



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WINTER OF WONDER

EXPLORE, DISCOVER, LEARN, ENRICH!

WINTER 2019 PROGRAM GUIDE

JANUARY 2 - FEBRUARY 24
December 10: Family Members
December 11: Youth / Adult Members
December 17: Community Members

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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.

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.



REGISTRATION INFORMATION



PROGRAM SESSIONS & REGISTRATION DATES

WINTER SESSION

January 2 – February 24 (8 weeks)

Registration Dates

December 10	Family Member
December 11	Youth/Adult Member
December 17	Community Member

SUMMER CAMP 2019

June 17 – August 30

Registration Begins January 7

SPRING SESSION 1

February 25 – April 21 (8 weeks)

No class April 21

Registration Dates

February 4	Family Member
February 5	Youth/Adult Member
February 11	Community Member

SPRING SESSION 2

April 22 – June 16 (8 weeks)

No Class May 27

Registration Dates

April 1	Family Member
April 2	Youth/Adult Member
April 8	Community Member

WHERE TO REGISTER

Members and non-members can register online at www.theSAY.org. In person and online registration begins at 6:30 AM. We suggest logging 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

WIGGLE, GIGGLE, RHYME SUMMIT YMCA

In this semi-structured class, your 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.

Session Dates: 1/02- 2/20 (8 weeks)
Day: Wednesday **Age:** Walking - 3
Time: 10:15AM - 11:00AM
MP: \$91/family **NMP:** \$133/family

INDOOR PLAYGROUND SUMMIT YMCA

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. Eight-week session.

Day: Monday, 1/07- 2/18
Time: 10:00AM - 10:45AM

Day: Friday, 1/11- 2/22
Time: 11:00AM - 11:45AM

Age: 2.5 - 4
MP: \$10/family **NMP:** \$20/family



PRESCHOOL

KIDVENTURES A GREAT PLACE TO GROW! SUMMIT YMCA

Give your child a chance to socialize, explore, and get ready for preschool in a place they already know and love, the Summit YMCA! We provide a nurturing and educational environment designed to actively engage and develop your child's sense of curiosity and adventure through fun and hands-on activities. The day consists of a friendship table, story time, arts & crafts, music & movement, indoor and outdoor active time, a weekly library visit and more! Children bring a peanut-free, non-refrigerated snack and a refillable water bottle from home. Pull-ups are okay, no diapers.

Session Dates: 1/07 - 2/22
MONDAY-FRIDAY **Age:** 2.5 - 4
MP: \$377 **NMP:** \$587

MONDAY
MP: \$80 **NMP:** \$116

TUESDAY
MP: \$80 **NMP:** \$116

WEDNESDAY
MP: \$91 **NMP:** \$133 **Day:**

THURSDAY
MP: \$91 **NMP:** \$133

FRIDAY
MP: \$91 **NMP:** \$133.

Drop off time 9:00AM - 9:30AM
Pick up time 11:30AM - 12:00PM
FLEXIBLE, open enrollment schedule, available September through June!

RUMBLE & TUMBLE SUMMIT YMCA

This class offers younger children a safe space to walk, tumble, climb, jump, and explore movement in a relaxed environment. Songs, games, and equipment provide a structured and active playtime. Class requires parental or caregiver participation. 8 weeks.

Session Dates: 1/02 - 2/20
Day: Wednesday **Age:** 2.5 - 4
Time: 11:15AM - 11:45AM
MP: \$40/Family **NMP:** \$80/Family

LUNCH BUNCH & MUNCH FUN SUMMIT YMCA

Extend your child's Kidventure day with a combination of active play, arts & crafts, movie, and quiet time. Children bring a peanut-free, non-refrigerated lunch and a refillable water bottle from home.

Dates: 1/7 -2/22
Age: 2.5 - 4

Option 1: 12:00PM - 1:00PM

MONDAY 1/07-2/18
MP: \$18 **NMP:** \$27

TUESDAY 1/08-2/19
MP: \$18 **NMP:** \$27

WEDNESDAY 1/09-2/20
MP: \$21 **NMP:** \$31

THURSDAY 1/10-2/21
MP: \$21 **NMP:** \$31

FRIDAY 1/11-2/22
MP: \$21 **NMP:** \$31

Option 2: 12:00PM - 2:00PM

MONDAY 1/07-2/18
MP: \$53 **NMP:** \$80

TUESDAY 1/08-2/19
MP: \$53 **NMP:** \$80

WEDNESDAY 1/09-2/20
MP: \$61 **NMP:** \$91

THURSDAY 1/10-2/21
MP: \$61 **NMP:** \$91

FRIDAY 1/11-2/22
MP: \$61 **NMP:** \$91



SCHOOL AGE BERKELEY HEIGHTS

BALLET KIDS BERKELEY HEIGHTS YMCA

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.

Session Dates: 1/02- 2/20
Day: Wednesday **Age:** 4-6
Time: 3:45PM - 4:30PM
MP: \$92 **NMP:** \$132

ARTISTS TABLE BERKELEY HEIGHTS YMCA

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!

Session Dates: 1/03 - 2/21
Day: Thursday **Age:** 5 - 7
Time: 3:30PM - 4:15PM
MP: \$92 **NMP:** \$132

NINJA WARRIOR WORKOUT BERKELEY HEIGHTS YMCA

This class is designed after the show America Ninja Warrior. The kids will learn patients, balancing skills, and problem solving. This will help them achieve their goal of finishing the obstacle course.

Session Dates: 1/08 - 2/19
Day: Tuesday **Age:** 5 - 7
Time: 3:30PM - 4:15PM
MP: \$92 **NMP:** \$132

DRAMA BUGS BERKELEY HEIGHTS YMCA

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.

Session Dates: 1/07 - 2/18
Day: Monday **Age:** 6 - 9
Time: 4:45PM - 5:30PM
MP: \$82 **NMP:** \$125



KIDS POUND BERKELEY HEIGHTS YMCA

Pound is a fitness class that uses weighted drum sticks along with fun, upbeat music. The class is full of energy, super fun, and the kids get a great workout in!

Session Dates: 1/03 - 2/21
Day: Thursday **Age:** 6-10
Time: 4:15PM - 5:00PM
MP: \$92 **NMP:** \$132

BALLET JUNIORS BERKELEY HEIGHTS YMCA

Ballet class for those ages 7-10 years. You will learn ballet step, positions and more with a real ballerina!

Session Dates: 1/08 - 2/19
Day: Tuesday **Age:** 7-10
Time: 4:30PM - 5:30PM
MP: \$92 **NMP:** \$132



SEWING BERKELEY HEIGHTS YMCA

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 even clothing. Supplies are included.

Session Dates: 1/03 - 2/21
Day: Thursday **Age:** 7 - 12
Time: 3:30PM - 4:30PM
MP: \$92 **NMP:** \$132

MASTERPIECE STUDIO BERKELEY HEIGHTS YMCA

Do you like to paint? To draw? To sculpt? In Masterpiece studio you will have the chance each week to choose your art medium and work on your own creative projects! Work at your own pace and make your own masterpieces!

Session Dates: 1/07 - 2/18
Day: Monday **Age:** 8 - 11
Time: 3:30PM - 4:30PM
MP: \$92 **NMP:** \$132



KIDS ZUMBA BERKELEY HEIGHTS YMCA

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

Session Dates: 1/02- 2/20
Day: Wednesday **Age:** 7-12
Time: 4:30PM - 5:15PM
MP: \$92 **NMP:** \$132

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

SCHOOL AGE SUMMIT

YOUNG ARTIST STUDIO SUMMIT YMCA

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.

Session Dates: 1/02 - 2/20
Day: Wednesday **Age:** 5-7
Time: 5:00PM - 5:45PM
MP: \$91 **NMP:** \$133

Session Dates: 1/04 - 2/22
Day: Friday **Age:** 6-8
Time: 5:00PM - 5:45PM
MP: \$91 **NMP:** \$133

FOOD EXPLORERS SUMMIT YMCA

Calling all food lovers. It's time to break out those measuring cups and spoons. Through guided experimentation, participants will create their own recipes that challenge their everyday palate while traveling the world of food. Instructor must be notified of all food allergies prior to the start of the program.

Session Dates: 1/07 - 2/18
Day: Monday **Age:** 6+
Time: 5:00PM - 5:45PM
MP: \$80 **NMP:** \$116

SWEET TREATS SUMMIT YMCA

Strawberry ladybugs and butterfly bananas, galore. Learn how to satisfy that sweet tooth with a fun and healthy twist on delicious snacks and desserts in this no-bake class. Participants will also explore basic nutrition education. Instructor must be notified of all food allergies prior to the start of the program.

Session Dates: 1/03 - 2/21
Day: Thursday **Age:** All Ages
Time: 4:00PM - 4:45PM
MP: \$91 **NMP:** \$133

CHESS MASTERS JR. SUMMIT YMCA

Claim victory 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 fun and competitive chess.

Session Dates: 1/08 - 2/19
Day: Tuesday **Age:** All Ages
Time: 5:00PM - 5:45PM
MP: \$80 **NMP:** \$116

Session Dates: 1/02 - 2/20
Day: Wednesday **Age:** All Ages
Time: 4:00PM - 4:45PM
MP: \$91 **NMP:** \$133



PARENT'S NIGHT OUT SUMMIT YMCA

TO INFINITY AND BEYOND

Enjoy a worry-free evening with your special someone while your child enjoys a night of structured activities in a supervised environment. Pizza will be provided. Pre-registration is required no later than two days before.

Day: Friday, 1/18 **Age:** 3+
Time: 6:00PM - 8:00PM
MP: \$20/child **NMP:** \$30/child

LOVE IS IN THE AIR!

Enjoy a worry-free evening with your special someone while your child enjoys a night of structured activities in a supervised environment. Pizza will be provided. Pre-registration is required no later than two days before.

Day: Friday, 2/15 **Age:** 3+
Time: 6:00PM - 8:00PM
MP: \$20/child **NMP:** \$30/child

PARENT'S NIGHT OUT BERKELEY HEIGHTS

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!
Day: Fridays, 1/11, 1/25, 2/8
Age: 5-8
Time: 6:00PM - 9:00PM
MP: \$20/child/session
NMP: \$30/child/session



RETHINKING DISCIPLINE AT THE SUMMIT YMCA

Led by Kelly Burkett, PC, a mom, therapist, and Aha Certified Parent Coach who trained with Dr. Laura Markham, learn about Rethinking Discipline. The actual definition of discipline is "to guide," but in our society discipline has become synonymous with punishment. In this workshop, we will talk about why children misbehave and what the research shows about various forms of punishment. More importantly, we will discuss what DOES work to increase your child's cooperation and compliance and decrease unwanted behaviors. This workshop is for parents of children ages 1-12.

Day: Friday, 2/22
Time: 10:00AM
MP: Free **NMP:** Free
Pre-registration is required.

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

PEE WEE SOCCER SUMMIT YMCA

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

Session Dates: 1/02 – 2/20

Day: Wednesday **Age:** 3 – 5

Time: 3:45PM – 4:30PM

MP: \$94 **NMP:** \$144

Session Dates: 1/05 – 2/23

Day: Saturday **Age:** 3 – 5

Time: 12:15PM – 1:00PM

MP: \$83 **NMP:** \$144

BASKETBALL PEE WEE SUMMIT YMCA

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

Session Dates: 1/07 – 2/18

Day: Monday **Age:** 4 – 6

Time: 3:45PM – 4:30PM

MP: \$83 **NMP:** \$144

Session Dates: 1/05 – 2/23

Day: Saturday **Age:** 4 – 6

Time: 10:15AM – 11:00AM

MP: \$83 **NMP:** \$144

T-BALL SUMMIT YMCA

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.

Session Dates: 1/02 – 2/20

Day: Wednesday **Age:** 4 – 6

Time: 4:30PM – 5:15PM

MP: \$94 **NMP:** \$144

Session Dates: 1/05 – 2/23

Day: Saturday **Age:** 4 – 6

Time: 11:15AM – 12:00PM

MP: \$83 **NMP:** \$144

INDOOR TENNIS CLINIC SUMMIT YMCA

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.

Session Dates: 1/04 – 2/22

Day: Friday **Age:** 5 – 8

Time: 3:30PM – 4:30PM

MP: \$94 **NMP:** \$144



YOUTH SOCCER CLINIC SUMMIT YMCA

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

Session Dates: 1/07 – 2/18

Day: Monday **Age:** 6 – 7

Time: 4:30PM – 5:30PM

MP: \$83 **NMP:** \$144

Session Dates: 1/07 – 2/18

Day: Monday **Age:** 8 – 10

Time: 5:35PM – 6:35PM

MP: \$83 **NMP:** \$144

SUMMIT NINJA WARRIOR WORKOUT SUMMIT YMCA

In this class, the kids will do a different obstacle course each week along with fun gym class games like capture the flag. The class is a fun workout for your kids that will help them work on their agility and speed.

Session Dates: 1/03 – 2/21

Day: Thursday **Age:** 6 – 8

Time: 3:45PM – 4:30PM

MP: \$94 **NMP:** \$144

ADVANCED INDOOR TENNIS CLINIC SUMMIT YMCA

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.

Session Dates: 1/04 – 2/22

Day: Friday **Age:** 7 – 10

Time: 4:30PM – 5:30PM

MP: \$94 **NMP:** \$144



"Basketball is a great way for kids to learn how working hard pays off, how to win and lose gracefully, and how to work well with others. Plus it's a fun way to be a part of a community and to recognize people outside of the Y. The Y does a really great job at providing so many opportunities for kids to learn both basketball skills and life skills while also having a great time."

– Katie, Summit Area YMCA Youth Basketball League Coach

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.

AGE 6 - 7		AGE 8 - 9		AGE 10 - 12	
Session: 1/08 - 2/19		Session: 1/08 - 2/19		Session: 1/08 - 2/19	
Day: Tuesday		Day: Tuesday		Day: Tuesday	
Time: 4:30PM - 5:30PM		Time: 5:30PM - 6:30PM		Time: 6:30PM - 7:30PM	
MP: \$94	NMP: \$144	MP: \$94	NMP: \$144	MP: \$94	NMP: \$144
Session: 1/03 - 2/21		Session: 1/03 - 2/21		Session: 1/02 - 2/20	
Day: Thursday		Day: Thursday		Day: Wednesday	
Time: 4:30PM - 5:30PM		Time: 5:30PM - 6:30PM		Time: 5:30PM - 6:30PM	
MP: \$94	NMP: \$144	MP: \$94	NMP: \$144	MP: \$94	NMP: \$144

INDIVIDUAL BASKETBALL TRAINING

SUMMIT YMCA

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 instructor. In order to set up your private training session please contact Allison Zeimann at allison.zeimann@thesay.org.

Age: 6+

Time: 1 hour

5 CLASS PACKAGE MP: \$290

10 CLASS PACKAGE MP: \$500

GROUP BASKETBALL TRAINING

SUMMIT YMCA

This options gives your child and a buddy a chance to get private basketball instruction. In order to set up your private training session please contact Allison Zeimann.

Age: 6+

Time: 1 hour

5 CLASS PACKAGE MP: \$500

10 CLASS PACKAGE MP: \$1000

VALET SPORTS SERVICE

SUMMIT YMCA

If you don't want to worry about parking, you can drop your child off on Cedar Street at 4:20pm and pick up at 5:35pm. This is a service to help make life a little easier for parents.

Session Dates: 1/8 - 2/19

Day: Tuesdays **Age:** 6-7

Time: 4:30PM - 5:30PM

MP: \$45

NMP: \$65

Session Dates: 1/3 - 2/21

Day: Thursdays **Age:** 6-7

Time: 4:30PM - 5:30PM

MP: \$45

NMP: \$65



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



What should I do?
What can I do?
Which machine should I use?
What is healthy to eat?

IS THIS YOU? Consider working with one of our complimentary Wellness Navigators and get the support you need!

Questions? Contact:

SUSAN GUBER

susan.guber@thesay.org

JAY JACOBS

jay.jacobs@thesay.org

CAROLINA LORA

carolina.lora@thesay.org

TEEN PROGRAMS

MP: Member Price | NMP: Non-Member Price



HOMESCHOOL HELPERS BERKELEY HEIGHTS YMCA

Session Dates: 10/1 - 5/22

Day: Mondays, Tuesdays, Wednesdays

Age: 14 - 18

Time: 4:15PM - 5:00PM

MP: FREE

NMP: FREE

With our new Homework Helpers program local High School students join our after school program to be the designated homework helper for 2nd and 3rd grade students. You can volunteer as few or as many hours as you wish to.

Contact Francesca Garrard at 908 464-8373 or email Francesca.Garrard@thesay.org for more information on volunteering.

TEEN CENTER SUMMIT YMCA

Session Dates: 9/24 - 6/21

Day: Monday - Friday

Age: 11 - 18

Time: 3:00PM - 6:00PM

MP: FREE

NMP: FREE

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.

TEEN CHEF SUMMIT YMCA

Session Dates: 10/12-6/7

Day: Friday

Age: 11-14

Time: 4:00PM - 5:00PM

MP: FREE

NMP: FREE

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.

TEEN YOGA SUMMIT YMCA

Session Dates: 1/2 - 5/30

Day: Tues & Thurs **Age:** 11 - 14

Time: 4:00PM - 5:00PM

MP: FREE

NMP: \$25

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!

TEEN SERIES SUMMIT YMCA

Session Dates: 10/1-6/1

Day: Varies

Age: 11-18

Time: Varies

MP: FREE

NMP: FREE

Participate in a variety of events that include dance parties, guest speakers, community service and special events. Visit www.thesay.org/teens for a full schedule.

AFTERSCHOOL SPORTS SUMMIT YMCA

Session Dates: 1/2 - 5/28

Day: Tuesdays

Age: 11-13

Time: 3:00PM - 4:00PM

MP: FREE

NMP: FREE

A program designed to give participants an opportunity to learn and practice a variety of skills across multiple sports like basketball, soccer and Ultimate Frisbee. Participants will also have the opportunity to participate in full competitive games.



EASE INTO FITNESS



8-week Beginner Fitness Program to develop good exercise habits supported by a B-Fit Coach. Free for members. Registration required.

For Information Contact:
Lisa McQuilkin 464-8373 x 2026
or lisa.mcquilkin@thesay.org



Free Teen Center memberships available at the front desk!

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

ACHIEVERS SUMMIT YMCA

Session Dates: 10/9-7/1

Day: Tuesday **Age:** 14 - 18

Time: 7:00PM - 8:00PM

MP: FREE **NMP:** FREE

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, special events, career planning workshops, internship opportunities, guest speakers and an annual college tour.

VOLUNTEENS SUMMIT YMCA

Session Dates: 10/15-7/1

Day: Varies **Age:** 14 - 18

Time: 20 hours

MP: FREE **NMP:** FREE

VolunTEENS is a program for students who are looking for community service experience, want to help others, and are interested in learning more about the Y. 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 and career opportunities. Volunteer applications available online and at the member services desk.

BE OUR GUEST FOR A DAY!

WWW.THESAY.ORG/GUESTPASS



**Experience the Summit Area YMCA for a day
and we KNOW you'll be back!**

Fill out a GUEST PASS online at www.thesay.org and voila — you'll receive an email with your guest pass! Show your printed guest pass at the front desk and enjoy group exercise classes, the gym, pool and fitness equipment and so much more!

For more information or to schedule a tour, please visit our Membership Department at [www. THESAY.org/membership](http://www.THESAY.org/membership)



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FRIDAYS IN MOTION BERKELEY HEIGHTS YMCA

This FREE monthly themed event for teens with diverse abilities encompasses 2 hours of activities run in partnership with the Berkeley Heights YMCA, Fanwood-Scotch Plains YMCA and St. Bartholomew Church (of Scotch Plains) by volunteers who engage the children through games, activities, arts and crafts.

Event locations alternate between Berkeley Heights YMCA, Fanwood-Scotch Plains YMCA & St. Bartholomew Church. This is a drop off event, intended for teens to socialize with like minded individuals. Families are not permitted to participate in activities.

Dodgeball & Ice Cream Social

Dates: Friday, February 15 **Age:** 14-21

Time: 7:00 - 8:30PM

Location: Berkeley Heights YMCA

MP: FREE **NMP:** FREE

Registration Required.

Yoga and Cooking

Dates: Friday, March 15 **Age:** 14-21

Time: 7:00 - 8:30PM

Location: Fanwood-Scotch Plains YMCA

MP: FREE **NMP:** FREE

Registration Required.

SUNDAYS IN MOTION SUMMIT YMCA

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!

Dates: 1/06, 2/24, 3/24, 4/21, 5/5

Day: Sunday **Age:** 5+

Time: 2:00PM - 4:00PM

MP: FREE **NMP:** FREE



Paul has autism. As a special needs family, it can be easy to become isolated. The Y welcomed us and helped us fit right into the community. Yoga at the Y has changed Paul's life in that he makes mindful connections and decisions on his own now. He has really blossomed and he loves the special events and programs at the Y where he can hang out with his friends. I am truly grateful and so happy to see him have fun and thrive here.

– Susan, Paul's Mother & Berkeley Heights YMCA member

ADAPTIVE SWIM LESSONS SUMMIT YMCA

This class is for special needs children. In this class, they will learn new skills, how 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.

Dates: 1/5 - 2/23

Day: Saturday **Age:** 5-10

Time: 12:45PM - 1:15PM

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

SPECIAL NEEDS YOGA BERKELEY HEIGHTS

Special Needs Yoga is taught by a specially trained yoga instructor from Ashrams for Autism. The class will focus on empowering and guiding the special needs community toward peaceful achievements, the easing of anxieties and quiet activity. Advance registration is required. Contact lisa.mcquilkin@thesay.org for more information

Dates: 1/4 - 5/24

Day: Friday **Age:** 13-20

Time: 4:15PM - 5:15M

MP: FREE **NMP:** FREE

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

Questions? Contact:

BERKELEY HEIGHTS YMCA

Francesca Garrard

YMCA Program Director

(P) 908 464 8373 ext. 2020

(E) francesca.garrard@thesay.org

SUMMIT YMCA

Allison Zeimann

Sports Director

(P) 908 273 3330 ext. 1196

(E) allison.zeimann@thesay.org

ADULT PROGRAMS

BOOK GROUP

SUMMIT YMCA

Join our Adult Book Group and enjoy interactive discussions with friends and other members. "The Boat Builder" by Daniel Gumbiner

Date: 1/07

Day: Monday

Age: 18+

Time: 12:00PM - 1:00PM

MP: FREE

NMP: FREE

DUPLICATE BRIDGE

SUMMIT YMCA

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.

Day: Wednesday **Age:** 18+

Time: 12:00PM - 2:30PM

MP: FREE

NMP: \$7/week

MAH JONGG

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.

SUMMIT YMCA

Session Dates: 1/04 - 2/22

Day: Thursday **Age:** 18+

Time: 12:00PM - 3:00PM

MP: FREE

NMP: \$15 / 8 week session

BERKELEY HEIGHTS

Session Dates: 1/04 - 2/22

Day: Thursday **Age:** 18+

Time: 1:00PM - 3:00PM

MP: FREE

NMP: FREE

SELF DEFENSE

SUMMIT YMCA

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.

Date: 1/5 - 2/23

Day: Saturday

Age: 18+

Time: 9:15AM - 10:00AM

MP: \$40

NMP: \$80



LUNCH & LEARN

FINANCIAL CHALLENGES OF WOMEN IN RETIREMENT

SUMMIT YMCA

Presented by Prudential Insurance Company of America, Susan Cooper from Prudential Securities will discuss closing the retirement gender gap.

Date: 1/28

Day: Monday

Age: 18+

Time: 12:30PM - 1:30PM

MP: FREE

NMP: \$5

LUNCH & LEARN

THE ART OF CHOCOLATE

SUMMIT YMCA

It is a fun, interactive presentation that focuses on all things chocolate. We take a look at how it is grown and the history of manufacturing and the candy industry. We'll also delve into some chocolate nostalgia and why the majority of people just love it so much! Best of all though... there will be plenty of "melt in your mouth" treats for tasting.

Date: 2/11

Day: Monday

Age: 18+

Time: 12:30PM - 1:30PM

MP: FREE

NMP: \$5

TOUCH TENNIS

SUMMIT YMCA

Come join the fun! Indoor tennis will help you increase strength, stability, flexibility and hand-eye coordination!

Session Dates: 1/03 - 2/21

Day: Thursday

Age: 18+

Time: 12:00PM - 1:00PM

MP: FREE

NMP: \$15 / 8 week session

PICKLEBALL

SUMMIT YMCA

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/ ADVANCED BEGINNER

Date: 1/04 - 2/22

Day: Friday

Age: 18+

Time: 12:00PM - 1:30PM

MP: FREE

NMP: \$35 / 8 weeks

INTERMEDIATE

Date: 1/07 - 2/18

Day: Monday

Age: 18+

Time: 1:30PM - 3:00PM

MP: FREE

NMP: \$35 / 8 weeks

Date: 1/02 - 2/20

Day: Wednesday

Age: 18+

Time: 1:30PM - 3:00PM

MP: FREE

NMP: \$35 / 8 weeks

Date: 1/04 - 2/22

Day: Friday

Age: 18+

Time: 1:30PM - 3:00PM

MP: FREE

NMP: \$35 / 8 weeks

ADVANCED

Date: 1/07 - 2/18

Day: Monday

Age: 18+

Time: 12:00PM - 1:30PM

MP: FREE

NMP: \$35 / 8 weeks

Date: 1/02 - 2/20

Day: Wednesday

Age: 18+

Time: 12:00PM - 1:30PM

MP: FREE

NMP: \$35 / 8 weeks

DROP IN

MONDAYS - FRIDAYS

Experienced players only.

Date: Open

Day: Mon - Fri

Age: 18+

Time: Open

MP: FREE

NMP: \$7 / visit

SUNDAYS

Experienced players only.

Date: 1/6 - 1/24

Day: Sundays

Age: 18+

Time: 6:00PM - 7:00PM

MP: FREE

NMP: \$5 / visit

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

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 be happy to take you out of the rest of the session and give you a credit back for the remaining classes, after we receive a filled out credit request form and a corresponding doctors note.

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 February 9 and 10 due to Deep Freeze Swim meet.					
CLASS 30 MINUTES	SESSION	DAY	TIME(S)	MP	NMP
INFANT WATER DISCOVERY .5 - 12 Months	1/04 - 2/22	Friday	10:30AM	\$116	\$174
	1/05 - 2/23	Saturday	8:00AM	\$102	\$153
TODDLER WATER DISCOVERY 12 Months - 3 Years	1/03 - 2/21	Thursday	10:00AM	\$116	\$174
	1/04 - 2/22	Friday	10:30AM	\$116	\$174
	1/05 - 2/23	Saturday	8:30AM, 10:05AM	\$102	\$153
	1/06 - 2/24	Sunday	8:00AM	\$102	\$153
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 24 Months - 3 Years	1/02 - 2/20	Wednesday	10:30AM	\$116	\$174
	1/05 - 2/23	Saturday	10:35AM	\$102	\$153
	1/06 - 2/24	Sunday	8:30AM	\$102	\$153
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 February 9 and 10 due to Deep Freeze Swim meet.

CLASS 30 MINUTES	SESSION	DAY	TIME(S)	MP	NMP
A WATER ACCLIMATION 3 - 5 Years	1/07 - 2/18	Monday	1:00PM, 4:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:00PM, 4:30PM	\$102	\$153
	1/02 - 2/20	Wednesday	9:00AM, 4:00PM, 4:30PM*	\$116	\$174
	1/03 - 2/21	Thursday	4:30PM, 5:00PM	\$116	\$174
	1/04 - 2/22	Friday	1:30PM, 4:00PM*, 5:30PM	\$116	\$174
	1/05 - 2/23	Saturday	9:00AM*, 9:30AM, 11:15AM, 11:45AM, 12:15PM	\$102	\$153
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.					
A WATER MOVEMENT 3 - 5 Years	1/07 - 2/18	Monday	9:00AM, 4:30PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:00PM	\$102	\$153
	1/02 - 2/20	Wednesday	1:00PM, 4:00PM, 5:30PM	\$116	\$174
	1/03 - 2/21	Thursday	4:30PM, 5:00PM	\$116	\$174
	1/04 - 2/22	Friday	4:00PM, 4:30PM, 5:30PM	\$116	\$174
	1/05 - 2/23	Saturday	9:00AM, 9:30AM, 11:15AM, 11:45AM, 12:15PM	\$102	\$153
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	1/07 - 2/18	Monday	4:30PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:30PM	\$102	\$153
	1/02 - 2/20	Wednesday	5:00PM	\$116	\$174
	1/03 - 2/21	Thursday	4:00PM	\$116	\$174
	1/04 - 2/22	Friday	5:00PM	\$116	\$174
	1/05 - 2/23	Saturday	11:15AM	\$102	\$153
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	1/07 - 2/18	Monday	4:00PM	\$102	\$153
	1/02 - 2/20	Wednesday	4:00PM	\$116	\$174
	1/03 - 2/21	Thursday	4:00PM	\$116	\$174
	1/04 - 2/22	Friday	5:30PM	\$116	\$174
	1/05 - 2/23	Saturday	9:00AM	\$102	\$153
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.					



"Anything can happen when your child is near a body of water, be it the pool or the ocean—you could look away for a second and something could happen. The Y is giving me peace of mind that my child is going to have the swimming skills he needs. I definitely recommend the free **2nd Grade Learn to Swim program.**"

– Ellen, Luke's mother

SCHOOL AGE LEVEL B | AGE 6 - 8

No swim classes on February 9 and 10 due to Deep Freeze Swim meet.

CLASS 30 MINUTES	SESSION	DAY	TIME(S)	MP	NMP
B WATER ACCLIMATION 6 - 8 Years	1/07- 2/18	Monday	5:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:30PM	\$102	\$153
	1/02 - 2/20	Wednesday	4:30PM, 5:30PM	\$116	\$174
	1/04 - 2/22	Friday	4:30PM	\$116	\$174
	1/05 - 2/23	Saturday	12:15PM	\$102	\$153

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	1/07- 2/18	Monday	4:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	5:00PM	\$102	\$153
	1/02 - 2/20	Wednesday	5:30PM, 6:00PM	\$116	\$174
	1/03 - 2/21	Thursday	4:00PM	\$116	\$174
	1/04 - 2/22	Friday	5:00PM	\$116	\$174
	1/05 - 2/23	Saturday	9:30AM, 11:15AM	\$102	\$153

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	1/07- 2/18	Monday	4:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:00PM, 5:00PM	\$102	\$153
	1/02 - 2/20	Wednesday	4:00PM, 5:00PM, 5:30PM	\$116	\$174
	1/03 - 2/21	Thursday	5:00PM	\$116	\$174
	1/04 - 2/22	Friday	4:30PM	\$116	\$174
	1/05 - 2/23	Saturday	9:30AM, 11:45AM	\$102	\$153

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.

B STROKE INTRODUCTION 6 - 8 Years	1/07- 2/18	Monday	4:30PM, 5:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	5:00PM*	\$102	\$153
	1/02 - 2/20	Wednesday	5:00PM, 6:00PM*	\$116	\$174
	1/03 - 2/21	Thursday	4:30PM, 5:00PM	\$116	\$174
	1/04 - 2/22	Friday	4:00PM, 4:30PM	\$116	\$174
	1/05 - 2/23	Saturday	9:00AM, 9:30AM 11:45AM,	\$102	\$153

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	SESSION	DAY	TIME(S)	MP	NMP
B STROKE DEVELOPMENT 6 - 8 Years	1/07- 2/18	Monday	5:30PM	\$116	\$174
	1/03 - 2/21	Thursday	5:30PM	\$134	\$201
	1/04 - 2/22	Friday	6:00PM	\$134	\$201
	1/05 - 2/23	Saturday	10:05AM	\$116	\$174

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	1/08 - 2/19	Monday	5:30PM	\$116	\$174
	1/03 - 2/21	Thursday	5:30PM	\$134	\$201
	1/04 - 2/22	Friday	6:00PM	\$134	\$201
	1/05 - 2/23	Saturday	10:05AM	\$116	\$174

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 February 9 and 10 due to Deep Freeze Swim meet.

CLASS 30 MINUTES	SESSION	DAY	TIME(S)	MP	NMP
C WATER ACCLIMATION 9 - 12 Years	1/03 - 2/21	Thursday	4:00PM	\$116	\$174
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.					
C WATER MOVEMENT 9 - 12 Years	1/07 - 2/18	Monday	4:30PM	\$102	\$153
	1/02 - 2/20	Wednesday	5:00PM	\$116	\$174
	1/05 - 2/23	Saturday	12:15PM	\$102	\$153
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	1/07 - 2/18	Monday	5:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:30PM	\$102	\$153
	1/04 - 2/22	Friday	5:00PM	\$116	\$174
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	1/07 - 2/18	Monday	5:00PM	\$102	\$153
	1/08 - 2/19	Tuesday	4:00PM	\$116	\$174
	1/02 - 2/20	Wednesday	6:00PM	\$116	\$174
	1/03 - 2/21	Thursday	4:30PM	\$102	\$153
	1/04 - 2/22	Friday	5:00PM, 5:30PM	\$116	\$174
	1/05 - 2/23	Saturday	11:15AM	\$102	\$153
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	SESSION	DAY	TIME(S)	MP	NMP
C STROKE DEVELOPMENT 9 - 12 Years	1/07 - 2/18	Monday	5:30PM	\$116	\$174
	1/03 - 2/21	Thursday	5:30PM	\$134	\$201
	1/04 - 2/22	Friday	6:00PM	\$116	\$201
	1/05 - 2/23	Saturday	10:05AM	\$134	\$174
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	1/07 - 2/18	Monday	5:30PM	\$116	\$174
	1/03 - 2/21	Thursday	5:30PM	\$134	\$201
	1/04 - 2/22	Friday	6:00PM	\$134	\$201
	1/05 - 2/23	Saturday	10:05AM	\$116	\$174
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.					

BECOME A LIFEGUARD!

JOIN OUR TEAM! When you work at the Summit Area YMCA, you become part of our family of passionate staff that work for the good of the community.

WE'RE HIRING: Lifeguards, Afterschool staff, Instructors, Birthday Party Staff and More!

For a full list of our positions, visit <https://www.theSAY.org/Employment>

PATHWAYS | PRE-COMPETITIVE

No swim classes on February 9 and 10 due to Deep Freeze Swim meet.

CLASS 45 MINUTES	SESSION	DAY	TIME(S)	MP	NMP
COMPETITION PATHWAYS 7 - 9 Years	1/08 - 2/19	Tuesday	5:30PM	\$102	\$153
	1/05 - 2/23	Saturday	10:50AM	\$102	\$153

Instructors will focus on stroke technique through stroke drills and kicking. Competitive starts and turns will be worked on and endurance will be built.

COMPETITION 2 PATHWAYS 10 - 16 Years	1/08 - 2/19	Tuesday	5:30PM	\$102	\$153
	1/04 - 2/22	Friday	5:00PM	\$116	\$174
	1/05 - 2/23	Saturday	10:50AM	\$102	\$153

Endurance is the main focus in this class and instructors will concentrate on increasing the swimmers ability to race effectively.

YOUTH AQUATICS PRIVATE LESSONS | AGE 5+

STAFF RECOMMENDED PRIVATE SWIM LESSONS	1/07 - 2/18	Monday	2:30PM, 3:00PM, 3:30PM	\$180	\$280
	1/08 - 2/19	Tuesday	2:30PM, 3:00PM, 3:30PM	\$180	\$280
	1/02 - 2/20	Wednesday	2:30PM, 3:00PM, 3:30PM	\$180	\$280
	1/03 - 2/21	Thursday	2:30PM, 3:00PM, 3:30PM	\$180	\$280
	1/04 - 2/22	Friday	2:30PM, 3:00PM, 3:30PM	\$180	\$280
	1/06 - 2/24	Sunday	9:00AM, 9:30AM, 10:00AM, 10:30AM, 11:00AM, 11:30AM	\$180	\$280

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.

TEEN SWIM LESSONS | AGE 13 - 18

BASICS TEEN LESSONS	1/04 - 2/22	Friday	6:00PM	\$30	\$160
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For teens who want to become more comfortable in the water and learn the basics of swimming and water safety.

STROKES TEEN LESSONS	1/04 - 2/22	Friday	6:00PM	\$30	\$160
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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	1/03 - 2/21	Thursday	10:00AM	\$30	\$70
	1/04 - 2/22	Friday	6:45PM	\$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	1/03 - 2/21	Thursday	10:30AM	\$30	\$70
	1/04 - 2/22	Friday	6:45PM	\$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	1/08 - 2/22	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.

CPR CLASSES
WWW.THESAY.ORG/CPR

2ND GRADE FREE SWIM
WWW.THESAY.ORG/2gswim

GROUP EXERCISE CLASSES
www.theSAY.org/groupex



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.



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WATER EXERCISE CLASSES | AGE 16+

No swim classes on February 9 and 10 due to Deep Freeze Swim meet.

CLASS	SESSION	DAY	TIME(S)	MP	NMP
INTERMEDIATE HYDRO R.E.P.S.	1/07 - 2/18	Monday	9:00AM - 10:00AM	FREE	\$70
	1/02 - 2/20	Wednesday	9:00AM - 10:00AM	FREE	\$70
	1/04 - 2/22	Friday	9:00AM - 10:00AM	FREE	\$70

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.

AI CHI BEGINNER	1/08 - 2/19	Tuesday	7:30PM - 8:30PM	FREE	\$42
	1/03 - 2/21	Thursday	8:00AM - 9:00AM	FREE	\$42

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.

AI CHI ADVANCED	1/02 - 2/20	Wednesday	8:00AM - 9:00AM	FREE	\$42
	1/04 - 2/22	Friday	8:00AM - 9:00AM	FREE	\$42

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.

DEEP WATER ARTHRITIS	1/07 - 2/18	Monday	11:05AM - 11:55AM	FREE	\$42
	1/08 - 2/19	Tuesday	11:00AM - 11:50AM	FREE	\$42
	1/03 - 2/21	Thursday	11:00AM - 11:50AM	FREE	\$42
	1/04 - 2/22	Friday	11:05AM - 11:55AM	FREE	\$42

Help relieve tension and pain in your joints from arthritis as you join us in this class. Warm up and cool down in the shallow end of the pool. The main workout takes place in the deep end. Participants wear floatation belts.

HIGH INTENSITY DEEP WATER FITNESS	1/07 - 2/18	Monday	10:00AM - 11:00AM	FREE	\$70
	1/02 - 2/20	Wednesday	10:00AM - 11:00AM	FREE	\$70
	1/02 - 2/20	Wednesday	7:30PM - 8:30PM	FREE	\$70
	1/04 - 2/23	Friday	10:00AM - 11:00AM	FREE	\$70

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.

WATER EXERCISE CLASSES | AGE 16+

No swim classes on February 9 and 10 due to Deep Freeze Swim meet.

CLASS	SESSION	DAY	TIME(S)	MP	NMP
HIGH INTENSITY AQUA CROSS TRAINING	1/08 - 2/19	Tuesday	9:00AM - 10:00AM	FREE	\$70
	1/03 - 2/21	Thursday	5:45AM - 6:45AM	FREE	\$70
	1/03 - 2/21	Thursday	9:00AM - 10:00AM	FREE	\$70

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.

HIGH INTENSITY JUST TREADING	1/07 - 2/18	Monday	9:15AM - 10:00AM	FREE	\$70
	1/08 - 2/19	Tuesday	10:00AM - 11:00AM	FREE	\$70
	1/02 - 2/20	Wednesday	9:15AM - 10:00AM	FREE	\$70
	1/04 - 2/22	Friday	9:15AM - 10:00AM	FREE	\$70

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.

INTERMEDIATE LEVEL WATER FITNESS	1/08 - 2/19	Tuesday	11:00AM - 12:00PM	FREE	\$70
	1/03 - 2/21	Thursday	11:00AM - 12:00PM	FREE	\$70

A total body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility.

PRE/POST NATAL AQUA FITNESS	1/08 - 2/19	Tuesday	10:00AM - 11:00AM	FREE	\$70
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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.

SHALLOW WATER ARTHRITIS	1/07 - 2/18	Monday	11:05AM - 11:55AM	FREE	\$42
	1/08 - 2/19	Tuesday	9:00AM - 9:50AM	FREE	\$42
	1/02 - 2/20	Wednesday	11:05AM - 11:55AM	FREE	\$42
	1/03 - 2/21	Thursday	9:00AM - 9:50AM	FREE	\$42
	1/04 - 2/22	Friday	9:00AM - 9:50AM	FREE	\$42
	1/04 - 2/22	Friday	11:05AM - 11:55AM	FREE	\$42

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.

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