



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEIZE THE SUMMER! EXPLORE THE POSSIBILITIES



SUMMER 2018 PROGRAM GUIDE

JUNE 18 - AUGUST 26

JUNE 4

Family Member

JUNE 5

Youth/Adult Member

JUNE 11

Community Member

JULY 4

No Classes

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OUR MISSION

Founded in 1886, the Summit Area YMCA has a history steeped in working side-by-side with our neighbors to ensure that everyone, regardless of age, income and background, has the opportunity to learn, grow and thrive. Our holistic approach to wellness focuses on building a healthy spirit, mind, and body for all.

ABOUT THE SUMMIT AREA YMCA

The Summit Area YMCA is one of the area's leading 501(c)3 charitable organizations. Our cause is to strengthen the community by nurturing the potential of every child, promoting healthy living, and fostering a sense of social responsibility. All of our programs and services are infused with the Y core values of honesty, caring, respect and responsibility, which build character and enhance self-esteem.

Our branches are vital, vibrant, and valued centers in the community, which provide meaningful experiences for individuals and families. Each year, we serve more than 10,000 individuals with our free and fee-based programs and services in an area spanning the communities of Berkeley Heights, New Providence, Millburn, Springfield, Short Hills, Summit, Gillette, and Stirling.

FINANCIAL ASSISTANCE

With the generous donations of members, donors, and partners in the community from funds raised during our Annual Campaign and special events, the Summit Area YMCA is able to offer financial assistance to ensure that everyone, regardless of age, income, or background has the opportunity to learn, grow and thrive.

Financial assistance can be used for membership, program fees for child care, summer day camp, and more. The process is confidential and application forms are available at each of our three branches or online at WWW.THESAY.ORG/FA

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



REGISTRATION INFORMATION



PROGRAM SESSIONS & REGISTRATION DATES

SUMMER SESSION JUNE 18 – AUGUST 26 REGISTRATION DATES SUMMER

June 18 – July 22 | No Class July 4

June 4	Family Member
June 5	Youth/Adult Member
June 11	Community Member
July 4	No Classes

UPCOMING EVENTS

FOOD DRIVE BERKELEY HEIGHTS YMCA

Date: 6/25 – 7/3

SCHOLASTIC BOOK FAIR BERKELEY HEIGHTS YMCA

Date: 7/23 – 7/27

Day: Monday – Friday Age: All

Time: 12 – 4pm

Check out the upcoming events at
www.theSAY.org/calendar

WHERE TO REGISTER

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.

FACILITY ACCESS CARDS

For the safety of our children and members, all adults over the age of 18 must present a state or government issued photo ID to enter Summit Area YMCA facilities. Your photo ID will be scanned through our screening program prior to being given an access card. Parents or Guardians dropping off children for programs will be issued an access card for drop off and pick-up.

FOR YOUR SAFETY

As your safety, and that of your family's is always our primary concern, all YMCAs conduct regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

PARENT INFORMATION

In an effort to keep our children safe and to remind 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 facility. The parent does not need to be a member, but does need to stay with the child at all times.

TAKE A BREAK FOR YOU! PARENTS NIGHT OUT

Parent's have the hardest job and you deserve a break. Drop off your child for a fun night of food, games, movie and a healthy snack, 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! Pull-ups are okay; no diapers, please.

SUMMIT YMCA

June 15 - Summer Block Party

July 20 - Lego Fun

August 17 - Paint and Bubbles

Time: 6:00PM - 9:00PM

MP: \$20/child **NMP:** \$30/child

WHERE KIDS CAN BE KIDS

PARENT & CHILD MAKE, TAKE AND PLAY BERKELEY HEIGHTS YMCA (Drop In)

Session Dates: 7/11 - 8/22

Day: Wednesdays **Age:** 2- 6

Time: 10:00AM - 11:00AM

MP: \$5/class **NMP:** \$10/class

Come take a break from the summer sun, or the summer rain and play with us! Make a craft, have some free play time. Pay per class. Parents must be present.



KIDVENTURES A GREAT PLACE TO GROW!

SUMMIT YMCA

Time: 9:00AM - 1:00PM

Week A Dates: 6/18 - 6/22

Day: Mon- Fri **Age:** 2.5 - 4
MP: \$150 **NMP:** \$200

Week 2 Dates: 7/2 - 7/6

(No class on 7/4)

Day: M, T, TH, F **Age:** 2.5 - 4
MP: \$120 **NMP:** \$170

Week B Dates: 8/27 - 8/31

Day: Mon thru Fri **Age:** 2.5 - 4
MP: \$150 **NMP:** \$200

Drop off time: 9:00AM - 9:30AM
Pick up time: 12:30AM - 1:00PM

Give your child a chance to socialize, explore, and get ready for preschool! Your child will make new friends, enjoy arts & crafts, story time, group games, active play and more in a place they already know and love, the Summit YMCA! Please pack your child a water bottle and peanut-free, non-refrigerated snack. Pull-ups are okay, no diapers.

FREE 7TH GRADE MEMBESHIPS!

JUNE 2018 - JUNE 2019



- Boost physical & mental wellness
- Develop healthy exercise habits with Y
- Safe and friendly place to be
- Enjoy special teen events

www.thesay.org/7gm

Available at the Summit and Berkeley Heights YMCA Branches



**KEEP KIDS BUSY
OVER THE SUMMER!**

www.theSAY.org

SCHOOL AGE KIDS SUMMER FUN BERKELEY HEIGHTS YMCA (Drop In)

Session Dates: 7/9 – 8/20

Day: Mondays **Age:** 4 – 8

Time: 2:45pm – 3:30pm

MP: \$5/Class **NMP:** \$10/Class

An afternoon class to get out some more of that summer energy! Play games, sports or create a project- the theme changes each week!

AFTERNOON FUN SEWING

BERKELEY HEIGHTS YMCA

Session Date: 7/17 and 7/19

Day: Tuesday or Thursday

Age: 7+

Time: 4:30PM – 6:00PM

MP: \$15 **NMP:** \$25

Learn the basics of sewing, or hone your current skills with our sewing expert! Parents, siblings, neighbors – are ALL welcome! Price is per person. Supplies of needles and fabric will be supplied.

HARRY POTTER FUN BERKELEY HEIGHTS YMCA

Session Date: 7/31

Day: Tuesday

Age: 5+ with Parents

Time: 4:30PM – 6:00PM

MP: Free **NMP:** Free

Join us for an afternoon filled with Harry Potter. Try the Jelly Bean challenge, watch our favorite parts of the movies, make Harry Potter crafts and help us decorate house banners! Don't forget your costume! Parents are required to stay for this event.

LEGO MANIA BERKELEY HEIGHTS YMCA

Session Date: 8/16

Day: Thursday

Age: 4+ with parents

Time: 4:30PM – 6:00PM

MP: Free **NMP:** Free

Are you a Lego fan? Come join us to watch The Lego Movie while you build Legos and create your own Lego masterpiece! Parents are required to stay for this event.

BALLET PARTY TIME! BERKELEY HEIGHTS YMCA

Session 1 Date: 7/11

Session 2 Date: 8/8

Day: Wednesday **Age:** 4 – 7

Time: 3:30PM – 4:30PM

MP: \$10 **NMP:** \$15

Calling all dancers! Take a dance class, do a ballet art project and get a goody bag. Come party with us!

BEYOND THE SCALE!

InBody Body Composition Analyzer Discussion

If you've stepped on our InBody Body Composition Analyzer bring your questions about your numbers. If you haven't, it'll be there for you to try it for the first time.

Join Wellness Navigators Susan Guber, Jay Jacobs + a Summit Y Personal Trainer for a high-energy hour discussion about your InBody numbers as well as the latest and greatest on nutrition, fitness, weight loss, maintenance, rest and restoration.

Where: Summit Y Gym **Cost:** FREE! Registration Required

Time: 7:00PM– 8:00 PM **DAY:** Wednesday,

Session 1: June 6, **Session 2:** July 11 **Session 3:** August 1



FAMILY FAMILY ZUMBA CLASS BERKELEY HEIGHTS YMCA

Session 1 Dates: 7/25

Session 2 Dates: 8/1

Day: Wednesday **Age:** 4+

Time: 4:30PM – 5:15PM

MP: \$10/Family **NMP:** \$15/Family

Family Zumba time is great time to show us your dance moves! Bring the whole family to dance!

MOVIE & POPCORN: COCO BERKELEY HEIGHTS YMCA

Session Date: 7/9

Day: Monday **Age:** All

Time: 1:00PM – 3:00PM

MP: Free **NMP:** \$5

SING! BERKELEY HEIGHTS YMCA

Session Date: 8/13

Day: Monday **Age:** All

Time: 1:00PM – 3:00PM

MP: Free **NMP:** \$5

Come on in and have a movie afternoon with us—popcorn included!



Check out the most up to date youth related programming and events at www.theSAY.org/youthenrichment

“Learning is a treasure that
will follow its owner everywhere.”

– Chinese Proverb

THE LEARNING CIRCLE YMCA

WHERE KIDS LEARN, GROW & THRIVE

At the Learning Circle YMCA, we are committed to making each day an opportunity for your child to learn, grow and thrive.



SCHEDULE A TOUR TODAY!

WWW.THESAY.ORG/TLC

(P) 908. 273. 7040

Our curriculum is aligned with the New Jersey State Preschool Teaching and Learning Standards.

PRESCHOOL AND PREK CURRICULUM:

- English, Language Arts, World Languages
- Approaches to Learning
- Mathematics, Science, Technology
- Social/Emotional Development,
- Visual and Performing Arts
- Social Studies/Family and Life Skills
- Health/Safety/Physical Education



SPORTS

PEE WEE BASKETBALL SUMMIT YMCA

Session Dates: 6/23 – 7/21

Session 2 Dates: 7/28– 8/25

Day: Saturdays **Age:** 4 – 6

Time: 10:15AM – 11:00 AM

MP: \$58 **NMP:** \$88

Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills and fun games.

T-BALL SUMMIT YMCA

Session 1 Dates: 6/23 – 7/21

Session 2 Dates: 7/28– 8/25

Day: Saturdays **Age:** 4 – 6

Time: 11:15AM – 12:00 AM

MP: \$58 **NMP:** \$88

Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills and fun games. The kids will learn how to bat, throw, and run bases.

PEE WEE SOCCER SUMMIT YMCA

Session 1 Dates: 6/23 – 7/21

Session 2 Dates: 7/28– 8/25

Day: Saturdays **Age:** 3–5

Time: 12:15AM– 1:00PM

MP: \$58 **NMP:** \$88

Each 45 minute class will incorporate instruction and fundamental skills development with an emphasis on structured drills and fun games.

INDIVIDUAL BASKETBALL TRAINING PACKAGES

SUMMIT YMCA

Dates: Throughout the Year

Day: Flexible **Age:** 6+

Time: 1 hour sessions

5 1-hour Session Package – \$280

10 1- hour Session Package – \$500

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

GROUP BASKETBALL TRAINING PACKAGES

SUMMIT YMCA

Dates: Throughout the Year

Day: Flexible **Age:** 6+

Time: 1 hour sessions

5 1-hour Session Package – \$500

10 1- hour Session Package – \$1,000

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

Check out the most up to date youth related programming and events at www.theSAY.org/youthenrichment

YOUTH SOCCER LEAGUE SUMMIT YMCA

Dates: 9/9 – 10/28

Day: Sunday

Time: 11:00AM – 4:00 PM

MP: \$180 **NMP:** \$265

Super Tots: 3 years old

Rookies: 4 years old

Winners: 5 & 6 years olds

Champions: 7 & 8 years olds

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.



TEENS

GOLF CLINIC SUMMIT YMCA

Session 1: 6/19 – 6/28 (Tues/Thurs)

Time: 6:00PM – 7:30PM

Session 2: 7/7 – 7/28 (Saturday)

Time: 9:00AM – 10:30AM

Session 3: 8/7 – 8/16 (Tues/Thurs)

Time: 6:00PM – 7:30PM

Age: 14 –24

MP: \$140 **NMP:** \$175

Learn golf fundamentals, including back swing, downswing and follow through, using drills and exercises.



"The YSA is a great place for kids to start playing sports. They learn individual skills, how to work on a team, meet new friends and have fun. YSA is also a great way for families to get integrated into the community."

— Coach Terry Hayes

FREE WELLNESS PROGRAMS



It was only after I emerged from my week-long coma that I knew I had to do something to increase my cardiac usage from its 45% level. I'm so glad I joined the Healthy Hearts Cardiac Rehab program. It has helped build my endurance and strength. The program instructors teach and encourage independence which has empowered me to exercise on my own.

— Arthur

HEALTHY HEARTS CARDIO REHAB AND MAINTENANCE PROGRAM

Summit YMCA

Dates: 6/5 – 8/23

Day: Tues/Thurs

Age: 16+ Time: 12pm – 1pm

MP: FREE NMP: FREE

Improve your cardiovascular health through this free 12 week program. Directed by nationally certified trainers, this program will meet twice a week for 12 weeks to focus on cardiovascular exercise, build muscle strength and work on flexibility in a small group non-medically supervised setting.

For additional information contact:

Summit YMCA

susan.guber@thesay.org

Berkeley Heights YMCA

lisa.mcquilkinn@thesay.org

WWW.THESAY.ORG/HEALTHYHEARTS

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BUILDING STRONG AND CONFIDENT SWIMMERS

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

OUR SWIM PHILOSOPHY REPEAT A CLASS:

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

MAKE-UP CLASSES:

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

We do not use floatation devices so your child learns how their body moves and floats in the water without a false sense of support. For the reason that a child is unlikely to accidentally fall into a body of water with a floatation on, we want them to be fully prepared to get to safety.

SWIM STAGES

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

SWIM STARTERS	SWIM BASICS	SWIM STROKES
PARENT & CHILD LESSONS	Basic Swimming & Self Rescue Skills	Advanced Stroke Techniques
A Water Discovery	1 Water Acclimation	4 Stroke Introduction
B Water Exploration	2 Water Movement	5 Stroke Development
	3 Water Stamina	6 Stroke Mechanics

WAIT LIST:

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

SCHEDULE CONFLICTS:

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

For most up to date classes, please visit www.theSAY.org/swim

PARENT CHILD AGE 6 MONTHS - 3 YEARS					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
INFANT WATER DISCOVERY Age .5 - 1.5 years	6/23-8/11	Saturday	8:00AM	\$114	\$171
Parents accompany children in Water Discovery, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.					
PARENT CHILD AGE 6 MONTHS - 3 YEARS					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
TODDLER WATER DISCOVERY 1.5 - 2.5 Years	6/19-8/21	Tuesday	10:00AM	\$114	\$171
	6/23-8/11	Saturday	8:30AM, 10:05AM	\$114	\$171
	6/24-8/12	Sunday	8:00AM	\$114	\$171
Parents accompany children in Water Discovery, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.					
WATER EXPLORATION 2 - 3 Years	6/23-8/11	Saturday	10:35AM	\$114	\$171
	6/24-8/12	Sunday	9:00AM	\$114	\$171
In Water Exploration, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills while encouraging independence.					
PRESCHOOL LEVEL A AGE 3 - 5					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
A WATER ACCLIMATION 3 - 5 Years Monday/Wednesday Classes meet 2x a week for 4 weeks. Monday through Thursday Classes meet 4x a week for 2 weeks. *2 classes available for this time.	6/18-7/11	Monday/Wednesday	9:00AM	\$100	\$150
	7/23-8/15	Monday/Wednesday	9:00AM	\$114	\$171
	6/18-7/11	Monday/Wednesday	9:30AM	\$114	\$171
	7/23- 8/15	Monday/Wednesday	9:30AM	\$114	\$171
	6/18 - 6/28	Monday through Thursday	4:00PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	4:00PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	4:00PM	\$114	\$171
	7/30-8/9	Monday through Thursday	4:00PM	\$114	\$171
	8/13 - 8/23	Monday through Thursday	4:00PM	\$114	\$171
	6/23 - 8/11	Saturday*	9:00AM	\$114	\$171
	6/23 - 8/11	Saturday	11:15AM	\$114	\$171
	6/23 - 8/11	Saturday	12:15PM	\$114	\$171

LIVESTRONG® AT THE YMCA CANCER RECOVERY PROGRAM

Summit YMCA

Dates: 6/5 - 8/23

Day: Tues/Thurs

Age: 16+ Time: 12pm - 1pm

MP: FREE NMP: FREE

LIVESTRONG® at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Common goals include building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

For additional information contact:

Summit YMCA

sue.fieseler@thesay.org

Berkeley Heights YMCA

lisa.mcquilkinn@thesay.org

WWW.THESAY.ORG/LIVESTRONG



PRESCHOOL LEVEL A AGE 3 - 5					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
A WATER MOVEMENT 3 - 5 Years Monday/Wednesday Classes meet 2x a week for 4 weeks. Monday through Thursday Classes meet 4x a week for 2 weeks.	6/18-7/11	Monday/Wednesday	9:00AM	\$100	\$150
	7/23-8/15	Monday/Wednesday	9:00AM	\$114	\$171
	6/18-7/11	Monday/Wednesday	9:30AM	\$100	\$150
	7/23-8/15	Monday/Wednesday	9:30AM	\$114	\$171
	6/18 - 6/28	Monday through Thursday	4:00 PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	4:00 PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	4:00 PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	4:00 PM	\$114	\$171
	8/13- 8/23	Monday through Thursday	4:00 PM	\$114	\$171
	6/23 - 8/11	Saturday	9:30AM	\$114	\$171
	6/23 - 8/11	Saturday	11:45AM	\$114	\$171
Prerequisite: Must be able to submerge face underwater and recover independently from a back float. Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.					
A WATER STAMINA 3 - 5 Years	6/18 - 6/28	Monday through Thursday	4:00PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	4:00PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	4:00PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	4:00PM	\$114	\$171
	8/13- 8/23	Monday through Thursday	4:00PM	\$114	\$171
	6/23 - 8/11	Saturday	9:30AM	\$114	\$171
	6/23 - 8/11	Saturday	11:45PM	\$114	\$171
Prerequisite: Must be able to submerge face underwater and float unassisted on front and back. Students learn how to swim safely from a longer distance that in previous stages in the event of falling in a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.					
A STROKE INTRODUCTION 3 - 5 Years	6/18 - 6/28	Monday through Thursday	4:30PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	4:30PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	4:30PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	4:30PM	\$114	\$171
	8/13- 8/23	Monday through Thursday	4:30PM	\$114	\$171
	6/23 - 8/11	Saturday	11:45AM	\$114	\$171
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, and swim unassisted 10-15 yards on his or her front or back. Students develop stroke technique in front crawl, back crawl, learn the breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.					

SCHEDULE NOTES

Monday/Wednesday classes meet 2x a week for 4 weeks.

Monday thru Thursday classes meet 4x a week for 2 weeks.



SCHOOL AGE LEVEL B AGE 6 – 8					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
B WATER ACCLIMATION 6 – 8 Years	6/18 – 6/28	Monday through Thursday	4:30PM	\$114	\$171
	7/2 – 7/12	Monday through Thursday	4:30PM	\$100	\$150
	7/16 – 7/26	Monday through Thursday	4:30PM	\$114	\$171
	7/30 – 8/9	Monday through Thursday	4:30PM	\$114	\$171
	8/13 – 8/23	Monday through Thursday	4:30PM	\$114	\$171
	6/23 – 8/11	Saturday	9:30AM, 12:15PM	\$114	\$171
Students develop comfort underwater exploration and learn to safely exit in the event of falling in a body of water. This stage lays the foundation that allows for a student's future progress in swimming.					
B WATER MOVEMENT 6 – 8 Years	6/18 – 6/28	Monday through Thursday	4:00PM	\$114	\$171
	7/2 – 7/12	Monday through Thursday	4:00PM	\$100	\$150
	7/16 – 7/26	Monday through Thursday	4:00PM	\$114	\$171
	7/30 – 8/9	Monday through Thursday	4:00PM	\$114	\$171
	8/13 – 8/23	Monday through Thursday	4:00PM	\$114	\$171
	6/23 – 8/11	Saturday	11:45AM, 12:15PM	\$114	\$171
Prerequisite: Must be able to submerge face underwater and recover independently from a back float. Focus on body position and control, directional change, and forward movement. Continue to practice how to safely exit after falling into a body of water.					
B WATER STAMINA 6 – 8 Years	6/18 – 6/28	Monday through Thursday	4:30PM	\$114	\$171
	7/2 – 7/12	Monday through Thursday	4:30PM	\$100	\$150
	7/16 – 7/26	Monday through Thursday	4:30PM	\$114	\$171
	7/30 – 8/9	Monday through Thursday	4:30PM	\$114	\$171
	8/13 – 8/23	Monday through Thursday	4:30PM	\$114	\$171
	6/23 – 8/11	Saturday	9:00AM, 12:15PM	\$114	\$171
Prerequisite: Must be able to submerge face underwater and float unassisted on front and back. Learn how to swim safely from a longer distance in the event of falling in a body of water. Introduces rhythmic breathing and integrated arm and leg action.					



**We applaud The
Summit Area YMCA
for all that you do for
our communities!**

**Norm Sanyour and
the entire team at
Capital Group Private
Client Services
celebrate The SAY's
work and dedication.**

To learn more about our business,
please contact us at (800) 421-4280 or
visit us online at capitalgroup.com/pcs.



SCHOOL AGE LEVEL B AGE 6 - 8					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
B STROKE INTRODUCTION 6 - 8 Years	6/18 - 6/28	Monday through Thursday	4:30PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	4:30PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	4:30PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	4:30PM	\$114	\$171
	8/13 - 8/23	Monday through Thursday	4:30PM	\$114	\$171
	6/23 - 8/11	Saturday	9:30AM	\$114	\$171
	6/23 - 8/11	Saturday	11:15AM	\$114	\$171
	6/23 - 8/11	Saturday	11:45AM	\$114	\$171
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, and swim unassisted 10-15 yards on his or her front or back. Students develop stroke technique in front crawl, back crawl, learn the breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.					
CLASS 45 MINUTES	DATES	DAY	TIME(S)	MP	NMP
B STROKE DEVELOPMENT 6 - 8 Years	6/18 - 6/28	Monday through Thursday	5:30PM	\$130	\$195
	7/2 - 7/12	Monday through Thursday	5:30PM	\$114	\$171
	7/16 - 7/26	Monday through Thursday	5:30PM	\$130	\$195
	7/30 - 8/9	Monday through Thursday	5:30PM	\$130	\$195
	8/13 - 8/23	Monday through Thursday	5:30PM	\$130	\$195
	6/23 - 8/11	Saturday	10:05AM	\$130	\$195
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim unassisted 10-15 yards on his or her front or back, swim 15 yards of front and back crawl, and perform 10-15 yards of breaststroke and dolphin kick. Students work on stroke technique and learn all major competitive strokes. Emphasis on water safety continues with treading water and sidestroke.					
B STROKE MECHANICS 6 - 8 Years	6/18 - 6/28	Monday through Thursday	5:30PM	\$130	\$195
	7/2 - 7/12	Monday through Thursday	5:30PM	\$112	\$151
	7/16 - 7/26	Monday through Thursday	5:30PM	\$130	\$195
	7/30 - 8/9	Monday through Thursday	5:30PM	\$130	\$195
	8/13 - 8/23	Monday through Thursday	5:30PM	\$130	\$195
	6/23 - 8/11	Saturday	10:05AM	\$130	\$195
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim 50 yards of front and back crawl, and swim 25 yards of breaststroke and butterfly. Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.					
SCHOOL AGE LEVEL C AGE 9 - 12					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
C WATER ACCLIMATION 9 - 12 Years	6/18 - 6/28	Monday thru Thursday	5:00PM	\$114	\$171
	7/2 - 7/12	Monday thru Thursday	5:00PM	\$100	\$150
	7/16 - 7/26	Monday thru Thursday	5:00PM	\$114	\$171
	7/30 - 8/9	Monday thru Thursday	5:00PM	\$114	\$171
	8/13 - 8/23	Monday thru Thursday	5:00PM	\$114	\$171
	6/23 - 8/11	Saturday	9:00AM	\$114	\$171
Students develop comfort underwater exploration and learn to safely exit in the event of falling in a body of water. This stage lays the foundation that allows for a student's future progress in swimming.					

SCHOOL AGE LEVEL C AGE 9 - 12					
No swim classes on July 4 for Independence Day.					
CLASS 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
C WATER MOVEMENT 9 - 12 Years	6/18 - 6/28	Monday through Thursday	5:00PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	5:00PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	5:00PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	5:00PM	\$114	\$171
	8/13 - 8/23	Monday through Thursday	5:00PM	\$114	\$171
	6/23 - 8/11	Saturday	11:15AM	\$114	\$171
Prerequisite: Must be able to submerge face underwater. Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.					
C WATER STAMINA 9 - 12 Years	6/18 - 6/28	Monday through Thursday	5:00PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	5:00PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	5:00PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	5:00PM	\$114	\$171
	8/13 - 8/23	Monday through Thursday	5:00PM	\$114	\$171
	6/23 - 8/11	Saturday	9:00AM	\$114	\$171
	6/23 - 8/11	Saturday	11:15AM	\$114	\$171
Prerequisite: Must be able to submerge face underwater and float unassisted on front and back. Learn to swim safely from a longer distance than in previous stages after falling in a body of water. Introduces rhythmic breathing, integrated arm and leg action.					
C STROKE INTRODUCTION 9 - 12 Years	6/18 - 6/28	Monday through Thursday	5:00PM	\$114	\$171
	7/2 - 7/12	Monday through Thursday	5:00PM	\$100	\$150
	7/16 - 7/26	Monday through Thursday	5:00PM	\$114	\$171
	7/30 - 8/9	Monday through Thursday	5:00PM	\$114	\$171
	8/13 - 8/23	Monday through Thursday	5:00PM	\$114	\$171
	6/23 - 8/11	Saturday	9:00AM	\$114	\$171
	6/23 - 8/11	Saturday	11:45AM	\$114	\$171
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, and swim unassisted 10-15 yards on his or her front or back. Students develop stroke technique in front crawl, back crawl, learn the breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.					
CLASS 45 MINUTES					
C STROKE DEVELOPMENT 9 - 12 Years	6/18 - 6/28	Monday through Thursday	5:30PM	\$130	\$195
	7/2 - 7/12	Monday through Thursday	5:30PM	\$114	\$171
	7/16 - 7/26	Monday through Thursday	5:30PM	\$130	\$195
	7/30 - 8/9	Monday through Thursday	5:30PM	\$130	\$195
	8/13 - 8/23	Monday through Thursday	5:30PM	\$130	\$195
	6/23 - 8/11	Saturday	10:05AM	\$130	\$195
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim unassisted 10-15 yards on his or her front or back, swim 15 yards of front and back crawl, and perform 10-15 yards of breaststroke and dolphin kick. Students work on stroke technique and learn all major competitive strokes. Emphasis on water safety continues with treading water and sidestroke.					
C STROKE MECHANICS 9 - 12 Years	6/18 - 6/28	Monday through Thursday	5:30PM	\$130	\$195
	7/2 - 7/12	Monday through Thursday	5:30PM	\$114	\$171
	7/16 - 7/26	Monday through Thursday	5:30PM	\$130	\$195
	7/30 - 8/9	Monday through Thursday	5:30PM	\$130	\$195
	8/13 - 8/23	Monday through Thursday	5:30PM	\$130	\$195
	6/23 - 8/11	Saturday	10:05AM	\$130	\$195
Prerequisite: Must be able to submerge face underwater, float unassisted on front and back, swim 50 yards of front and back crawl, and swim 25 yards of breaststroke and butterfly. Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.					

ADAPTIVE SWIM LESSONS AGE 3 – 8					
CLASS	DATES	DAY	TIME(S)	MP	NMP
ADAPTIVE SWIM LESSONS Ages 3-8	6/23 – 8/11	Saturday	12:45PM – 1:15PM	\$20	\$30
This class is for special needs children. It helps them learn new skills, learn to relax, and build muscle and stamina, all while increasing self-esteem and confidence. Skills are taught based on each child's individual ability. Parents are encouraged but not required to get in with their child.					
PATHWAYS PRE-COMPETITIVE					
No swim classes on July 4 for Independence Day.					
CLASS 45 MINUTES	DATES	DAY	TIME(S)	MP	NMP
COMPETITION PATHWAYS 7 – 16 Years	6/18 – 6/28	Monday through Thursday	5:30PM	\$114	\$171
	7/2 – 7/12	Monday through Thursday	5:30PM	\$100	\$150
	7/16 – 7/26	Monday through Thursday	5:30PM	\$114	\$171
	7/30 – 8/9	Monday through Thursday	5:30PM	\$114	\$171
	8/13 – 8/23	Monday through Thursday	5:30PM	\$114	\$171
Endurance is the main focus in this class and instructors will concentrate on increasing the swimmers ability to race effectively.					
TEEN SWIM LESSONS AGE 13 – 18					
SESSION 30 MINUTES	DATES	DAY	TIME(S)	MP	NMP
TEEN LESSONS Ages 13-18	6/18 – 6/28	Monday through Thursday	5:30PM	\$30	\$160
	7/2 – 7/12	Monday through Thursday	5:30PM	\$30	\$160
	7/16 – 7/26	Monday through Thursday	5:30PM	\$30	\$160
	7/30 – 8/9	Monday through Thursday	5:30PM	\$30	\$160
	8/13 – 8/23	Monday through Thursday	5:30PM	\$30	\$160
For teens who understand the basics of the strokes and want to improve and refine them, as well as build endurance.					
ADULT SWIM LESSONS AGE 18+					
BASICS ADULT LESSONS Ages 18+	6/21 – 8/9	Thursdays	10:00AM	\$30	\$70
For adults who want to become more comfortable in the water and learn the basics of swimming and water safety.					
STROKES ADULT LESSONS	6/21 – 8/9	Thursdays	10:30AM	\$30	\$70
For adults who understand the basics of the strokes and want to improve and refine them, as well as build endurance.					
MASTERS PASS AGE 18+					
SESSION 75 MINUTES	SESSION	DAY	TIME(S)	MP	NMP
MASTERS 20 DAY PASS	6/19 – 8/28	Tues. / Fri.	5:45AM – 7:00AM	FREE	\$90
MASTERS 5 DAY PASS					\$22
MASTERS 1 DAY PASS					\$5
For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.					

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