjoy an evening out while children make reindeer food, and read a Christmas story while eating cookies. Each child will receive a Polar Express bell and watch The Polar Express Movie. So don't forget your PJ's and bring your favorite blanket or pillow! Pizza, hot cocoa and popcorn with the movie! Pre-registration is required two days before.									
AMERICAN GIRL PIZZA PARTY	6+	Nov. 17	Friday	6:00 PM	9:00 PM	\$20	\$30	SU	
Bring your American Girl doll (or other favorite doll) to this fun pajama party! We'll order pizza, watch movies, and make matching jewelry for you and your doll. Pre-registration is required two days before.									

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

TEEN PROGRAMS

CLASSES AVAILABLE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
AFTERSCHOOL SPORTS	11-13	Oct. 17, 2017	Dec. 17, 2017	Friday	3:00 PM	3:45 PM		FREE	SU
Skills and Drills is aimed at middle school students interested in improving their basketball game. Students will complete drills, play games, as well as do strength and conditioning exercises to enhance their skills! All levels of expertise welcome!									
DIG CLUB	11-13	Oct. 17, 2017	May 17, 2018	Monday	3:30 PM	4:30 PM		FREE	SU
DIG: Diversity, Inclusion, & Globalism, is created to help educate, inspire and empower students through community service projects focused on diversity, inclusion and globalism. Students will work together once a month to tackle a particular issue and will respond with relevant, meaningful programs and activities.									
JUNIOR LEADER'S CLUB	11-13	Oct. 17, 2017	May 17, 2018	Wednesday	3:30 PM	4:30 PM		FREE	SU
Jr. Leaders' build self-confidence, a culture of service, and the qualities of leadership through team building activities, group projects, as well as team discussions and reflections. Jr. Leaders will also partner with Leader's Club throughout the year to carry out community service projects. Meetings occur twice a month. Please see Jr. Leader's Calendar for all dates.									
MIDDLE SCHOOL POP-UPS	11-13	Nov. 16, 2017	Jun. 17, 2018	Day Varies	Time Varies			FREE	SU
Be sure to sign up for our middle school newsletter to receive the latest updates on our middle school pop-up programs. From cooking, technology to the latest trends, we offer middle schoolers the opportunity to vote on what workshop they'd like to see offered each month!									
TEEN NIGHTS FOR MIDDLE SCHOOL STUDENTS	11-13	Sept. 16, 2017	May 17, 2018	Day Varies	Time Varies			FREE	SU
Hang out with friends, shoot some hoops in the gym, or get involved in interesting games and discussions where you can learn new skills and speak your mind. Teen Events provide a safe space for middle school teens to socialize, get support and take part in fun activities. Please see teen events calendar for winter dates.									
MIDDLE SCHOOL MEDITATION	11-14	Sept. 5	Oct. 24	Tuesday	4:30 PM	5:15 PM	\$85	\$125	BH
		Oct. 31	Dec. 19		4:30 PM	5:15 PM	\$85	\$125	
Lets meditate together. Develop your focus, attention and learn to regulate emotions inside and out.									
MIDDLE SCHOOL YOGA	11-14	Sept. 5	Oct. 24	Tuesday	3:30 PM	4:15 PM	\$85	\$125	BH
		Oct. 31	Dec. 19		3:30 PM	4:15 PM	\$85	\$125	
Join us for our Middle School yoga class! Learn poses and meditation techniques that you can carry throughout your daily life.									
TEEN CENTER	11-18	Sept. 16	Jun. 17	Mon. - Fri.	3:00 PM	6:00 PM		FREE	SU
Stay busy afterschool at the Y's Teen Center! The Teen Center is a supervised space for teens where activities include homework help, open gym, themed events, and weekly activities. Free Teen Center memberships are available for community members. The Teen Center follows the Summit Public School Calendar. Please check the Y's calendar for schedule during snow days/early dismissals/holidays.									
TEEN CENTER OPEN HOUSE	11-18	Sept. 7, 8, 13, 14, 15, 20, 21, 22		Tues. / Wed. / Thurs.	3:00 PM	6:00 PM		FREE	SU
During the month of September, the Teen Center will host a series of special themed events on Tuesdays, Wednesdays, and Thursdays for middle school and high school students in the community. Snacks provided!!									
7TH GRADE MEMBERSHIP KICK OFF EVENT	12	Sept. 17		Friday	7:00 PM	9:00 PM		FREE	SU
Join us for our 7th grade initiative kick off event! We'll have pizza, games, and much more for students to take advantage of!									
7TH GRADE MEMBERSHIP TASK FORCE	12	Sept. 17, 2017	May 17, 2018	Wednesday	4:00 PM	4:45 PM		FREE	SU
7th grade task force is designed for those teens who want to help us plan out 7th grade initiative community service and fun events for the 17-18 year! We'll meet once monthly to discuss themes, party ideas, as well as how to advertise these events to our friends!									
ACHIEVERS PROGRAM	14-18	Sept. 16, 2017	May 17, 2018	Tuesday	7:00 PM	8:00 PM		FREE	SU
Achievers is a career and college preparation program committed to motivating youth by giving them support, direction and opportunities to determine, pursue and achieve their personal, academic, and career goals. Program components: weekly meetings; events; special events; career planning workshops, internship opportunities, guest speakers and an annual college tour.									
VOLUNTEENS	14-18	Nov. 16, 2017	June 17, 2018	Day Varies	Time Varies			FREE	SU
VolunTEENS is a program for students who are looking for community service experience, want to help others, and are interested in learning more about the Y. Teens are required to commit at least 20 hours in this program and will be assigned to one or more departments based on their interests and skill set. Such roles may include helping with sports classes, marketing/social media champions, swim aides, and working with younger students. They will also be provided with several job professionalism trainings throughout the year to assist them in growing their resume as well as college/career opportunities. Volunteer applications available online and at the member services desk.									
GLOBAL YOUTH COMMITTEE	14-18	Oct. 17, 2017	May 17, 2018	Monday	4:00 PM	5:00 PM		FREE	SU
Global Youth Committee gives high schoolers the opportunity to learn about and tackle issues facing people around the world. Each season, students will work together to choose a country and an issue that is important to them. They will then take action and design a service project to address that issue! Community service hours received at each meeting.									
CENTRAL ART ACADEMY ACTING CLASS	11-13	Sept. 4, 2017	Oct. 24, 2017	Tuesday	4:00 PM	5:00 PM	\$100	\$150	SU
Acting Studio designed for Middle School Ages. This class is a partnership between Central Presbyterian Church and the Summit YMCA. Participants will incorporate new skills into work for schools plays as well as auditions for stage and screen.									

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

ADULT 18+ PROGRAMS

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
DUPLICATE BRIDGE	OPEN		Wednesday	12:00 PM	2:30 PM	FREE	\$7 / week	SU
Come enjoy a competitive, friendly game of duplicate bridge each week with your YMCA friends. Experienced instructor will provide a quick lesson and be available to discuss hands. Experienced players only. Members & Nonmembers are welcome.								
CONVERSATIONAL SPANISH	Sept. 5	Oct. 24	Tuesday	12:00 PM	1:00 PM	FREE	\$25	SU
	Oct. 31	Dec. 19		12:00 PM	1:00 PM	FREE	\$25	
Give your conversational skills a boost and immerse yourself in Latin American Culture in these informative and engaging classes! You will learn about fascinating cultural topics, the fundamentals of the language, practice speaking, and expand your vocabulary. Classes runs for 8 week sessions.								
MAHJONGG	OPEN		Tuesday	1:30 PM	3:30 PM	FREE		BH
	Sept. 8	Oct. 27	Friday	12:30 PM	3:00 PM	FREE	\$15 / 8 week session	SU
	Nov. 3	Dec. 22		12:30 PM	3:00 PM		\$15 / 8 week session	
Come meet new and old friends at the Y and play Mah Jongg, a group tile game played by 4 players that originated in China. Mah Jongg is a game of skill, strategy, calculation, but also chance! Experienced players please bring your current Mah Jongg card.								
PICKLEBALL BEGINNER	Sept. 8	Oct. 27	Friday	12:15 PM	1:30 PM	FREE	\$30 / 8 week session	SU
	Nov. 3	Dec. 22	Friday	12:15 PM	1:30 PM		\$30 / 8 week session	
Learn to play Pickleball. Pickleball is the fastest growing sport in America. It combines elements of tennis, ping pong and badminton. A paddle sport created for all skill levels. The rules are simple and the game is easy to learn, equipment is provided. Previous racquet experience is very helpful! Players must have good balance and mobility.								
PICKLEBALL ADVANCED BEGINNER	Sept. 11	Oct. 23	Monday	12:15 PM	1:30 PM	FREE	\$30 / 8 week session	SU
	Oct. 30	Dec. 18	Monday	12:15 PM	1:30 PM		\$30 / 8 week session	
Pickleball is the fastest growing sport in America. It combines elements of tennis, ping pong and badminton. A paddle sport created for all skill levels. The rules are simple and the game is easy to learn., equipMent is provided. Previous racquet experience is very helpful! Players must have good balance and mobility.								
PICKLEBALL INTERMEDIATE	Sept. 11	Oct. 23	Monday	1:30 AM	3:15 PM	FREE	\$30 / 8 week session	SU
	Oct. 30	Dec. 18		1:30 AM	3:15 PM		\$30 / 8 week session	
	Sept. 8	Oct. 27	Friday	1:30 PM	3:15 PM		\$30 / 8 week session	
	Nov. 3	Dec. 22		1:30 PM	3:15 PM		\$30 / 8 week session	
PICKLEBALL ADVANCED	Sept. 6	Oct. 25	Wednesday	1:00 PM	3:00 PM	FREE	\$30 / 8 week session	SU
	Nov. 1	Dec. 20		1:00 PM	3:00 PM		\$30 / 8 week session	
PICKLEBALL DROP IN	OPEN			OPEN		FREE	\$7 / day	SU
TOUCH TENNIS	Sept. 7	Oct. 26	Thursday	12:00 PM	1:00 PM	FREE	\$15 / 8 week session	SU
	Nov. 2	Dec. 21	Thursday	12:00 PM	1:00 PM		\$15 / 8 week session	
Come join the fun! Indoor tennis will help increase strength, stability , flexibility and hand eye coordination. This program has become very popular with YMCA Adults!								
BOOK GROUP THE LAST PAINTING OF SARA DE VOS	Sept. 11		Monday	12:00 PM	1:00 PM	FREE		SU
BOOK GROUP FAITH	Nov. 13							
Join our Adult Book Group and enjoy interactive discussions with friends and other members. We will be discussing "The Last Painting of Sara De Vos" by Dominic Smith on Sept 11, and "Faith" by Jennifer Haigh on Nov. 13. All are welcome to join in! Bring your future book suggestions as well!								
LUNCH & LEARN SIT UP STRAIGHT	Sept. 5		Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Olivia Ashley, PT is a Doctor of Physical Therapy and is also an Orthopedic Certified Specialist. She will demonstrate how your current postural habits may be creating pain and how simple activities and postural corrections may lead to better postural habits and reduce pain. Come learn the cost of poor posture and the benefits of good posture with Dr. Ashley who will explain where your core is, what it does and how you can use it to sit up straight.								
LUNCH & LEARN GENERAL WILLIAM MAXWELL	Sept. 18		Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Join Michael Yesenko for a lecture on General William Maxwell, the most important general in NJ during the American Revolutionary War 1775-1780. Mr Yesenko was Department chair of Union High school for 40 years.								
LUNCH & LEARN EMBRACING THE BEAUTY OF THE AGING BODY	Oct. 30		Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Cultural standards of attractiveness often focus on young, able bodies and unlined faces, which can lead to a loss of self esteem as we age. This workshop, for adults of all genders, uses images and experiential activities to reframe harmful, ageist assumptions into age-affirming messages that inspire positive body image as well as sensual and sexual confidence.								
PROFIT & PROGRESS DOING WELL BY DOING GOOD	Oct. 3		Tuesday	7:30 PM	8:30 PM	FREE		SU
Mark Sloss, Partner at Wilde Capital Management (WCM) will be discussing how individuals, families, charities and companies can bring their investments into focus with their mission or values.								
FALL DAY TRIP TO NY	Oct. 13		Friday	8:00 AM	5:30 PM	\$135	\$140	SU
Day trip to NY Botanical Gardens for private tour of the Chihuly exhibit, 3 course sit down lunch at Pasquale's Rigoletto, shopping on Arthur Avenue, all inclusive. luxury bus transportation from Summit.								
LUNCH & LEARN EMBRACING THE BEAUTY OF THE AGING BODY	Oct. 30		Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Cultural standards of attractiveness often focus on young, able bodies and unlined faces, which can lead to a loss of self esteem as we age. This workshop, for adults of all genders, uses images and experiential activities to reframe harmful, ageist assumptions into age-affirming messages that inspire positive body image as well as sensual and sexual confidence.								
TECHNOLOGY HELP CENTER (30 MIN.)	TO BE DETERMINED		Sunday	1:00 PM	3:00 PM	FREE		SU
Volunteers from Summit HS will help with cell phones, iPads & laptops. Learn how to utilize your technology to better stay in touch with family and friends.								
SENIOR HOLIDAY LUNCHEON	Dec. 11		Monday	12:30 PM	2:00 PM	\$12	\$15	SU
Come kick off the holidays with YMCA friends! Enjoy a hot catered lunch, holiday music and a sing along. Feel free to bring a wrapped holiday gift for a deserving child. All seniors in the area are welcome!								

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.



SWIMMING AT THE YMCA

BUILDING STRONG AND CONFIDENT SWIMMERS

For more than 130 years, the Summit Area YMCA has nurtured potential and helped create meaningful change in our community. Everything we do is in service of building a better us. We are proud that we teach youth, teens and adults to swim so they can be safe in and around water and make swimming a lifelong activity to help you stay healthy.

Over the years, the Summit Area YMCA has taught thousands of swim lessons, shared water safety knowledge and helped minimize the risk of drowning.

At the Y, our **Swim Program** builds strong, secure, connected and confident swimmers. It works on developing sequence based skill sets that organically build on one another. Students will learn faster, be safer sooner, and progress quickly through the various stages.

There are three general categories of Y Swim Lessons:

Swim Starters develops water enrichment and aquatic readiness in children ages six months to three years. This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

Swim Basics develops personal water safety and basic swimming skills in students of all ages. Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.

Swim Strokes introduces and refines stroke technique in older students (school age, teens and adults). Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

In addition to these important swim basics and skills our swim lessons stress positive values and give kids the opportunity to practice them, growing kids' self-esteem and self-worth, while they have a great time.

As always our certified, caring staff is dedicated to teaching swimmers of all abilities and ages and to keep our swimmers safe our instructors are nationally certified in **CPR, AED, and First Aid.**

OUR SWIM PHILOSOPHY

REPEAT A CLASS:

Every child learns at a different pace. Some children may remain in one level for a longer period of time. Once they develop into the requirements of the class, they will progress to the next level. Ask the deck supervisor for skills that you can practice with your child during family swim or at home.

MAKE-UP CLASSES:

Due to class sizes and ratios we can only offer make up classes for Parent/Child stages. If your child gets injured or ill and cannot continue with the session, we will be happy to take you out of the rest of the session and give you a credit back for the remaining classes, after we receive a filled out credit request form and a corresponding doctors note.

WAIT LIST:

Please rest assured we will make every effort to place your child in a class. We will contact you as soon as something becomes available. To find out more information, please visit our website www.theSAY.org. For class alternatives, please speak to a deck supervisor prior to registration to find all classes available for your child's swim level.

SCHEDULE CONFLICTS:

If a scheduling conflict arises we can only make a switch if there is an open spot in the class. Refunds are not offered for time conflicts.

SWIM STAGES

 Infant & Toddler
6 months - 3 years
STAGES A - B

 Preschool
3 - 5 years
STAGES 1 - 4

 School Age
5 - 12 years
STAGES 1 - 6

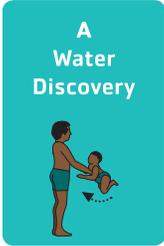
 Teen & Adult
12+ years
STAGES 1 - 6

All age groups are taught the same skills but divided according to their developmental milestones.

SWIM STARTERS

Parent* & Child Lessons

With a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents learn about water safety, drowning prevention, and the importance of supervision.



A Water Discovery

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration.



B Water Exploration

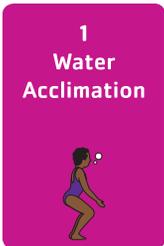
In Stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

*We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM BASICS

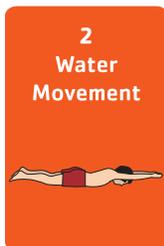
Recommended for all to have around water

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: **Swim, Float, Swim*** and **Jump, Push, Turn, Grab**



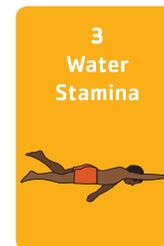
1 Water Acclimation

Stage 1 increases comfort with underwater exploration & introduces basic self-rescue skills performed with assistance. This lays the foundation for future progress in swimming.



2 Water Movement

Stage 2 focuses on body position and control, directional change, and forward movement in water and basic self-rescue skills performed independently.



3 Water Stamina

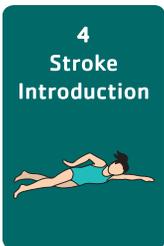
Stage 3 develops intermediate self-rescue skills performed at longer distances. This stage also introduces rhythmic breathing and integrated arm & leg action.

*sequencing front glide, roll, back float, roll, front glide, and exit

SWIM STROKES

Skills to support a healthy lifestyle

Having mastered the fundamentals, students learn additional water safety skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



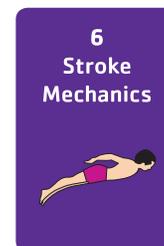
4 Stroke Introduction

Stage 4 introduces stroke technique in front crawl, back crawl, breaststroke kick and butterfly kick. Reinforces water safety through treading water and elementary backstroke.



5 Stroke Development

Stage 5 develops stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 Stroke Mechanics

Stage 6 refines stroke technique on all major competitive strokes, learn about competitive swimming, and encourages swimming as part of a healthy lifestyle.

"I am learning freestyle, backstroke, and how to float — I didn't know how before I came to the Y. You don't have to be scared because the teachers and lifeguards are there to teach you. Swim lessons prevent accidents. I am really glad the Y has free 2nd Grade Learn to Swim classes."

—Innocence, Summit Area YMCA Member

PARENT / CHILD

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START - 30 MINUTE CLASS *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
WATER DISCOVERY: INFANT PREVIOUSLY PARENT CHILD 1 Age: .5 - 12 months Parents accompany children in Water Discovery, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Sept. 5	Oct. 24	Tuesday	10:30 AM	\$112	\$160
	Sept. 8	Oct. 27	Friday	10:05 AM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	8:00 AM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	10:30 AM	\$112	\$160
	Nov. 3	Dec. 22	Friday	10:05 AM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	8:00 AM	\$112	\$160
WATER DISCOVERY: TODDLER PREVIOUSLY PARENT CHILD 2 Age: 12 months - 3 years Parents accompany children in Water Discovery, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.	Sept. 7	Oct. 26	Thursday	10:00 AM	\$112	\$160
	Sept. 8	Oct. 27	Friday	10:35 AM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	8:30 AM, 10:05 AM	\$112	\$160
	Sept. 10	Oct. 29	Sunday	8:00 AM	\$98	\$140
	Nov. 2	Dec. 19	Thursday	10:00 AM	\$98	\$140
	Nov. 3	Dec. 22	Friday	10:35 AM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	8:30 AM, 10:05 AM	\$112	\$160
	Nov. 5	Dec. 17	Sunday	8:00 AM	\$98	\$140
WATER EXPLORATION PREVIOUSLY PERCH Age: 24 months - 3 years In Water Exploration, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills	Sept. 6	Oct. 25	Wednesday	10:35 AM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	10:35 AM	\$112	\$160
	Sept. 10	Oct. 29	Sunday	8:30 AM	\$98	\$140
	Nov. 1	Dec. 20	Wednesday	10:35 AM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	10:35 AM	\$112	\$160
	Nov. 5	Dec. 17	Sunday	8:30 AM	\$98	\$140

PRESCHOOL AGE

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START - 30 MINUTE CLASS *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
WATER ACCLIMATION: A PREVIOUSLY PIKE Age: 3 - 5 Students develop comfort underwater exploration and learn to safely exit in the event of falling in a body of water. This stage lays the foundation that allows for a student's future progress in swimming.	Sept. 5	Oct. 24	Tuesday	1:30 PM, 4:30 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	1:00 PM, 4:00 PM, 4:30 PM*	\$112	\$160
	Sept. 7	Oct. 26	Thursday	5:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	9:05 AM, 1:00 PM, 5:30 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	9:00 AM, 11:15 AM, 12:15 PM, 1:15 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	1:30 PM, 4:30 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	1:00 PM, 4:00 PM, 4:30 PM*	\$112	\$160
	Nov. 2	Dec. 21	Thursday	5:00 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	9:05 AM, 1:00 PM, 5:30 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	9:00 AM, 11:15 AM, 12:15 PM, 1:15 PM	\$112	\$160
WATER MOVEMENT: A PREVIOUSLY PIKE 2 / EEL Age: 3 - 5 Prerequisite: Must be able to submerge face underwater. Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of walling into a body of water	Sept. 11	Oct. 23	Monday	9:05 AM, 4:30 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	1:00 PM, 4:00 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	1:00 PM, 4:00 PM, 5:30 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	5:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	9:35 AM, 1:00 PM, 4:00 PM, 5:30 PM, 6:45 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	9:00 AM, 9:30 AM, 11:15 AM, 11:45 AM, 12:15 PM	\$112	\$160
	Oct. 30	Dec. 18	Monday	9:05 AM, 4:30 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	1:00 PM, 4:00 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	1:00 PM, 4:00 PM, 5:30 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	5:00 PM	\$98	\$140
WATER STAMINA: A PREVIOUSLY SEA SNAKE Age: 3 - 5 Prerequisite: Must be able to submerge face underwater and float unassisted on front and back. Students learn how to swim safely from a longer distance that in previous stages in the event of falling in a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. *2 sessions available for this time slot	Sept. 11	Oct. 23	Monday	9:05 AM, 4:00 PM, 4:30 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	1:00 PM, 4:30 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	5:00 PM*	\$112	\$160
	Sept. 7	Oct. 26	Thursday	4:00 PM, 4:30 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	1:30 PM, 4:00 PM, 5:00 PM*, 6:45 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	11:15 AM, 11:45 AM	\$112	\$160
	Oct. 30	Dec. 18	Monday	9:05 AM, 4:00 PM, 4:30 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	1:00 PM, 4:30 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	5:00 PM*	\$112	\$160
	Nov. 2	Dec. 21	Thursday	4:00 PM, 4:30 PM	\$98	\$140
Nov. 3	Dec. 22	Friday	1:30 PM, 4:00 PM, 5:00 PM*, 6:45 PM	\$112	\$160	
Nov. 4	Dec. 23	Saturday	11:15 AM, 11:45 AM	\$112	\$160	

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

PRE-SCHOOL AGE

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START - 30 MINUTE CLASS *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
STROKE INTRODUCTION - A PREVIOUSLY RAY Age: 3 - 5 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, and swim unassisted 10-15 yards on his or her front or back. Students develop stroke technique in front crawl, back crawl, learn the breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	Sept. 11	Oct. 23	Monday	4:00 PM	\$98	\$140
	Sept. 6	Oct. 25	Wednesday	4:00 PM, 5:30 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	4:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	4:00 PM, 5:30 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	9:00 AM	\$112	\$160
	Oct. 30	Dec. 18	Monday	4:00 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	4:00 PM, 5:30 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	4:00 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	4:00 PM, 5:30 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	9:00 AM	\$112	\$160

SCHOOL AGE

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START - 30 MINUTE CLASS *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
WATER ACCLIMATION: B PREVIOUSLY WAHOO Age: 5 - 7 Students develop comfort underwater exploration and learn to safely exit in the event of falling in a body of water. This stage lays the foundation that allows for a student's future progress in swimming.	Sept. 11	Oct. 23	Monday	5:00 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	4:00 PM, 4:30 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	4:30 PM, 5:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	6:45 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	12:15 PM, 12:45 PM	\$112	\$160
	Oct. 30	Dec. 18	Monday	5:00 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	4:00 PM, 4:30 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	4:30 PM, 5:00 PM	\$112	\$160
	Nov. 3	Dec. 22	Friday	6:45 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	12:15 PM, 12:45 PM	\$112	\$160

WATER MOVEMENT: B PREVIOUSLY STURGEON Age: 5 - 7 Prerequisite: Must be able to submerge face underwater. Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of walling into a body of water	Sept. 11	Oct. 23	Monday	4:00 PM	\$98	\$140
	Sept. 6	Oct. 25	Wednesday	6:00 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	4:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	6:45 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	11:15 AM, 1:15 PM	\$112	\$160
	Oct. 30	Dec. 18	Monday	4:00 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	6:00 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	4:00 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	6:45 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	11:15 AM, 1:15 PM	\$112	\$160

WATER STAMINA: B PREVIOUSLY TADPOLE Age: 5 - 7 Prerequisite: Must be able to submerge face underwater and float unassisted on front and back. Students learn how to swim safely from a longer distance than in previous stages in the event of falling in a body of water. This stage also introduces rhythmic breathing and intergrated arm and leg action.	Sept. 5	Oct. 24	Tuesday	4:00 PM, 5:00 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	5:30 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	5:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	4:30 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	9:30 AM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	4:00 PM, 5:00 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	5:30 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	5:00 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	4:30 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	9:30 AM	\$112	\$160

STROKE INTRODUCTION - B PREVIOUSLY STINGRAY / GUPPY Age: 5 - 7 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, and swim unassisted 10-15 yards on his or her front or back. Students develop stroke technique in front crawl, back crawl, learn the breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	Sept. 11	Oct. 23	Monday	5:00 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	5:00 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	4:30 PM, 6:00 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	4:30 PM, 5:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	4:00 PM, 4:30 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	9:00 AM, 11:45 AM	\$112	\$160
	Oct. 30	Dec. 18	Monday	5:00 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	5:00 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	4:30 PM, 6:00 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	4:30 PM, 5:00 PM	\$98	\$140

STROKE DEVELOPMENT - B PREVIOUSLY STARFISH Age: 5 - 7 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim unassisted 10-15 yards on his or her front or back, swim 15 yards of front and back crawl, and perform 10-15 yards of breaststroke and dolphin kick. Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke	Sept. 11	Oct. 23	Monday	5:30 PM	\$98	\$140
	Sept. 7	Oct. 26	Thursday	5:30 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	6:00 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	10:05 AM	\$112	\$160
	Oct. 30	Dec. 18	Monday	5:30 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	5:30 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	6:00 PM	\$112	\$160
Nov. 4	Dec. 23	Saturday	10:05 AM	\$112	\$160	

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

SCHOOL AGE

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START - 30 MINUTE CLASS *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
STROKE MECHANICS - B PREVIOUSLY MARLINS Age: 5 - 7 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim 50 yards of front and back crawl, and swim 25 yards of breaststroke and butterfly. Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.	Sept. 11	Oct. 23	Monday	5:30 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	5:30 PM	\$128	\$184
	Sept. 8	Oct. 27	Friday	6:00 PM	\$128	\$184
	Sept. 9	Oct. 28	Saturday	10:05 AM	\$128	\$184
	Oct. 30	Dec. 18	Monday	5:30 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	5:30 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	6:00 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	10:05 AM	\$112	\$160
WATER ACCLIMATION: C PREVIOUSLY POLLIWOG Age: 8 - 12 Students develop comfort underwater exploration and learn to safely exit in the event of falling in a body of water. This stage lays the foundation that allows for a student's future progress in swimming.	Sept. 11	Oct. 23	Monday	4:30 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	5:00 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	5:30 PM, 6:00 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	4:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	4:30 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	11:45 AM, 12:45 PM*, 1:15 PM	\$112	\$160
	Oct. 30	Dec. 18	Monday	4:30 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	5:00 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	5:30 PM, 6:00 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	4:00 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	4:30 PM	\$112	\$160
Nov. 4	Dec. 23	Saturday	11:45 AM, 12:45 PM*, 1:15 PM	\$112	\$160	
WATER MOVEMENT: C PREVIOUSLY TADPOLE Age: 8 - 12 Prerequisite: Must be able to submerge face underwater. Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of walling into a body of water.	Sept. 11	Oct. 23	Monday	4:00 PM, 4:30 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	5:00 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	5:00 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	4:30 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	12:15 PM, 1:15 PM	\$112	\$160
	Oct. 30	Dec. 18	Monday	4:00 PM, 4:30PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	5:00PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	5:00PM	\$112	\$160
	Nov. 3	Dec. 22	Friday	4:30PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	12:15 PM, 1:15 PM	\$112	\$160
WATER STAMINA: C PREVIOUSLY GUPPY Age: 8 - 12 Prerequisite: Must be able to submerge face underwater and float unassisted on front and back. Students learn how to swim safely from a longer distance that in previous stages in the event of falling in a body of water. This stage also introduces rhythmic breathing and intergrated arm and leg action.	Sept. 11	Oct. 23	Monday	5:00 PM	\$98	\$140
	Sept. 5	Oct. 24	Tuesday	4:30 PM	\$112	\$160
	Sept. 6	Oct. 25	Wednesday	4:00 PM	\$112	\$160
	Sept. 7	Oct. 26	Thursday	4:30 PM	\$112	\$160
	Sept. 8	Oct. 27	Friday	5:00 PM	\$112	\$160
	Sept. 9	Oct. 28	Saturday	9:30 AM, 11:45 AM	\$112	\$160
	Oct. 30	Dec. 18	Monday	5:00 PM	\$112	\$160
	Oct. 31	Dec. 19	Tuesday	4:30 PM	\$112	\$160
	Nov. 1	Dec. 20	Wednesday	4:00 PM	\$112	\$160
	Nov. 2	Dec. 21	Thursday	4:30 PM	\$98	\$140
	Nov. 3	Dec. 22	Friday	5:00 PM	\$112	\$160
	Nov. 4	Dec. 23	Saturday	9:30 AM, 11:45 AM	\$112	\$160
	STROKE INTRODUCTION - C PREVIOUSLY STARFISH Age: 8 - 12 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, and swim unassisted 10-15 yards on his or her front or back. Students develop stroke technique in front crawl, back crawl, learn the breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	Sept. 11	Oct. 23	Monday	5:00 PM	\$98
Sept. 5		Oct. 24	Tuesday	4:00 PM	\$112	\$160
Sept. 6		Oct. 25	Wednesday	6:00 PM	\$112	\$160
Sept. 7		Oct. 26	Thursday	4:30 PM	\$112	\$160
Sept. 8		Oct. 27	Friday	5:00 PM	\$112	\$160
Sept. 9		Oct. 28	Saturday	9:30 AM, 10:05 AM, 11:15 AM	\$112	\$160
Oct. 30		Dec. 18	Monday	5:00 PM	\$112	\$160
Oct. 31		Dec. 19	Tuesday	4:00 PM	\$112	\$160
Nov. 1		Dec. 20	Wednesday	6:00 PM	\$112	\$160
Nov. 2		Dec. 21	Thursday	4:30 PM	\$98	\$140
Nov. 3		Dec. 22	Friday	5:00 PM	\$112	\$160
Nov. 4	Dec. 23	Saturday	9:30 AM, 10:05 AM, 11:15 AM	\$112	\$160	

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

SCHOOL AGE

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START - 45 MINUTE CLASS *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
STROKE DEVELOPMENT – C PREVIOUSLY MARLINS / MINNOW / FISH Age: 8 – 12 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim unassisted 10-15 yards on his or her front or back, swim 15 yards of front and back crawl, and perform 10-15 yards of breaststroke and dolphin kick. Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.	Sept. 11	Oct. 23	Monday	5:30 PM	\$112	\$161
	Sept. 7	Oct. 26	Thursday	5:30 PM	\$128	\$184
	Sept. 8	Oct. 27	Friday	6:00 PM	\$128	\$184
	Sept. 9	Oct. 28	Saturday	10:05 AM	\$128	\$184
	Oct. 30	Dec. 18	Monday	5:30 PM	\$128	\$184
	Nov. 2	Dec. 21	Thursday	5:30 PM	\$112	\$161
	Nov. 3	Dec. 22	Friday	6:00 PM	\$128	\$184
	Nov. 4	Dec. 23	Saturday	10:05 AM	\$128	\$184

STROKE MECHANICS – C PREVIOUSLY FLYING FISH / SHARK Age: 8 – 12 Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim 50 yards of front and back crawl, and swim 25 yards of breaststroke and butterfly. Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.	Sept. 11	Oct. 23	Monday	5:30 PM	\$112	\$161
	Sept. 7	Oct. 26	Thursday	5:30 PM	\$128	\$184
	Sept. 8	Oct. 27	Friday	6:00 PM	\$128	\$184
	Sept. 9	Oct. 28	Saturday	10:05 AM	\$128	\$184
	Oct. 30	Dec. 18	Monday	5:30 PM	\$128	\$184
	Nov. 2	Dec. 21	Thursday	5:30 PM	\$112	\$161
	Nov. 3	Dec. 22	Friday	6:00 PM	\$128	\$184
	Nov. 4	Dec. 23	Saturday	10:05 AM	\$128	\$184

PATHWAYS: PRE-COMPETITIVE – 45 MINUTE CLASS

PATHWAYS: COMPETITION PREVIOUSLY SEAL PUPS Age: 7 – 9 Instructors will focus on stroke technique through stroke drills and kicking. Competitive starts and turns will be worked on and endurance will be built.	Sept. 5	Oct. 24	Tuesday	5:30 PM	\$100	\$140
	Sept. 9	Oct. 28	Saturday	10:50 AM	\$100	\$140
	Sept. 10	Oct. 29	Sunday	11:00 AM	\$88	\$123
	Oct. 31	Dec. 19	Tuesday	5:30 PM	\$100	\$140
	Nov. 4	Dec. 23	Saturday	10:50 AM	\$100	\$140
	Nov. 5	Dec. 17	Sunday	11:00 AM	\$88	\$123

PATHWAYS: COMPETITION 2 PREVIOUSLY INTRAMURALS / BARRACUDAS Age: 10 – 16 Endurance is the main focus in this class and instructors will concentrate on increasing the swimmers ability to race effectively.	Sept. 5	Oct. 24	Tuesday	5:30 PM	\$100	\$140
	Sept. 8	Oct. 27	Friday	5:00 PM	\$100	\$140
	Sept. 9	Oct. 28	Saturday	10:50 AM	\$100	\$140
	Sept. 10	Oct. 29	Sunday	11:00 AM	\$88	\$123
	Oct. 31	Dec. 19	Tuesday	5:30 PM	\$100	\$140
	Nov. 3	Dec. 22	Friday	5:00 PM	\$100	\$140
	Nov. 4	Dec. 23	Saturday	10:50 AM	\$100	\$140
	Nov. 5	Dec. 17	Sunday	11:00 AM	\$88	\$123

YOUTH AQUATICS PRIVATE SWIM LESSONS – 30 MINUTE CLASS

PRIVATE SWIM LESSONS Age: 5+ Staff Recommended: Private swim lessons will be adapted to your swim expectations. There will be four half an hour sessions to be completed within a six-week time frame. A contract will be needed to register for this class. Email private@thesay.org for any questions.	Sept. 11	Oct. 23	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Sept. 5	Oct. 24	Tuesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Sept. 6	Oct. 25	Wednesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Sept. 7	Oct. 26	Thursday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Sept. 8	Oct. 27	Friday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Sept. 10	Oct. 29	Sunday	9:00 AM, 9:30 AM, 10:00 AM, 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260
	Oct. 30	Dec. 18	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Oct. 31	Dec. 19	Tuesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Nov. 1	Dec. 20	Wednesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Nov. 2	Dec. 21	Thursday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Nov. 3	Dec. 22	Friday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
	Nov. 5	Dec. 17	Sunday	9:00 AM, 9:30 AM, 10:00 AM, 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260

SPECIAL NEEDS SWIM – 30 MINUTE CLASS

ADAPTIVE SWIM LESSONS PREVIOUSLY WATER ACCLIMATION Age: 3 – 8 This class is for special needs children. It helps them learn new skills, learn to relax, and build muscle and stamina, all while increasing self-esteem and confidence. Skills are taught based on each child's individual ability. Parents are encouraged but not required to get in with their child.	Sept. 9	Oct. 28	Saturday	1:45 PM	\$20	\$30
	Nov. 4	Dec. 23	Saturday	1:45 PM	\$20	\$30

ADAPTIVE SWIM LESSONS Age: 8 – 14 This class is for special needs children. It helps them learn new skills, learn to relax, and build muscle and stamina, all while increasing self-esteem and confidence. Skills are taught based on each child's individual ability.	Sept. 8	Oct. 27	Friday	6:00 PM	\$20	\$30
	Nov. 3	Dec. 22	Friday	6:00 PM	\$20	\$30

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

FALL 1 Sep. 6 - Oct. 30

FALL 2 Oct. 31 - Dec. 23

FALL 1 & 2

TEEN SWIM LESSONS

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
TEEN SWIM: BASICS PREVIOUSLY TEEN BEGINNER Age: 13 - 18 For teens who want to become more comfortable in the water and learn the basics of swimming and water safety.	Sept. 8	Oct. 27	Friday	6:00 PM	\$20	\$160
	Nov. 3	Dec. 22	Friday	6:00 PM	\$20	\$160
TEEN SWIM: STROKES PREVIOUSLY TEEN INTERMEDIATE Age: 13 - 18 For teens who understand the basics of the strokes and want to improve and refine them, as well as build endurance.	Sept. 8	Oct. 27	Friday	6:00 PM	\$20	\$160
	Nov. 3	Dec. 22	Friday	6:00 PM	\$20	\$160

ADULT SWIM LESSONS

ADULT SWIM: BASICS PREVIOUSLY ADULT BEGINNER Age: 18+ For adults who want to become more comfortable in the water and learn the basics of swimming and water safety.	Sept. 7	Oct. 26	Thursday	10:00 AM	\$20	\$70
	Sept. 8	Oct. 27	Friday	7:15 PM	\$20	\$70
	Oct. 31	Dec. 19	Thursday	10:00 AM	\$15	\$42
	Nov. 3	Dec. 22	Friday	7:15 PM	\$20	\$70
ADULT SWIM: STROKES PREVIOUSLY ADULT INTERMEDIATE Age: 18+ For adults who understand the basics of the strokes and want to improve and refine them, as well as build endurance.	Sept. 7	Oct. 26	Thursday	10:30 AM	\$20	\$70
	Sept. 8	Oct. 27	Friday	7:15 PM	\$20	\$70
	Oct. 31	Dec. 19	Thursday	10:30 AM	\$15	\$42
	Nov. 3	Dec. 22	Friday	7:15 PM	\$20	\$70

MASTER PASS

MASTER 20 DAY PASS Age: 18+ For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.	Sept. 5	Oct. 27	Tues/Fri	5:45 AM	\$0	\$90
	Oct. 31	Dec. 22	Tues/Fri	5:45 AM	\$0	\$90
MASTER 5 DAY PASS Age: 18+ For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.	Sept. 5	Oct. 27	Tues/Fri	5:45 AM	\$0	\$22
	Oct. 31	Dec. 22	Tues/Fri	5:45 AM	\$0	\$22
MASTER SINGLE DAY PASS Age: 18+ For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.	Sept. 5	Oct. 27	Tues/Fri	5:45 AM	\$0	\$5
	Oct. 31	Dec. 22	Tues/Fri	5:45 AM	\$0	\$5

SWIM INC.

SWIM INC. This class is being offered in conjunction with Swim Inc. to provide free programming to people with mobility impairments. Special forms must be filled out prior to joining the class.	Sept. 6	Oct. 25	Wednesday	9:00 AM	FREE	FREE
	Nov. 1	Dec. 20	Wednesday	9:00 AM	FREE	FREE

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

ADULT WATER EXERCISE CLASSES

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
HYDRO R.E.P.S. Age: 18+ A total body workout class. It will include cardio aerobics, muscle conditioning, flexibility and exercises for full body range of motion. Workouts are intermediate level and held in shallow water.	Sept. 11	Oct. 23	Monday	9:00 AM	\$0	\$70
	Sept. 6	Oct. 25	Wednesday	9:00 AM	\$0	\$70
	Sept. 8	Oct. 27	Friday	9:00 AM	\$0	\$70
	Oct. 30	Dec. 18	Monday	9:00 AM	\$0	\$70
	Nov. 1	Dec. 20	Wednesday	9:00 AM	\$0	\$70
	Nov. 3	Dec. 22	Friday	9:00 AM	\$0	\$70
AI CHI BEGINNER Age: 18+ A water exercise and relaxation program that combines deep breathing and slow large movements, performed in continuous, flowing patterns. Focus is on breathing, balance, flexibility, joint mobility and relaxation.	Sept. 5	Oct. 24	Tuesday	8:30 AM	\$0	\$42
	Sept. 7	Oct. 26	Thursday	8:30 AM	\$0	\$42
	Oct. 31	Dec. 19	Tuesday	8:30 AM	\$0	\$42
	Nov. 2	Dec. 21	Thursday	8:30 AM	\$0	\$42
AI CHI ADVANCED Age: 18+ The next step in the Ai-Chi program includes Cultivating the Chi, which are moves created to draw energy into the body, and Ai-Chi-Ne, which is partner stretching. Ai-Chi is a prerequisite. Participants must be familiar with all 16 Ai-Chi postures.	Sept. 11	Oct. 23	Monday	8:15 AM	\$0	\$42
	Sept. 6	Oct. 25	Wednesday	8:15 AM	\$0	\$42
	Sept. 8	Oct. 27	Friday	8:15 AM	\$0	\$42
	Oct. 30	Dec. 18	Monday	8:15 AM	\$0	\$42
	Nov. 1	Dec. 20	Wednesday	8:15 AM	\$0	\$42
	Nov. 3	Dec. 22	Friday	8:15 AM	\$0	\$42
AQUA FITNESS Age: 18+ A total body workout that includes exercises using full range of motion. Segments include strengthening, cardio-aerobics, and stretching. Workouts range from intermediate to high intensity. Class held in shallow and deep water.	Sept. 5	Oct. 24	Tuesday	7:30 PM	\$0	\$70
	Oct. 31	Dec. 19	Tuesday	7:30 PM	\$0	\$70
DEEP WATER ARTHRITIS Age: 18+ Warm up and cool down in the shallow end of the pool. The main workout takes place in the deep end. Participants wear floatation belts.	Sept. 11	Oct. 23	Monday	11:05 AM	\$0	\$42
	Sept. 5	Oct. 24	Tuesday	11:00 AM	\$0	\$42
	Sept. 7	Oct. 26	Thursday	11:00 AM	\$0	\$42
	Sept. 8	Oct. 27	Friday	11:05 AM	\$0	\$42
	Oct. 30	Dec. 18	Monday	11:05 AM	\$0	\$42
	Oct. 31	Dec. 19	Tuesday	11:00 AM	\$0	\$42
	Nov. 2	Dec. 21	Thursday	11:00 AM	\$0	\$42
	Nov. 3	Dec. 22	Friday	11:05 AM	\$0	\$42
DEEP WATER FITNESS Age: 18+ Exercising in deep water eliminates impact and stress on joints and tones muscles. This class combines cardio-aerobic exercise with resistance training and strengthening and flexibility segments. Buoyancy belts keep you afloat so you can concentrate on your body position. Workouts are high intensity. Participants should be comfortable in the deep water.	Sept. 11	Oct. 23	Monday	10:00 AM	\$0	\$70
	Sept. 6	Oct. 25	Wednesday	10:00 AM, 7:30 PM	\$0	\$70
	Sept. 8	Oct. 27	Friday	10:00 AM	\$0	\$70
	Oct. 30	Dec. 18	Monday	10:00 AM	\$0	\$70
	Nov. 1	Dec. 20	Wednesday	10:00 AM, 7:30 PM	\$0	\$70
	Nov. 3	Dec. 22	Friday	10:00 AM	\$0	\$70
	Nov. 3	Dec. 22	Friday	10:00 AM	\$0	\$70
AQUA CROSS TRAINING Age: 18+ Very high intensity level. This class is for the triathlete or serious athlete looking to improve their endurance, power and agility. It is also for the athlete recovering from injuries or the serious individual trying to lose weight. This class includes deep water intervals as well as shallow water plyometrics, explosive movements to develop muscle power.	Sept. 5	Oct. 24	Tuesday	9:00 AM	\$0	\$70
	Sept. 7	Oct. 26	Thursday	5:45 AM, 9:00 AM	\$0	\$70
	Oct. 31	Dec. 19	Tuesday	9:00 AM	\$0	\$70
	Nov. 2	Dec. 21	Thursday	5:45 AM, 9:00 AM	\$0	\$70
JUST TREADING Age: 18+ This advanced cardio workout includes cardio-aerobics and core muscle strengthening. Workouts are high intensity. This class is a great way to cross train for any athlete. Participants will tread water in the deep end and therefore must be comfortable in deep water. No belts are worn in this class. It is recommended that participants bring water to stay hydrated.	Sept. 11	Oct. 23	Monday	9:15 AM	\$0	\$70
	Sept. 5	Oct. 24	Tuesday	10:00 AM	\$0	\$70
	Sept. 6	Oct. 25	Wednesday	9:15 AM	\$0	\$70
	Sept. 8	Oct. 27	Friday	9:15 AM	\$0	\$70
	Oct. 30	Dec. 18	Monday	9:15 AM	\$0	\$70
	Oct. 31	Dec. 19	Tuesday	10:00 AM	\$0	\$70
	Nov. 1	Dec. 20	Wednesday	9:15 AM	\$0	\$70
	Nov. 3	Dec. 22	Friday	9:15 AM	\$0	\$70

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.

ADULT WATER EXERCISE CLASSES

CLASSES AVAILABLE	START DATE	END DATE	DAY	TIME START *2 sessions available for this time slot	MEMBER PRICE	NON-MEMBER PRICE
WATER FITNESS Age: 18+ A total body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility. Intermediate Level.	Sept. 5	Oct. 24	Tuesday	11:00 AM	\$0	\$42
	Sept. 7	Oct. 26	Thursday	11:00 AM	\$0	\$42
	Oct. 31	Dec. 19	Tuesday	11:00 AM	\$0	\$42
	Nov. 2	Dec. 21	Thursday	11:00 AM	\$0	\$42
HYDRO R.E.P.S. Age: 18+ A total body workout class. It will include cardio aerobics, muscle conditioning, flexibility and exercises for full body range of motion. Workouts are intermediate level and held in shallow water.	Sept. 5	Oct. 24	Tuesday	11:00 AM	\$0	\$42
	Sept. 7	Oct. 26	Thursday	11:00 AM	\$0	\$42
	Oct. 31	Dec. 18	Tuesday	11:00 AM	\$0	\$42
	Oct. 31	Dec. 19	Thursday	11:00 AM	\$0	\$42
PRE / POST NATAL AQUA FITNESS Age: 18+ Enjoy the weightlessness you can only feel in the water while getting a terrific workout. Water exercises can help increase stamina, improve circulation, enhance muscular balance, reduce swelling, strengthen abdominal muscles, and ease postpartum recovery. Enjoy meeting other new moms while working out. Also, your newborns are welcome to sit in their safety seats by the side of the pool and watch mom exercise.	Sept. 5	Oct. 24	Tuesday	10:00 AM	\$0	\$70
	Oct. 31	Dec. 19	Tuesday	10:00 AM	\$0	\$70
SHALLOW WATER ARTHRITIS Age: 18+ Class is geared towards individuals with arthritis who need help easing into exercise program. An Arthritis Foundation recreational program includes exercises to increase flexibility and improve range of motion.	Sept. 11	Oct. 23	Monday	11:05 AM	\$0	\$42
	Sept. 5	Oct. 24	Tuesday	9:00 AM	\$0	\$42
	Sept. 6	Oct. 25	Wednesday	11:05 AM	\$0	\$42
	Sept. 7	Oct. 26	Thursday	9:00 AM	\$0	\$42
	Sept. 8	Oct. 27	Friday	9:00 AM, 11:05 AM	\$0	\$42
	Oct. 30	Dec. 18	Monday	11:05 AM	\$0	\$42
	Oct. 31	Dec. 19	Tuesday	9:00 AM	\$0	\$42
	Nov. 1	Dec. 20	Wednesday	11:05 AM	\$0	\$42
	Nov. 2	Dec. 21	Thursday	9:00 AM	\$0	\$42
	Nov. 3	Dec. 22	Friday	9:00 AM, 11:05 AM	\$0	\$42

No classes on: Monday September 4th, Sunday October 8th, Thanksgiving Thursday November 23 or Christmas Eve Sunday December 24.



Berkeley Heights YMCA

FALL INTO HEALTH NUTRITION PROGRAM

TUESDAYS Oct. 3-Nov. 7 9:15 AM-10:15 AM

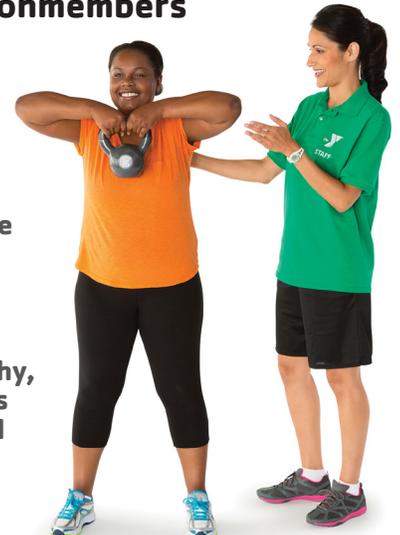
This 6 week interactive class that will help you make positive changes and incorporate healthy nutrition into your everyday routine. Jessica the registered Dietitian from Stirling Shoprite will focus on healthy habits using seasonal food.

REGISTRATION REQUIRED

FIRST STEP CANCER RECOVERY PROGRAM

WHEN: MONDAY Sept. 18-Nov. 13
 TIME: 1:30 PM-2:30 PM
 WHERE: Berkeley Heights YMCA
 COST: Free for Members
 \$40 for Nonmembers

A great first step for those recovering from cancer treatment. This class will work with exercises that are gentle, fun and effective including rehabilitative stretches and strength training using light weights and tubing. Lymphedema, neuropathy, and osteoporosis issues will be addressed as will posture and balance.



UPCOMING SPECIAL EVENTS

MARK YOUR CALENDARS	AGE	DATE	DAY	TIME START	TIME END	MEMBER PRICE	NON-MEMBER PRICE	LOCATION
SWIM TEAM TRYOUT MAKEUP DATE	6-18	Sept. 5	Tuesday	5:00 PM	7:00 PM	\$25 per swimmer		SU
Pre-registration encouraged but not necessary at front desk of the YMCA beginning 8/1/17. 10 & Unders -5:00pm check in. Swimmers will be expected to swim 1 or 2 laps of all four competitive strokes. 11 & Over - 6:00pm check in. Swimmers are expected to swim 4 laps of all four competitive strokes. \$100.00 deposit for those that make the team via registration in Team Unify due by September 9.								
WELCOMING WEEK	ALL AGES	Sept. 15 - 24	Saturday	All Week		FREE		BH SU
On September 15 through September 24, 2017, the Summit Area YMCA will join in the nationwide movement with Y-USA and Welcoming America in Welcoming Week—a week of events that celebrate the contributions of immigrants and refugees, as well as inspire people to build inclusive communities that embrace immigrants and foster opportunity for all. Join us in various special activities as well as a chance to connect with neighbors in a nurturing environment that focuses on youth development, healthy living and social responsibility. We welcome all, regardless of financial or physical circumstance and we strive every day to promote understanding, tolerance and compassion within our community.								
MINI COMICON	ALL AGES	Sept. 23	Saturday	2:00 PM	4:30 PM	FREE		SU
Join the Summit Free Public Library, and the YMCA, for our first mini Comicon hosted at the Summit Free Public Library, for an afternoon celebrating comic books! Come dressed like your favorite superhero and join our costume contest. Younger heroes can stop in for Superhero Storytime with the Children's Librarian. Older heroes can learn to draw with professional artist Doug Baron. Play some Yugioh, Pokemon and other card games. Get your picture taken with Spiderman and Wonder Woman. Activities and characters are subject to change without notice.								
LUNCH & LEARN WITH DR. DEFABIO	18+	Oct. 2 - Oct. 30	Tuesdays	12:15 PM	1:15 PM	FREE	FREE	BH
Join Dr. DeFabio weekly on Tuesdays to learn more about a variety of wellness topics and tips to enhance your health!								
FAMILY TIME FALL INTO FUN	3+	Oct. 18	Wednesday	4:00 PM	6:00 PM	FREE	\$5 per child	SU
Enjoy a fun, family night with BINGO, arts & crafts, music and light refreshments with your friends at the Y!. Bring a pumpkin to decorate and a canned food donation for the local food bank. Children must be accompanied by an adult, no drop-offs. Pre-registration is required two days before.								
OPEN HOUSE WEEK	3+	Oct. 15 - 21	All Week	All Week		FREE		BH
Come to the Berkeley Heights YMCA and try out some of our great fitness classes or have your child try out a fun youth enrichment class!								
HALLOWEEN HAUNTED HOUSE DECORATING WORKSHOP	3+	Oct. 22	Sunday	11:00 AM	1:00 PM	\$15 per kit	\$20 per kit	SU
						\$10 per additional kit		
Bring your spooky chef and get creative decorating your very own Haunted House with candy and icing in this special Halloween workshop. Children must be accompanied by an adult, no drop-offs. Pre-registration is required two days before.								
HEALTH FAIR	ALL AGES	Oct. 21	Saturday	1:00 PM	4:00 PM	FREE		BH
Come and visit with over 20 medical professionals from our community to learn the new information or have your questions answered.								
HALLOWEEN SPOOKTACULAR	ALL AGES	Oct. 28	Saturday	10:00 AM	12:00 PM	FREE		BH
At the Berkeley Heights YMCA, come dressed in your Halloween costume and participate in all of our fun and spooky activities. Children must be accompanied by an adult.								
PEACEFUL PARENTING WORKSHOP	18+	Nov. 9 Nov. 16	Thursday	7:00 PM 9:45 AM	8:00 PM 11:15 AM	FREE		SU
Peaceful Parenting is a mindful and respectful approach to raising children in an environment that will help decrease the drama, power struggles, and challenges. Understand what emotional buttons are being pushed and find strategies that will help you connect with your child and manage his behavior. This workshop is for parents of children ages 1-12. Workshop is led by Kelly Burkett, LPC. Kelly Burkett is a mom, therapist, and Aha Certified Parent Coach who trained with Dr. Laura Markham. She offers parenting workshops and provides individual coaching. For more information, go to www.kellyburkett.com								
VETERAN'S DAY BREAKFAST		Nov. 11	Saturday	8:00 AM	10:00 AM	FREE		SU
All veterans and their families are welcome to join us for our annual Veteran's Day breakfast. It is our way of saying thank you for your dedicated service. Spend time with friends, old and new!								
BREAKFAST WITH SANTA		Dec. 9 Dec. 2	Saturday	8:30 AM, 9:30 AM 9:00 AM, 10:00 AM, 11:00 AM		\$10 per family	\$10 per family \$15 for non-members	BH SU
Santa is coming to the Berkeley Heights YMCA! Come and enjoy a light breakfast, photos and more with Santa! Register by November 29 to reserve your spot. Limited seating is available.								
GINGERBREAD HOUSE DECORATING WORKSHOP	3+	Dec. 10	Sunday	11:00 AM	1:00 PM	\$15 per kit	\$20 per kit	SU
						\$10 per additional kit		
Join us for an afternoon of fun and frosting (and spare your kitchen from the mess)! Families are invited to come and decorate a gingerbread house together to celebrate the holidays. All supplies are included, but bring your creativity! Children must be accompanied by an adult, no drop-offs. Pre-registration is required two days before.								

Child Care and Early Education at
THE LEARNING CIRCLE YMCA

HALF DAY PRESCHOOL

Ages 3 - 4

- Arts & Crafts
- Games & Story Time
- Numbers & Problem Solving
- Social & Emotional Development
- Writing & Vocabulary building

**AND
MORE!**

For more information or to register,
visit WWW.THESAY.ORG
Joyce Klimaski, Executive Director
(E) joyce.klimaski@thesay.org

BERKELEY HEIGHTS YMCA

550 Springfield Avenue, Berkeley Heights, NJ 07922
(P) 908. 464. 8373

SUMMIT YMCA

67 Maple Street, Summit, NJ 07901
(P) 908. 273. 3330

THE LEARNING CIRCLE YMCA

95 Morris Avenue, Summit, NJ 07901
(P) 908. 273. 7040

BERKELEY HEIGHTS COMMUNITY POOL at the YMCA

59 Locust Avenue, Berkeley Heights, NJ 07922
(P) 908. 464. 6214

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The Summit Area YMCA is one of area's leading 501c3 organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need. To strengthen your community and provide others with the opportunity to learn, grow, and thrive, make your tax-deductible donation today at www.theSAY.org/give.