



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AWESOME AUTUMN

DISCOVER WELLNESS TOGETHER



FALL 2019 PROGRAM GUIDE

SEPTEMBER 2 - DECEMBER 22

Registration Dates

FALL 1 | NO CLASS SEPT 2

August 12: Family Members

August 13: Youth / Adult Members

August 19: Community Members

Registration Dates

FALL 2 | NO CLASS NOV 28

Oct. 7: Family Members

Oct 8: Youth / Adult Members

Oct 14: Community Members

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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

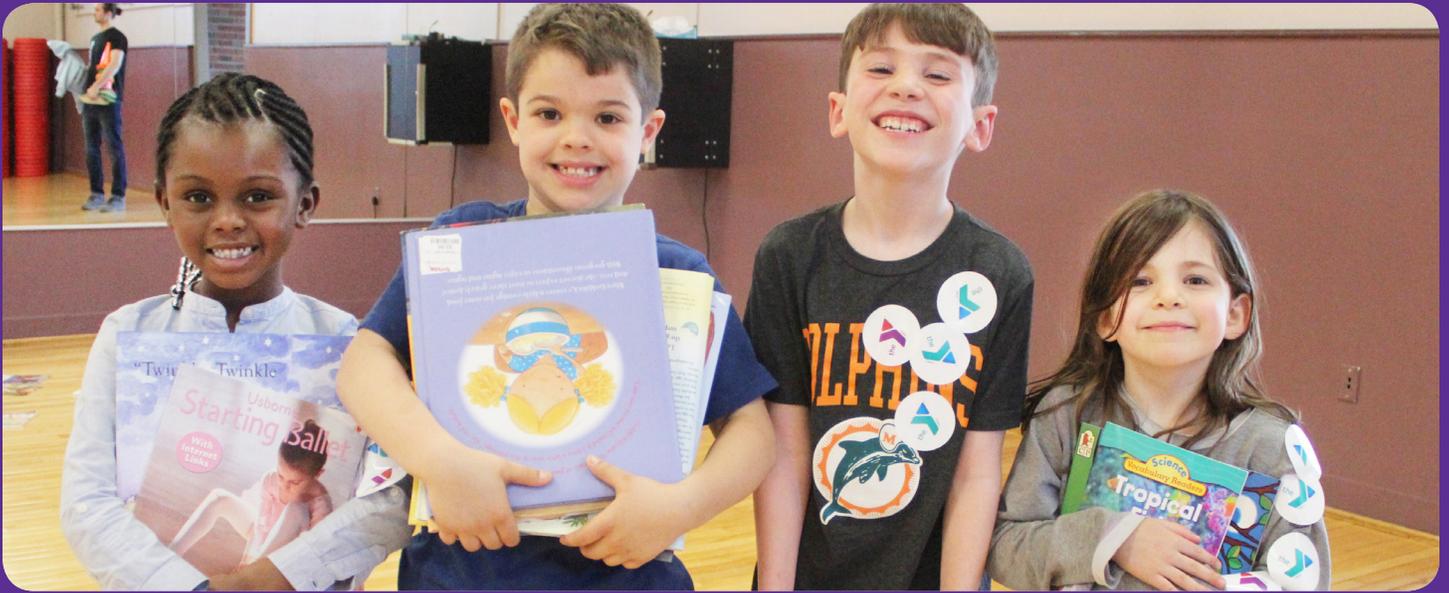
Applicants must live or work within the Summit Area YMCA service area: Springfield, Millburn, Short Hills, Summit, New Providence, Berkeley Heights, Gillette and Stirling.



“I had a recent knee injury and my weight was at an all time high after having a baby. It was a blessing that the Y gave our family a free military membership that included babysitting. This let me focus on my own health and well-being. My husband and I work out together too! Now, I’ve lost 40lbs, I’m almost back to pre-baby weight, and my knee is stronger than ever! I’m so thankful that the Y is here for us.”

— Brittany, Summit YMCA

REGISTRATION INFORMATION



PROGRAM SESSIONS & REGISTRATION DATES

FALL 2019 SESSION 1 SEPTEMBER 3 – OCTOBER 26 REGISTRATION DATES

August 12 Family Member
August 13 Youth/Adult Member
August 19 Community Member

FALL 2019 SESSION 2 OCTOBER 27 – DECEMBER 22 REGISTRATION DATES

October 7 Family Member
October 8 Youth/Adult Member
October 14 Community Member

WINTER 2020 SESSION JANUARY 2 – FEBRUARY 23 REGISTRATION DATES

Dec 9 Family Member
Dec 10 Youth/Adult Member
Dec 16 Community Member

WHERE TO REGISTER

Members and non-members can register online at www.theSAY.org. Online registration begins at midnight. In person and phone registration begins at 6:30am. 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.

PARENT & CHILD

INFANT MASSAGE FOR PARENTS & CAREGIVERS OF PRE-MOBILE BABIES SUMMIT YMCA

Session 1 Dates: 9/3, 9/10, 9/17, 9/24, 10/1
Session 2 Dates: 10/29, 11/5, 11/12, 11/19, 11/26

Day: Tuesday Age: 0 - 6 months

Time: 1:15PM - 2:15PM
MP: \$100 NMP: \$175

Learn the basics of infant massage! Led by licensed massage therapist and certified Infant Massage Instructor, Fatima Lopes CEIM (International Association of Infant Massage), this 5-week workshop is designed to teach parents and caregivers in how to help babies sleep better, sooth, aid digestion, encourage bonding, improve communication and more. Research shows further benefits for babies with colic, eczema, special needs and adoptive families. Organic cold-pressed oil and a detailed copy of each stroke learned to keep practicing at home will be provided. Please bring a blanket for baby.

WIGGLE, GIGGLE, RHYME SUMMIT YMCA

Session 1 Dates: 9/4 - 10/23

Session 2 Dates: 10/30 - 12/18

Day: Wednesday Age: Walking - 3

Time: 10:15AM - 11:00AM

MP: \$100 NMP: \$175

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

MUSIC, MOVEMENT & MAKE BELIEVE SUMMIT YMCA

Session 1 Dates: 9/5 - 10/24

Session 2 Dates: 10/31 - 12/19

Day: Thursday Age: 12 months - 3 years

Time: 10:00AM - 10:45AM

MP: \$100 NMP: \$175

Experience storytelling through the power of music and movement! Each class will bring a child's favorite story to life using puppets, scarves, props, and sing-a-long stories. Class requires parental or caregiver participation.

Birthday Parties and Facility Rentals available at both the Berkeley Heights YMCA and Summit YMCA for all ages!
www.theSAY.org/party

PRESCHOOL

KIDVENTURES: A GREAT PLACE TO GROW! SUMMIT YMCA

Age: 2.5 - 4

Time: 9:00AM - 12:00PM

Drop off time 9:00AM - 9:30AM

Pick up time 11:30AM - 12:00PM

FLEXIBLE, year-round, open enrollment schedule.
No class September 2 and November 21.

SESSION 1

Dates: 9/9 - 10/21

Day: Monday (No class September 2)

MP: \$300 NMP: \$525

Dates: 9/3 - 9/22

Day: Tuesday

MP: \$300 NMP: \$525

Dates: 9/3 - 10/23

Day: Wednesday

MP: \$300 NMP: \$525

Dates: 9/3 - 10/24

Day: Thursday

MP: \$300 NMP: \$525

Dates: 9/3 - 10/25

Day: Friday

MP: \$300 NMP: \$525

Dates: 9/9 - 10/26

Day: Monday - Friday (No class September 2)

MP: \$1,200 NMP: \$2,100

SESSION 2

Dates: 10/28 - 12/16

Day: Monday

MP: \$300 NMP: \$525

Dates: 10/29 - 12/17

Day: Tuesday

MP: \$300 NMP: \$525

Dates: 10/30 - 12/18

Day: Wednesday

MP: \$300 NMP: \$525

Dates: 10/31 - 12/19

Day: Thursday (No class November 21)

MP: \$300 NMP: \$525

Dates: 11/1 - 12/20

Day: Friday

MP: \$300 NMP: \$525

Dates: 10/28 - 12/21

Day: Monday - Friday (No class November 21)

MP: \$1,200 NMP: \$2,100



Give your child a chance to socialize, explore, and get ready for preschool! Their day will include a friendship table, story time, weekly themed arts & crafts, music & movement, active gym time, weekly library visit, and free play. Please pack your child a water bottle and a peanut free non-refrigerated snack. Pull-ups are okay, no diapers.

PRESCHOOL BIRTHDAY PARTIES



SO MANY OPTIONS!

Choose from:

- DESIGN YOUR OWN PARTY
- CLASSIC PARTY GAMES
- THEMED CHARACTER PARTY

Get the party started by contacting: Maria Marinaccio
(P) (908) 273-3330 ext. 1166 (E) maria.marinaccio@thesay.org

LUNCH BUNCH & MUNCH FUN SUMMIT YMCA

Age: 2.5 - 4
Time: 12:00PM - 2:00PM

SESSION 1

Dates: 9/9 - 10/21
Day: Monday (No class September 2)
MP: \$200 NMP: \$350

Dates: 9/3 - 10/22
Day: Tuesday
MP: \$200 NMP: \$350

Dates: 9/4 - 10/23
Day: Wednesday
MP: \$200 NMP: \$350

Dates: 9/5 - 10/24
Day: Thursday
MP: \$200 NMP: \$350

Dates: 9/6 - 10/25
Day: Friday
MP: \$200 NMP: \$350

SESSION 2

Dates: 10/28 - 12/16
Day: Monday
MP: \$200 NMP: \$350

Dates: 10/29 - 12/17
Day: Tuesday
MP: \$200 NMP: \$350

Dates: 10/30 - 12/18
Day: Wednesday
MP: \$200 NMP: \$350

Dates: 10/31 - 12/19
Day: Thursday
MP: \$200 NMP: \$350

Dates: 11/1 - 12/20
Day: Tuesday
MP: \$200 NMP: \$350

Extend your child's Kidventure day with a combination of active play, games, arts & crafts, and quiet time. Children bring a peanut-free, non-refrigerated lunch and a refillable water bottle from home and they can eat with their friends, socialize, and have fun!

INDOOR PLAYGROUND SUMMIT YMCA

Session 1 Dates: 9/6 - 10/25
Session 2 Dates: 11/1 - 12/20
Day: Friday Age: 2.5 - 4
Time: 10:00AM - 11:30AM
Family Members: FREE
Youth Membes: \$80 NMP: \$140

Spend quality time together and connect with other families in this instructor-led class. The gym is set-up each week with music, balls, hula hoops, trikes and more to facilitate open play. Parents are involved with their children to provide direction and safety. Registration required.

PRESCHOOL PLAYDATE SUMMIT YMCA

Session 1 Dates: 9/5 - 10/24
Session 2 Dates: 10/31 - 12/19
Day: Thursday Age: 3
Time: 3:30PM - 5:00PM
MP: \$100 NMP: \$175

Looking for something fun to do? Try a YMCA Play Date! For 1 hour and a 1/2 your child can spend time coloring, painting, and participating in active hands-on learning, sensory learning, gross motor play, themed games, and crafts. A healthy, nut-free snack will be provided.

BORN TO BOOGIE DANCE CLASS SUMMIT YMCA

Session 1 Dates: 9/7 - 10/26
Session 2 Dates: 11/2 - 12/21
Day: Saturday Age: 2 - 3
Time: 9:30AM - 10:15AM
MP: \$100 NMP: \$175

Day: Saturday Age: 3 - 6
Time: 10:30AM - 11:15AM
MP: \$100 NMP: \$175

Get ready to Boogie! Finally a dance class where you get to dance with your child. Partner your child in a variety of fun, exciting dances as you spend quality time dancing to the beat.

FALL INTO FUN SUMMIT YMCA

Dates: 10/29
Day: Tuesday Age: 3+
Time: 3:30PM - 4:30PM
MP: \$10/child NMP: \$20/child

Come join us for a fun night of pumpkin decorating, Halloween BINGO, a "Ghost" hunt, music & snacks! Each registered child will receive one sugar pumpkin to decorate. (Bring a canned food donation for the local food bank). Free for family members.



TAKE A BREAK FOR YOU!

PARENTS NIGHT OUT

Parent's have the hardest job and deserve a break! Drop off your child for a fun night of structured activities in a supervised environment. Pizza will be provided. Pre-registration is required two days before.

SUMMIT YMCA

Dates: 9/13, 10/11, 11/8, 12/13
Time: 6:00PM - 9:00PM
Day: Friday Age: 3+
MP: \$30/child NMP: \$53/child

BERKELEY HEIGHTS YMCA

Dates: 9/27, 10/11, 10/25
Time: 6:00PM - 9:00PM
Day: Friday Age: 5 - 10
MP: \$30/child NMP: \$53/child

PARENTS DAY OUT SUMMIT YMCA

Dates: 9/21, 12/21 Day: Saturday
Time: 3:30PM - 6:30PM Age: 3 - 5
MP: \$30/child NMP: \$53/child

Need three hours of "me" time? The Parent's Day Out program provides a play group for your child and a break away from the Y for you to shop, run errands, have an extended lunch, see a movie or just relax. We offer arts & crafts, group activities, story time and free play.

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



SCHOOL AGE

DANCE & MOVE

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/3 - 10/22

Session 2 Dates: 10/29 - 12/17

Day: Tuesday **Age:** 4 - 6

Time: 3:45PM - 4:30PM

MP: \$100 **NMP:** \$175

Session 1 Dates: 9/3 - 10/22

Session 2 Dates: 10/30 - 12/18

Day: Wednesday **Age:** 7 - 10

Time: 4:30PM - 5:15PM

MP: \$100 **NMP:** \$175

Join our modern dance class! Shake, shimmy and learn dances to new and modern music!

NINJA WARRIOR WORKOUT

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/3 - 10/22

Session 2 Dates: 10/29 - 12/17

Day: Tuesday **Age:** 5 - 7

Time: 3:30PM - 4:15PM

MP: \$100 **NMP:** \$175

A fun and energetic workout, this class taps into your inner ninja and includes obstacles, rope climbing, team games and more!

MEET THE ARTIST

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/3 - 10/22

Session 2 Dates: 10/29 - 12/17

Day: Tuesday **Age:** 5 - 7

Time: 3:30PM - 4:15PM

MP: \$100 **NMP:** \$175

Learn about a famous artist each week and create a project based on his or her work! Kids will get creative and learn to use a variety of materials!

NEW!

PLAYGROUND POWER

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/4 - 10/23

Session 2 Dates: 10/30 - 12/18

Day: Wednesday **Age:** 6 - 8

Time: 3:30PM - 4:15PM

MP: \$100 **NMP:** \$175

In this gym class, we play a different playground game each week! Lots of energy and lots of running around, so kids are sure to be tired and happy by the end of the day!

NEW!

SCULPTURE & 3D ART

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/6 - 10/25

Session 2 Dates: 11/1 - 12/20

Day: Friday **Age:** 7 - 10

Time: 3:30PM - 4:30PM

MP: \$100 **NMP:** \$175

Every week we'll learn all about how to use materials such as clay, model magic, and other objects to create sculptures and 3D art!

SEWING

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/5 - 10/24

Day: Thursday **Age:** 7 - 12

Time Option 1: 3:30PM - 4:30PM

Time Option 2: 4:30PM - 5:30PM

MP: \$85 **NMP:** \$150

Session 2 Dates: 10/31 - 12/19

Day: Thursday **Age:** 7 - 12

Time Option 1: 3:30PM - 4:30PM

Time Option 2: 4:30PM - 5:30PM

MP: \$100 **NMP:** \$175

Learn the basics of hand sewing and machine sewing in a small group setting with a hands on instructor. No class 9/26, 10/3 and 11/21.

ART AROUND THE WORLD

BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/3 - 10/22

Session 2 Dates: 10/29 - 12/17

Day: Tuesday **Age:** 8 - 11

Time: 4:30PM - 5:15PM

MP: \$100 **NMP:** \$175

Learn about different art styles from various cultures and geographic locations around the world! We'll be using paint, pastels, brush, ink and more!

HALLOWEEN

SPOOKTACULAR

BERKELEY HEIGHTS YMCA

Dates: 10/26

Day: Saturday **Age:** All Ages

Time: 10:00AM - 11:00AM

MP: FREE **NMP:** \$20/person

BOO! Come to the Berkeley Heights YMCA for some spooky fun! A fun spiders web, spooky crafts and candy!

BREAKFAST WITH SANTA

BERKELEY HEIGHTS YMCA

Dates: 12/14

Day: Saturday **Age:** All Ages

Time: 8:30AM - 9:30AM, 10:00AM - 11:00AM

MP: \$10/child **NMP:** \$20/child

Come and join us for a morning with Santa. Enjoy a light breakfast and get your picture taken with Santa! Ho ho ho!

YOUNG ARTIST STUDIO

SUMMIT YMCA

Session 1 Dates: 9/3 - 10/22

Session 2 Dates: 10/29 - 12/17

Day: Tuesday **Age:** 6+

Time: 4:15PM - 5:00PM

MP: \$100 **NMP:** \$175

It's time to roll up those sleeves and get messy experiencing the world of art! Learn more about different art styles and mediums such as paper mosaics, dazzling silhouettes, and gooey papier-mache. Projects may be completed in one class or extend across multiple sessions.

CHESS MASTER JR.

SUMMIT YMCA

Session 1 Dates: 9/4 - 10/23

Session 2 Dates: 10/30 - 12/18

Day: Wednesday **Age:** All Ages

Time: 4:00PM - 4:45PM

MP: \$100 **NMP:** \$175

Claim victory in chess and capture the king on the journey of becoming New Jersey's next Grandmaster! Want to tackle problems and create new strategies? Expand your skills or learn how to play for the first time? All levels are welcome for a fun and competitive chess!

FAMILY NIGHT AT THE YMCA

SUMMIT YMCA

Dates: 9/7, 10/5, 11/2, 12/7

Day: Saturday **Age:** All Ages

Time: 6:00PM - 8:00PM

MP: FREE **NMP:** \$20 per adult & child

Family Night is a FREE, semi-structured program for our Y members that incorporates gym, play and a monthly special activity or program. You can stay for as little or as long as you want!

PASSPORT TO COOKING

SUMMIT YMCA

Session 1 Dates: 9/9 - 10/21

Session 2 Dates: 10/28 - 12/16

Day: Monday **Age:** 6+

Time: 4:15PM - 5:00PM

MP: \$120 **NMP:** \$210

Calling all food lovers! Through guided experimentation, participants will create their own recipes that challenge their everyday palate while travelling the world of food. Instructor must be notified of all food allergies prior to the start of the program. No class September 2.

INTRO TO BALLET

SUMMIT YMCA

Session 1 Dates: 9/9 - 10/21

Session 2 Dates: 10/28 - 12/16

Day: Monday **Age:** 6+

Time: 4:30PM - 5:15PM

MP: \$100 **NMP:** \$175

Our Intro to Ballet class will teach ballet positions, jumps, kicks and simple combinations. Students will work on center floor and across the floor exercises to learn better balance and coordination. A recital will be held at the end of the session! No class on September 2.

HOME SCHOOL GYM & SWIM

SUMMIT YMCA

Session 1 Dates: 9/9 - 10/21

Session 2 Dates: 10/28 - 12/16

Day: Monday **Age:** 6 - 17

Time: 10:00AM - 11:00AM Gym

11:00AM - 11:45AM Swim

MP: \$100 **NMP:** \$175

Home School families are welcome to enjoy unstructured time in the gym and pool! To ensure pool safety, all children will be swim tested and given the appropriate color wristband. Please visit www.thesay.org for more details! No class September 2.

SUMMIT YMCA NATIONAL FAMILY WEEK

Dates: 11/17 – 11/23

Age: All Ages

Family Memberships: FREE

Youth Members: \$10/child

NMP: \$20/person

Join us all week to celebrate National Family Week! From Family sports, contests, delicious pizza, arts and crafts and more, there's plenty of activities for families to enjoy! Have a blast and make memories together with us at the Y!

FAMILY PICKLEBALL

Dates: 11/17

Day: Sunday **Age:** 8+

Time: 6:00PM – 7:00PM

Pair up as a parent/child duo to form the winning team! This fun paddle and wiffle ball sport is perfect for all levels and ages! The rules are simple and the game is easy to learn. Please consider bringing your own racket as there will only be a limited amount provided.

THANKSGIVING PICTURE FRAME CRAFT WORKSHOP

Dates: 11/18

Day: Monday **Age:** 3+

Time: 5:00PM – 6:00PM

Easy to make and fun to do, this picture frame craft makes a cute Turkey Day gift for family and friends or to keep for yourself! Both the child and adult must be registered in order to attend.

"WHY DON'T MY KIDS LISTEN TO ME?" WORKSHOP

Dates: 11/19

Day: Tuesday **Age:** 18+

Time: 10:00AM – 11:00AM, 7:00PM – 8:00PM

MP: FREE **NMP:** \$20/person

Tired of saying the same thing over and over? Do you give in to your kids' demands and/or yell at them? Led by Lisa DiSciullo, CPCC, Certified Parent Trainer by the Parent Encouragement Program and Certified Life Coach, come to this workshop and learn how to gain your kids' cooperation without nagging, bribing, or yelling. This workshop is for parents of children ages 2.5 – 18 years old.

FAMILY PIZZA SPECIAL AT DORIA'S PIZZA

Dates: 11/20

Day: Wednesday **Age:** All Ages

Time: 11:00AM – 10:00PM

COST: \$13

Mangia, Mangia! Bring the whole family to Doria's, located at 432 Springfield Avenue, Summit, NJ, for the BEST deal. One large plain pizza, and a 2 liter soda for \$13.00! Just mention "Summit YMCA National Family Week" before you order. No coupons or other discounts will be honored in conjunction with this special. Eat in or carry out, only.

PIECE OF CAKE PARENT/CHILD CAKE DECORATING CONTEST

Dates: 11/21

Day: Thursday **Age:** All Ages

Time: 6:00PM – 7:15PM

Bring a plain, one-layer cake, and we will supply you with icing, sprinkles and everything else you will need to make your cake stand out! Prizes will be awarded for most creative cake, best theme, and best all-around cake. Both the child and adult must be registered in order to attend.

FAMILY GAME NIGHT & TABLE MAGIC WITH BOB SIMEK

Dates: 11/22

Day: Friday **Age:** All Ages

Time: 6:00PM – 8:00PM

Family game nights are a great way to bring your family together, get everyone off the screen, teaches good sportsmanship, and allows hours of fun, learning, growing, laughing and playing together. This event requires that both the child and adult to be registered in order to attend.

FAMILY ZUMBA WITH JAQUETTA

Dates: 11/23

Day: Saturday **Age:** 7+

Time: 12:00PM – 1:00PM

Join us and awaken the inner dancer in you! You and your family will enjoy Latin and international dance routines and discover how easy it is to combine simple dance moves with fitness-based movements. Wear comfortable, breathable clothing and shoes and bring a water bottle. Towel service is available on site.

STEM FOR EVERYONE

SUMMIT YMCA

Dates: 9/17, 10/15, 11/19, 12/17

Day: Tuesday

Age: All Ages

Time: 6:00PM – 7:00PM

MP: \$120

NMP: \$210

Can you build a structure that can survive a tornado, an earthquake, or an angry bird attack? Come build, design, create, and explore! Using a variety of different materials like wood blocks, large Legos, and K'NEX, your child will have fun completing challenges that develop STEM (Science, Technology, Engineering, and Math) skills. This class is specifically designed for children who need a safe, sensory friendly, small group environment. Sign up for all 4 sessions or drop-in on a class (space allowing)!

A PARENT'S GUIDE TO DIGITAL CITIZENSHIP

SUMMIT YMCA

Dates: 12/3

Day: Tuesday

Age: 18+

Time: 6:30PM – 7:30PM

MP: FREE

NMP: \$20/person

Presented by Oak Knoll School. In this one-hour session, parents will gain an insider's look at how students (even as young as 5 years old) are taught about internet safety, privacy and security, communication, cyberbullying, and reputation management so that they can support and reinforce the safe use of technology at home.

COOKIES & COCOA

WITH SANTA

SUMMIT YMCA

Dates: 12/15

Day: Sunday

Age: 3 – 5

Time: 10:00AM – 11:00AM

MP: \$10/child

NMP: \$20/person

Ho-Ho-Ho! Santa's coming to the Summit YMCA! Come make a Christmas ornament and reindeer food with your child and enjoy sipping hot chocolate while you decorate a cookie to eat. Stick around for a special reading of "The Night Before Christmas" by Santa and don't forget to bring your camera and a letter for Santa to take back to the North Pole. Pre-registration is required.

KEEP THIS, TOSS THAT

SUMMIT YMCA

Dates: 9/18

Day: Wednesday

Age: 18+

Time: 1:00PM – 2:00PM

MP: FREE

NMP: \$20/person

Join Organizing Humorist and bestselling author Jamie Novak as she shares her laugh-out-loud funny approach for what to do with all the stuff – without getting overwhelmed. Wondering what to keep? What to toss? What to share or sell? And how to let it all go? Then run, don't walk to this workshop.

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

T-BALL

SUMMIT YMCA

Day: Wednesday **Age:** 4 - 6
Time: 4:30PM - 5:15PM
Dates: 9/4 - 10/23
MP: \$100 **NMP:** \$175
Dates: 10/30 - 12/18
MP: \$100 **NMP:** \$175

Day: Wednesday **Age:** 4 - 6
Time: 11:15AM - 12:00PM
Dates: 9/7 - 10/26
MP: \$100 **NMP:** \$175
Dates: 11/2 - 12/21
MP: \$88 **NMP:** \$153

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. No class November 27.

PEE WEE SOCCER

SUMMIT YMCA

Day: Wednesday **Age:** 3 - 5
Time: 3:45PM - 4:30PM
Dates: 9/4 - 10/23
MP: \$100 **NMP:** \$175
Dates: 10/30 - 12/18
MP: \$100 **NMP:** \$175

Day: Saturday **Age:** 3 - 5
Time: 12:15PM - 1:00PM
Dates: 9/7 - 10/26
MP: \$100 **NMP:** \$175
Dates: 11/2 - 12/21
MP: \$88 **NMP:** \$153

Each 45 minute soccer class will incorporate instruction and fundamental skills development with an emphasis on structured drills and fun games. No class October 5.

YOUTH SOCCER CLINIC

SUMMIT YMCA

Day: Monday **Age:** 6 - 8
Time: 4:30PM - 5:30PM
Dates: 9/9 - 10/21
MP: \$88 **NMP:** \$153
Dates: 10/28 - 12/16
MP: \$100 **NMP:** \$175

Day: Monday **Age:** 9 - 12
Time: 5:35PM - 6:35PM
Dates: 9/9 - 10/21
MP: \$88 **NMP:** \$153
Dates: 10/28 - 12/16
MP: \$100 **NMP:** \$175

The soccer clinic is designed to develop fundamental soccer skills while learning teamwork and sportsmanship.



INDOOR TENNIS CLINIC

SUMMIT YMCA

Day: Friday **Age:** 5 - 8
Time: 3:30PM - 4:30PM
Dates: 9/6 - 10/25
MP: \$100 **NMP:** \$175
Dates: 11/1 - 12/20
MP: \$100 **NMP:** \$175

Experienced PTR Ten and Under certified instructor will teach forehand, backhand, volley and serve along with developing skills to rally with others, using the USTA quick start play format. Rules and scoring will be taught while playing age appropriate games.

ADVANCED INDOOR TENNIS CLINIC

SUMMIT YMCA

Day: Friday **Age:** 8 - 12
Time: 4:30PM - 5:30PM
Dates: 9/6 - 10/25
MP: \$100 **NMP:** \$175
Dates: 11/1 - 12/20
MP: \$100 **NMP:** \$175

This class is for advanced tennis players who can rally and play a match against one another. Players will continue to develop their strokes through drills and games taught by experienced PTR Ten and Under certified instructor.

SELF DEFENSE CLASS

SUMMIT YMCA

Day: Saturday **Age:** 18+
Time: 9:15AM - 10:00AM
Dates: 9/7 - 10/26
MP: \$30 **NMP:** \$53

This is a self defense class for women and men. The instructor will teach you the basic techniques someone needs to know if they were ever attacked.

BASKETBALL PEE WEE

SUMMIT YMCA

Day: Monday **Age:** 4 - 6
Time: 3:45PM - 4:30PM
Dates: 9/9 - 10/21
MP: \$88 **NMP:** \$153
Dates: 10/28 - 12/16
MP: \$100 **NMP:** \$175

Day: Saturday
Time: 10:15AM - 11:00AM
Dates: 9/7 - 10/26
MP: \$100 **NMP:** \$175
Dates: 11/2 - 12/21
MP: \$88 **NMP:** \$153

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

COACH KAREEM ALL LEVEL CO-ED BASKETBALL CLINIC

SUMMIT YMCA

Day: Thursday **Age:** 8 - 14
Time: 6:30PM - 8:00PM
Dates: 9/5 - 10/17
MP: \$100 **NMP:** \$175

Want to separate yourself from the pack in terms of ball handling, outside shooting, perimeter defense and post moves? Versatile players are a rare breed - learn all the ins and outs of each position. For skill levels girls and boys.

INDIVIDUAL BASKETBALL TRAINING PACKAGES

SUMMIT YMCA

Day: Any Day **Age:** 6+
Time: 1 hour, Scheduled by Client

5 PRIVATE SESSIONS
MP: \$290 **NMP:** \$290

10 PRIVATE SESSIONS
MP: \$500 **NMP:** \$500

5 GROUP PRIVATE SESSIONS
MP: \$500 **NMP:** \$500

10 GROUP PRIVATE SESSIONS
MP: \$1,000 **NMP:** \$1,000

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.

Sign up online at www.thesay.org or contact Allison Zeimann (P) (908) 273-3330 ext. 1196 (E) allison.zeimann@thesay.org

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

YOUTH BASKETBALL CLINICS

SUMMIT YMCA

Our basketball clinics are designed to develop fundamental basketball skills while learning teamwork, strategy and sportsmanship. Children will learn basketball rules, shooting, passing and ball handling. They will also learn offensive and defensive skills like rebounding and team play. No class Thanksgiving, November 28, 2019.

To register, visit www.theSAY.org/YBL

AGE 6 - 7		AGE 8 - 9		AGE 10 - 12	
Dates: 9/3 - 10/22 Dates: 10/29 - 12/17 Day: Tuesday Time: 4:30PM - 5:30PM		Dates: 9/3 - 10/22 Day: Tuesday Dates: 10/30 - 12/18 Day: Thursday Time: 5:30PM - 6:30PM		Dates: 9/3 - 10/22 Day: Tuesday Dates: 9/4 - 10/23 Day: Wednesday Time: 6:30PM - 7:30PM	
MP: \$100	NMP: \$175	MP: \$100	NMP: \$175	MP: \$100	NMP: \$175
Dates: 9/5 - 10/24 Day: Thursday Time 1: 12:00PM - 12:45PM Time 2: 3:45PM - 4:30PM Time 3: 4:30PM - 5:30PM		Dates: 10/29 - 12/17 Day: Tuesday Time: 5:30PM - 6:30PM		Dates: 10/29 - 12/17 Day: Tuesday Time: 6:30PM - 7:30PM	
MP: \$100	NMP: \$175	MP: \$100	NMP: \$175	MP: \$100	NMP: \$175
Dates: 10/31 - 12/19 Day: Thursday Time 1: 3:45PM - 4:30PM Time 2: 4:30PM - 5:30PM		Dates: 10/31 - 12/19 Day: Thursday Time: 5:30PM - 6:30PM		Dates: 10/30 - 12/18 Day: Wednesday Time: 5:30PM - 6:30PM	
MP: \$88	NMP: \$153	MP: \$88	NMP: \$153	MP: \$100	NMP: \$175

TRYOUT SCHEDULE FOR SUMMIT AREA YMCA TRAVEL BASKETBALL LEAGUE

Register for either or both tryout days for your age group.

GRADE	AGE	DAY/TIME	DATE
5th and 6th Grade	8-14 years	Saturday, 4:00 to 6:00PM	October 12
5th and 6th Grade	8-14 years	Saturday, 4:00 to 6:00PM	October 19
7th and 8th Grade	8-14 years	Saturday, 6:00 to 8:00PM	October 12
7th and 8th Grade	8-14 years	Saturday, 6:00 to 8:00PM	October 19

TRAVEL BASKETBALL TEAM SUMMIT YMCA for players who made either team.

Dates: 11/2 - 12/21 | **Day:** Thursday | **Age:** 8-14 | **Time:** 6:30PM - 8:30PM | **MP:** \$525

YOUTH BASKETBALL LEAGUE - 14 WEEKS BOTH SESSIONS

GROUP NAME	AGE	DAY/TIME	DATE	COST	
				MP	NMP
STARTERS (Must be in Kindergarten) SESSION 1 ONLY	5-6		11/10/19 - 12/22/19	\$120	\$210
STARTERS (Must be in Kindergarten) SESSION 2 ONLY			1/12/20 - 3/8/20	\$160	\$280
STARTERS (14 weeks) BOTH SESSIONS			11/10/19 - 3/8/20	\$210	\$368
ROOKIES WEST (6 weeks) SESSION 1 ONLY (Must be in 1st Grade - Boys Team / Girls Team)	6-7	Sundays 11AM - 6PM	11/10/19 - 12/22/2019	\$120	\$210
ROOKIES WEST (8 weeks) SESSION 2 ONLY (Must be in 1st Grade - Boys Team / Girls Team)			1/12/20 - 3/8/20	\$160	\$280
ROOKIES WEST (14 weeks) BOTH SESSIONS (Same for Boys & Girls)			11/10/19 - 3/8/20	\$210	\$368
WINNERS NORTH (6 weeks) SESSION 1 ONLY (Must be in 2nd Grade - Boys Team / Girls Team)	7-9	Saturdays 9AM - 3PM	11/9/19 - 12/21/2019	\$120	\$210
WINNERS NORTH (8 weeks) SESSION 2 ONLY (Must be in 2nd Grade - Boys Team / Girls Team)			1/11/20 - 3/7/20	\$160	\$280
WINNERS NORTH (14 weeks) BOTH SESSIONS (Same for Boys & Girls)			11/9/2019 - 3/7/2020	\$210	\$368
WINNERS SOUTH (6 weeks) SESSION 1 ONLY (Must be in 2nd Grade - Boys Team / Girls Team)			11/9/19 - 12/21/2019	\$120	\$210
WINNERS SOUTH (8 weeks) SESSION 2 ONLY (Must be in 2nd Grade - Boys Team / Girls Team)			1/11/20 - 3/7/20	\$160	\$280
WINNERS SOUTH (14 weeks) BOTH SESSIONS (Same for Boys & Girls)			11/9/2019 - 3/7/2020	\$210	\$368

THE LEARNING CIRCLE YMCA



WHERE KIDS LEARN, GROW & THRIVE

MORE THAN JUST CHILDCARE WE TEACH CREATIVE CURRICULUM

The Creative Curriculum provides children with opportunities to broaden and strengthen their knowledge through a variety of developmentally appropriate experiences. The curriculum content areas laid out in the Preschool Teaching and Learning Standards are: English Language Arts, Approaches to Learning, Mathematics, Science, Social/Emotional Development, Visual/performing Arts, Social Studies/Family and Life Skills, Health/Safety/Physical Education, Technology and World Languages.

All programs accommodate full day, full or part week schedules and extended hours.

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

Childcare options also available at the Berkeley Heights YMCA. For more information, visit: www.theSAY.org/childcare

**SCHEDULE A
TOUR TODAY!**

WWW.THESAY.ORG/TLC
(P) 908. 273. 7040



Thanks to our generous donors and supporters of the Summit Area YMCA, we are able to offer Financial Assistance. For more information, please visit www.theSAY.org/fa

TEEN PROGRAMS

MP: Member Price | NMP: Non-Member Price

Free for teens, sign up online or see Member Services for the application. Registration is required for all of teen classes.



HOMWORK HELPERS BERKELEY HEIGHTS YMCA

Dates: 10/2/19 - 5/20/20
Day: Monday, Tuesday, Wednesday
Age: 14 - 18
Time: 4:00PM - 5:00PM

Homeworks Helpers is a volunteer program that benefits both younger and older students! High schoolers may sign up throughout the school year to volunteer, and for as many hours or days as they wish. Volunteers may choose to participate at the Berkeley Heights YMCA or at one of our offsite afterschool childcare locations. Upon signing in, students will be part of the "Homework Help" table where our elementary students can come for homework questions for assistance. Be a role model and help develop young minds!

7TH GRADE PROGRAM & MEMBERSHIP

BERKELEY HEIGHTS YMCA
Session Dates: 9/1/2019-8/31/2020

SUMMIT YMCA

Session Dates: 6/18/19 - 6/31/20
Day: Varies **Age:** 11 - 13
Time: Varies

Free to 7th Graders in our service area. The 7th Grade Program and Membership program provides opportunities for fitness and sports, as well as an opportunity to socialize with peers in a safe, supervised, and conveniently located environment. This special free membership available only to 7th graders demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

TEEN CENTER SUMMIT YMCA

Dates: 9/3/19 - 6/19/20
Day: Monday - Friday
Age: 11 - 18
Time: 2:30PM - 6:00PM

Looking for something to do afterschool? The Teen Center is a supervised space for teens grades 6-12 and involve activities like homework help, open gym, themed events, and weekly activities.

TEEN YOGA SUMMIT YMCA

Dates: 10/16/19 - 6/4/20
Day: Tues & Thurs **Age:** 11 - 13
Time: 4:00PM - 5:00PM

Have you ever wondered what the big hype is about yoga? Well come find out! This beginner yoga course, exclusively for middle school teens, focuses on mindfulness, relaxation, as well as basic yoga poses. Mats are provided!

MIND BODY FITNESS SUMMIT YMCA

Dates: 10/14/19 - 12/17/19
Day: Monday **Age:** 11 - 14
Time: 3:30PM - 4:00PM

30-minute circuit-based sessions to target results while giving participants the option to tailor the workout intensity to their own skill level and learning to associate the mind with the body.

GIRLS WHO CODE SUMMIT YMCA

Dates: 10/14/19 - 6/1/20
Day: Mondays **Age:** 11 - 13
Time: 3:00PM - 4:00PM

A technology based program designed to close the gender gap in technology and to change the image of what a programmer looks like. Participants build character and coding skills as they learn, plan, build and celebrate together to create a project that they care about. Participants are required to bring their own laptop.

ACHIEVERS: DESTINATION COLLEGE SUMMIT YMCA

Session Dates: 10/15/19 - 6/26/20
Day: Tuesday & Wednesday
Age: 11 - 13
Time: 7:00PM - 8:00PM

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.

TEEN CHEF SUMMIT YMCA

Dates: 10/18/19 - 6/5/20
Day: Friday **Age:** 11 - 13
Time: 4:00PM - 5:00PM

Do you love food? Do you love eating? Then TEEN CHEF is the program for you. Join TEEN CHEF to learn the basics of cooking and nutrition while preparing and cooking delicious recipes.

8TH GRADE LEADERS CLUB SUMMIT YMCA

Session Dates: 10/17/19 - 6/31/20
Day: Wednesday **Age:** 11-13
Time: 4:00PM - 5:00PM

Free membership to all local 8th Graders in our service area. In this program, 8th graders will be required to attend monthly meetings and contribute to (and create) community service projects and opportunities. Participants will learn and develop leadership skills, professionalism and volunteerism all the while socializing with peers in a safe, supervised and conveniently located environment.

TEEN NIGHTS SUMMIT YMCA

Dates: 10/25/19-6/19/20
Day: Friday **Age:** 11 - 18
Time: 6:00PM - 8:00PM

The last Friday of every month, we will host a special event exclusively for teens! Events will range from a dance party to tournaments to a variety of different events!



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

FRIDAYS IN MOTION

BERKELEY HEIGHTS YMCA

Dates: 9/27, 11/1, 12/13, 1/31, 3/27

Day: Friday **Age:** 14 - 21

Time: 7:00PM - 9:00PM

MP: FREE **NMP:** FREE

Fridays in Motion are special events for those with special needs. Activities include Zumba, sports, art and more! View online schedule for event information. Registration required. Please contact Francesca Garrard at Francesca.Garrard@thesay.org to register for Fridays in Motion.

ADAPTIVE PEE WEE BASKETBALL

SUMMIT YMCA

Dates: 9/7 - 10/26

Day: Saturday **Age:** 4 - 6

Time: 9:30AM - 10:00AM

MP: \$30 **NMP:** \$53

Dates: 10/29 - 12/17

Day: Tuesday **Age:** 4 - 6

Time: 4:00PM - 4:30PM

MP: \$30 **NMP:** \$53

Small group basketball training for special needs children to learn how to play basketball in a fun safe environment.

SPECIAL NEEDS SWIM LESSONS

SUMMIT YMCA

Dates: 9/14 - 6/27

Day: Saturday **Age:** 6 - 13

Time: 12:30PM - 1:00PM

MP: \$30/month **NMP:** \$53/month

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.

SUNDAYS IN MOTION

SUMMIT YMCA

Dates: 9/22, 10/20, 11/3, 12/1, 1/19, 2/2, 3/1, 4/1, 5/3

Day: Sunday **Age:** 5 - 13

Time: 2:00PM - 4:00PM

MP: FREE **NMP:** \$20/day

Children living with autism and their families are welcome to join us on certain Sundays for 2 hours of recreation at the Summit YMCA. This program is run by YMCA volunteers who help monitor and guide the children through an hour of gym time and a second hour in the pool. Siblings are welcome to join!

SPECIAL NEEDS EVENTS AT THE Y

For more information, contact:

Francesca Garrard
Berkeley Heights YMCA
Program Director

(P) 908 464 8373 ext. 2020

(E) francesca.garrard@thesay.org

Allison Zeimann

Summit YMCA
Youth & Sports Director

(P) 908 273 3330 ext. 1196

(E) allison.zeimann@thesay.org



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

A PLACE TO TRULY MAKE A DIFFERENCE

WE'RE HIRING!

START YOUR CAREER WITH US

Childcare & Early Education
Fitness and Wellness
Member Services
Birthday Parties
AND MUCH MORE!

Find all new job listings at www.theSAY.org/employment



We work together, for a better us.

ADULT PROGRAMS

MP: Member Price | NMP: Non-Member Price
AOA: Active Older Adult Member Price

Registration is required for all of our classes regardless if they are free or at a cost.
Non-Members may not sign up for sessions, they may only drop in and register day of class.

BRAIN HEALTH WORKSHOP BERKELEY HEIGHTS YMCA

Date: 9/19

Day: Thursday **Age:** 18+

Time: 10:00AM - 12:00PM

MP: FREE **NMP:** FREE

The Brain Health Workshop is brought to you by Cogniciti, a subsidiary of Baycrest Health Sciences — world renowned hospital and research center for aging and brain health. Get a free memory assessment and personalized report about your brain and memory. Learn about brain health, discuss memory concerns, tips and more!

FALL PREVENTION BERKELEY HEIGHTS YMCA

Date: 10/17

Day: Thursday **Age:** 18+

Time: 12:15PM - 1:15PM

MP: FREE **NMP:** FREE

The far-reaching effects of falls make fall prevention an important topic for all! Falls are associated with increased injury and loss of mobility. Learn realistic, efficient and effective solutions to address falls.

WELLNESS FAIR BERKELEY HEIGHTS YMCA

Date: 10/19

Day: Saturday **Age:** 18+

Time: 10:00AM - 12:00PM

MP: FREE **NMP:** FREE

Join local health and wellness organizations to learn more about opportunities available in our community!

MAH JONGG BERKELEY HEIGHTS YMCA

Session 1 Dates: 9/6 - 10/25

Session 2 Dates: 11/1 - 12/20

Day: Tuesday **Age:** 18+

Time: 1:00PM - 3:00PM

MP: FREE **NMP:** \$15/day

SUMMIT YMCA

Session 1 Dates: 9/6 - 10/25

Session 2 Dates: 11/1 - 12/20

Day: Friday **Age:** 18+

Time: 12:00PM - 3:00PM

MP: FREE **NMP:** \$15/day

Come meet new and old friends at the Y and play Mah Jongg, a group tile game played by 4 players that originated in China. Mah Jongg is a game of skill, strategy, calculation, but also chance! Experienced players, please bring your current Mah Jongg card. Beginners are welcome. Registration required.

ADULT BOOK GROUP SUMMIT YMCA

Date: 9/9

Where the Crawdads Sing

Date: 11/4

A Woman is No Man

Time: 12:00PM - 1:00PM

MP: FREE **NMP:** \$5

Join our Adult Book Group and enjoy interactive discussions with friends and other members. We will be discussing "Where the Crawdads Sing" by Delia Owens for Session 1 and "A Woman is No Man" by Etaf Rum for Session 2. Registration required.

DUPLICATE BRIDGE SUMMIT YMCA

Session 1 Dates: 9/4 - 10/23

Session 2 Dates: 10/30 - 12/18

Day: Wednesday **Age:** 18+

Time: 12:00PM - 2:30PM

MP: FREE **NMP:** \$15/day

Come enjoy a competitive, friendly game of duplicate bridge each week with your YMCA friends. Experienced instructor will provide a quick lesson and be available to discuss hands. Experienced players only. Members & Nonmembers are welcome. Registration required.

TOUCH TENNIS SUMMIT YMCA

Session 1 Dates: 9/5 - 10/24

Session 2 Dates: 10/31 - 12/19

Day: Thursday **Age:** 18+

Time: 12:00PM - 1:00PM

MP: FREE **NMP:** \$20/day

Come join the fun! Indoor tennis using children's tennis equipment will help you increase strength, stability, flexibility and hand eye coordination! This program has become very popular with YMCA Adults! Registration required.

BENEFITS OF WELLNESS NAVIGATION SUMMIT YMCA

Date: 9/16

Day: Monday **Age:** 18+

Time: 12:30PM - 1:30PM

MP: FREE **NMP:** \$5

With so many options at the Y, getting healthier can be overwhelming. Jay Jacobs, our Summit YMCA Wellness Navigator will tell you about the program and show you ways to create a plan that fits your lifestyle. Light lunch will be served. Registration required.

MEDICARE PLANS SUMMIT YMCA

Date: 10/21

Day: Monday **Age:** 18+

Time: 12:30PM - 1:30PM

MP: FREE **NMP:** \$5

Karen Blass, an agent representing United Healthcare, will be presenting information on the UHC AARP Medicare options, answering questions about state and federal assistance programs, and helping individuals to enroll in the plans. A light lunch will be served.

CARING FOR THE CAREGIVER SUMMIT YMCA

Date: 11/18

Day: Monday **Age:** 18+

Time: 12:30PM - 1:30PM

MP: FREE **NMP:** \$5

Marian Teehan, MSW, LCSW will be presenting on the services that are offered at The Thomas Glasser Caregivers center at Overlook Medical Center. We will discuss strategies to reduce stress, ways to manage caregiving responsibilities and techniques to improve communication with those around you. Registration required.

TED TALK SCREENING & DISCUSSION WHAT MAKES A GOOD LIFE? SUMMIT YMCA

Date: 9/23

Day: Monday **Age:** 18+

Time: 12:30PM - 1:30PM

MP: FREE **NMP:** \$5

Robert Waldinger, director of a 75 year study on adult development shares 3 important lessons learned from the study and wisdom on how to build a fulfilling long life. Registration required.

TED TALK SCREENING & DISCUSSION YOUR ELUSIVE CREATIVE GENIUS

SUMMIT YMCA

Dates: 11/11

Day: Thursday **Age:** 18+

Time: 12:30PM - 1:30PM

MP: FREE **NMP:** \$5

Elizabeth Gilbert muses on the impossible things we expect from geniuses- and shares the radical idea that instead of the rare person being a genius, all of us have a genius. Registration required.

FALL DAY TRIP TO NY GUIDED TOUR OF HUDSON YARDS SUMMIT YMCA

Date: 10/4

Day: Friday **Age:** 18+

Time: 9:30AM - 4:30 PM

MP: \$83 **NMP:** \$146

Enjoy a private guided tour of Hudson Yards! Soaring over deep rail yards, this high-end corporate & residential development includes seven stories of retail shopping and restaurants. Lunch will be served at Tir Na Nog, Winner of the Best Irish Pub in the World 2018/2019 by Irish Hospitality Global Awards. Limited to 30 people. Transportation - NJ Transit. We will meet at Summit Train Station. Train fare extra, register early! Registration required.

PING PONG CLUB BERKELEY HEIGHTS YMCA

Dates: All Year

Day: Monday **Age:** 18+

Time: 9:30AM - 11:30AM

MP: FREE **NMP:** \$15/day

SUMMIT YMCA

Session 1 Dates: 9/6 - 10/24

Session 2 Dates: 10/31 - 12/19

Day: Thursday **Age:** 18+

Time: 1:30PM - 2:45PM

MP: FREE **NMP:** \$20/day

Come play ping pong with your YMCA friends! Exercise hand/eye coordination, cardio, balance and more in this fun sport! Registration required.

TECHNOLOGY HELP CENTER SUMMIT YMCA

Dates: TBD

Day: Sunday **Age:** 18+

Time: 1:00PM - 3:00PM

MP: FREE **NMP:** FREE

Summit HS Volunteers will help with cell phones, ipads& laptops. Learn how to utilize your technology to stay in touch with family and friends. 30 minute sessions available.

AARP DRIVERS SAFETY CLASS SUMMIT YMCA

Dates: 9/21

Day: Saturday **Age:** 18+

Time: 9:00AM - 4:00PM

AARP members: \$15 **Non AARP:** \$20

Traffic rules, driving conditions, roads and cars have changed. Take the AARP Smart Driver course, where you'll learn the current rules of the road, defensive driving techniques, and how to drive more safely. Registration required. Payment received by instructor, cash or check.

PICKLEBALL SUMMIT YMCA

Pickleball is the fastest growing sport in America combining elements of tennis, ping pong and badminton. The rules are simple and the game is easy to learn! Equipment is provided. Previous racquet experience is very helpful! Registration is required for all classes.

Members may register for a full 8 week session or drop in weekly for the class. Non-Members may drop in weekly for the class for \$20 if there is space.

BEGINNER/ADVANCED BEGINNER - FRIDAY

Session 1 Dates: 9/13 - 10/25

Session 2 Dates: 11/1 - 12/20

Day: Friday **Age:** 18+

Time: 12:00PM - 1:30PM

MP: FREE **NMP:** \$20/day

INTERMEDIATE - MONDAY

Session 1 Dates: 9/9 - 10/21

Session 2 Dates: 10/28 - 12/16

Day: Monday **Age:** 18+

Time: 1:30PM - 3:00PM

MP: FREE **NMP:** \$20/day

INTERMEDIATE/ADVANCED - FRIDAY

Session 1 Dates: 9/13 - 10/25

Session 2 Dates: 11/1 - 12/20

Day: Monday **Age:** 18+

Time: 1:30PM - 3:00PM

MP: FREE **NMP:** \$20/day

INTERMEDIATE - WEDNESDAY

Session 1 Dates: 9/11 - 10/23

Session 2 Dates: 10/30 - 12/18

Day: Wednesday **Age:** 18+

Time: 1:30PM - 3:00PM

MP: FREE **NMP:** \$20/day

ADVANCED - WEDNESDAY

Session 1 Dates: 9/11 - 10/23

Session 2 Dates: 10/30 - 12/18

Day: Wednesday **Age:** 18+

Time: 12:00PM - 1:30PM

MP: FREE **NMP:** \$20/day

ADVANCED - MONDAY

Session 1 Dates: 9/9 - 10/21

Session 2 Dates: 10/28 - 12/16

Day: Wednesday **Age:** 18+

Time: 12:00PM - 1:30PM

MP: FREE **NMP:** \$20/day

PICKLEBALL DONE RIGHT FALL TUNE UP CLINIC SUMMIT YMCA

Date: 9/6

Day: Friday **Age:** 18+

Time: 1:00PM - 3:00PM

MP: \$20 **NMP:** \$35

Join us for a Fall Clinic to work on improving your game. Player strategy, 3rd shot options, your slow game. Intermediate players. Registration required.



HOLIDAY LUNCHEON AT PIATINOS RESTAURANT SUMMIT YMCA

Date: 12/16

Day: Friday **Age:** 18+

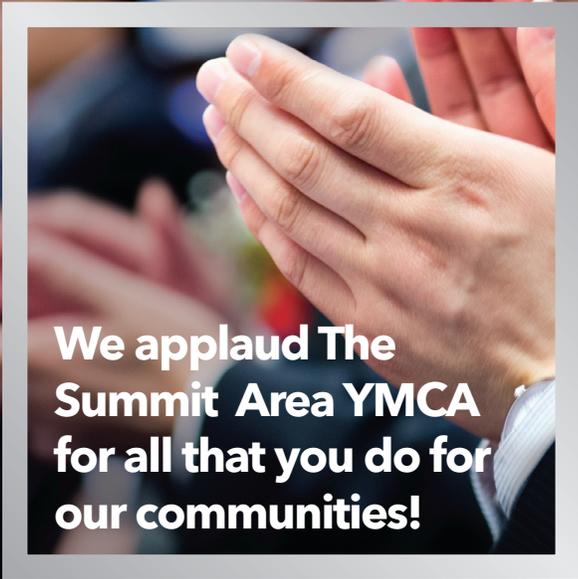
Time: 12:00PM - 1:30 PM

MP: \$35 **NMP:** \$62

Come enjoy a holiday lunch at Piatinos in Summit with your YMCA friends! Meal includes soup or salad, choice of entree & dessert. All drinks are extra! Registration at the YMCA required by 12/13/19.

Check out the most up to date adult programs, classes and events at www.theSAY.org/adults

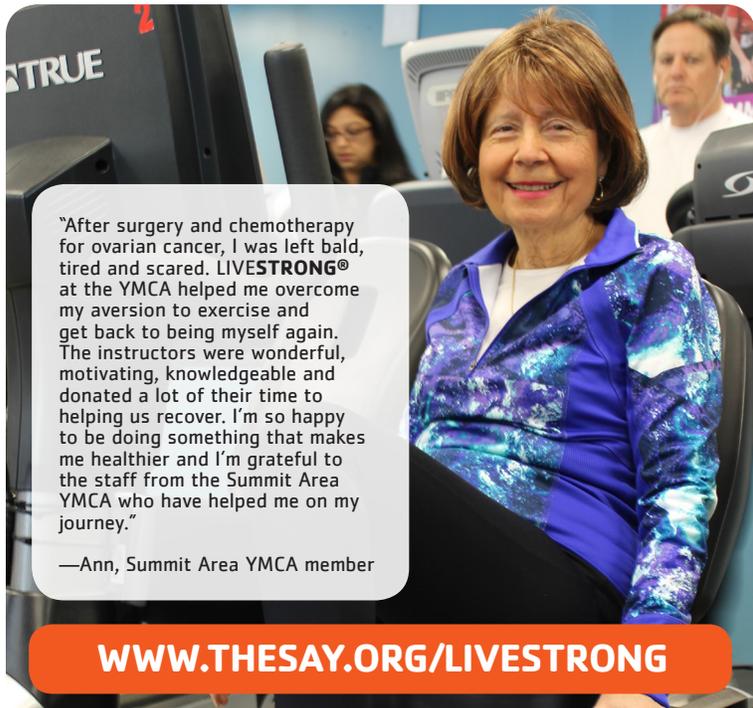




We applaud The Summit Area YMCA for all that you do for our communities!

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.

"After surgery and chemotherapy for ovarian cancer, I was left bald, tired and scared. LIVESTRONG® at the YMCA helped me overcome my aversion to exercise and get back to being myself again. The instructors were wonderful, motivating, knowledgeable and donated a lot of their time to helping us recover. I'm so happy to be doing something that makes me healthier and I'm grateful to the staff from the Summit Area YMCA who have helped me on my journey."

—Ann, Summit Area YMCA member

WWW.THESAY.ORG/LIVESTRONG

**LIVESTRONG® AT THE YMCA
CANCER RECOVERY PROGRAM**

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.

BERKELEY HEIGHTS YMCA **SUMMIT YMCA**
DAYTIME SESSION: 10/1 - 12/19 **9/10 - 11/26**
EVENING SESSION: 9/17 - 12/5

Pre-registration and medical clearance is required.

HEALTHY HEARTS CARDIAC MAINTENANCE PROGRAM

This free 12 week program helps you focus on cardiovascular exercise, build muscle strength and work on flexibility in a small group non-medically supervised setting. The program is open to anyone wishing to improve or maintain cardiovascular health, whether or not they have had a cardiac event.



- Teach participants how to exercise independently to maintain cardiovascular health.
- Build muscle strength with upperbody and lower body exercises.
- Coach participants to continue a lifetime of healthy habits.
- Improve overall flexibility.

SUMMIT YMCA
9/10 - 11/26

BERKELEY HEIGHTS YMCA
10/1 - 12/19

Pre-registration and medical clearance is required.

WWW.THESAY.ORG/HEALTHYHEARTS

FITCOMMIT

AN EASY PAYMENT PLAN FOR PERSONAL TRAINING SO YOU CAN FOCUS ON ACHIEVING YOUR GOALS.

“I had studied to be a physical therapist—I liked it because of the rehab where you’re helping people get better, but I fell in love with personal training because it’s more preventative medicine. I’m not just getting someone’s injury better, I’m making people stronger all around and can tailor workouts to each person based on their needs, their personality, or just how their day has been going, each day. It’s so much fun to meet different people and hear their stories. I love what I do.”

— Terri A., Berkeley Heights YMCA Personal Trainer



“I focused on helping my clients come to realize their full strength capabilities and giving them the confidence to take on more! I believe functional movement is essential for every person regardless of size, age or fitness history.”

— Sharon, Summit YMCA Personal Trainer



THE BEAUTY OF FITCOMMIT

- Hassle-free monthly payment draft plan
- Reduced rates from traditional packages
- Never run out of training sessions
- Helps you prioritize your sessions
- Opt out easily (with one month notice)

WHAT'S INVOLVED IN PERSONAL TRAINING?

Your trainer will consult with you and identify your goals to create a personalized fitness plan. During each session, you'll learn the best exercises for your needs. You'll be guided on how to train properly for strength and cardiovascular gains, as well as how to avoid injury.

CHALLENGE YOUR MIND AND BODY

COMMIT TO TRANSFORMATION

WWW.THESAY.ORG/FITCOMMIT

Available at the Berkeley Heights YMCA and Summit YMCA

NEW YOUTH SWIM PROGRAM



SEALS SWIM SCHOOL

NEW!

We are proud to bring you an upgraded version of our current swim lesson program! The new Seals Swim School allows your swimmer to focus on what's most important - learning to Swim! Enjoy a worry free one time sign up for all of your swim lessons.

STREAMLINED REGISTRATION

- Session runs from September to June with only one sign up.
- Your lesson day and time remains the same throughout the program year
- Requires a minimum 2-month commitment
- Easy, automatic monthly draft

PROGRAM REFUNDS

- 30 days written notice prior to the draft date required to stop the monthly draft
- Participants with less than 2 months will be drafted for the remaining monthly payment

SCHEDULE CONFLICTS

- If a scheduling conflict arises and you need to switch your day and time, a Change of Program Form is required to be filled out and approved by the Aquatics Director, dependant on spot availability

PRE-SWIM TEAM PROGRAM

Seal Pups, Harbor Seals & Leopard Seals

- Evaluation required for children to be in this program
- Must be able to swim 25 yards of freestyle and backstroke
- Children previously in Stroke Introduction, Stroke Development, and Stroke Mechanics can automatically be put in this Pre-Swim Team program
- Pre-Swim team does not guarantee Seals swim team acceptance, try out in the Fall is required

For more information, visit: www.theSAY.org/swim

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 stay healthy.



PARENT CHILD SWIM

MP: Member Price | NMP: Non-Member Price

PARENT CHILD SWIM CLASSES

Parents accompany children in this class, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

CLASS 30 MINUTES	DATES		DAY	TIME(S)	MP	NMP
PARENT CHILD AGE 6 MONTHS - 3 YEARS						
PARENT CHILD Age: 6 Months - 3 Years	9/12/19	6/25/20	Thursday	10:00AM	\$65	\$114
	9/15/19	6/28/20	Sunday	8:30AM	\$65	\$114
PARENT CHILD AGE 6 MONTHS - 1.5 YEARS						
PARENT CHILD Age: 6 Months - 1.5 Years	9/14/19	6/27/20	Saturday	10:00AM	\$65	\$114
PARENT CHILD AGE 1.5 YEARS - 3 YEARS						
PARENT CHILD Age: 1.5 Years - 3 Years	9/14/19	6/27/20	Saturday	8:30AM, 10:30AM	\$65	\$114



100+

GROUP FITNESS CLASSES

Reserve your spot for group fitness classes with the SAY Mobile app!

GROUP FITNESS FOR ALL

- | | | |
|----------------|----------------|----------------|
| Barre | Boot Camp | Water Exercise |
| Yoga | HIIT | Touch Tennis |
| Meditation | Indoor Cycling | Pound |
| Cardio Salsa | Hot Yoga | Basketball |
| Zumba | TRX | Swimming |
| LES MILLS Grit | Primal Fitness | Tai Chi |
| CXWORX | Indoor Rowing | Hot Glide |
| Body Pump | Insanity | Pilates |
| Body Combat | Pickleball | and more! |

Lots of new classes added every season!

**VIEW THE GROUP FITNESS SCHEDULE
AND SIGN UP FOR CLASSES!
WWW.THESAY.ORG/SCHEDULES**

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* Refer to *Guide to Benefits* for complete coverage. Registration or activation may be required for certain benefits.

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NEW SEALS SWIM PROGRAM

MP: Member Price | NMP: Non-Member Price

PROGRAM	START DATE	END DATE	DAY	TIME OPTIONS	PRICE PER CLASS (MONTHLY DRAFT)	
					MP	NMP
PRESCHOOL Age: 3 - 5 (30 minutes)	9/9	6/22	MONDAY	4:00PM, 5:00PM	\$65	\$114
	9/10	6/23	TUESDAY	1:30PM, 4:30PM	\$65	\$114
	9/11	6/24	WEDNESDAY	4:00PM, 5:00PM	\$65	\$114
	9/12	6/25	THURSDAY	1:00PM, 4:30PM	\$65	\$114
	9/13	6/26	FRIDAY	4:00PM, 5:00PM	\$65	\$114
	9/14	6/27	SATURDAY	9:00AM, 11:00AM, 11:30AM	\$65	\$114
YOUTH Age: 6 - 12 (30 minutes)	9/9	6/22	MONDAY	4:30PM	\$65	\$114
	9/10	6/23	TUESDAY	4:00PM, 5:00PM	\$65	\$114
	9/11	6/24	WEDNESDAY	4:30PM	\$65	\$114
	9/12	6/25	THURSDAY	4:00PM, 5:00PM	\$65	\$114
	9/13	6/26	FRIDAY	4:30PM	\$65	\$114
	9/14	6/27	SATURDAY	9:30AM, 11:30AM, 12:00PM	\$65	\$114
SEAL PUPS (PRE-SWIM TEAM) Age: 6 - 10 (45 minutes)	9/9	6/22	MONDAY	5:30PM	\$81	\$142
	9/11	6/24	WEDNESDAY	5:30PM	\$81	\$142
	9/13	6/26	FRIDAY	5:30PM	\$81	\$142
	9/14	6/27	SATURDAY	10:00AM	\$81	\$142
Our pre-swim team program. Must be evaluated for registration into the program. Child must be able to swim 25 yards of freestyle and backstroke.						
HARBOR SEALS Age: 8-12 (45 minutes)	9/10	6/23	TUESDAY	5:30PM	\$81	\$142
Our pre-swim team program. Child must be able to swim 25 yards of freestyle, backstroke, and breaststroke.						
LEOPARD SEALS (PRE-SWIM TEAM) Age: 11 - 16 (45 minutes)	9/12	6/25	THURSDAY	5:30PM	\$81	\$142
	9/13	6/26	FRIDAY	5:30PM	\$81	\$142
	9/14	6/27	SATURDAY	10:00AM	\$81	\$142
Our pre-swim team program. Must be evaluated for registration into the program. Child must be able to swim 25 yards of freestyle and backstroke.						
ADULT Age: 18+ (30 minutes)	9/13	6/26	FRIDAY	6:15PM	\$30	\$53

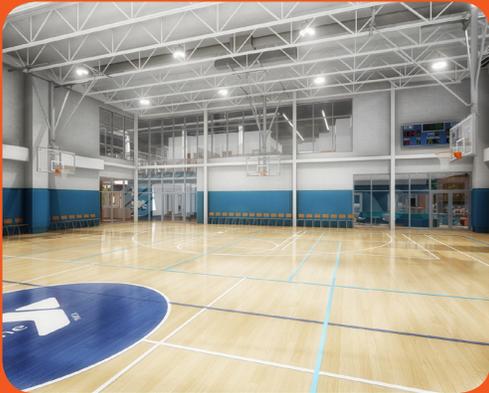
YOUTH AQUATICS PRIVATE LESSONS | AGE 5+

STAFF RECOMMENDED PRIVATE SWIM LESSONS (30 minutes)	SESSION	DAY	TIME(S)	MP	NMP
	OPEN	Monday	2:30PM, 3:00PM, 3:30PM	\$180	\$315
	OPEN	Tuesday	2:30PM, 3:00PM, 3:30PM	\$180	\$315
	OPEN	Wednesday	2:30PM, 3:00PM, 3:30PM	\$180	\$315
	OPEN	Thursday	2:30PM, 3:00PM, 3:30PM	\$180	\$315
	OPEN	Friday	2:30PM, 3:00PM, 3:30PM	\$180	\$315
	OPEN	Sunday	9:00AM, 9:30AM, 10:00AM, 10:30AM, 11:00AM, 11:30AM	\$180	\$315

Private swim lessons will be adapted to your swim expectations. There will be four half an hour sessions to be completed within a five-week time frame. A contract will be needed to register for this class. Email private@thesay.org for any questions.

For more information about our new Seals Swim Program, other aqua classes and events, visit www.theSAY.org/swim

A WHOLE NEW Y, A DREAM COME TRUE



FULL-SIZED GYMNASIUM



WELLNESS CENTER



COMMUNITY POOL



**CHILDCARE & EARLY
EDUCATION FACILITY**



PROGRAMS FOR ALL AGES

**BE THE FIRST TO JOIN THE ALL
NEW BERKELEY HEIGHTS YMCA!**

Since 1995, the Berkeley Heights YMCA – a branch of the Summit Area YMCA – has been serving the changing needs of our growing community. The new 36,000 square foot Berkeley Heights YMCA Facility on Locust Avenue will welcome all community members and allow our teachers, instructors, and staff to deliver best-in-class health and wellness programs, exercise classes, and child care curriculum.

OPENING JANUARY 2020

UPDATES AT WWW.SAYFUTURE.ORG