



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 WINTER PROGRAM GUIDE

WARM UP FOR WINTER



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2017 WINTER PROGRAM GUIDE REGISTRATION DATES

MONDAY, DECEMBER 12
FAMILY MEMBERS

TUESDAY, DECEMBER 13
YOUTH AND ADULT MEMBERS

MONDAY, DECEMBER 19
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.

SO MUCH MORE
THAN A POOL OR A GYM.

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

FINANCIAL ASSISTANCE AVAILABLE FOR
THOSE WITH DEMONSTRATED NEED.



"I loved the OASIS program and summer camp because it helped my daughter become more independent, responsible, and engaged. The stimulating activities and swimming sessions helped her build her social skills and self confidence. The Y provides parents with a sense of comfort because the childcare is reliable, cost-effective and staffed by nurturing, trained personnel. I would highly recommend the Y as a quality childcare option."

— Sheena & Simar
Summit Area YMCA Member

BECOME A PILLAR
OF STRENGTH IN
YOUR COMMUNITY.

GIVE TO THE Y TODAY!

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.

SU Summit YMCA Location

BH Berkeley Heights YMCA Location

YOUTH SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
YOUTH BASKETBALL CLINIC	6-7	Jan. 3	Feb. 21	Tuesday	4:30 PM	5:30 PM	\$90	\$135	SU
		Jan. 5	Feb. 23	Thursday	4:30 PM	5:30 PM	\$90	\$135	
	8-9	Jan. 3	Feb. 21	Tuesday	5:30 PM	6:30 PM	\$90	\$135	
		Jan. 5	Feb. 23	Thursday	5:30 PM	6:30 PM	\$90	\$135	
	10-12	Jan. 3	Feb. 21	Tuesday	6:30 PM	7:30 PM	\$90	\$135	
		Jan. 4	Feb. 22	Wednesday	5:30 PM	6:30 PM	\$90	\$135	
Our basketball clinic 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 5 PACKAGE TRAINING	5+	Yearly	Yearly	Any Day	TBD	TBD	\$280	N/A	SU
We offer private one on one basketball training. For a 5 practice session it's \$280 for members only. You must be a member in order to get private basketball training. 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.									
INDIVIDUAL BASKETBALL 1 DAY SESSION	5+	Yearly	Yearly	Any Day	TBD	TBD	\$70	N/A	SU
We offer private one on one basketball training. For a 1 practice session it's \$70 for members only. You must be a member in order to get private basketball training. 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.									
YOUTH SOCCER CLINIC	6-7	Jan. 2	Feb. 20	Monday	4:30 PM	5:30 PM	\$90	\$135	SU
	8-10	Jan. 2	Feb. 20	Monday	5:35 PM	6:35 PM	\$90	\$135	
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.									
PEE WEE SOCCER	3-5	Jan. 4	Feb. 22	Wednesday	3:45 PM	4:30 PM	\$90	\$135	SU
		Jan. 7	Feb. 25	Saturday	12:15 PM	1:00 PM	\$79	\$118	
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.									
T-BALL	4-6	Jan. 7	Feb. 25	Saturday	11:15 AM	12:00 PM	\$79	\$118	SU
		Jan. 4	Feb. 22	Wednesday	4:30 PM	5:15 PM	\$90	\$135	
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.									
SPECIAL NEEDS INTRODUCTION TO SPORTS CLINIC	6-9	Jan. 3	Feb. 21	Tuesday	3:45 PM	4:15 PM	FREE	FREE	SU
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+	Jan. 7	Feb. 25	Saturday	9:15 AM	10:00 AM	\$40	\$70	SU
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.									
No classes on Saturday, February 11, and Sunday February 12.									

YOUTH BASKETBALL LEAGUE

Learn fundamental basketball skills, sportsmanship, make friends, and more!



WHEN: BEGINS JANUARY 28
SATURDAYS &/OR SUNDAYS

TIME: 9 AM - 2 PM SAT./ 11AM TO 6 PM SUN.

WHERE: SUMMIT YMCA

COST: \$135 Members \$205 Non-Members

For more info, contact: **Allison Zeimann**
(P) 908.273.3330 ext.1196 (E) allison.zeimann@thesay.org



BUDDY MEMBERSHIP



SAVE 20% EVERY MONTH

Whether it's classes, book clubs, events or workouts, it's always better with a buddy! Double the fun and double your savings!

For more information, visit www.thesay.org or call Member Services:

Summit YMCA 908. 273. 3330

Berkeley Heights YMCA 908.463.8373

PERSONAL TRAINING

STRONGER BONES, BETTER POSTURE, INCREASED ENDURANCE

Under the guidance of a certified personal trainer, learn the proper way to exercise for maximum benefit and minimal risk!

- A personalized program designed for you and your goals
- An efficient workout program to improve your health
- Professional assistance in improving strength, flexibility, posture, balance, coordination, and cardiovascular health
- Instruction on correct form and technique.

For more info, contact:

BERKELEY HEIGHTS YMCA

Lisa McQuilkin

(P) 908. 464. 8373 ext. 2026

(E) lisa.mcquilkin@thesay.org

SUMMIT YMCA

Alice Stein

(P) 908. 273. 3330 ext. 1152

(E) alice.stein@thesay.org



WELLNESS COACHING

GET MOTIVATED

Your wellness coach will meet with you one-on-one to discuss your wellness goals and design a wellness vision. Your program is composed of month goals and weekly goals.

Achieve improved wellness according to what best fits your lifestyle, needs, and goals! Your coach will provide guidance, support and accountability to help you achieve success.

For more information, please contact:

Tracy Wanamaker

(P) 908. 273. 3330 ext. 1133

(E) tracy.wanamaker@thesay.org



SU Summit YMCA Location

BH Berkeley Heights YMCA Location

YOUTH SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
INDOOR TENNIS CLINIC	5-8	Jan. 6	Feb. 24	Friday	3:30 PM	4:15 PM	\$90	\$135	SU
	9-10	Jan. 6	Feb. 24	Friday	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. Your child will learn the rules of tennis, how to serve, volley, backhand, forehand, and more.									
ADVANCE INDOOR TENNIS CLINIC	7-10	Jan. 6	Feb. 24	Friday	4:30 PM	5:30 PM	\$90	\$135	SU
This tennis class is for advance tennis players who can rally and play a match again one another.									
FOOTBALL CLINIC	6-8	Jan. 5	Feb. 23	Thursday	3:45 PM	4:30 PM	\$90	\$135	SU
Participants will learn the rules of football and the fundamental skills to play the game. Drills will assist with developing the skills of catching, throwing, running routes and designing offensive and defensive plays.									
MIDDLE SCHOOL YOGA NEW	11-14	Jan. 5	Feb. 23	Thursday	3:30 PM	4:15 PM	\$85	\$125	BH
Join us for our Middle School yoga class! Learn poses and meditation techniques that you can carry throughout your daily life.									
MIDDLE SCHOOL MEDITATION	11-14	Jan. 5	Feb. 23	Thursday	4:30 PM	5:15 PM	\$85	\$125	BH
Lets meditate together. Develop your focus, attention and learn to regulate emotions inside and out.									
ROCK WALL	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
LITTLE CLIMBERS	5 -6	Jan. 5	Feb. 23	Thursday	5:00 PM	5:50 PM	\$75	\$110	SU
		Jan. 7	Feb. 25	Saturday	10:00 AM	10:50 AM	\$66	\$96	
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+	Jan. 3	Feb. 21	Tuesday	4:00 PM	4:50 PM	\$75	\$110	SU
		Jan. 7	Feb. 25	Saturday	11:00 AM	11:50 AM	\$66	\$96	
		Jan. 7	Feb. 25	Saturday	12:00 PM	12:50 PM	\$66	\$96	
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+	Jan. 3	Feb. 21	Tuesday	5:00 PM	5:50 PM	\$75	\$110	SU
		Jan. 5	Feb. 23	Thursday	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 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 Saturday, February 11, and Sunday February 12.									



YOUTH PROGRAMS

SU Summit YMCA Location

BH Berkeley Heights YMCA Location

PARENT / CHILD PROGRAMS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
WIGGLE, GIGGLE, RHYME	1-3	Jan. 4	Feb. 22	Wednesday	10:15 AM	11:00 AM	\$85	\$125	SU
Toddler with parent/caregiver will have fun wiggling, giggling, and making new friends. Activities include Bouncy Castle, 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	Jan. 6	Feb. 24	Friday	10:00AM	11:00AM	FREE	\$20	SU
		Jan. 6	Feb. 24	Friday	11:00 AM	12:00 PM	FREE	\$20	
Spend quality time together and connect with other families. The gym is set up with different equipment each week....balls, hula 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	Jan. 2	Feb. 20	Monday	10:45 AM	11:30 AM	\$85	\$125	BH
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	Jan. 4	Feb. 22	Wednesday	10:30 AM	11:15 AM	\$85	\$125	BH
		*Classes with a (+) symbol can be combined and paid at the combo rate. Includes this class and Tunes and 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 + NEW	1-5	Jan. 4	Feb. 22	Wednesday	11:30 AM	12:15 PM	\$85	\$125	BH
		*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!									
KINDERSPORTS	2-3	Jan. 4	Feb. 22	Wednesday	9:15 AM	10:00 AM	\$85	\$125	SU
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!									
KIDVENTURES MOMMY AND ME PRESCHOOL	2.5-4	Jan. 2	Feb. 22	Mon & Wed	9:30 AM*	12:00 PM*	\$170	\$255	SU
		Jan. 3	Feb. 23	Tues & Thurs	9:30 AM*	12:00 PM*	\$170	\$255	
		*DROP OFF TIME 9:00 AM - 9:30 AM				*PICK UP TIME 11:30 AM TO 12:00 PM			
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 free play. Please pack your child a drink and a peanut free non-refrigerated snack. Pull-ups are okay, no diapers.									
DROP IN CLASSES PARENT / CHILD	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
WHAT A MESS!	2-6	Jan. 3	Jan. 3	Tuesday	9:30 AM	10:15 AM	\$5/ Class	\$10/Class	BH
		Jan. 17	Jan. 17	Tuesday	9:30 AM	10:15 AM	\$5/ Class	\$10/Class	
		Jan. 31	Jan. 31	Tuesday	9:30 AM	10:15 AM	\$5/ Class	\$10/Class	
		Feb. 21	Feb. 21	Tuesday	9:30 AM	10:15 AM	\$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!									
OPEN PLAY & CREATE	1-5	Jan. 2	Feb. 20	Monday	1:30 PM	2:15 PM	\$5/ Class	\$10/Class	BH
		Jan. 6	Feb. 24	Friday	1:30 PM	2:15 PM	\$5/ Class	\$10/Class	
Get the Play Pack to drop in as many times you want this Winter session!							PLAY PACK PRICE \$90	PLAY PACK PRICE \$135	
Calling all moms, dad, grandparents, and caregivers - this class is for YOU! Come to the YMCA and socialize, play and learn with other families!									
PRESCHOOL CLASSES	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
STEM-GINEERS	2.5-4	Jan. 2	Feb. 20	Tuesday	9:30 AM	10:15 AM	\$85	\$125	SU
Your "little engineer" will have fun and use their imagination building with Tinker Toys, 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	Jan. 2	Feb. 21	Monday	9:30 AM	10:15AM	\$85	\$125	SU
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 AND MUSIC NEW	2.5-4	Jan. 3	Feb. 21	Tuesday	10:30 AM	11:15 PM	\$85	\$125	SU
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	Jan. 2	Feb. 20	Monday	10:30 AM	11:15 AM	\$85	\$125	SU
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.									
OOEY GOOEY SCIENCE	2.5-4	Jan. 3	Feb. 21	Thursday	10:30 AM	11:15 AM	\$85	\$125	SU
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.									
No classes on Saturday, February 11, and Sunday February 12.									

SU Summit YMCA Location

BH Berkeley Heights YMCA Location

PRESCHOOL CLASSES	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICES		
MY TOWN (COMMUNITY HELPERS) NEW	2.5-4	Jan. 5	Feb. 23	Thursday	9:30 AM	10:15 AM	\$85	\$125	SU
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	Jan. 6	Feb. 24	Friday	9:00 AM	9:45 AM	\$85	\$125	SU
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.									
SCHOOL AGE CLASSES	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICES		
DRAMA BUGS	6-9	Jan. 2	Feb. 20	Monday	5:00 PM	5:45 PM	\$85	\$125	BH
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.									
KIDZ SPORTS AND GAMES	4-6	Jan. 3	Feb. 21	Tuesday	1:30 PM	2:15 PM	\$85	\$125	BH
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!									
COSMIC YOGIS	6-10	Jan. 3	Feb. 21	Tuesday	3:30 PM	4:15 PM	\$85	\$125	BH
Join us for our first kids yoga class! Learn poses and meditation techniques that you can carry throughout your daily life.									
ARTISTS TABLE	4-6	Jan. 4	Feb. 22	Wednesday	1:30 PM	2:15 PM	\$85	\$125	BH
	6-9	Jan. 5	Feb. 23	Thursday	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!									
BALLET & JAZZ	4-6	Jan. 4	Feb. 22	Wednesday	3:45 PM	4:30 PM	\$85	\$125	BH
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.									
KIDS ZUMBA	7-12	Jan. 4	Feb. 22	Wednesday	4:30 PM	5:15 PM	\$85	\$125	BH
Shake and shimmy to fun and exciting zumba tunes. Learn salsa and cumbia and play fun and exciting games!									
SEWING	7-12	Jan. 4	Feb. 22	Wednesday	3:30 PM	4:30 PM	\$85	\$125	BH
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.									
FOOD EXPLORERS NEW	6+	Jan. 2	Feb. 20	Monday	4:00 PM	4:45 PM	\$85	\$125	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 informed of all food allergies prior to the start of the program.									
POKEMANIACS	5-7	Jan. 4	Feb. 22	Wednesday	4:00 PM	4:45 PM	\$85	\$125	SU
	8-11	Jan. 4	Feb. 22	Wednesday	5:00 PM	5:45 PM	\$85	\$125	
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	Jan. 5	Feb. 23	Thursday	4:00 PM	4:45 PM	\$85	\$125	SU
Using K'NEX, children will experience hand-on engineering fundamentals in this fun, educational class that introduces engineering, architecture and scientific principles. We provide an environment that promotes teamwork, social cooperation, builds self-esteem and highlights the process...not the result. Children have the option of working solo or as part of a team!									
MAD SCIENCE NEW	7+	Jan. 6	Feb. 24	Friday	4:00 PM	5:00 PM	\$85	\$125	SU
How big is your brain? Can you see a black hole? Did the big bang, make a bang? Come to the SAY's new class, Mad Science, and learn all about these mysteries - and many more!									
BEGINNER CHESS	6+	Jan. 6	Feb. 24	Friday	5:00 PM	5:45 PM	\$85	\$125	SU
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!									
INTERMEDIATE/ADVANCED CHESS	9+	Jan. 6	Feb. 24	Friday	6:00 PM	6:45 PM	\$85	\$125	SU
Join this advanced Chess class with 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!									
STEM SATURDAYS	6+	Jan. 7	Feb. 25	Saturday	9:30 AM	11:00 AM	\$170	\$250	SU
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.									

No classes on Saturday, February 11, and Sunday February 12.



WHERE KIDS LEARN, GROW, & THRIVE

Child Care and Early Education at THE LEARNING CIRCLE YMCA

Our goal is to provide each child with a strong foundation to ensure a bright future. We provide a nurturing, stimulating and happy environment for children, to feel secure to discover their potential as they reach developmental milestones. With over 60 years of experience, our state-licensed facility gives parents peace of mind as they go to work knowing their child is nurtured and safe. Financial assistance is available.

- **Infants** 6 weeks - 18 months
- **Toddlers** 18 months - 3 years
- **Preschool** Ages 3 - 4 years
- **Pre-Kindergarten** Ages 4+
- **Kindergarten** Ages 5+
- **Kindergarten wrap Program**
- **School Age Before Care**
- **Extended Care**



ONGOING REGISTRATION Schedule a tour today!

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

PRESCHOOL AND HALF DAY KINDERGARTEN ALSO AVAILABLE AT THE BERKELEY HEIGHTS YMCA

SU Summit YMCA Location

BH Berkeley Heights YMCA Location

TEEN PROGRAMS	AGE	SESSION START DATE	SESSION END DATE	DAY	TIME START	TIME END	PRICES	LOCATION
TEEN CENTER	11-18	Sept. 26	Jun. 16	Mon.-Fri.	3:00 PM	6:00 PM	FREE	SU
Looking for something to do afterschool?! 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	Oct. 5	May. 10	Mondays	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	Nov. 2	May. 8	Wednesdays	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	Sept. 27	May. 30	Tuesdays	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. 1	Jun. 1	Day varies	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.								
BASKETBALL SKILLS & DRILLS	11-13	Oct. 6	Dec. 20	Thursdays	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!								
TEEN EVENTS FOR MIDDLE SCHOOL STUDENTS	11-13	Sep. 30	May. 30	Dates vary	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 winter dates.								
TAKE PART	14-18	Jan. 10	May. 15	Tuesdays	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.								
AFTERSCHOOL SPORTS	11-13	Jan. 6	Feb. 24	Friday	3:00PM	3:45PM	FREE	SU
Afterschool sports gives middle school teens the opportunity to play some of their favorite sports in a non-competitive setting afterschool. Whether it's dodgeball, soccer, hockey, etc. we've got them all!								
TEEN LOCK IN	14-18	Jan. 13	Friday	9:00 PM	6:00 AM	\$5 pre register \$10 at door		
	11-13	Jan. 13	Friday	9:00 PM	11:00 PM			
The Teen Lock In is a full night of fun activities, including games, music, food, and special events planned for both middle school and high school teens! Teens must complete lock-in permission slip found online or at member services.								
No classes on Saturday, February 11, and Sunday February 12.								



YOUR GENEROSITY CHANGES LIVES

You save lives when we are able to teach 2nd Graders to swim for free. **You set youth on the right path** when we give 7th graders free Y memberships where they learn healthy habits and develop positive social relationships. **You are giving cancer survivors a chance to reclaim their health** when they join our free LIVESTRONG® at the YMCA wellness program. The Y's financial assistance program is **100% funded by donations**. When you give to the Y, you are making a difference.

Give to the Y and make meaningful impact in our community today. Visit <http://bit.ly/SAYdonate>

GIVE, FOR A BETTER US.

No classes on Saturday, February 11, and Sunday February 12



FAMILY EVENTS

SU Summit YMCA Location

BH Berkeley Heights YMCA Location

EVENTS	AGE	DATES	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
						PRICES		
S.H.I.P. (SUMMIT HELPING IT'S PEOPLE) *Participants younger than 16 must be accompanied by a parent or guardian.	16+*	Dec. 3	Saturday	2:30 PM	4:45 PM	FREE	FREE	SU
		Feb. 18	Saturday	2:30 PM	4:45 PM	FREE	FREE	
		Apr. 15	Saturday	2:30 PM	4:45 PM	FREE	FREE	
		Jun. 17	Saturday	2:30 PM	4:45 PM	FREE	FREE	
TOGETHERHOOD invites members to participate in strengthening community through convenient, fun and rewarding service projects that are part of the Y member experience. Help feed those in need, prepare food, set tables, serve food, and help straighten pantry. If you, your family or friends would like to volunteer please contact Patty or Lisa 908-273-3330 or by emailing Patty.Facchinei@thesay.org or Lisa.Meyers@thesay.org We are dedicated to strengthening our community by giving back and supporting our neighbors. Advance sign up is required.								
VALENTINE'S DAY PARENT'S NIGHT OUT	3-11	Feb. 14	Tuesday	6:00 PM	9:00 PM	\$20 per child	\$30 per child	SU
		Feb. 18	Saturday	6:00 PM	9:00 PM	\$20 per child	\$30 per child	
Enjoy a quite night together while your kids have fun with us! Activities include breakfast for dinner, games, arts and crafts, a movie and more! Children must be potty trained. No pull-ups or diapers, please.								
PARENT'S NIGHT OUT	5-10	Jan. 13	Friday	6:00 PM	9:00 PM	\$20 per child	\$30 per child	BH
		Jan. 27	Friday	6:00 PM	9:00 PM	\$20 per child	\$30 per child	
		Feb. 10	Friday	6:00 PM	9:00 PM	\$20 per child	\$30 per child	
		Feb. 24	Friday	6:00 PM	9:00 PM	\$20 per child	\$30 per child	
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!								
No classes on Saturday, February 11, and Sunday February 12.								

PARTY WITH THE Y

HAVE A FITNESS PARTY AT THE Y!

The Y is perfect for birthdays, anniversaries, bridal showers, graduations, corporate team building events and more, our fitness parties include an instructor, as well as a party stager to assist in the party room setup and with post-party cleanup. Party packages available!



Berkeley Heights YMCA, contact:

Lisa McQuilkin

(P) 908. 464. 8373 ext. 2026

(E) lisa.mcquilkin@thesay.org

Summit YMCA, contact:

Susan Guber

(E) susan.guber@thesay.org

Tracy Wanamaker

(E) tracy.wanamaker@thesay.org



SMALL GROUP TRAINING TRX & KETTLEBELLS



TRX training makes use of special suspension straps or cables to create a low-impact workout using your own body weight as resistance. Improve your balance, mobility, and flexibility while you challenge your body and mind in new areas with TRX! Small class sizes help instructors work with each participant individually for maximum growth and improvement.

For more information, contact: Alice Stein

(P) 908. 273. 3330 ext. 1152

(E) alice.stein@thesay.org



ADULT PROGRAMS	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
						PRICES		
DUPLICATE BRIDGE	OPEN		Wednesday	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. In this way, every hand, whether strong or weak, is played in competition with others playing the identical cards, and the element of skill is heightened while that of chance is reduced. 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.								
ADVANCED BEGINNER BRIDGE LESSONS (6 WEEKS)	Jan. 3	Feb. 14	Tuesday	12:30 PM	2:30 PM	\$75	\$85	SU
Contract bridge, or simply bridge, is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games. Players must have basic bidding & playing knowledge. The format will be a lesson and supervised play. No class November 8.								
CONVERSATIONAL SPANISH INTERMEDIATE	Jan. 3	Feb. 21	Tuesday	12:00 PM	1:00 PM	FREE	\$25	SU
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	Jan. 6	Feb. 24	Friday	12:30 PM	3:00 PM	FREE	\$15 / 8 week session	SU
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.								
MAHJONG LESSONS (5 WEEKS)	Jan. 11	Feb. 8	Wednesday	6:30 PM	8:30 PM	\$15	\$30	SU
Learn to play mah jongg, a game of Chinese origin usually played by four persons with 144 domino-like pieces or tiles marked in suits, counters, and dice, the object being to build a winning combination of pieces. Experienced instructor will teach you the rules and you'll be playing with friends in a very short time. The class will run for 5 weeks on Wednesdays from 6:30-8:30pm. Please bring a 2016 Mah Jongg card to the lessons. Cards can be purchased through the National Mah Jongg League. https://www.nationalmahjonggleague.org								
TOUCH TENNIS	Jan. 5	Feb. 23	Thursday	12:00 PM	1:00 PM	FREE	\$15 / 8 week session	SU
Come try your skill at Touch Tennis, a program designed for adults to improve balance and skill. Childrens racquets and balls are used on an indoor court.								
VALENTINES DAY LUNCHEON	Feb. 13	Feb. 14	Monday	12:30 PM	2:00 PM	\$10	\$15	SU
Come enjoy a delicious hot catered lunch with YMCA friends to celebrate Valentines Day. Feel free to bring a friend								
BOOK GROUP THE LIGHTKEEPERS WIFE BY SARAH ANNE JOHNSON	Jan. 9	Jan. 10	Monday	12:00 PM	1:00 PM	FREE		SU
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 ACUPUNCTURE- A CURE FOR WHAT AILS YOU	Jan. 23	Jan. 24	Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Acupuncture is a form of alternative medicine and a key component of traditional Chinese medicine. Learn how ancient medicine can help your modern problems. Presented by Sara A. Youner, acupuncturist and herbal medicine practitioner. Sara graduated from Pacific College of Oriental Medicine in New York City with a Master's degree in Traditional Chinese Medicine, and practices in the New York-New Jersey metropolitan area.								
INTERMEDIATE PICKLEBALL	Jan. 2	Feb. 20	Monday	1:00 PM	3:00 PM	FREE	\$25 / 8 week session	SU
	Jan. 5	Feb. 23	Thursday	1:00 PM	3:00 PM			
	Jan. 6	Feb. 24	Friday	1:30 PM	3:15 PM			
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.								
BEGINNER PICKLEBALL	Jan. 6	Feb. 24	Friday	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.								
TECHNOLOGY HELP CENTER	Jan. 29	Jan. 30	Sunday	1:00 PM	3:00 PM	FREE		SU
	Feb. 5	Feb. 6	Sunday	1:00 PM	3:00 PM			
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.								
No classes on Saturday, February 11, and Sunday February 12.								

SWIM



SWIMMING AT THE Y

TEACHING LIFE SKILLS, BUILDING CONFIDENCE, ENHANCING WELLNESS, ENSURING WATER

The YMCA has over the years taught hundreds of children, youth and adults to swim and helped **minimize the risk of drowning**. In addition, learning to swim builds pride and confidence. At the Y, we care about building strong, secure, connected and confident people.

The **Y Swim Program** is participant-centered. The emphasis is 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.

Our swim lessons are specifically tailored to the child's age, swimming ability, level of physical development and confidence in the water. The participant will advance in the program as they become more skilled 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.

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



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.

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.

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.

No classes on: Saturday, February 11 and Sunday, February 12 due to our Deep Freeze Swim Meet and Sunday February 26 due to our 8 and under Championship Meet.



WINTER PROGRAM GUIDE 2017 www.theSAY.org

No classes on Saturday, February 11, Sunday February 12, and Sunday February 26

PARENT / CHILD CLASSES	AGE	START DATE	END DATE	DAY	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	Jan. 3	Feb. 21	Tuesday	10:30 AM	\$112	\$160
		Jan. 4	Feb. 24	Friday	10:05 AM	\$112	\$160
		Jan. 5	Feb. 25	Saturday	8:00 AM	\$98	\$140
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	Jan. 5	Feb. 23	Thursday	10:00 AM	\$112	\$160
		Jan. 6	Feb. 24	Friday	10:35 AM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	8:30 AM, 10:05 AM	\$98	\$140
		Jan. 8	Feb. 26	Sunday	8:00 AM	\$84	\$123
PERCH A more structured parent and child class that will prepare the child to enter the pre-school program. Class will work on following directions and learning swimming basics. Children should be swimming independent from parent with flotation. Class will use the shallow and deep ends of the pool.	2.5-3	Jan. 4	Feb. 22	Wednesday	10:35 AM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	10:35 AM	\$98	\$140
		Jan. 8	Feb. 26	Sunday	8:30 AM	\$84	\$123
PARENT CHILD WATER ACCLIMATION 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.	3-8	Jan. 7	Feb. 25	Saturday	1:45PM	\$20	\$30

PRESCHOOL AGE	AGE	START DATE	END DATE	DAY	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 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	Jan. 2	Feb. 20	Monday	1:00 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	9:00 AM, 1:30 PM, 4:30 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	9:05 AM, 1:00 PM 4:00 PM 4:30 PM*	\$112	\$160
		Jan. 5	Feb. 23	Thursday	5:45 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	9:05 AM, 1:00 PM, 5:30 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:00 AM, 11:15 AM 12:15 PM, 1:15 PM	\$98	\$140
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	Jan. 2	Feb. 20	Monday	9:05 AM, 1:30 PM, 4:30 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	1:00 PM, 4:00 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	1:00 PM, 4:00 PM, 5:30 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	9:30 AM, 5:45 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	9:35 AM, 1:00 PM, 4:00 PM 5:30 PM, 6:45 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:00 AM, 9:30 AM, 11:15 AM 11:45 AM, 12:15 PM, 1:15 PM	\$98	\$140

No classes on: Saturday, February 11 and Sunday, February 12 due to our Deep Freeze Swim Meet and Sunday February 26 due to our 8 and under Championship Meet.



No classes on Saturday, February 11, Sunday February 12, and Sunday February 26

PRESCHOOL AGE	AGE	START DATE	END DATE	DAY	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.							
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	Jan. 2	Feb. 20	Monday	9:05 AM, 1:00 PM, 4:00 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	1:00 PM, 4:30 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	5:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:00 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	1:30 PM, 4:00 PM, 5:00 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	11:45 AM	\$98	\$140
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	Jan. 2	Feb. 20	Monday	4:30 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	1:30 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	5:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:30 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	5:00 PM, 6:45 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	11:15 AM	\$98	\$140
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	Jan. 2	Feb. 20	Monday	4:00 PM, 1:30 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	9:35 AM, 4:00 PM, 5:30 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:00 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	4:00 PM, 5:30 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:00 AM, 12:15 PM	\$98	\$140

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+	Jan. 2	Feb. 26	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Jan. 3	Feb. 21	Tuesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Jan. 4	Feb. 22	Wednesday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Jan. 5	Feb. 23	Thursday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Jan. 6	Feb. 24	Friday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Jan. 8	Feb. 26	Sunday	9:00 AM, 9:30 AM, 10:00 AM 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260

No classes on: Saturday, February 11 and Sunday, February 12 due to our Deep Freeze Swim Meet and Sunday February 26 due to our 8 and under Championship Meet.

THANK YOU FOR YOUR SUPPORT



THANK YOU FOR SUPPORTING the 5th Annual Laugh Out Loud Comedy & Charity auction event!

Your support positively impacts youth development within our community by helping the Summit Area YMCA to provide financial assistance, services and meaningful youth programs.

No classes on Saturday, February 11, Sunday February 12, and Sunday February 26



PRESCHOOL AGE (5+)	AGE	START DATE	END DATE	DAY	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	Jan. 2	Feb. 20	Monday	5:45 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	4:00 PM, 4:30 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	4:30 PM, 5:00 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	6:45 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	12:15 PM, 12:45 PM	\$98	\$140

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	Jan. 2	Feb. 20	Monday	4:00 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	6:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:00 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	6:45 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	11:15 AM, 1:15 PM	\$98	\$140

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	Jan. 3	Feb. 21	Tuesday	4:00 PM, 5:00 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	5:30 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	5:45 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	4:30 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:30 AM	\$98	\$140

PRESCHOOL AGE (6+)	AGE	START DATE	END DATE	DAY	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	Jan. 2	Feb. 20	Monday	4:30 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	5:00 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	5:30 PM, 6:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:00 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	4:30 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	11:45 AM, 12:45 PM*, 1:15 PM	\$98	\$140

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	Jan. 2	Feb. 20	Monday	5:45 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	4:30 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	4:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:30 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	5:00 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:30 AM, 11:45 AM	\$98	\$140

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PRESCHOOL AGE (6+)	AGE	START DATE	END DATE	DAY	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.							
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	Jan. 2	Feb. 20	Monday	5:45 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	4:00 PM, 5:00 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	5:00 PM, 6:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:30 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	4:30 PM, 5:00 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:30 AM, 10:05 AM, 11:15 AM	\$98	\$140
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	Jan. 2	Feb. 20	Monday	4:30 PM, 5:45 PM	\$112	\$160
		Jan. 3	Feb. 21	Tuesday	5:00 PM	\$112	\$160
		Jan. 4	Feb. 22	Wednesday	4:30 PM, 6:00 PM	\$112	\$160
		Jan. 5	Feb. 23	Thursday	4:30 PM, 5:45 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	4:00 PM, 4:30 PM, 6:00 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	9:00 AM, 11:45 AM	\$98	\$140
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	Jan. 2	Feb. 20	Monday	4:00 PM	\$112	\$160
		Jan. 6	Feb. 24	Friday	5:30 PM	\$112	\$160
		Jan. 7	Feb. 25	Saturday	11:15 AM	\$98	\$140
SCHOOL AGE (7+)	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 7 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.							
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.	7-9	Jan. 5	Feb. 23	Thursday	5:00 PM	\$128	\$184
		Jan. 6	Feb. 24	Friday	6:00 PM	\$128	\$184
		Jan. 7	Feb. 25	Saturday	10:05 AM	\$112	\$161
No classes on Saturday, February 11 and Sunday, February 12 due to our Deep Freeze Swim Meet and Sunday February 26 due to our 8 and under Championship Meet.							

2ND GRADERS LEARN TO SWIM FOR FREE

Drowning is the second leading cause of accidental death for children under fourteen. We believe that all children should know how to swim and be safe in and around water. For this reason, the Y is offering a new 2nd Grade Learn to Swim Program for non-swimmers at no cost.

For more information, please contact:
 Mary Loeser, Swim Director, at 908 273 3330 ext. 1163
 or email mary.loeser@theSAY.org



SCHOOL AGE (8+)	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	
GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 8 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	Jan. 2	Feb. 20	Monday	5:00 PM	\$128	\$184
		Jan. 5	Feb. 23	Thursday	5:00 PM	\$128	\$184
		Jan. 6	Feb. 24	Friday	6:00 PM	\$128	\$184
		Jan. 7	Feb. 25	Saturday	10:05 AM	\$112	\$161
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	Jan. 2	Feb. 20	Monday	5:00 PM	\$128	\$184
		Jan. 5	Feb. 23	Thursday	5:00 PM	\$128	\$184
		Jan. 6	Feb. 24	Friday	6:00 PM	\$128	\$184
		Jan. 7	Feb. 25	Saturday	10:05 AM	\$112	\$161
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	Jan. 2	Feb. 20	Monday	5:00 PM	\$128	\$184
		Jan. 5	Feb. 23	Thursday	5:00 PM	\$128	\$184
		Jan. 6	Feb. 24	Friday	6:00 PM	\$128	\$184
		Jan. 7	Feb. 25	Saturday	10:05 AM	\$112	\$161
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	Jan. 2	Feb. 20	Monday	5:00 PM	\$128	\$184
		Jan. 6	Feb. 24	Friday	6:00 PM	\$128	\$184
		Jan. 7	Feb. 25	Saturday	10:05 AM 5:30 PM 10:50 AM	\$112	\$161

COMPETITIVE SWIM & TEEN LESSONS	AGE	START DATE	END DATE	DAY	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	Jan. 3	Feb. 21	Tuesday	5:30 PM	\$100	\$140
		Jan. 7	Feb. 25	Saturday	10:50 AM	\$88	\$123
		Jan. 8	Feb. 26	Sunday	11:00 AM	\$75	\$105
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	Jan. 3	Feb. 21	Tuesday	5:30 PM	\$100	\$140
		Jan. 6	Feb. 24	Friday	5:00 PM	\$100	\$140
		Jan. 7	Feb. 25	Saturday	10:50 AM	\$88	\$123
		Jan. 8	Feb. 26	Sunday	11:00 AM	\$75	\$105
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	Jan. 2	Feb. 26	Monday Thursday	7:15 PM	\$276	\$386
				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	Jan. 6	Feb. 24	Friday	6:00 PM	free	\$160

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ADULT SWIM	START DATE	END DATE	DAY	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.	Jan. 2	Feb. 26	Monday	9:00 AM	FREE	\$80
	Jan. 4	Feb. 22	Wednesday			
	Jan. 6	Feb. 24	Friday			
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.	Jan. 5	Feb. 23	Thursday	10:00 AM 10:30 AM	FREE	\$48
ADULT LESSONS Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.	Jan. 6	Feb. 24	Friday	7:15 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.	Jan. 3	Feb. 21	Tuesday	8:30 AM	FREE	\$48
	Jan. 5	Feb. 23	Thursday	8:30 AM		\$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.	Jan. 2	Feb. 26	Monday	8:15 AM	FREE	\$48
	Jan. 4	Feb. 22	Wednesday	8:15 AM		\$48
	Jan. 6	Feb. 24	Friday	8:15 AM		\$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.	Jan. 3	Feb. 21	Tuesday	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.	Jan. 2	Feb. 26	Monday	11:05 AM	FREE	\$48
	Jan. 3	Feb. 21	Tuesday	11:00 AM		\$48
	Jan. 5	Feb. 23	Thursday	11:00 AM		\$48
	Jan. 6	Feb. 24	Friday	11:05 AM		\$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.	Jan. 2	Feb. 26	Monday	10:00 AM	FREE	\$80
	Jan. 4	Feb. 22	Wednesday	10:00 AM 7:30 PM		\$80
	Jan. 6	Feb. 24	Friday	10:00 AM		\$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.	Jan. 3	Feb. 21	Tuesday	9:00 AM	FREE	\$80
	Jan. 5	Feb. 23	Thursday	5:45 AM 9:00 AM		\$80
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.	Jan. 2	Feb. 26	Monday	9:15 AM	FREE	\$80
	Jan. 3	Feb. 21	Tuesday	10:00 AM		\$80
	Jan. 4	Feb. 22	Wednesday	9:15 AM		\$80
	Jan. 6	Feb. 24	Friday	9:15 AM		\$80
WATER FITNESS A total body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility. Intermediate Level.	Jan. 3	Feb. 21	Tuesday	11:00 AM	FREE	\$48
	Jan. 5	Feb. 23	Thursday	11:00 AM		\$48

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ADULT SWIM	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
					PRICE	
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.	Jan. 3	Feb. 21	Tuesday	10:00 AM	\$0	\$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.	Jan. 2	Feb. 26	Monday	11:05 AM	\$0	\$48
	Jan. 3	Feb. 21	Tuesday	9:00 AM	\$0	\$48
	Jan. 4	Feb. 22	Wednesday	11:05 AM	\$0	\$48
	Jan. 5	Feb. 23	Thursday	9:00 AM	\$0	\$48
	Jan. 6	Feb. 24	Friday	9:00 AM 11:05 AM	\$0	\$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.	Sept. 7	Oct. 26	Wednesday	9:00AM	FREE	FREE
MASTERS DAY PASS	START DATE	END DATE	DAY	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	Jan. 3	Feb. 24	Tues/Fri	5:45 AM	\$0	\$90
MASTERS 5 DAY PASS	Jan. 3	Feb. 24	Tues/Fri	5:45 AM	\$0	\$22
MASTERS SINGLE DAY PASS	Jan. 3	Feb. 24	Tues/Fri	5:45 AM	\$0	\$5
No classes on: Saturday, February 11 and Sunday, February 12 due to our Deep Freeze Swim Meet and Sunday February 26 due to our 8 and under Championship Meet.						

TRAININGS AND CERTIFICATIONS

WATER SAFETY INSTRUCTOR (WSI)

WHEN: 2 THREE DAY COURSES AVAILABLE

FRIDAYS
JAN. 6, 20, & 27
6:30 PM TO 9:30 PM

SUNDAYS
JAN. 8, 22, & 29
9:00 AM TO 5:00 PM

WHERE: SUMMIT YMCA

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



The American Red Cross Water Safety Instructor course trains instructor candidates to teach courses and presentations in the American Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.



To be certified as a Water Safety instructor, instructor candidates **must successfully complete the pre-course session.**



American Red Cross

To find out more about the pre-course session and the 4 components (American Red Cross orientation, course lessons, practice-teaching assignments, and written exam) visit:

<http://bit.ly/SAYTrainings>

or, contact: **Mary Loeser**

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



To participate in the Water Safety Instructor course, individuals must:

- Be at least 16 years of age on or before the final scheduled lesson of this course.
- Demonstrate the ability to perform the following swimming skills:

1. Swim the following strokes consistent with the Stroke Performance Charts, Level 4

- Front crawl—25 yards
- Back crawl—25 yards
- Breaststroke—25 yards
- Elementary backstroke—25 yards
- Sidestroke—25 yards
- Butterfly—15 yards

2. Maintain position on back for 1 minute in deep water (floating or sculling)

3. Tread water for 1 minute

SUMMER CAMP

REGISTRATION
BEGINS ON
JANUARY 9!



**Summer Camp is
coming soon!**
Keep the kids busy
this summer at the
Summit Area YMCA!

OVER 40
DIFFERENT
CAMPS TO
CHOOSE FROM

For more information, visit www.theSAY.org!

BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

550 Springfield Avenue | (P) 908 464 8373
Berkeley Heights, NJ 07922 | (F) 908 508 1059

www.theSAY.org



www.facebook.com/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



[@summitareaymca](https://twitter.com/summitareaymca)

THE LEARNING CIRCLE YMCA

A branch of the Summit Area YMCA.

95 Morris Avenue | (P) 908 273 7040
Summit, NJ 07901 | (F) 908 273 5670



[@summitareaymca](https://www.instagram.com/summitareaymca)

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 our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org