



BUILD MORE THAN MUSCLE

2017 SPRING PROGRAM GUIDE

SPRING 1: February 27 - April 23 | **SPRING 2:** April 24 - June 18

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2017 SPRING PROGRAM GUIDE

SPRING 1: February 27 – April 23 | **SPRING 2:** April 24 – June 18

REGISTRATION DATES

MONDAY, FEBRUARY 6

FAMILY MEMBERS

MONDAY, APRIL 3

FAMILY MEMBERS

TUESDAY, FEBRUARY 7

YOUTH AND ADULT MEMBERS

TUESDAY, APRIL 4

YOUTH AND ADULT MEMBERS

MONDAY, FEBRUARY 13

OPEN COMMUNITY REGISTRATION

MONDAY, APRIL 10

OPEN COMMUNITY REGISTRATION

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.



“When I lost my job, the only clarity I had was that I didn’t want my children to go without. Ashamed and embarrassed, I turned to the Summit YMCA for financial assistance so that my son could attend summer camp. The staff at the Y were very welcoming, caring, and respectful—they made me feel like family and gave me the will to push forward. My son learned skills he wouldn’t have at home. He had fun, gained confidence as a swimmer and how to get along with others. The Y offered my family hope when I felt there was none. With the biggest smile from my heart, I say thank you to the YMCA.”

— Maiya
Summit Area YMCA Member

BUILD MORE THAN MUSCLE AT THE Y.

WHEN YOU GIVE TO THE Y, YOU ARE BUILDING COMMUNITY, CONNECTING INDIVIDUALS TO RESOURCES, AND COMBATING SOCIAL AND ECONOMIC ISSUES HEAD ON. YOUR GIFT CAN PREVENT CHILDHOOD OBESITY AND SUMMER LEARNING LOSS WITH A SUMMER CAMP SCHOLARSHIP. YOU CAN HELP A CANCER SURVIVOR RECOVER IN SPIRIT, MIND, AND BODY. YOU CAN PREVENT CHILDHOOD OBESITY AND SUMMER LEARNING LOSS WITH A SUMMER CAMP SCHOLARSHIP. YOU CAN HELP A CANCER SURVIVOR RECOVER IN SPIRIT, MIND, AND BODY. YOU CAN PREVENT CHILDHOOD OBESITY AND SUMMER LEARNING LOSS WITH A SUMMER CAMP SCHOLARSHIP. YOU CAN HELP A CANCER SURVIVOR RECOVER IN SPIRIT, MIND, AND BODY. YOU CAN PREVENT CHILDHOOD OBESITY AND SUMMER LEARNING LOSS WITH A SUMMER CAMP SCHOLARSHIP.

FINANCIAL ASSISTANCE

Individuals and families may apply for financial assistance for membership or programs, such as childcare and day camp. We make Financial Assistance available to those in need, and it is based on a number of factors, including total household income and number of dependents in a household.

The process is confidential and application forms are available at each of our three branches or online at www.theSAY.org.

Applicants must live within the Summit Area YMCA service area: Springfield, Millburn, Short Hills, Summit, New Providence, Berkeley Heights, Gillette and Stirling.

GIVE TO THE Y TODAY!

PARENT INFORMATION

In an effort to keep our children safe and to remind/educate parents, nannies, and caregivers of the YMCA policy for minors: Any child that is in the 6th grade or under (10, 11, or 12 years old)

must be accompanied by a parent or guardian in the building. The parent does not need to be a member but does need to stay with the child at all times.

SU Summit YMCA Location

BH Berkeley Heights YMCA Location

SPRING 1 February 27 - April 23

SPRING 2 April 24 - June 18

SPRING 1 & 2

YOUTH SPORTS	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
BASKETBALL PEE WEE	4-6	Monday	Feb. 27	Apr. 17	3:45 PM	4:30 PM	\$90	\$135	SU
		Saturday	Mar. 4	Apr. 22	10:15 AM	11:00 AM	\$79	\$118	
		Monday	Apr. 24	Jun. 12	3:45 PM	4:30 PM	\$79	\$118	
		Saturday	Apr. 29	Jun. 17	10:15AM	11:00 AM	\$79	\$118	
Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills and fun games.									
YOUTH BASKETBALL CLINIC	6-7	Tuesday	Feb. 28	Apr. 18	4:30 PM	5:30 PM	\$90	\$135	SU
		Thursday	Mar. 2	Apr. 20	4:30 PM	5:30 PM	\$90	\$135	
	8-9	Tuesday	Feb. 28	Apr. 18	5:30 PM	6:30 PM	\$90	\$135	
		Thursday	Mar. 2	Apr. 20	5:30 PM	6:30 PM	\$90	\$135	
	10-12	Tuesday	Feb. 28	Apr. 18	6:30 PM	7:30 PM	\$90	\$135	
		Wednesday	Mar. 1	Apr. 19	5:30 PM	6:30 PM	\$90	\$135	
	6-7	Tuesday	Apr. 25	Jun. 13	4:30 PM	5:30 PM	\$90	\$135	
		Thursday	Apr. 27	Jun. 15	4:30 PM	5:30 PM	\$90	\$135	
	8-9	Tuesday	Apr. 25	Jun. 13	5:30 PM	6:30 PM	\$90	\$135	
		Thursday	Apr. 27	Jun. 15	5:30 PM	6:30 PM	\$90	\$135	
	10-12	Tuesday	Apr. 25	Jun. 13	6:30 PM	7:30 PM	\$90	\$135	
		Wednesday	Apr. 26	Jun. 14	5:30 PM	6:30 PM	\$90	\$135	
Our basketball clinic is 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									
PEE WEE SOCCER	3-5	Wednesday	Mar. 1	Apr. 19	3:45 PM	4:30 PM	\$90	\$135	SU
		Saturday	Mar. 4	Apr. 22	12:15 PM	1:00 PM	\$79	\$118	
		Wednesday	Apr. 26	Jun. 14	3:45 PM	4:30 PM	\$90	\$135	
		Saturday	Apr. 29	Jun. 17	12:15 PM	1:00 PM	\$79	\$118	
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	Monday	Feb. 27	Apr. 17	4:30 PM	5:30 PM	\$90	\$135	SU
	8-10	Monday	Feb. 27	Apr. 17	5:35 PM	6:35 PM	\$90	\$135	
	6-7	Monday	Apr. 24	Jun. 12	4:30 PM	5:30 PM	\$79	\$118	
	8-10	Monday	Apr. 24	Jun. 12	5:35 PM	6:35 PM	\$79	\$118	
The youth 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	Wednesday	Mar. 1	Apr. 19	4:30 PM	5:15 PM	\$90	\$135	SU
		Saturday	Mar. 4	Apr. 22	11:15 AM	12:00 PM	\$79	\$118	
		Wednesday	Apr. 26	Jun. 14	4:30 PM	5:15 PM	\$90	\$135	
		Saturday	Apr. 29	Jun. 17	11:15 AM	12:00 PM	\$79	\$118	
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.									
ADVANCED INDOOR TENNIS CLINIC	7-10	Friday	Mar. 3	Apr. 21	4:30 PM	5:30 PM	\$90	\$135	SU
		Friday	Apr. 28	Jun. 16	4:30 PM	5:30 PM	\$90	\$135	
This tennis class is for advance tennis players who can rally and play a match again one another.									
INDOOR TENNIS CLINIC	5-8	Friday	Mar. 3	Apr. 21	3:30 PM	4:30 PM	\$90	\$135	SU
	9-10	Friday	Mar. 3	Apr. 21	5:40 PM	6:40 PM	\$90	\$135	
	5-8	Friday	Apr. 28	Jun. 16	3:30 PM	4:30 PM	\$90	\$135	
	9-10	Friday	Apr. 28	Jun. 16	5:40 PM	6:40 PM	\$90	\$135	
USTA certified instructor will teach basic fundamentals of tennis using the USTA 10 and under quick start playing format.									
SUMMIT NINJA WARRIOR CLASS	6-8	Thursday	Mar. 2	Apr. 20	3:45 PM	4:25 PM	\$90	\$135	SU
		Thursday	Apr. 27	Jun. 15	3:45 PM	4:25 PM	\$90	\$135	
This class is designed after the show America Ninja Warrior. The kids will learn patients, balancing skills, and problem solving. This will help them achieve their goal of finishing the obstacle course.									

All branches of the Summit Area YMCA will be closed on Easter, Sunday March 27, 2017 and Memorial Day, May 29, 2017.



YOUTH SPORTS	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		

SPECIAL NEEDS INTRODUCTION TO SPORTS CLINIC NEW	6-9	Tuesday	Feb. 28	Apr. 18	3:45 PM	4:15 PM	\$0	\$0	SU
		Tuesday	Apr. 25	Jun. 13	3:45 PM	4:15 PM	\$0	\$0	

Introductory sports class for kids with intellectual disabilities. We will introduce them to a new sport each week. This is a 30 minute long class. Free for members and non-members.

PARENT CHILD TAE KWON DO	7+	Saturday	Mar. 4	Apr. 22	9:15 AM	10:00 AM	\$40	\$70	SU
		Saturday	Apr. 29	Jun. 17	9:15 AM	10:00 AM	\$40	\$70	

Parent child Tae Kwon Do class. 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.

INDIVIDUAL BASKETBALL TRAINING 5 SESSION PACKAGE	Any Day	Yearly	TBD	TBD	\$280	N/A	SU
	Any Day	Yearly	TBD	TBD	\$70	N/A	

We offer a special private one on one basketball training for members only. Private basketball training gives your child a chance to get one on one attention with basketball instructors to work on skills, techniques and more. To set up your private training session, please contact Allison Zeimann at allison.zeimann@thesay.org or call 908.273.3330 ext. 1196

ROCK WALL	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		

LITTLE CLIMBERS	5-6	Thursday	Mar. 2	Apr. 20	5:00 PM	5:50 PM	\$75	\$110	SU
		Saturday	Mar. 4	Apr. 22	10:00 AM	10:50 AM	\$66	\$96	
		Thursday	Apr. 27	Jun. 15	5:00 PM	5:50 PM	\$75	\$110	
		Saturday	Apr. 29	Jun. 17	10:00 AM	10:50 AM	\$66	\$96	

This program is for beginning climbers ages 5 and 6 interested in learning how to climb.

CLIMB ON!	7+	Tuesday	Feb. 28	Apr. 18	4:00 PM	4:50 PM	\$75	\$110	SU
		Saturday	Mar. 4	Apr. 22	11:00 AM	11:50 AM	\$66	\$96	
		Saturday	Mar. 4	Apr. 22	12:00 PM	12:50 PM	\$66	\$96	
		Tuesday	Apr. 25	Jun. 13	4:00 PM	4:50 PM	\$75	\$110	
		Saturday	Apr. 29	Jun. 17	11:00 AM	11:50 AM	\$66	\$96	
		Saturday	Apr. 29	Jun. 17	12:00 PM	12:50 PM	\$66	\$96	

This climbing class is for 7 and up who are interested in learning how to climb.

KEEP CLIMBING!	7+	Tuesday	Feb. 28	Apr. 18	5:00 PM	5:50 PM	\$75	\$110	SU
		Thursday	Mar. 2	Apr. 20	4:00 PM	4:50 PM	\$75	\$110	
		Tuesday	Apr. 25	Jun. 13	5:00 PM	5:50 PM	\$75	\$110	
		Thursday	Apr. 27	Jun. 15	4:00 PM	4:50 PM	\$75	\$110	

Learn more climbing techniques such as the dyno and bridging. This class is class for advance climbers, who want to learn tough climbing skills.

YOUTH SOCCER LEAGUE	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		

SUPER TOTS: PRE-K	3	Sunday	Apr. 2	Jun. 4	12:00 PM	4:00 PM	\$170	\$255	SU
ROOKIES: KINDERGARTEN	4-5	Sunday	Apr. 2	Jun. 4	12:00 PM	4:00 PM	\$170	\$255	
WINNERS: 1ST GRADE	6-7	Sunday	Apr. 2	Jun. 4	12:00 PM	4:00 PM	\$170	\$255	
CHAMPIONS: 2ND & 3RD GRADE	7-8	Sunday	Apr. 2	Jun. 4	12:00 PM	4:00 PM	\$170	\$255	

Join the Co-ed Youth Soccer League to learn soccer skills, make new friends, grow self-confidence and more! Our coaches place an emphasis on positive competition, teamwork & fair play. Players learn the fundamentals of soccer in a safe and fun environment. Every child gets playing time in a non-competitive league format. Sign-ups begin for everyone on February 6th.

All branches of the Summit Area YMCA will be closed on Easter, Sunday March 27, 2017 and Memorial Day, May 29, 2017.

SCHOOL AGE
CHILDCARE
AT THE Y



SCHOOL AGE AFTER CARE AT THE Y



HOMWORK
HELP



SNACKS &
DRINKS



GAMES



ARTS &
CRAFTS



OUTDOOR
PLAY



ENRICHMENT
CLASSES

Dependable, quality child care WITH THE SUMMIT AREA YMCA

Each day in our afterschool child care program, children experience a combination of scheduled, organized activities, as well as free time, all while being closely supervised by our experienced staff. Our program includes snacks, quiet time for homework, games, arts and crafts. Children may also register in enrichment classes being offered at the YMCA. Our responsible child care staff prepares your child for their class and transitions them to and from their enrichment, swim and/or sports program.

For more information, please visit:
bit.ly/SAYChildcare



PARENT/CHILD	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
KIDVENTURES A GREAT PLACE TO GROW!	2-3	Mon/Wed	Feb. 27	Apr. 19	9:00 AM	12:00 PM	\$170.00	\$255.00	SU
		Tues/Thurs	Feb. 28	Apr. 20	9:00 AM	12:00 PM	\$170.00	\$255.00	
		Mon/Wed	Apr. 24	Jun. 14	9:00 AM	12:00 PM	\$150.00	\$225.00	
		Tues/Thurs	Apr. 25	Jun. 15	9:00 AM	12:00 PM	\$170.00	\$255.00	
Give your child a chance to 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 to 3 year old. Their day will include circle time, art, movement, story time and active play. Please pack your child a drink and a peanut free non-refrigerated snack. Pull-ups are okay, no diapers. (*Drop off time (9:00 am - 9:30 am; Pick up time (11:30 am - 12:00 pm)									
KINDERSPORTS	2-3	Wednesday	Mar. 1	Apr. 19	9:15 AM	10:00 AM	\$85.00	\$125.00	SU
		Wednesday	Apr. 26	Jun. 14	9:15 AM	10:00 AM	\$85.00	\$125.00	
Introduce your child to the world of sports and early fitness. Skills are broken down and modified into fun games for our young athletes. Children work on hand/eye and foot/eye coordination and directional skills, and build competence in basic sports skills. Please wear sneakers!									
WIGGLE, GIGGLE, RHYME	1-3	Wednesday	Mar. 1	Apr. 19	10:15 AM	11:00 AM	\$85.00	\$125.00	SU
		Wednesday	Apr. 26	Jun. 14	10:15 AM	11:00 AM	\$85.00	\$125.00	
Toddler with parent/caregiver will have fun wiggling, giggling, and making new friends. Activities include free play in the gym, circle time, a weekly, theme-related craft, and interactive story time. Snacks are not provided. Please do not bring any peanuts or products containing peanuts into the area.									
INDOOR PLAYGROUND	Walking-4	Friday	Mar. 3	Apr. 21	10:00AM	11:00AM	FREE	\$20.00	SU
		Friday	Mar. 3	Apr. 21	11:00 AM	12:00 PM	FREE	\$20.00	
		Friday	Apr. 28	Jun. 16	10:00AM	11:00AM	FREE	\$20.00	
		Friday	Apr. 28	Jun. 16	11:00 AM	12:00 PM	FREE	\$20.00	
Spend quality time together and connect with other families. The gym is set up with different equipment each week....balls, hoola hoops, bikes, and more to facilitate open play. Parents are involved with their children to provide direction and safety. Spots are limited! Pre-registration is required.									
FULL S.T.E.A.M AHEAD	2-5	Monday	Feb. 27	Apr. 24	10:45 AM	11:30 AM	\$85	\$125	BH
		Monday	Apr. 24	Jun. 12	10:45 AM	11:30 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.									
RECYCLED CREATIONS +	2-5	Wednesday	Mar. 1	Apr. 19	10:30 AM	11:15 AM	\$85	\$125	BH
		Wednesday	Apr. 26	Jun. 14	10:45 AM	11:30 AM	\$85	\$125	
		*Classes with a (+) symbol can be combined and paid at the combo rate. Includes this class and Tunes & Tots.					combo price \$155	combo price \$230	
Adults and pint-sized artists come together to create masterpieces from recycled items. Go green and make some eco-friendly artwork!									
TUNES AND TOTS +	1-5	Wednesday	Mar. 1	Apr. 19	11:30 AM	12:15 PM	\$85	\$125	BH
		Wednesday	Apr. 26	Jun. 14	10:45 AM	11:30 AM	\$85	\$125	
		*Classes with a (+) symbol can be combined and paid at the combo rate. Includes this class and Recycled Creations.					combo price \$155	combo price \$230	
Come sing, dance and play in our NEW music class! Lots of instruments to explore, weekly sing alongs, dance parties and music appreciation!									
PRESCHOOL	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
STEM-GINEERS	2.5-4	Tuesday	Feb. 28	Apr. 18	9:30 AM	10:15 AM	\$85.00	\$125.00	SU
		Tuesday	Apr. 25	Jun. 13	9:30 AM	10:15 AM	\$85.00	\$125.00	
Use Lincoln Logs, Legos and more to create various structures! We all know that toddlers love to build, and in this guided class they will get the chance to do so. All mini architects welcome!									
ANIMALS A TO Z	2.5-4	Monday	Feb. 27	Apr. 17	9:30 AM	10:15AM	\$85.00	\$125.00	SU
		Monday	Apr. 24	Jun. 12	9:30 AM	10:15AM	\$75.00	\$115.00	
Our preschool Animals A-Z class is designed especially for young learners that have a natural curiosity and love of animals. Children will be introduced to creatures great and small. Lessons will have a bit of all your children's favorite activities; art, music, science and stories, too!									
DRAMA & MUSIC	2.5-4	Tuesday	Feb. 28	Apr. 18	10:30 AM	11:15 AM	\$85.00	\$125.00	SU
		Tuesday	Apr. 25	Jun. 13	10:30 AM	11:15 AM	\$85.00	\$125.00	
If your child loves music, adores being in the spotlight, or needs help developing confidence, this is the class for them. Through improvisational exercises, stories, songs and music play, the children will take part in interactive, theatrical experiences they will love.									
FUN WITH FOODS	2.5-4	Monday	Feb. 27	Apr. 17	10:30 AM	11:15 AM	\$85.00	\$125.00	SU
		Monday	Apr. 24	Jun. 12	10:30 AM	11:15 AM	\$75.00	\$115.00	
Who says you can't play with your food? Children can learn so many great concepts by playing with food as well as become more familiar with new foods and even make dinner time struggles to try new things easier. Create and take home edible, beautiful art with foods they like to eat. Children are encouraged to wear their aprons to class; class activities may be messy. The instructor must be informed of all food allergies prior to the start of the program. No class on May 29.									
OOY GOOY SCIENCE	2.5-4	Tuesday	Feb. 28	Apr. 18	10:30 AM	11:15 AM	\$85.00	\$125.00	SU
		Tuesday	Apr. 25	Jun. 13	10:30 AM	11:15 AM	\$85.00	\$125.00	
Prepare to get messy! From chemistry to magnets to rainbows, children will discover how science can help us better understand the world around us. Please dress appropriately for messy play.									

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SU Summit YMCA Location **BH** Berkeley Heights YMCA Location
SPRING 1 February 27 – April 23 **SPRING 2** April 24 – June 18 **SPRING 1 & 2**

SCHOOL AGE	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
OPEN PLAY & CREATE PLAY PACK PRICE: MEMBERS: \$90 NON-MEMBERS: \$135	1-5	Monday	2/27/2017	4/24/2017	1:30 PM	2:15 PM	\$5/ Class	\$10/Class	BH
		Friday	3/3/2017	4/21/2017	1:30 PM	2:15 PM	\$5/ Class	\$10/Class	
		Monday	4/24/2017	6/12/2017	1:30 PM	2:15 PM	\$5/ Class	\$10/Class	
		Friday	4/28/2017	6/16/2017	1:30 PM	2:15 PM	\$5/ Class	\$10/Class	
Calling all moms, dad, grandparents, and caregivers - this class is for YOU! Come to the YMCA and socialize, play and learn with other families!									
WHAT A MESS! PLAY PACK PRICE: MEMBERS: \$90 NON-MEMBERS: \$135	2-6	Tuesday	2/28/2017	2/28/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	BH
		Tuesday	3/14/2017	3/14/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	
		Tuesday	3/28/2017	3/28/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	
		Tuesday	4/11/2017	4/11/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	
		Tuesday	4/25/2017	4/25/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	
		Tuesday	5/9/2017	5/9/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	
		Tuesday	5/23/2017	5/23/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class	
Tuesday	6/6/2017	6/6/2017	9:30AM	10:15AM	\$5/ Class	\$10/Class			
Children love to be creative and get messy. Have fun experimenting with paint, glue, playdoh and more....and let the Y do the clean up!									
ARTISTS TABLE	4-6	Wednesday	3/1/2017	4/19/2017	1:30 PM	2:15 PM	\$85	\$125	BH
		Wednesday	4/26/2017	6/14/2017	1:30 PM	2:15 PM	\$85	\$125	
	6-9	Thursday	3/2/2017	4/20/2017	3:30PM	4:15 PM	\$85	\$125	
		Thursday	4/27/2017	6/15/2017	3:30PM	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!									
BALLET & JAZZ	4-6	Wednesday	3/1/2017	4/19/2017	3:45 PM	4:30 PM	\$85	\$125	BH
		Wednesday	4/26/2017	6/14/2017	3:45 PM	4:30 PM	\$85	\$125	
Learn the basics of ballet with princess music, wands & crowns. Learn the basics of jazz dancing with fun and exciting choreography to top hits music.									
KIDZ SPORTS AND GAMES	4-6	Tuesday	2/28/2017	4/5/2017	1:30 PM	2:15 PM	\$85	\$125	BH
		Tuesday	4/25/2017	6/13/2017	1:30 PM	2:15 PM	\$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!									
NINJA WARRIOR NEW	6-8	Tuesday	2/28/2017	4/5/2017	3:30PM	4:15PM	\$85	\$125	BH
		Tuesday	4/25/2017	6/13/2017	3:30PM	4:15PM	\$85	\$125	
This class is designed after the show America Ninja Warrior. The kids will learn patients, balancing skills, and problem solving. This will help them achieve their goal of finishing the obstacle course.									
DRAMA BUGS	6-9	Monday	2/27/2017	4/24/2017	5:00 PM	5:45 PM	\$85	\$125	BH
		Monday	4/24/2017	6/12/2017	5:00 PM	5:45 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.									
COSMIC YOGIS	6-10	Tuesday	2/28/2017	4/5/2017	3:30 PM	4:15 PM	\$85	\$125	BH
		Tuesday	4/25/2017	6/13/2017	3:30 PM	4:15 PM	\$85	\$125	
Join us for our Cosmic Yogis kids yoga class! Learn poses and meditation techniques that you can carry throughout your daily life.									
KIDS ZUMBA	7-12	Wednesday	3/1/2017	4/19/2017	4:30 PM	5:15 PM	\$85	\$125	BH
		Wednesday	4/26/2017	6/14/2017	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!									
FENCING	7-12	Wednesday	4/26/2017	6/14/2017	3:30 PM	4:30 PM	\$300	\$375	BH
Safety and Technique will be focused throughout the program. A sport that will help children get into college. Olympic fencing instructor will teach the art of fencing.									
SEWING	7-12	Wednesday	3/1/2017	4/19/2017	3:30 PM	4:30 PM	\$85	\$125	BH
		Wednesday	4/26/2017	6/14/2017	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.									
MY TOWN COMMUNITY HELPERS	2.5-4	Thursday	Feb. 27	Apr. 17	9:30 AM	10:15 AM	\$85.00	\$125.00	SU
		Thursday	Apr. 24	Jun. 12	9:30 AM	10:15 AM	\$85.00	\$125.00	
Through field trips and arts and craft projects, your child will learn about the people who make our community great! Each week they will be inspired by a new community helper such as Police Officers, Firefighters, Doctors, Librarians...and more!									
ART SAMPLER NEW	2.5-4	Friday	Mar. 3	Apr. 21	9:00 AM	9:45 AM	\$85.00	\$125.00	SU
		Friday	Apr. 28	Jun. 16	9:00 AM	9:45 AM	\$85.00	\$125.00	
Interested in exploring art with your child? In this class children will be introduced to a variety of artistic mediums including tempera, watercolor, printmaking, sculpture, and homemade art materials. Each week children will have the opportunity to engage in multiple stations for art-making and sensory based exploration. Each class will end with a group story and songs.									

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SCHOOL AGE	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
CREATE AND PLAY	2.5-4	Saturday	Jan. 28	Mar. 11	1:00 PM	3:00 PM	\$30.00	\$30.00	SU
		Sunday	Jan. 29	Mar. 12	1:00 PM	3:00 PM	\$30.00	\$30.00	
Register your child for Create and Play while you enjoy your athletes Youth Basketball League game. Participants will partake in engaging and stimulating activities under the care of dedicated YMCA staff. Children must be potty trained.									
FOOD EXPLORERS	6+	Monday	Apr. 24	Jun. 12	4:00 PM	4:45 PM	\$75	\$115	SU
Like to experiment? Dream of being a mad culinary scientist? Through guided experimentation, participants will create new, intriguing food combinations guaranteed to expand your palette. Instructor must be notified of all food allergies prior to the start of the program.									
STEM SATURDAYS	6+	Saturday	Mar. 4	Apr. 22	9:30 AM	11:00 AM	\$170.00	\$250.00	SU
		Saturday	Apr. 29	Jun. 17	9:30 AM	11:00 AM	\$170.00	\$250.00	
STEM (Science, Technology, Engineering, Math) Our Saturday class will help your child explore interesting topics through hands-on activities and exciting demonstrations. Parents are encouraged to attend classes and get in on the fun, too! This session's offerings include methods of physics, chemistry investigations, simple circuits, cooking and more. All materials are included in the cost of registration.									
BEGINNER CHESS	6+	Friday	Mar. 3	Apr. 21	5:00 PM	5:45 PM	\$85.00	\$125.00	SU
		Friday	Apr. 28	Jun. 16	5:00 PM	5:45 PM	\$85.00	\$125.00	
Chess is a fun game that has benefits reaching far beyond the board. It stretches the intellect, improves memory and focus, and boosts creativity. This class is for beginner players and those who have never played. It introduces young students to the game of Chess, including history, playing board, chessmen, how pieces move, value of the pieces, basic opening moves, beginning strategies and tactics, and more!									
MAD SCIENCE	7+	Friday	Mar. 3	Apr. 21	4:00 PM	4:45 PM	\$85.00	\$125.00	SU
		Friday	Apr. 28	Jun. 16	4:00 PM	4:45 PM	\$85.00	\$125.00	
How big is your brain? Can you see a black hole? Did the big bang, make a bang? Come to the Summit Area YMCA's new class, Mad Science, and learn all about these mysteries - and many more!									
CONVERSATIONAL SPANISH	9+	Monday	Feb. 27	Apr. 17	4:00 PM	4:45 PM	\$85.00	\$125.00	SU
		Monday	Apr. 24	Jun. 12	4:00 PM	4:45 PM	\$75.00	\$115.00	
Our dynamic and interactive lessons expose students to the Spanish Language and Latin American culture with engaging activities that invite them to use Spanish as a natural means of communication. Our small-group classes have a maximum of 10 students, creating a comfortable and highly participatory atmosphere in which our experienced, enthusiastic instructor has the chance to guide each student towards being able to express themselves in Spanish. No experience necessary!									
POKEMANIACS	5-7	Wednesday	Mar. 1	Apr. 19	4:00 PM	4:45 PM	\$85.00	\$125.00	SU
	8-11	Wednesday	Mar. 1	Apr. 19	5:00 PM	5:45 PM	\$85.00	\$125.00	
	5-7	Wednesday	Apr. 26	Jun. 14	4:00 PM	4:45 PM	\$85.00	\$125.00	
	8-11	Wednesday	Apr. 26	Jun. 14	5:00 PM	5:45 PM	\$85.00	\$125.00	
Are you PokeCrazy? If yes, then we have the class for you. Activities will include creating Pokemon favorite art and playing unique Pokemon games. All while participants are earning badges to become a Pokemon master.									
K'NEX	8-11	Thursday	Mar. 2	Apr. 20	4:00 PM	4:45 PM	\$85.00	\$125.00	SU
		Thursday	Apr. 27	Jun. 15	4:00 PM	4:45 PM	\$85.00	\$125.00	
In this fun, educational class, children will experience hands-on engineering fundamentals as they build models using K'NEX. The curriculum introduces children to engineering, architecture and scientific principles. Children work in teams or solo to solve engineering problems under the tutelage of our trained instructors									
INTERMEDIATE/ ADVANCED CHESS	9+	Friday	Mar. 3	Apr. 21	6:00 PM	6:45 PM	\$85.00	\$125.00	SU
		Friday	Apr. 28	Jun. 16	6:00 PM	6:45 PM	\$85.00	\$125.00	
This class is for students who have played, or have had some instruction, or know how and are familiar with the rules and some tactics. Learn chess history, etiquette, the playing board, its chessmen, how the pieces move, value of the pieces, higher-level opening moves, sophisticated combinations, how to checkmate your opponent, and more!									
SPECIAL NEEDS	AGE	DAY	DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION	
SPRING BREAK SPECIAL NEEDS GYM	3-12	Wednesday	April 12	11:00 AM	12:00 PM	FREE		SU	
		Friday	April 14	1:00 PM	2:00 PM	FREE			
We invite anyone from our community who has a special need and their family/caregiver to join us at the Summit YMCA for some fun, active play with our gym equipment, parachute, balls and more. Please wear sneakers.									
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FAMILY TIME AT THE Y



PARENT & CHILD CLASSES

- KIDVENTURES
- INDOOR PLAYGROUND
- FULL S.T.E.A.M. AHEAD
- RECYCLED CREATIONS
- TUNES & TOTS
- PARENT / CHILD SWIM & MORE!

FAMILY ACTIVITIES

- SPORTS LEAGUES
- OPEN GYM
- FAMILY SWIM
- ROCK WALL
- & MORE!

SPECIAL EVENTS

- EASTER BUNNY BREAKFAST
- PRINCESS & SUPER HERO BREAKFAST
- MOTHER'S DAY 5K RUN/WALK
- CAMP BBQ
- HEALTHY KIDS DAY
- FATHER'S DAY DANCE
- HALLOWEEN SPOOKTACULAR
- SANTA BREAKFAST
- & MUCH MORE!

TEEN PROGRAMS	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
MIDDLE SCHOOL YOGA	11-14	Thursday	Mar. 2	Apr. 20	3:30 PM	4:15 PM	\$85	\$125	BH
		Thursday	Apr. 27	Jun. 15	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.									
MINDFUL MEDITATION	12+	Thursday	Mar. 2	Apr. 20	4:30 PM	5:15 PM	FREE		BH
		Thursday	Apr. 27	Jun. 15	4:30 PM	5:15 PM	FREE		
NEW! Lets meditate together. Develop your focus, attention and learn to regulate emotions inside and out.									
TEEN CENTER	11-18	Monday-Friday	Sept. 26, 2016	Jun. 16, 2017	3:00 PM	6:00 PM	FREE		SU
Looking for something to do after school? The Teen Center is a supervised space for teens grades 6-12 and open Monday-Friday from 3:00-6:00pm. Activities include homework help, open gym, themed events, and weekly activities. The Teen Center is free and open to all teens. 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.									
LEADER'S CLUB	14-18	Mondays	Oct. 5, 2016	May. 10, 2017	4:00 PM	5:00 PM	FREE		SU
Earn volunteer hours while using your ideas, strengths, and interests to make a difference. In Leaders' Club, high school teens develop projects, participate in team building activities and create opportunities to make an impact on the community & live a healthier, more active lifestyle. Meetings occur twice a month. Please see leaders' club calendar for all dates.									
JR. LEADER'S CLUB	11-13	Wednesdays	Nov. 2, 2016	May. 8, 2017	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.									
ACHIEVERS	14-18	Tuesdays	Sept. 27, 2016	May. 30, 2017	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	Day varies	Nov. 1, 2016	Jun. 1, 2017	Times varies		FREE		SU
VolunTEENS is a program for students, ages 14-18, 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 dept. 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.									
TEEN EVENTS FOR MIDDLE SCHOOL STUDENTS	11-13	Dates vary	Sept. 30, 2016	May. 30, 2017	Times varies	Times 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 SPRING dates.									
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SUNDAYS IN MOTION

FOR CHILDREN WITH SPECIAL NEEDS & THEIR FAMILIES

- PHYSICAL PLAY & GAMES
- SENSORY ACTIVITIES
- OPEN SWIMMING
- VOLUNTEERS AVAILABLE TO MONITOR & ASSIST

WHEN: 2/19, 3/19, 4/23, 5/21
 For more information, visit:
bit.ly/Feb2017SIM
 or call **Kyle Christian**
 (P) 908. 273. 3330 x 1132
 (E) kyle.christian@thesay.org

2 HOURS OF FREE RECREATION



SU Summit YMCA Location **BH** Berkeley Heights YMCA Location
SPRING 1 February 27 – April 23 **SPRING 2** April 24 – June 18 **SPRING 1 & 2**

TEEN PROGRAMS	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
TAKE PART	14-18	Tuesday	Jan. 10	May. 15	3:30 PM	5:00 PM	FREE		SU
Join us in TAKE PART, a program designed to give high schoolers the opportunity to discuss current events and social issues that concern them. Students will then work together to take action through various meaningful service opportunities that enhance their leadership skills and encourage social responsibility. Meetings occur at Summit High School.									
SPRING COLLEGE SPEAKER SERIES	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
Hear from experts in the College World about Admissions, Test Prep, and tips you'll need to get in! All sessions will occur at Summit Library. Preregistration required.									
THE IMPORTANCE OF TESTS IN THE COLLEGE PROCESS	14-18	Tuesday	March 7		7:00PM	8:00PM	FREE		SU
Hear first-hand how the college entrance exams (SAT/ACT) are used during the application process and how to best prepare for them.									
ADMISSIONS PROCESS AND MONTCLAIR	14-18	Tuesday	March 21		7:00PM	8:00PM	FREE		SU
Come learn more about Montclair State University as well get tips about going through the college application process from start to finish, starting with visiting schools to finally deciding on a college.									
LIVING & LEARNING AT A RESEARCH UNIVERSITY	14-18	Tuesday	March 28		7:00PM	8:00PM	FREE		SU
Join us to hear from admission counselors and students about living and learning at a top NJ research university as well as the admissions process at Rutgers.									
WORKSHOPS FOR TEEN GIRLS	AGE	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
At each workshop, girls will complete their own teen inspired DIY project as well as get to enjoy some of their favorite healthy desserts as an after school treat.									
CUSHIONS & COOKIES	11-15	Tuesday	March 7		3:30PM	4:30PM	\$10	\$15	SU
Jazz up your bedroom with some no-sew cushions! Use our materials or bring along fabrics that fit your space! We will make sure we fit in time to make some no-bake cookies to enjoy as you sit back and relax on your gorgeous new cushions!									
DÉCOR AND DESSERTS	11-15	Tuesday	March 21		3:30PM	4:30PM	\$10	\$15	SU
Create beautiful and useful storage accessories for your bedroom, and enjoy some tasty chocolate fudge!									
STRING ART AND SMOOTHIES	11-15	Tuesday	April 18		3:30PM	4:30PM	\$10	\$15	SU
Create beautiful, one of a kind monogrammed wall décor for your bedroom or hangout area!! Top it off with a delicious, fruit smoothie that is sure to please!									
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YOUTH SOCCER LEAGUE LEARNING MORE THAN JUST SOCCER SKILLS



EVENTS	AGE	DAY	DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
						PRICES		
DISNEY PRINCESS & SUPER HERO BREAKFAST	3-12	Saturday	Mar. 18	9:00 AM	11:00 AM	\$10.00 per person	\$20.00 per person	SU
Kids (and parents) can dress up as their favorite superhero or princess and enjoy a super breakfast of bagels, juice, coffee and fruit! There will be crafts and an opportunity to pose for pictures. Bring your own camera to memorialize this special event.								
MOTHER'S DAY MOM'S MORNING OUT	3+	Saturday	May 13	9:30 AM	12:00 PM	\$20 per child	\$30 per child	SU
Treat your potty trained children to a morning of fun including games, a Mother's Day craft that they will make for you, and a mid-morning snack while you enjoy some pre-Mother's Day pampering or free time. Prior registration is required, and space is limited. Please provide a nut-free snack for your child. Children may not be in diapers. Pull-Ups are okay.								
PARENT'S NIGHT OUT	5-10	Friday	2/10/2017	6:00 PM	9:00 PM	\$20	\$30	BH
			2/24/2017	6:00 PM	9:00 PM	\$20	\$30	
			3/10/2017	6:00 PM	9:00 PM	\$20	\$30	
			3/24/2017	6:00 PM	9:00 PM	\$20	\$30	
			4/7/2017	6:00 PM	9:00 PM	\$20	\$30	
			4/21/2017	6:00 PM	9:00 PM	\$20	\$30	
			5/5/2017	6:00 PM	9:00 PM	\$20	\$30	
5/19/2017	6:00 PM	9:00 PM	\$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!

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SAVE THE DATE
SUNDAY
MAY 14

16TH ANNUAL
MOTHER'S DAY
5K RUN

JOIN US IN HONOR OR IN MEMORY OF THOSE IMPACTED BY CANCER

HONORING
DAWNE HAUSMAN

SU Summit YMCA Location **BH** Berkeley Heights YMCA Location

SPRING 1 February 27 – April 23 **SPRING 2** April 24 – June 18 **SPRING 1 & 2**

ADULT PROGRAMS	DAY	START DATE	END DATE	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
						PRICES		
DUPLICATE BRIDGE	Wednesday	OPEN		12:00 PM	2:30 PM	FREE	\$7 / week	SU
Duplicate bridge is the most widely used variation of contract bridge in club and tournament play. It is called duplicate because the same bridge deal (i.e. the specific arrangement of the 52 cards into the four hands) is played at each table and scoring is based on relative performance. Come enjoy a competitive game of duplicate bridge each week with your YMCA friends. Experienced instructor will provide a quick lesson and be available to discuss hands.								
CONVERSATIONAL SPANISH INTERMEDIATE	Tuesday	Feb. 28	Apr. 18	12:00 PM	1:00 PM	FREE	\$25	SU
	Tuesday	Apr. 25	Jun. 12	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.								
MAHJONG	Friday	Mar. 3	Apr. 21	12:30 PM	3:00 PM	FREE	\$15 / 8 week session	SU
	Friday	Apr. 28	Jun. 16	12:30 PM	3:00 PM	FREE	\$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 Mah Jongg cards.								
TOUCH TENNIS	Thursday	Mar. 2	Apr. 20	12:00 PM	1:00 PM	FREE	\$15 / 8 week session	SU
	Thursday	Apr. 27	Jun. 15	12:00 PM	1:00 PM	FREE	\$15 / 8 week session	
Come try your skill at Touch Tennis, a program designed for adults to improve balance and skill. Children's racquets and balls are used on an indoor court.								
BOOK GROUP "MAJOR PETTIGREW'S LAST STAND" BY HELEN SIMONSON	Monday	March 6		12:00 PM	1:00 PM	FREE		SU
BOOK GROUP "TRAVELS WITH CHARLEY" BY JOHN STEINBECK	Monday	May 8		12:00 PM	1:00 PM	FREE		
Join our Adult Book Group and enjoy interactive discussions with friends and other members. We will be discussing "The Lightkeepers Wife" by Sarah Anne Johnson. All are welcome to join in - bring your future book suggestions as well!								
LUNCH & LEARN SELLING YOUR HOME IN TODAY'S MARKET	Monday	February 27		12:30 PM	1:30 PM	FREE	\$5	SU
Come learn about selling your home and downsizing, learn how to best prepare yourself, your home and understand the local real estate market and today's buyers. Presented by Karen Lyman, Keller Williams sales associate and Summit resident								
LUNCH & LEARN HEALTHY ON THE GO	Monday	March 20		12:30 PM	1:30 PM	FREE	\$5	SU
Do you want to eat healthier but just don't have the time? Join Certified Holistic Health Coach Elizabeth Girouard to learn quick and easy ways for you and your family to eat delicious, healthy food that fits into your busy life. Come and learn some simple tweaks and strategies to better health. Presented by Elizabeth Girouard, Certified Holistic Health Coach & Workplace Wellness Ambassador.								
LUNCH & LEARN WALKING SAFETY	Monday	April 3		12:30 PM	1:30 PM	FREE	\$5	SU
While we know how to walk, being a pedestrian in today's distracted world requires everyone, especially seniors, to be alert and aware. Walking safely, combined with the benefits of walking, can help seniors remain independent, mobile and enhance their overall well-being. Judy Bortman from TransOptions will be the presenter.								
LUNCH & LEARN GOTCHA, SNAPSHOTS THAT MADE HISTORY	Monday	May 15		12:30 PM	2:00 PM	FREE	\$10	SU
In this lecture, New Jersey photojournalist Jim DelGiudice will look at some of the accidentally historic photographs that not only changed history, but have become the icons by which we remember great events. Lunch will be served.								
LUNCH & LEARN LUNCH WITH MAYOR NORA RADEST	Monday	June 5		12:30 PM	1:30 PM	FREE	\$5	SU
Enjoy a lunch with our Mayor and learn more about the life of our residents and community connectedness.								
PICKLEBALL BEGINNER	Friday	Mar. 3	Apr. 21	12:15 PM	1:30 PM	FREE	\$25/ 8 week session	SU
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	Monday	Feb. 27	Apr. 17	1:00 PM	3:00 PM	FREE	\$25 / 8 week session	SU
	Thursday	Mar. 2	Apr. 20	1:00 PM	3:00 PM	FREE	\$25 / 8 week session	
	Friday	Mar. 3	Apr. 21	1:30 PM	3:15 PM	FREE	\$25 / 8 week session	
	Monday	Apr. 24	Jun. 12	1:00 PM	3:00 PM	FREE	\$25 / 8 week session	
	Thursday	Apr. 27	Jun. 15	1:00 PM	3:00 PM	FREE	\$25 / 8 week session	
	Thursday	Apr. 27	Jun. 15	8:00 PM	10:00 PM	FREE	\$25 / 8 week session	
Friday	Apr. 28	Jun. 16	1:00 PM	3:00 PM	FREE	\$25 / 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.								
TECHNOLOGY HELP CENTER	Sunday	May 21		1:00 PM	3:00 PM	FREE		SU
	Sunday	June 4		1:00 PM	3:00 PM	FREE		
Bring your smart phones, iPads and computers and get assistance from helpful patient High school students to learn how to better use your technology to stay in touch with family and friends. Please register by calling the front desk 908-273-3330.								

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**OVER
40
CAMPS**

SUMMER CAMP

**REGISTER TODAY
[THESAY.ORG/CAMP](https://thesay.org/camp)**



**READY, SET,
CAMP!**

EARLY BIRD PRICING ENDS FEBRUARY 28!



SWIM

REJUVENATING
STRENGTHENING
FRIENDS
FUN

CONNECTIONS

SAFETY

WELLNESS

CONFIDENCE
LIFE SKILLS

SWIMMING AT THE Y

Swim classes take place at the Summit YMCA

The Summit Area YMCA has taught hundreds of children, youth and adults to swim and helped **minimize the risk of drowning**. At the Y, teaching individuals to swim helps to build strong, secure, connected and confident people. The **Y Swim Program** emphasizes on learning, not passing or failing. Each developmental level is divided into five components which include personal safety, personal growth, stroke development, water games and rescue. It is not uncommon for a child to repeat any given level. The participant will advance in the program as they become more skilled in the water.

Our swim lessons are specifically tailored to the child's age, swimming ability, level of physical development and confidence in the water. If you have questions about what level you should register your child, please **schedule an evaluation** with us. **All evaluations are by appointment only.** To set up an evaluation for your child, please call 908 273 3330.

In addition to lessons, we recommend our family members enjoy **Family Swim time** (see pool schedule for hours) to increase your child's comfort and ability in the water. Youth members can buy passes to participate as well.

OUR SWIM PHILOSOPHY

FLOTATION DEVICES: We believe in the use of bubbles to help children gradually become accustomed to the water. Every lesson, we remove the bubbles at least once to test your child's buoyancy and build confidence.

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.

MAKE-UP CLASSES: We only offer make-ups for the Parent/Child classes. If your child gets injured or becomes ill and cannot make it to lessons, we can **remove him/her from the session** and refund the remainder of the balance to you with a doctor's 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: We are only able to make switches to a schedule if there is an open spot. If no spot is available we will not be able to move you. Refunds are not offered for time conflicts.

Please note: Due to class ratios and to keep classes at a consistent level, we cannot offer make-up swim lessons for preschool and youth swim classes. If your child has a long illness and cannot continue through a session, you can apply for a credit; a doctor's note is required. We do not give credits for individual classes missed regardless of the reason.

NOTE - Our YMCA water safety standards have the following ratios:

1:4	1:6	1:8
Pike 1 Polliwog Rays Wahoo	Eels Guppy Marlins Pike 2 Sea Snakes Starfish Stingrays Sturgeon Tadpole	Fish Flying Fish Minnow Penguins Sharks



■ **SPRING 1** February 27 - April 23

■ **SPRING 2** April 24 - June 18

■ **SPRING 1 & 2**

PARENT / CHILD CLASSES	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. FLOTATION DEVICES PROVIDED BY THE YMCA.							
PARENT / CHILD 1 (6-18 months) 30 minute class A water orientation class for parent and child that helps promote basic water adaptation. Children must be 6 months by the first day of class. Class is performed in shallow water.	.5-1.5	Tuesday	Feb. 28	Apr. 18	10:30 AM	\$98	\$140
		Friday	Mar. 3	Apr. 21	10:05 AM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	8:00 AM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	10:30 AM	\$112	\$160
		Friday	Apr. 28	Jun. 16	10:05 AM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	8:00 AM	\$112	\$160
PARENT / CHILD 2 (18 mos.- 2 ½ yrs.) 30 minute class A water adjustment class for parent and child. The instructor will guide the parent in teaching their child basic swim skills and independence. Class is performed primarily in shallow water, but may use the deep end.	1.5-2.5	Thursday	Mar. 2	Apr. 20	10:00 AM	\$98	\$140
		Friday	Mar. 3	Apr. 21	10:35 AM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	8:30 AM, 10:05 AM	\$98	\$140
		Sunday	Mar. 5	Apr. 23	8:00 AM	\$84	\$120
		Thursday	Apr. 27	Jun. 15	10:00 AM	\$112	\$160
		Friday	Apr. 28	Jun. 16	10:35 AM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	8:30 AM, 10:05 AM	\$112	\$160
		Sunday	Apr. 30	Jun. 18	8:00 AM	\$112	\$160
PERCH A more structured parent and child class that will prepare the child to enter the preschool program. Class will work on following directions and learning swimming basics. Children should be swimming independent from parent with floatation. Class will use the shallow and deep ends of the pool.	2.5-3	Wednesday	Mar. 1	Apr. 19	10:35 AM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	10:35 AM	\$98	\$140
		Sunday	Mar. 5	Apr. 23	8:30 AM	\$84	\$120
		Wednesday	Apr. 26	Jun. 14	10:35 AM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	10:35 AM	\$112	\$160
		Sunday	Apr. 30	Jun. 18	8:30 AM	\$112	\$160
PRESCHOOL AGE							
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 3 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
PIKE 1 Pike 1 is a water adjustment class for children with limited or no swimming experience. There are no prerequisites. Skills Taught: Paddle stroke running and kicking with a barbell. *2 sessions available for this time slot.	3-5	Monday	Feb. 27	Apr. 17	1:00 PM	\$98	\$140
		Tuesday	Feb. 28	Apr. 18	9:00 AM, 1:30 PM, 4:30 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	9:05 AM, 1:00 PM, 4:00 PM, 4:30 PM*	\$98	\$140
		Thursday	Mar. 2	Apr. 20	5:45 PM	\$98	\$140
		Friday	Mar. 3	Apr. 21	9:05 AM, 1:00 PM, 5:30 PM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	9:00 AM, 11:15 AM, 12:15 PM, 1:15PM	\$98	\$140
		Monday	Apr. 24	Jun. 12	1:00 PM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	9:00 AM, 1:30 PM, 4:30 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	9:05 AM, 1:00 PM, 4:00 PM, 4:30 PM*	\$112	\$160
		Thursday	Apr. 27	Jun. 15	5:45 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	9:05 AM, 1:00 PM, 5:30 PM	\$112	\$160
		Saturday	Apr. 29	Apr. 22	9:00 AM, 11:15 AM, 12:15 PM, 1:15PM	\$112	\$160

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PRESCHOOL AGE	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER		
						PRICE			
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 3 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.									
PIKE 2 Pike 2 is a water adjustment class for children with limited swimming experience. Children must be comfortable swimming independently with flotation. They should be able to put their face in the water and jump in with little or no assistance. Prerequisites: Independent swimming with a 3 or 2 bubble flotation device. Skills Taught: Paddle stroke with kick, rhythmic breathing and back float skills.	3-5	Monday	Feb. 27	Apr. 17	9:05 AM, 1:30 PM, 4:30 PM	\$98	\$140		
		Tuesday	Feb. 28	Apr. 18	1:00 PM, 4:00 PM	\$98	\$140		
		Wednesday	Mar. 1	Apr. 19	1:00 PM, 4:00 PM, 5:30 PM	\$98	\$140		
		Thursday	Mar. 2	Apr. 20	9:30 AM, 5:45 PM	\$98	\$140		
		Friday	Mar. 3	Apr. 21	9:35 AM, 1:00 PM, 4:00 PM, 5:30 PM, 6:45 PM	\$98	\$140		
		Saturday	Mar. 4	Apr. 22	9:00 AM, 9:30 AM, 11:15 AM, 11:45 AM, 12:15 PM, 1:15 PM	\$98	\$140		
		Monday	Apr. 24	Jun. 12	9:05 AM, 1:30 PM, 4:30 PM	\$98	\$140		
		Tuesday	Apr. 25	Jun. 13	1:00 PM, 4:00 PM	\$112	\$160		
		Wednesday	Apr. 26	Jun. 14	1:00 PM, 4:00 PM, 5:30 PM	\$112	\$160		
		Thursday	Apr. 27	Jun. 15	9:30 AM, 5:45 PM	\$112	\$160		
		Friday	Apr. 28	Jun. 16	9:35 AM, 1:00 PM, 4:00 PM, 5:30 PM, 6:45 PM	\$112	\$160		
		Saturday	Apr. 29	Jun. 17	9:00 AM, 9:30 AM, 11:15 AM, 11:45 AM, 12:15 PM, 1:15 PM	\$112	\$160		
		EELS Lesson time: 30 minutes Prerequisite: The child must be able to swim 10 feet with no flotation and swim 1 pool length (25 yards) with limited flotation (1 blue). Skills Taught: Rotary breathing, swimming on back, and swimming more confidently without flotation.	3-5	Monday	Feb. 27	Apr. 17	9:05 AM, 1:00 PM, 4:00 PM	\$98	\$140
				Tuesday	Feb. 28	Apr. 18	1:00 PM, 4:30 PM	\$98	\$140
Wednesday	Mar. 1			Apr. 19	5:00 PM	\$98	\$140		
Thursday	Mar. 2			Apr. 20	4:00 PM	\$98	\$140		
Friday	Mar. 3			Apr. 21	1:30 PM, 4:00 PM, 5:00 PM	\$98	\$140		
Saturday	Mar. 4			Apr. 22	11:45 AM	\$98	\$140		
Monday	Apr. 24			Jun. 12	9:05 AM, 1:00 PM, 4:00 PM	\$98	\$140		
Tuesday	Apr. 25			Jun. 13	1:00 PM, 4:30 PM	\$112	\$160		
Wednesday	Apr. 26			Jun. 14	5:00 PM	\$112	\$160		
Thursday	Apr. 27			Jun. 15	4:00 PM	\$112	\$160		
Friday	Apr. 28			Jun. 16	1:30 PM, 4:00 PM, 5:00 PM	\$112	\$160		
Saturday	Apr. 29			Jun. 17	11:45 AM	\$112	\$160		
SEA SNAKES Lesson time: 30 minutes Prerequisite: The child must be able to swim 45 feet without flotation. Skills taught: Rotary breathing, swimming on back and swimming more confidently without flotation. Depending on class make-up, rotary strokes may be incorporated.	3-5			Monday	Feb. 27	Apr. 17	4:30 PM	\$98	\$140
				Tuesday	Feb. 28	Apr. 18	1:30 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	5:00 PM	\$98	\$140		
		Thursday	Mar. 2	Apr. 20	4:30 PM	\$98	\$140		
		Friday	Mar. 3	Apr. 21	5:00 PM, 6:45 PM	\$98	\$140		
		Saturday	Mar. 4	Apr. 22	11:15 AM	\$98	\$140		
		Monday	Apr. 24	Jun. 12	4:30 PM	\$98	\$140		
		Tuesday	Apr. 25	Jun. 13	1:30 PM	\$112	\$160		
		Wednesday	Apr. 26	Jun. 14	5:00 PM	\$112	\$160		
		Thursday	Apr. 27	Jun. 15	4:30 PM	\$112	\$160		
		Friday	Apr. 28	Jun. 16	5:00 PM, 6:45 PM	\$112	\$160		
		Saturday	Apr. 29	Jun. 17	11:15 AM	\$112	\$160		
		RAYS Lesson time: 30 minutes Prerequisite: The child must be able to swim 1 pool length (25 yards) without flotation device (paddle stroke with face in the water) and swim 1 pool length (25 yards) on back without flotation. Skills taught: Front crawl (freestyle), treading and rudimentary backstroke.	3-5	Monday	Feb. 27	Apr. 17	4:00 PM, 1:30 PM	\$98	\$140
				Wednesday	Mar. 1	Apr. 19	9:35 AM, 4:00 PM, 5:30 PM	\$98	\$140
Thursday	Mar. 2			Apr. 20	4:00 PM	\$98	\$140		
Friday	Mar. 3			Apr. 21	4:00 PM, 5:30 PM	\$98	\$140		
Saturday	Mar. 4			Apr. 22	9:00 AM, 12:15 PM, 1:45 PM	\$98	\$140		
Monday	Apr. 24			Jun. 12	4:00 PM, 1:30 PM	\$98	\$140		
Wednesday	Apr. 26			Jun. 14	9:35 AM, 4:00 PM, 5:30 PM	\$112	\$160		
Thursday	Apr. 27			Jun. 15	4:00 PM	\$112	\$160		
Friday	Apr. 28			Jun. 16	4:00 PM, 5:30 PM	\$112	\$160		
Saturday	Apr. 29			Jun. 17	9:00 AM, 12:15 PM, 1:45 PM	\$112	\$160		
PARENT CHILD WATER ACCLIMATION CLASS A great way to introduce your child to the water where they can begin to learn basic swim skills in a safe and fun environment. Designed for children with autism.	3-8	Saturday	Mar. 4	Apr. 22	1:45 PM	\$98	\$140		
		Saturday	Apr. 29	Jun. 17	1:45 PM	\$112	\$160		

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SPRING 1 February 27 - April 23

SPRING 2 April 24 - June 18

SPRING 1 & 2

PRESCHOOL AGE (5+)	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 5 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
WAHOO Lesson time: 30 minutes This class is for a non-swimmer who requires a flotation device to swim independently. Skills taught: Rhythmic breathing, paddle stroke and back float.	5-7	Monday	Feb. 27	Apr. 17	5:45 PM	\$98	\$140
		Tuesday	Feb. 28	Apr. 18	4:00 PM, 4:30 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	4:30 PM, 5:00 PM	\$98	\$140
		Friday	Mar. 3	Apr. 21	6:45 PM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	12:15 PM, 12:45 PM	\$98	\$140
		Monday	Apr. 24	Jun. 12	5:45 PM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	4:00 PM, 4:30 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	4:30 PM, 5:00 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	6:45 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	12:15 PM, 12:45 PM	\$112	\$160
STURGEON Lesson time: 30 minutes Prerequisite: The child must be able to swim at least 50 feet (3/4 length of the pool) without flotation. The child must swim duration of class with limited flotation (1 blue or no bubble) on both front and back. This class is for the advanced beginner. Skills taught: Rotary breathing, rudimentary front crawl (freestyle) and back float sculling.	5-7	Monday	Feb. 27	Apr. 17	4:00 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	6:00 PM	\$98	\$140
		Thursday	Mar. 2	Apr. 20	4:00 PM	\$98	\$140
		Friday	Mar. 3	Apr. 21	6:45 PM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	11:15 AM, 1:15 PM	\$98	\$140
		Monday	Apr. 24	Jun. 12	4:00 PM	\$98	\$140
		Wednesday	Apr. 26	Jun. 14	6:00 PM	\$112	\$160
		Thursday	Apr. 27	Jun. 15	4:00 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	6:45 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	11:15 AM, 1:15 PM	\$112	\$160
STINGRAY Lesson time: 30 minutes Prerequisite: The child must be able to swim 1 pool length (25 yards) using rudimentary front crawl (freestyle) and 1 pool length (25 yards) on back using rudimentary back crawl (backstroke).	5-7	Tuesday	Feb. 28	Apr. 18	4:00 PM, 5:00 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	5:30 PM	\$98	\$140
		Thursday	Mar. 2	Apr. 20	5:45 PM	\$98	\$140
		Friday	Mar. 3	Apr. 21	4:30 PM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	9:30 AM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	4:00 PM, 5:00 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	5:30 PM	\$112	\$160
		Thursday	Apr. 27	Jun. 15	5:45 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	4:30 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	9:30 AM	\$112	\$160

PRESCHOOL AGE (6+)	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 6 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
POLLIWOG Lesson time: 30 minutes Prerequisite: None. This class is for the non-swimmer who needs flotation device to swim independently for 1 pool length (25 yards). Skills taught: Rhythmic breathing, paddle stroke and back float. *2 sessions available for this time slot.	6-14	Monday	Feb. 27	Apr. 17	4:30 PM	\$98	\$140
		Tuesday	Feb. 28	Apr. 18	5:00 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	5:30 PM, 6:00 PM	\$98	\$140
		Thursday	Mar. 2	Apr. 20	4:00 PM	\$98	\$140
		Friday	Mar. 3	Apr. 21	4:30 PM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	11:45 AM, 12:45 PM*, 1:15 PM	\$98	\$140
		Monday	Apr. 24	Jun. 12	4:30 PM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	5:00 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	5:30 PM, 6:00 PM	\$112	\$160
		Thursday	Apr. 27	Jun. 15	4:00 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	4:30 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	11:45 AM, 12:45 PM*, 1:15 PM	\$112	\$160

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DEVELOPING OPPORTUNITY FOR YOUTH & COMMUNITY

We proudly supported the 5th Annual Laugh Out Loud Comedy & Charity Auction event at the Summit Area YMCA.





PRESCHOOL AGE (6+)	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 6 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
TADPOLE Lesson time: 30 minutes Prerequisite: The child must be able to paddle swim on both front and back for 1 length of the pool (25 yards) each. The child must swim for the duration of the class with limited flotation (1 blue or no bubble) on both front and back. This class is for the advanced beginner. Skills taught: Rotary breathing, Rudimentary front crawl (freestyle) and back float sculling.	6-14	Monday	Feb. 27	Apr. 17	5:45 PM	\$98	\$140
		Tuesday	Feb. 28	Apr. 18	4:30 PM	\$98	\$140
		Wednesday	Mar. 1	Apr. 19	4:00 PM	\$98	\$140
		Thursday	Mar. 2	Apr. 20	4:30 PM	\$98	\$140
		Friday	Mar. 3	Apr. 21	5:00 PM	\$98	\$140
		Saturday	Mar. 4	Apr. 22	9:30 AM, 11:45 AM	\$98	\$140
	6-14	Monday	Apr. 24	Jun. 12	5:45 PM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	4:30 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	4:00 PM	\$112	\$160
		Thursday	Apr. 27	Jun. 15	4:30 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	5:00 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	9:30 AM, 11:45 AM	\$112	\$160
	GUPPY Lesson time: 30 minutes Prerequisite: The child must be able to swim 1 pool length (25 yards) with a coordinated front crawl (freestyle) and backstroke. Skills taught: Coordinated front crawl with rotary breathing, coordinated back crawl (backstroke) and treading water.	6-14	Monday	Feb. 27	Apr. 17	5:45 PM	\$98
Tuesday			Feb. 28	Apr. 18	4:00 PM, 5:00 PM	\$98	\$140
Wednesday			Mar. 1	Apr. 19	5:00 PM, 6:00 PM	\$98	\$140
Thursday			Mar. 2	Apr. 20	4:30 PM	\$98	\$140
Friday			Mar. 3	Apr. 21	4:30 PM, 5:00 PM	\$98	\$140
Saturday			Mar. 4	Apr. 22	9:30 AM, 10:05 AM, 11:15 AM	\$98	\$140
6-14		Monday	Apr. 24	Jun. 12	5:45 PM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	4:00 PM, 5:00 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	5:00 PM, 6:00 PM	\$112	\$160
		Thursday	Apr. 27	Jun. 15	4:30 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	4:30 PM, 5:00 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	9:30 AM, 10:05 AM, 11:15 AM	\$112	\$160
STARFISH Lesson time: 30 minutes Prerequisite: Starfish can only be registered for after staff recommendation. The child must be able to swim 1 pool length (25 yards) of coordinated front crawl (freestyle) and back crawl (backstroke) without resting between lengths. Skills taught: Rudimentary breaststroke, sidestroke and elementary backstroke. This class focuses on stroke development and endurance. Participants will swim multiple laps without resting at each end.		6-14	Monday	Feb. 27	Apr. 17	4:30 PM, 5:45 PM	\$98
	Tuesday		Feb. 28	Apr. 18	5:00 PM	\$98	\$140
	Wednesday		Mar. 1	Apr. 19	4:30 PM, 6:00 PM	\$98	\$140
	Thursday		Mar. 2	Apr. 20	4:30 PM, 5:45 PM	\$98	\$140
	Friday		Mar. 3	Apr. 21	4:00 PM, 4:30 PM, 6:00 PM	\$98	\$140
	Saturday		Mar. 4	Apr. 22	9:00 AM, 11:45 AM	\$98	\$140
	6-14	Monday	Apr. 24	Jun. 12	4:30 PM, 5:45 PM	\$98	\$140
		Tuesday	Apr. 25	Jun. 13	5:00 PM	\$112	\$160
		Wednesday	Apr. 26	Jun. 14	4:30 PM, 6:00 PM	\$112	\$160
		Thursday	Apr. 27	Jun. 15	4:30 PM, 5:45 PM	\$112	\$160
		Friday	Apr. 28	Jun. 16	4:00 PM, 4:30 PM, 6:00 PM	\$112	\$160
		Saturday	Apr. 29	Jun. 17	9:00 AM, 11:45 AM	\$112	\$160
	MARLINS Lesson time: 30 minutes Prerequisite: Marlin can only be registered for after staff recommendation. The child must be able to swim 3 pool lengths (75 yards) of coordinated freestyle, backstroke and breaststroke. Skills taught: This class focuses on skill refinement and endurance training.	6-14	Monday	Feb. 27	Apr. 17	04:00 PM	\$98
Friday			Mar. 3	Apr. 21	05:30 PM	\$98	\$140
Saturday			Mar. 4	Apr. 22	11:15 AM	\$98	\$140
Monday			Apr. 24	Jun. 12	04:00 PM	\$98	\$140
Friday			Apr. 28	Jun. 16	05:30 PM	\$112	\$160
Saturday			Apr. 29	Jun. 17	11:15 AM	\$112	\$160
PENGUIN Lesson time: 45 minutes Prerequisite: Penguin can only be registered for after staff recommendation. The child must be able to swim 3 pool lengths (75 yards) of coordinated freestyle, backstroke and breaststroke without resting between laps. Skills taught: Competitive stroke perfection, dolphin kick, rudimentary butterfly and competitive turns.	6-9	Thursday	Mar. 2	Apr. 20	5:00 PM	\$112	\$161
		Friday	Mar. 3	Apr. 21	6:00 PM	\$112	\$161
		Saturday	Mar. 4	Apr. 22	10:05 AM	\$112	\$161
		Thursday	Apr. 27	Jun. 15	5:00 PM	\$128	\$184
		Friday	Apr. 28	Jun. 16	6:00 PM	\$128	\$184
		Saturday	Apr. 29	Jun. 17	10:05 AM	\$128	\$184

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SPRING 1 February 27 - April 23

SPRING 2 April 24 - June 18

SPRING 1 & 2

SCHOOL AGE (7+)	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 7 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
MINNOW Lesson time: 45 minutes Prerequisite: The child must be able to swim 2 lengths of the pool (50 yards) of each front crawl (freestyle) and back crawl (backstroke) without resting in between lengths. Skills taught: Rudimentary breaststroke, elementary backstroke and sidestroke.	8-14	Monday	Feb. 27	Apr. 17	5:00 PM	\$112	\$161
		Thursday	Mar. 2	Apr. 20	5:00 PM	\$112	\$161
		Friday	Mar. 3	Apr. 21	6:00 PM	\$112	\$161
		Saturday	Mar. 4	Apr. 22	10:05 AM	\$112	\$161
		Monday	Apr. 24	Jun. 12	5:00 PM	\$112	\$161
		Thursday	Apr. 27	Jun. 15	5:00 PM	\$128	\$184
		Friday	Apr. 28	Jun. 16	6:00 PM	\$128	\$184
Saturday	Apr. 29	Jun. 17	10:05 AM	\$128	\$184		
FISH Lesson time: 45 minutes Prerequisite: The child must be able to swim 3 lengths of the pool (75 yards) of each front crawl (freestyle), back crawl (backstroke) and coordinated breaststroke without resting in between lengths. Skills taught: Dolphin kick, rudimentary butterfly, open turns and endurance swimming.	8-14	Monday	Feb. 27	Apr. 17	5:00 PM	\$112	\$161
		Thursday	Mar. 2	Apr. 20	5:00 PM	\$112	\$161
		Friday	Mar. 3	Apr. 21	6:00 PM	\$112	\$161
		Saturday	Mar. 4	Apr. 22	10:05 AM	\$112	\$161
		Monday	Apr. 24	Jun. 12	5:00 PM	\$112	\$161
		Thursday	Apr. 27	Jun. 15	5:00 PM	\$128	\$184
		Friday	Apr. 28	Jun. 16	6:00 PM	\$128	\$184
Saturday	Apr. 29	Jun. 17	10:05 AM	\$128	\$184		
FLYING FISH Lesson time: 45 minutes Prerequisite: The child must be able to swim 6 lengths of the pool (150 yards) of each front crawl (freestyle), back crawl (backstroke) and breaststroke with limited rest between each swim. Skills taught: Coordinated butterfly, competitive turns and continued work on endurance swimming.	8-14	Monday	Feb. 27	Apr. 17	05:00 PM	\$112	\$161
		Thursday	Mar. 2	Apr. 20	05:00 PM	\$112	\$161
		Friday	Mar. 3	Apr. 21	06:00 PM	\$112	\$161
		Saturday	Mar. 4	Apr. 22	10:05 AM	\$112	\$161
		Monday	Apr. 24	Jun. 12	05:00 PM	\$112	\$161
		Thursday	Apr. 27	Jun. 15	05:00 PM	\$128	\$184
		Friday	Apr. 28	Jun. 16	06:00 PM	\$128	\$184
Saturday	Apr. 29	Jun. 17	10:05 AM	\$128	\$184		
SHARK Lesson time: 45 minutes Prerequisite: The child must be able to swim a 200 yard Individual Medley (2 lengths of the pool each of butterfly, back crawl, breaststroke and front crawl) with no rest between lengths. Skills taught: Lifesaving strokes and endurance swimming.	8-14	Monday	Feb. 27	Apr. 17	05:00 PM	\$112	\$161
		Friday	Mar. 3	Apr. 21	06:00 PM	\$112	\$161
		Saturday	Mar. 4	Apr. 22	10:05 AM	\$112	\$161
		Monday	Apr. 24	Jun. 12	05:00 PM	\$112	\$161
		Friday	Apr. 28	Jun. 16	06:00 PM	\$128	\$184
		Saturday	Apr. 29	Jun. 17	10:05 AM	\$128	\$184

SWIM SCHOOL	MEMBER	NON-MEMBER	AGE	START DATE	END DATE	DAY	TIME START
	PRICE						
This program offers parents an opportunity to enroll their child in swim lessons for the school year. (A rolling program that runs from September through June.) there are no classes the week of November 21-27, the week of Dec. 25-Jan. 1 and Apr. 10-16.							
GROUP	\$532	\$760	3-5	Sept. 6, 2016	Jun. 13, 2017	Tuesday	9:30AM
SEMI-PRIVATES	\$798	\$950		Sept. 7, 2016	Jun. 14, 2017	Wednesday	9:00AM, 9:30AM 1:30PM
PRIVATES	\$1,520	\$1,710		Sept. 8, 2016	Jun. 15, 2017	Thursday	9:00AM, 2:00PM
				Sept. 9, 2016	Jun. 16, 2017	Friday	1:30PM

PRIVATE YOUTH SWIM LESSONS	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	
PRIVATE SWIM LESSONS Lesson time: 30 minutes Staff Recommended: Private swim lessons will be adapted to your swim expectations. There will be four 30 minute sessions to be completed within a six-week time frame. A contract will be needed to register for this class. For more information, email private@thesay.org	5+	Feb. 27	Apr. 17	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Feb. 28	Apr. 18	Tuesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Mar. 1	Apr. 19	Wednesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Mar. 2	Apr. 20	Thursday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Mar. 3	Apr. 21	Friday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Mar. 5	Apr. 23	Sunday	9:00 AM, 9:30 AM, 10:00 AM 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260
		Apr. 24	Jun. 12	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Apr. 25	Jun. 13	Tuesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Apr. 26	Jun. 14	Wednesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Apr. 27	Jun. 15	Thursday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Apr. 28	Jun. 16	Friday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Apr. 30	Jun. 18	Sunday	9:00 AM, 9:30 AM, 10:00 AM 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260

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COMPETITIVE SWIM & TEEN LESSONS	AGE	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 7 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
A group swim lesson developed as a means to teach developmental skills needed to become a competitive swimmer. Classes are formatted based on competitive practice with focus on increasing speed, endurance and technique.							
SEAL PUPS Lesson time: 45 minutes Prerequisite: Staff recommendation. Skills taught: Some emphasis will be on stroke technique, but instructors will focus on the use of stroke drills and kicking during endurance building sets. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group.	7-9	Tuesday	Feb. 28	Apr. 18	5:30 PM	\$88	\$123
		Saturday	Mar. 4	Apr. 22	10:50 AM	\$88	\$123
		Sunday	Mar. 5	Apr. 23	11:00 AM	\$76	\$105
		Tuesday	Apr. 25	Jun. 13	5:30 PM	\$100	\$140
		Saturday	Apr. 29	Jun. 17	10:50 AM	\$100	\$140
		Sunday	Apr. 30	Jun. 18	11:00 AM	\$100	\$140
INTRAMURALS Lesson time: 45 minutes Prerequisite: Staff recommendation. Skills taught: Some emphasis will be on stroke technique, but instructors will focus on the use of stroke drills and kicking during endurance building sets. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group.	10-18	Tuesday	Feb. 28	Apr. 18	5:30 PM	\$88	\$123
		Friday	Mar. 3	Apr. 21	5:00 PM	\$88	\$123
		Saturday	Mar. 4	Apr. 22	10:50 AM	\$88	\$123
		Sunday	Mar. 5	Apr. 23	11:00 AM	\$76	\$105
		Tuesday	Apr. 25	Jun. 13	5:30 PM	\$100	\$140
		Friday	Apr. 28	Jun. 16	5:00 PM	\$100	\$140
		Saturday	Apr. 29	Jun. 17	10:50 AM	\$100	\$140
		Sunday	Apr. 30	Jun. 18	11:00 AM	\$100	\$140
BARRACUDAS Lesson time: 1 hour, 3 times a week. Emphasis is on endurance swimming and increasing a swimmers ability to race effectively. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group. Ratio - 1 instructor per 30 participants.	10-18	Monday/ Thursday	Feb. 27	Apr. 23	7:15 PM	\$251	\$351
		Sunday			11:00 AM		
		Monday/ Thursday	Apr. 24	Jun. 18	7:15 PM	\$288	\$403
		Sunday			11:00 AM		
TEEN LESSONS Lesson time: 30 minutes Teen lessons are for beginner and intermediate teenage swimmers. There are no prerequisites. Skills taught are dependent upon the make-up of the registrants each session.	13-18	Friday	Mar. 3	Apr. 21	6:00 PM	FREE	\$140
		Friday	Apr. 28	Jun. 16	06:00 PM	FREE	\$160

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BUILDING SAFER COMMUNITIES BECOME A WATER SAFETY INSTRUCTOR

WATER SAFETY INSTRUCTOR (WSI)

WHEN:

FRIDAYS APR. 21, 28, & MAY 5
6:30 PM TO 9:30 PM & SUNDAYS APR. 23, 30, & MAY 7
9:00 AM TO 5:00 PM

WHERE:

SUMMIT YMCA

COST:

Members: \$350 / Non-Members: \$450



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American Red Cross

To be certified as a Water Safety instructor, make sure you get all the requirements at:

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or, contact: **Mary Loeser**

(P) 908. 273. 3330 ext. 1163 (E) mary.loeser@thesay.org

SPRING PROGRAM GUIDE 2017 www.theSAY.org



SPRING 1 February 27 – April 23

SPRING 2 April 24 – June 18

SPRING 1 & 2

ADULT SWIM (18+)	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
					PRICE	
HYDRO R.E.P.S. 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.	Monday	Feb. 27	Apr. 17	09:00 AM	FREE	\$70
	Wednesday	Mar. 1	Apr. 19	09:00 AM	FREE	\$70
	Friday	Mar. 3	Apr. 21	09:00 AM	FREE	\$70
	Monday	Apr. 24	Jun. 12	09:00 AM	FREE	\$70
	Wednesday	Apr. 26	Jun. 14	09:00 AM	FREE	\$80
	Friday	Apr. 28	Jun. 16	09:00 AM	FREE	\$80
ADULT LESSONS (BEGINNER) Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.	Thursday	Mar. 2	Apr. 20	10:00 AM	FREE	\$42
	Thursday	Apr. 27	Jun. 15	10:00 AM	FREE	\$48
ADULT LESSONS (INTERMEDIATE) Classes are geared toward the swimmers skill set and improving stroke technique.	Thursday	Mar. 2	Apr. 20	10:30 AM	FREE	\$42
	Thursday	Apr. 27	Jun. 15	10:30 AM	FREE	\$48
ADULT SWIM LESSONS Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.	Friday	Mar. 3	Apr. 21	07:15 PM	FREE	\$70
	Friday	Apr. 28	Jun. 16	07:15 PM	FREE	\$80
AI CHI (BEGINNER) 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.	Tuesday	Feb. 28	Apr. 18	08:30 AM	FREE	\$42
	Thursday	Mar. 2	Apr. 20	08:30 AM	FREE	\$42
	Tuesday	Apr. 25	Jun. 13	08:30 AM	FREE	\$48
	Thursday	Apr. 27	Jun. 15	08:30 AM	FREE	\$48
AI CHI (ADVANCED) 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.	Monday	Feb. 27	Apr. 17	08:15 AM	FREE	\$42
	Wednesday	Mar. 1	Apr. 19	08:15 AM	FREE	\$42
	Friday	Mar. 3	Apr. 21	08:15 AM	FREE	\$42
	Monday	Apr. 24	Jun. 12	08:15 AM	FREE	\$42
	Wednesday	Apr. 26	Jun. 14	08:15 AM	FREE	\$48
	Friday	Apr. 28	Jun. 16	08:15 AM	FREE	\$48
AQUA FITNESS 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.	Tuesday	Feb. 28	Apr. 18	7:30 PM	FREE	\$70
	Tuesday	Apr. 25	Jun. 13	7:30 PM	FREE	\$80
DEEP WATER ARTHRITIS Warm up and cool down in the shallow end of the pool. The main workout takes place in the deep end. Participants wear flotation belts.	Monday	Feb. 27	Apr. 17	11:05 AM	FREE	\$42
	Tuesday	Feb. 28	Apr. 18	11:00 AM	FREE	\$42
	Thursday	Mar. 2	Apr. 20	11:00 AM	FREE	\$42
	Friday	Mar. 3	Apr. 21	11:05 AM	FREE	\$42
	Monday	Apr. 24	Jun. 12	11:05 AM	FREE	\$42
	Tuesday	Apr. 25	Jun. 13	11:00 AM	FREE	\$48
	Thursday	Apr. 27	Jun. 15	11:00 AM	FREE	\$48
	Friday	Apr. 28	Jun. 16	11:05 AM	FREE	\$48
	DEEP WATER FITNESS 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.	Monday	Feb. 27	Apr. 17	10:00 AM	FREE
Wednesday		Mar. 1	Apr. 19	10:00 AM 7:30 PM	FREE	\$70
Friday		Mar. 3	Apr. 21	10:00 AM	FREE	\$70
Monday		Apr. 24	Jun. 12	10:00 AM	FREE	\$70
Wednesday		Apr. 26	Jun. 14	10:00 AM 7:30 PM	FREE	\$80
Friday		Apr. 28	Jun. 16	10:00 AM	FREE	\$80
AQUA CROSS TRAINING 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.	Tuesday	Feb. 28	Apr. 18	9:00 AM	FREE	\$70
	Thursday	Mar. 2	Apr. 20	5:45 AM, 09:00 AM	FREE	\$70
	Tuesday	Apr. 25	Jun. 13	9:00 AM	FREE	\$80
	Thursday	Apr. 27	Jun. 15	5:45 AM, 09:00 AM	FREE	\$80

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ADULT SWIM (18+)	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
					PRICE	
JUST TREADING 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.	Monday	Feb. 27	Apr. 17	9:15 AM	FREE	\$70
	Tuesday	Feb. 28	Apr. 18	10:00 AM	FREE	\$70
	Wednesday	Mar. 1	Apr. 19	9:15 AM	FREE	\$70
	Friday	Mar. 3	Apr. 21	9:15 AM	FREE	\$70
	Monday	Apr. 24	Jun. 12	9:15 AM	FREE	\$70
	Tuesday	Apr. 25	Jun. 13	10:00 AM	FREE	\$80
	Wednesday	Apr. 26	Jun. 14	9:15 AM	FREE	\$80
	Friday	Apr. 28	Jun. 16	9:15 AM	FREE	\$80
WATER FITNESS A total body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility. Intermediate Level.	Tuesday	Feb. 28	Apr. 18	11:00 AM	FREE	\$42
	Thursday	Mar. 2	Apr. 20	11:00 AM	FREE	\$42
	Tuesday	Apr. 25	Jun. 13	11:00 AM	FREE	\$48
	Thursday	Apr. 27	Jun. 15	11:00 AM	FREE	\$48
PRE/POST NATAL AQUA FITNESS 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.	Tuesday	Feb. 28	Apr. 18	10:00 AM	FREE	\$70
	Tuesday	Apr. 25	Jun. 13	10:00 AM	FREE	\$80
SHALLOW WATER ARTHRITIS 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.	Monday	Feb. 27	Apr. 17	11:05 AM	FREE	\$42
	Tuesday	Feb. 28	Apr. 18	9:00 AM	FREE	\$42
	Wednesday	Mar. 1	Apr. 19	11:05 AM	FREE	\$42
	Thursday	Mar. 2	Apr. 20	9:00 AM	FREE	\$42
	Friday	Mar. 3	Apr. 21	9:00 AM, 11:05 AM	FREE	\$42
	Monday	Apr. 24	Jun. 12	11:05 AM	FREE	\$42
	Tuesday	Apr. 25	Jun. 13	9:00 AM	FREE	\$48
	Wednesday	Apr. 26	Jun. 14	11:05 AM	FREE	\$48
	Thursday	Apr. 27	Jun. 15	9:00 AM	FREE	\$48
Friday	Apr. 28	Jun. 16	9:00 AM, 11:05 AM	FREE	\$48	
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.	Wednesday	Mar. 1	Apr. 19	9:00 AM	FREE	
	Wednesday	Apr. 26	Jun. 14	9:00 AM	FREE	
MASTERS DAY PASS	DAY	START DATE	END DATE	TIME START	MEMBER	NON-MEMBER
For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.						
MASTERS 20 DAY PASS	Tues/Fri	Feb. 28	Apr. 21	5:45 AM	FREE	\$90
		Apr. 25	Jun. 16			
MASTERS 5 DAY PASS	Tues/Fri	Feb. 28	Apr. 21	5:45 AM	FREE	\$22
		Apr. 25	Jun. 16			
MASTERS SINGLE DAY PASS	Tues/Fri	Feb. 28	Apr. 21	5:45 AM	FREE	\$5
		Apr. 25	Jun. 16			

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BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA

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Berkeley Heights, NJ 07922 | (F) 908 508 1059

www.theSAY.org



summitarea.ymca

SUMMIT YMCA

A branch of the Summit Area YMCA

67 Maple Street | (P) 908 273 3330
Summit, NJ 07901 | (F) 908 273 0258



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THE LEARNING CIRCLE YMCA

A branch of the Summit Area YMCA

95 Morris Avenue | (P) 908 273 7040
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The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through