



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TURN A NEW LEAF!

FIND YOUR PASSION. FIND YOUR Y.



SUMMIT AREA YMCA
2022 FALL PROGRAM GUIDE

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FINANCIAL ASSISTANCE

As a nonprofit, the Summit Area YMCA is committed to enhancing the lives of individuals and families in our community. From the generous donations of our members, donors, and partners in the community, we are able to provide financial assistance to those with demonstrated need so that they may enjoy all the Y has to offer, regardless of their ability to pay. This helps us 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 of Berkeley Heights, Gillette, Millburn, New Providence, Short Hills, Springfield, Stirling or Summit.

OUR MISSION

The Summit Area YMCA is committed to nurturing the potential of every individual, promoting healthy living and fostering a sense of social responsibility. We are a cause driven, volunteer led, nonprofit organization working to support and strengthen the foundations of community.

ABOUT THE SUMMIT AREA YMCA

In 1886, we were founded as the Young Men’s Christian Association, but today, we are The Y. An association that values, and is made stronger by, its diverse people. We stand for youth development, healthy living and social responsibility — For a better us. We are committed to creating equal opportunity for all regardless of gender, age, disability, income, ethnicity, sexual orientation or religious affiliation. We strive to create a welcoming and inclusive culture in which our four core values — responsibility, honesty, caring and respect — are integral to everyday operations.

Each year, as one of the area’s leading 501(c)3 charitable organizations, the Summit Area YMCA serves more than 15,000 individuals with our free and fee-based programs and services. All of our programs and services are infused with the Y core values which build character and enhance self-esteem. In response to community need, the Summit Area YMCA is proud to offer free programming open to all members of our local community including 7th Grade Initiative, LIVESTRONG® at the YMCA Cancer Rehabilitation, Active Military Memberships, Educational Lectures, Cultural Events, Special Needs Activities, Teen Programs and more.



“The LIVESTRONG® program is led by an amazing group of knowledgeable and supportive staff members who guide you through an exercise program that strengthens your mind, body, and spirit. I joined just a few months after chemo and they worked with my limitations to help me modify exercises that I could safely do on my own, both in and out of the gym.”

- Susan G., Summit Area YMCA Member

MEMBERSHIP

MEMBERSHIP MEANS MORE AT THE Y

When you join the Summit Area YMCA, you're not just a member of a gym, you're part of a community that is here for everyone -- and we're here for good. We're here to support your physical, mental and social health needs with programming and activities for all ages, interests and skill levels. Whether indoors in our clean, sanitary facilities, outdoors in our pools, or through our virtual programs, we are here when you're ready and we can't wait to welcome you!

STATE-OF-THE-ART FITNESS CENTERS

Our branches mean business when it comes to new equipment and free weights. From the best in the industry and some brands you may not have heard of *yet*. We also offer free customized demos to help you make the most of your individual workouts!

150+ WEEKLY GROUP EXERCISE CLASSES

Find your passion or try something new! The Y offers 150+ indoor group fitness classes weekly for all ages, levels and interests. There's something for everybody, no matter your schedule. Explore our class schedules online or via the SAY Mobile App.

PROGRAMS & CLASSES FOR EVERYONE

Our branches are vital, vibrant, and valued centers in the community, which provide meaningful experiences for individuals and families through a variety of athletic, enrichment, recreational and social programs -- each and every day, season and year.

ACCESS TO 2,500+ LOCATIONS NATIONWIDE

As an added benefit of being part of our Y family, your Y membership allows access to over 2,500 participating YMCA's in the United States and Puerto Rico, at no additional cost! Because being a part of our Y family means you'll be close to 'home' everywhere you go

WWW.THESAY.ORG/JOIN

MEMBERSHIP RATES 2022

Membership Type	Rate	Join Fee
Adult 18+	\$85/month	\$95
College Student	\$60/month	\$75
Eligible for 12 credit undergraduate or 9 credit graduate level student. Proof of enrollment required.		
Family	\$130/month	\$95
2 adults and all dependants, age 22 and under, living in the same household.		
Senior Adult 62+	\$75/month	\$95
Senior Family	\$105/month	\$95
2 adults (1 whom is 62+) and all dependants age 22 and under, living in the same household.		
Teen (13-17)	\$45/month	None
Youth (12 & Under)	\$110/year	None

Annual memberships are non-refundable. No annual contracts. One-time join fee is due in full upon joining and is used to maintain facilities and equipment. Fee is waived for memberships that are renewed within 45 days of expiration.

Want to try out the Y before you join? Schedule a facility tour by visiting www.thesay.org/tours and inquire about our free 7-day trial membership!



REGISTRATION INFORMATION



BEGIN YOUR Y STORY TODAY!

WHERE TO REGISTER

To register for programs online you must have an account in our easy-to-use, convenient, web-based Membership Database system (Daxko). In your account, you will be able to safely and securely search and register for classes, programs, events, and camp, access all of your registrations, make payments, view your transaction history, manage and update your account information and print receipts.

[SIGN IN HERE](#)

Don't have an account? Click on Sign Up and follow the instructions to get started. If you're not a member you can join online or join as a non-member to register for programs at the non-member rate (where applicable).

HOW TO REGISTER

- >> Sign in to Daxko with your existing Membership account.
- >> Browse in Daxko and register for programs and classes!
- >> Or browse through the guide or website and click on the Register button.

GROUP EXERCISE RESERVATIONS

To reserve your spot in group exercise classes please use the SAY Mobile App or visit: www.thesay.org/schedules. A separate login is required for the SAY Mobile App and website schedules reservation system.

[SCHEDULES](#)

[MOBILE APP](#)

FACILITY ACCESS CARDS

If you are entering the Y to pick-up or drop-off a program participant and are not a Y member, you'll need an access ID card. Access ID cards are issued individually and are not transferrable. To receive your access ID card and take your photo, visit the membership desk of the Berkeley Heights YMCA or Summit YMCA. A government issued photo ID must be presented for anyone over the age of 18. Prior to entering any YMCA facility, all visitors must complete our participation waiver online at www.thesay.org/waiver. After receiving your access ID card, you may use the SAY Mobile App to scan in for convenience.

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 will 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 under 11 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.

QUESTIONS?

If you have specific questions or comments about the Summit Area YMCA, please contact us. We continue to make improvements to better serve our community and your ideas and feedback are important to us.

[CONTACT US](#)

SPECIAL EVENTS

MP: Member Price | NMP: Non-Member Price



WAKE UP WITH THE WELLNESS TEAM!

Join us for morning coffee, tea, and treats to jump start the fall season and welcome you back for the new school year.

SUMMIT YMCA
9/8 | THU | 6:00-10:00 AM
COST: FREE

BERKELEY HEIGHTS YMCA
9/9 | FRI | 6:00-10:00 AM
COST: FREE

BERKELEY HEIGHTS YMCA & SUMMIT YMCA
9/10 | SAT | 8:00-10:00 AM
COST: FREE

SUMMIT AREA YMCA WELCOME WEEK

Welcome week encourages our community to celebrate diversity and all that unites us. During this week, we're hosting an open house, for guests to visit the Y for use of the fitness center, open gym, group exercise classes and indoor pool.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA
9/8-9/18 | COST: FREE

SUMMIT AREA YMCA BIKE RODEO

Join the Summit Area YMCA in our first ever Bike Rodeo! The YMCA is partnering with Trek Bicycle Stirling and the Berkeley Heights Police Dept. Kids will learn about bike safety, bike handling skills and basic rules of the road. Parents must attend with child.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA
9/8-9/18 | COST: FREE

[REGISTER](#)

PARENT'S NIGHT OUT

Drop off your child for a few hours of structured activities (arts & crafts, group games, story time or a movie) in a safe, supervised environment while you enjoy some "me" time. A light snack and refreshments will be provided.

SUMMIT YMCA
9/9-10/28 | FRI | 6:30-8:30 PM
MP: \$15 | NMP: \$28

AGES: 3-12

[REGISTER](#)

KODELY DISCOVERY DAY

Discovery Day is a free event for school age students and parents to get a hands on experience with coding! It also serves as an opportunity for members to get a first hand look at our upcoming Designing with Empathy coding program.

SUMMIT YMCA
9/17 | SAT | 1:00-2:00 PM
COST: FREE | ELEMENTARY STUDENTS

9/17 | SAT | 2:00-3:00 PM
COST: FREE | MIDDLE SCHOOL STUDENTS

[REGISTER](#)



LOL CHARITY AUCTION & COMEDY SHOW

You're invited to join the Y for our annual LOL Charity Auction & Comedy Show. A fun-filled night of laughter, fun, and the chance to make a lasting impact in our community by raising funds for the Summit Area YMCA's financial assistance programs, which supports nearly 1,000 local families in providing free programming, childcare, and more!

SHORT HILLS HILTON
9/17 | 7:00PM

[LEARN MORE](#)

ORAL PRESENTATIONS BY ROGER FLAX

With over five decades of experience Dr. Roger Flax will be giving an upbeat, entertaining presentation on how to give high-impact, dynamic, spontaneous oral presentations. Following this seminar, Dr. Flax will be signing copies of his book!

SUMMIT YMCA
10/5 | WED | 6:30-7:30 PM
COST: FREE

[REGISTER](#)

YOGA FOR CAREGIVERS

Caregiver's fatigue is often unseen. Taking care of a loved one or a patient can get demanding, causing mental, emotional and physical burnout. Nourish your soul and rejuvenate your mind with yoga at the Y.

BERKELEY HEIGHTS YMCA
10/16 | FRI | 10:30-11:30 AM
COST: FREE

SUMMIT YMCA
10/16 | FRI | 9:00-10:00 AM
COST: FREE

[REGISTER](#)



DIWALI FESTIVAL

Join the Y and local partners for a special community celebration of Diwali!

BERKELEY HEIGHTS YMCA
11/5 | SAT | 4:00-6:00 PM
COST: FREE

[LEARN MORE](#)

YOUTH SOCCER ASSOCIATION - 2022 FALL SEASON

The Summit Area YMCA's Youth Soccer Association is an outdoor, non-competitive, co-ed youth sports program where children learn soccer fundamentals, make new friends, grow self-confidence and more, in a safe and fun environment. Each player receives guaranteed playing time to promote fair play. In this age group, coaches place emphasis on structured drills, positive competition, sportsmanship & teamwork. Keep your child active and engaged as they dribble, pass and shoot their way to fun as a member of our youth soccer team!

DIVISION	AGE	DAY/TIME	DATE	MP	NMP
PARENT & TOTS	2-3	SUNDAYS 10AM - 12:40PM	9/11 - 10/16	\$125	\$220
TOTS	4				
ROOKIES	5-6				
CHAMPIONS	7-8				

REGISTER

LOCATION: SUMMIT HIGH SCHOOL (LOWER FIELD): 125 KENT PL BLVD, SUMMIT, NJ 07901



PEE WEE SOCCER

Each class incorporates fundamental skills development with an emphasis on instruction, structured drills and games.

BERKELEY HEIGHTS YMCA

9/6-10/25 | TUE | 4:00 - 4:45 PM
MP: \$125 | NMP: \$220
AGES 4-6

REGISTER

SUMMIT YMCA

9/12 - 10/31 | MON | 5:10 - 6:00 PM
MP: \$125 | NMP: \$220
AGES 4-6

9/10 - 10/29 | SAT | 12:15 - 1:00 PM
MP: \$125 | NMP: \$220
AGES 4-6

REGISTER

YOUTH SOCCER CLINIC

Interested in advancing your child's soccer skills? Our soccer training clinics are designed to further develop and fine tune soccer fundamentals while learning teamwork, strategy and sportsmanship.

BERKELEY HEIGHTS YMCA

9/6-10/25 | TUE | 4:45 - 5:30 PM
MP: \$125 NMP: \$220
AGES 6-8

REGISTER

SUMMIT YMCA

9/9 - 10/28 | FRI | 4:45 - 5:30 PM
MP: \$125 | NMP: \$220
AGES 5-7

9/9 - 10/28 | FRI | 6:30 - 8:00 PM
MP: \$125 | NMP: \$220
AGES 8-10

REGISTER



GO AFTER YOUR GOALS

Want to learn more about the Y's Youth Soccer offerings?

www.thesay.org/soccer



SUMMIT YMCA - TRAVEL BASKETBALL TEAM

Participation in our co-ed travel basketball league (Ages 9-14) is based on invitation from tryouts performance. The travel league is divided by ages into two teams, 12 & under (Youth) and 14 & under (Teen). Your team will play other local YMCAs and youth leagues at Hoop Heaven. In this age group, our coaches place emphasis on advanced skills, positive competition & teamwork.

GROUP NAME	AGE	DAY/TIME	DATE	MP	NMP
4TH - 6TH GRADE	9-11	TBD	November - March		\$575
7TH - 8TH GRADE	12-14				

TRAVEL BASKETBALL TEAM TRYOUTS

4TH - 6TH GRADE	9-11	Thursday 6:30-8:00 PM	10/20	FREE
	9-11	Saturday 5:00-6:30 PM	10/22	FREE
7TH - 8TH GRADE	12-14	Thursday 8:00-9:30 PM	10/20	FREE
	12-14	Saturday 6:30 PM	10/22	FREE

PRESEASON TRAVEL BASKETBALL TEAM CLINICS

4TH - 6TH GRADE	9-11	Thursday 6:30-7:45 PM	9/16-10/13	\$100	\$175
7TH - 8TH GRADE	12-14	Thursday 7:45-9:00 PM	9/16-10/13	\$100	\$175

REGISTER

SUMMIT YMCA - YOUTH BASKETBALL LEAGUE

Players learn the fundamentals of basketball, make new friends, grow self-confidence and more, in a safe and fun environment. Each player received guaranteed playing time to promote fair play. In this age group, our coaches place emphasis on structured drills, positive competition, sportsmanship & teamwork.

DIVISIONS	AGE	DAY	DATE	MP	NMP
KINDERGARTEN - COED	5	Sundays	11/13 - 12/18	\$150	\$265
1ST GRADE - BOYS	6-7				
1ST GRADE - GIRLS					
2ND GRADE - BOYS	7-8	Saturdays	11/12 - 12/17		
2ND GRADE - GIRLS					
3RD GRADE - BOYS					
3RD GRADE - GIRLS					

REGISTER

BASKETBALL CLINICS

Designed for players to develop and fine tune their basketball fundamentals while learning teamwork and strategy. Participants will focus on game rules, shooting, passing, ball handling, offensive and defensive skills.

BERKELEY HEIGHTS YMCA

9/12-10/31 | MON | 4:00-5:00 PM
MP: \$125 | NMP: \$220
AGES 6-7

9/12-10/31 | MON | 5:00-6:00 PM
MP: \$125 | NMP: \$220
AGES 8-9

REGISTER

SUMMIT YMCA

9/6-10/25 | TUE | 3:45 - 4:45 PM
MP: \$125 | NMP: \$220
AGES 6 - 7

9/8-10/27 | THU | 4:00-5:00 PM
MP: \$125 | NMP: \$220
AGES 6-7

9/6-10/25 | TUE | 4:45 - 5:45 PM
MP: \$125 | NMP: \$220
AGES 8-9

9/8-10/27 | THU | 5:00-6:00 PM
MP: \$125 | NMP: \$220
AGES 8-9

9/6-10/25 | TUE | 5:45 - 6:45 PM
MP: \$125 | NMP: \$220
AGES 10-12

9/8-10/27 | THU | 6:30-8:00 PM
MP: \$125 | NMP: \$220
AGES 9-14

REGISTER



COMPETITIVE CLINIC SUMMIT YMCA

9/7-10/26 | WED | 5:00-6:00 PM
MP: \$125 | NMP: \$220
AGES 8-12

REGISTER

PRESEASON TRAVEL TEAM CLINIC

SUMMIT YMCA
9/8-10/13 | THU | 6:30-8:00 PM
MP: \$125 | NMP: \$220
AGES 9-14

REGISTER

GIRLS PRESEASON TRAVEL TEAM CLINIC BERKELEY HEIGHTS YMCA

9/10-10/15 | SAT | 8:00-9:30 AM
MP: \$125 | NMP: \$220
AGES 9-14

REGISTER

PEE WEE BASKETBALL

Pee Wee Basketball is for co-ed youth to learn fundamental basketball skills, make new friends and more. For this age group, our coaches place emphasis on structured drills and fun games.

SUMMIT YMCA

9/10-10/29 | SAT | 10:15-11:00 AM
MP: \$125 | NMP: \$220
AGES 4-6

9/13-10/31 | MON | 3:45-4:30 PM
MP: \$125 | NMP: \$220
AGES 4-6

REGISTER

TENNIS CLINICS

Our tennis clinics are designed to develop fundamental skills while learning game rules, strategy, sportsmanship and teamwork. Children will learn USTA quick start play format rules and scoring, forehand, backhand, volley and serve skills, for age appropriate rally and games with others.

BERKELEY HEIGHTS YMCA

9/7-10/26 | WED | 3:45-4:30 PM
MP: \$125 | NMP: \$220
AGES 4-6

9/7-10/26 | WED | 4:30-5:15 PM
MP: \$125 | NMP: \$220
AGES 7-9

9/7-10/26 | WED | 5:15-6:00 PM
MP: \$125 | NMP: \$220
AGES 10-12

REGISTER

BOWLING

Bowling classes provide a foundation and introduction to bowling that is rooted in fun, fitness, and fundamentals. Participants will learn the basic rules of the game and practice different bowling techniques!

SUMMIT YMCA

9/12-10/31 | MON | 4:30-5:15 PM
MP: \$125 | NMP: \$220
AGES 7-9

REGISTER

GOLF CLINICS

Interested in advancing your child's golf skills? Our golf training clinics are designed to further develop and fine tune golf fundamentals while learning strategy and sportsmanship.

BERKELEY HEIGHTS YMCA

9/8-10/27 | THU | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 6-7

9/8-10/27 | THU | 4:45-5:30 PM
MP: \$125 | NMP: \$220
AGES 8-9

REGISTER





PEE WEE INTRO TO SPORTS

Keep toddlers active with the Y's intro to sports class. Children will play different sports, enhance motor skills, meet friends, and more!

SUMMIT YMCA

9/10-10/29 | SAT | 9:15-10:00 AM
MP: \$125 | NMP: \$220
AGES 2-3

REGISTER

BERKELEY HEIGHTS YMCA

9/11-10/30 | SUN | 10:15-11:00 AM
MP: \$125 | NMP: \$220
AGES 2-3

REGISTER

AFTERSCHOOL GYM CLASS

Stay active with the Y's afterschool gym class. Play different sports like basketball, soccer, floor hockey and football. Learn new skills each week, meet friends, teamwork and more!

SUMMIT YMCA

9/7-10/26 | WED | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 6-10

REGISTER

BEGINNER VOLLEYBALL

Volleyball skill class for those learning or currently playing volleyball. This is a great addition to your training where you can practice and improve your skills.

BERKELEY HEIGHTS YMCA

9/6-10/25 | TUE | 6:45-8:00 PM
MP: \$125 | NMP: \$220
AGES 11-14

REGISTER

INTERMEDIATE/ADVANCED VOLLEYBALL CLINIC

Volleyball skill class for those learning or currently playing volleyball. This is a great addition to your training where you can practice and improve your skills.

BERKELEY HEIGHTS YMCA

9/8-10/27 | THU | 6:30-8:00 PM
MP: \$125 | NMP: \$220
AGES 12-14

REGISTER

PICKLEBALL LESSONS

Pickleball 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.

BERKELEY HEIGHTS YMCA

9/9-10/28 | FRI | 3:45-4:30 PM
MP: \$125 | NMP: \$220
AGES 7-9

9/9-10/28 | FRI | 4:30-5:15 PM
MP: \$125 | NMP: \$220
AGES 10-12

REGISTER

T-BALL

T-Ball classes provide a foundation and introduction to baseball that is rooted in fun, fitness, and fundamentals. Participants will learn the basic rules of the game, how to bat, throw and run bases.

BERKELEY HEIGHTS YMCA

9/11-10/30 | SUN | 10:15-11:00 AM
MP: \$125 | NMP: \$220
AGES 4-6

SUMMIT YMCA

9/10-10/29 | SAT | 11:15 AM-12:00 PM
MP: \$125 | NMP: \$220
AGES 4-6

9/12-10/31 | MON | 4:30-5:10 PM
MP: \$125 | NMP: \$220
AGES 4-6

REGISTER



ARTS & CRAFTS

Let your child's inner artist explode in this class! This fan-favorite class will allow kids to be creative and even get a little messy! Students will be able to learn proper techniques and fine-tune their artistic abilities!

BERKELEY HEIGHTS YMCA

9/9-10/28 | FRI | 4:00-4:45 PM
MP: \$125 | NMP: \$225
AGES 7-12

REGISTER

BROADWAY'S CALLING

Learn all about the magnificent world of dancing, acting and stage life in this all-things-theater class! Participants will be ready for the big stage in no time!

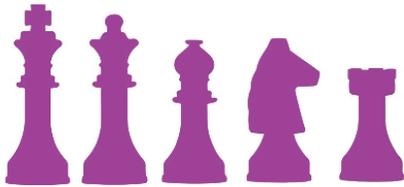
BERKELEY HEIGHTS YMCA

9/12-10/31 | MON | 5:00-5:45 PM
MP: \$125 | NMP: \$220
AGES 6-8

SUMMIT YMCA

9/6-10/28 | FRI | 5:00-5:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

REGISTER



CHESS MASTER JR.

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

BERKELEY HEIGHTS YMCA

9/9-10/28 | FRI | 5:00-5:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

SUMMIT YMCA

9/7-10/26 | WED | 5:00-5:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

REGISTER

The Summit YMCA offers engaging programs to help youth discover and explore their interests and talents. We believe in the potential of every child and our programs are built to help them learn, grow and thrive in a safe, nurturing environment. Take your pick of fun classes in art, cooking, science & engineering, and much more!



DETECTIVES IN TRAINING

Your child is first on the scene in this mysterious class! Each week, a new crime happens and students will learn what to look for and how to detect the criminal! From gathering clues, dusting for fingerprints, extracting DNA and analyzing handwriting, students will solve the crime in no time!

BERKELEY HEIGHTS YMCA

9/12-10/31 | MON | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

SUMMIT YMCA

9/9-10/28 | MON | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

REGISTER

FAMILY & ME INDOOR PLAYGROUND PLUS

Enjoy open playtime in our gym set-up with mats, balls, hula hoops, trikes and more to spend quality fun time together and connect with other families. We'll all gather around for circle time, read a story and play music to improve motor, social, language and cognitive skills! Parent/guardian participation required to provide direction and safety.

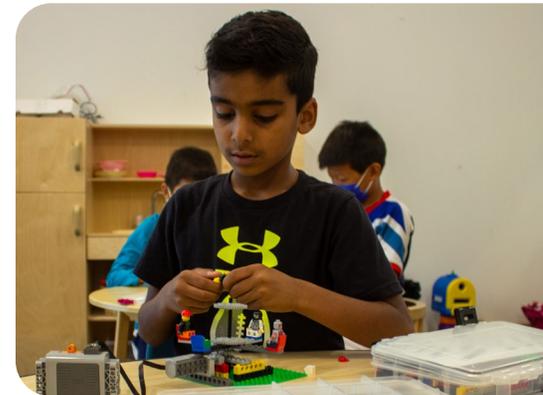
BERKELEY HEIGHTS YMCA

9/6-10/25 | TUE | 9:00-10:00 AM
MP: \$125 | NMP: \$220
AGES 0-5

SUMMIT YMCA

9/7-10/26 | WED | 9:00-10:00 AM
MP: \$125 | NMP: \$220
AGES 0-5

REGISTER



HOW THINGS WORK THURSDAYS

Has your child ever been curious about anything to do with gravity, light, color, electromagnetic induction, thermodynamics, galaxies? If so, then this class is for them! Students will learn about how certain things work and have a crack at testing it out for themselves!

BERKELEY HEIGHTS YMCA

9/8-10/27 | THU | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

SUMMIT YMCA

9/8-10/27 | THU | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

REGISTER



INTRO TO DJING

This popular class is back again! Students will have the unique opportunity to enhance their DJing skills while using state of the art DJ equipment with the well-known local DJs from THORO.

BERKELEY HEIGHTS YMCA

9/7-10/26 | WED | 5:00-5:45 PM
MP: \$125 | NMP: \$225
AGES 7-12

[REGISTER](#)

LEARN SPANISH!

¿Quieres aprender Español? Start the process of gaining all the benefits of knowing another language in this beginner, introductory Spanish class. Students will be introduced to the alphabet, numbers and common words and phrases while playing fun games and listening to various Spanish children's songs!

SUMMIT YMCA

9/12-10/31 | MON | 5:00-5:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

[REGISTER](#)

TIME MACHINE TUESDAYS

Do you know who the creator of peanut butter is? What's the greatest thing since sliced bread? In this mind-opening class, we learn about times and events in history that changed life as we know it!

BERKELEY HEIGHTS YMCA

9/6-10/25 | TUE | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

SUMMIT YMCA

9/6-10/25 | TUE | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

[REGISTER](#)



WEIRD SCIENCE WEDNESDAYS

Get your hands messy in this ooey, gooey class! Students will learn about a mad scientist from the past, what their contribution to the world was and then be able to create that invention themselves! Get your hands messy in this ooey, gooey class! Students will learn about a mad scientist from the past, what their contribution to the world was and then be able to create that invention themselves!

BERKELEY HEIGHTS YMCA

9/7-10/26 | WED | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

SUMMIT YMCA

9/7-10/26 | WED | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

[REGISTER](#)

YOUNG CHEFS

Foodies unite! Learn basic culinary skills and how to create your own recipes while challenging your palate with food from around the world! Instructor must be notified of all food allergies prior to the start of the program.

SUMMIT YMCA

9/12-10/31 | MON | 4:00-4:45 PM
MP: \$125 | NMP: \$220
AGES 7-12

[REGISTER](#)



GET MORE OUT OF YOUR YOUTH MEMBERSHIP!

From summer camp to swim lessons, sports clinics to coding classes, kids can discover their potential with us at the Y.

• STRENGTHEN OUR COMMUNITIES • GIVE BACK • SUPPORT THE Y • HELP OTHERS • LAUGH LOTS • MAKE AN IMPACT • STRENGTHEN OUR COMMUNITIES • GIVE BACK • SUPPORT THE Y

• SUPPORT THE Y • HELP OTHERS • LAUGH LOTS • MAKE AN IMPACT • STRENGTHEN OUR COMMUNITIES • GIVE BACK • SUPPORT THE Y • HELP OTHERS • LAUGH LOTS • MAKE



PLEASE JOIN US FOR THE

SUMMIT AREA YMCA

LOL

LIVE CHARITY AUCTION &
COMEDY SHOW

SEPTEMBER 17

7:00 PM

SHORT HILLS HILTON

www.thesay.org/LOL



WHERE KIDS LEARN, GROW & THRIVE

MORE THAN JUST CHILDCARE WE TEACH CREATIVE CURRICULUM

A creative curriculum provides children with opportunities to broaden and strengthen their knowledge through a variety of developmentally appropriate experiences. The curriculum content include: 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.

The early years in a child's life are some of the most important in their lives and will help them become the person they will grow up to be. The Summit Area YMCA provides nurturing and happy environments where children have the ability to discover their potential and develop their skills.

www.theSAY.org/childcare

THE LEARNING CIRCLE YMCA

- **Infants** 6 weeks - 18 months
- **Toddlers** 18 months - 3 years
- **Preschool** Ages 3 - 4 years
- **Pre-Kindergarten** Ages 4+
- **Kindergarten** Ages 5+
- **Summer Camp** Ages 3 - 7

BERKELEY HEIGHTS YMCA

- **Preschool** 3-5 years
- **Kindergarten Wrap** Ages 5+
- **Before School Care at the Y or Offsite** School Age
- **After School Care at the Y or Offsite** School Age
- **Holiday Care** School Age
- **Kid Zone Babysitting** 6 months - 12 years
- **Summer Camp** 3 - 16 years

SUMMIT YMCA

- **Before Care** School Age
- **After Care** School Age
- **Holiday Care** School Age
- **Kid Zone Babysitting** 6 months - 12 years
- **Summer Camp** 3 - 16 years



FREE 7TH GRADE MEMBERSHIP

7th Grade is a pivotal and transitional time, more than ever we want to help keep our youth active and engaged. Through our commitment to supporting and encouraging youth to make good decisions and form habits that lead to a healthy lifestyle, the Summit Area YMCA is proud to offer free memberships to all 7th grade students in our service area. This program not only provides access to the fitness center and open gym but opportunities for students to be inspired to learn new things, get involved in community projects, form wellness habits that lead to a healthy lifestyle and socialize with peers in a safe, supervised environment outside of school.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

7/1/22-6/30/23
COST: FREE
GRADE 7 | AGES 12-13

[REGISTER](#)

8TH GRADE LEADERS CLUB

As an extension to the 7th grade membership program, and our commitment to continue supporting and encouraging youth, the Summit Area YMCA also offers free memberships to all 8th grade students in our service area. This program provides additional opportunities for students of all backgrounds to learn new things, encourages them to get involved in community projects, begins college readiness discussions, promotes healthy habits and socialization with peers in a safe, supervised and inspiring environment.

SUMMIT YMCA

10/12/22 - 5/3/23 | WED | 4:00 - 5:00 PM
COST: FREE
GRADE 8 | AGES 13-14

BERKELEY HEIGHTS YMCA

10/12/22 - 5/3/23 | FRI | 4:00 - 5:00 PM
COST: FREE
GRADE 8 | AGES 13-14

[REGISTER](#)

ACHIEVERS: DESTINATION COLLEGE

The Summit Area YMCA's Achievers/Destination College Program is a free career and college preparation program that motivates and encourages high school students by giving them the inspiration, support, direction, and opportunities to pursue their personal, academic, and professional goals. Program components include weekly meetings, special events, SAT preparation, career planning workshops, internship opportunities, corporate mentoring, guest speaker lectures, assistance finding scholarships and college tours.

SUMMIT YMCA

10/4/22-5/30/23 | TUE
COST: FREE
GRADES 9-12 | AGES 14-18

[REGISTER](#)

TEEN SPACE

The Teen Centers at the Summit Area YMCA provides 6-12th grade students in our service area a free place to hang out with friends afterschool, under the supervision of staff and role models, to do homework, play video games, stay active in open gym, complete enrichment projects, discuss concerns, engage in themed events, get involved in the community, learn leadership skills and more!

Open Monday to Friday from 2:00 to 7:00 PM beginning September 6, 2022 through the end of the school year.

SUMMIT YMCA

9/6/22-6/16/23 | M-F | 2:00-7:00 PM
COST: FREE
AGES 12 - 18

[REGISTER](#)

NEW! BERKELEY HEIGHTS YMCA

9/6/22-6/16/23 | M-F | 2:00-7:00 PM
COST: FREE
AGES 12 - 18

[REGISTER](#)



STEMNASIUM

STEMnasium shows all kids how to discover and how to unlock their STEM and Computer Science potential. Our programs are designed to show students how to think critically and how to establish identities for STEM careers that do not currently exist.

SUMMIT YMCA

9/24-12/17 | SAT | 10:00 AM-12:00 PM

COST: FREE

AGES 8-14

[REGISTER](#)

KODELY CODING: DESIGNING WITH EMPATHY

Designing with Empathy is centered around the theme of the Smart Home. Students in grades 5-7 learn to design for people first and use technology as a tool to meet real human needs. By gathering feedback, students tap into real human needs and learn to refine their smart home prototypes as they design.

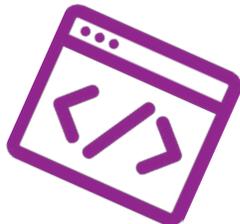
SUMMIT YMCA

10/4-11/22 | TUE | 4:00-5:00 PM

MP: \$280 | NMP: \$280

AGES 11-13

[REGISTER](#)



ESPORTS

Through the Y's eSports program, teens are welcome to be who they are, excel at what they love, and connect with like minds to develop the social, strategic and problem solving skills needed as they grow into thriving adults -- all in a safe, moderated and inclusive environment. Students have options to play NBA 2K21, Rocket League & Super Smash Bros on the Nintendo Switch or Xbox One, from home or at the Summit YMCA Teen Center.

SUMMIT YMCA

10/24-12/5 | MON | 6:00-7:30 PM

MP: \$25 | NMP: \$25

AGES 12-18

[REGISTER](#)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LEVEL UP YOUR GAME

ESPORTS AT THE Y PROMOTES:



TEAMWORK



LEADERSHIP



ONLINE SAFETY



INDIVIDUAL
GROWTH



EQUITY FOCUS

COLLECT ALL
POWER UPS!

SIGN UP TODAY!



ADAPTIVE DANCE

Adaptive Dance is designed for children and young adults with diverse abilities to enjoy all the benefits of music and movement. We'll learn different styles of dance and various genres of music. Volunteers will help maintain safety and support when needed during the class.

BERKELEY HEIGHTS YMCA

9/6-10/25 | TUE | 6:00-6:45 PM
MP: \$10 | NMP: \$20
AGES 7-21

[REGISTER](#)

ADAPTIVE CYCLING

Adaptive Cycling is designed for children and young adults with diverse abilities to enjoy all the benefits of bike riding and spin class. A trained YMCA fitness instructor will lead fun, energizing classes while volunteers will help maintain safety and support when needed throughout the class.

SUMMIT YMCA

9/7-10/26 | WED | 6:00-6:45 PM
MP: \$10 | NMP: \$20
AGES 7-21

[REGISTER](#)

The Special Needs Programs at the Summit Area YMCA are thoughtfully designed for children with diverse abilities like communication, social, behavioral and learning differences to thrive in a safe, friendly and supportive environment. Our mission is to encourage, help, build and strengthen healthy physical activity, confidence, social skills and more.



MONDAYS IN MOTION

The Mondays in Motion program encompasses 1-hour of swim or recreation where children with diverse abilities and their families can enjoy a variety of activities in the gym and in the pool that promote health, wellness, creative enrichment, socialization and community. This free event is offered monthly at the Summit YMCA and Berkeley Heights YMCA alternatively. Siblings are also encouraged to join!

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

9/12, 10/10, 11/7, 12/5 | MON | 6:00-7:00 PM
COST: FREE
AGES 7-21

[REGISTER](#)

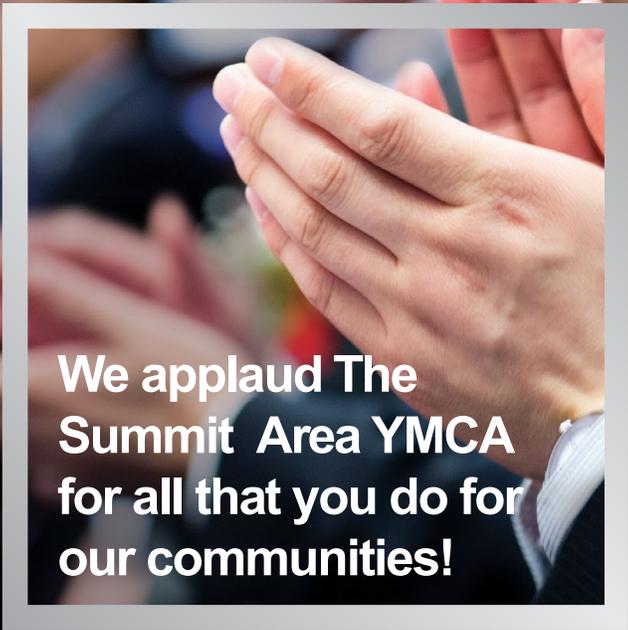
COMMUNITY PROGRAMS

**MAKE A
DIFFERENCE
IN OUR
COMMUNITY**



The Summit Area YMCA is a cause-driven, volunteer-led organization. Our volunteers are advocates for a better tomorrow. We view them as shining examples of social responsibility. They selflessly share their time, talent and treasure to advance the Y's cause and to make a meaningful difference in the lives of individuals and families locally in need of a helping hand. Gift your time and become a volunteer today!

www.theSAY.org/volunteer



**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 (212) 641-1735 or
visit us online at capitalgroup.com/pcs.



**CAPITAL
GROUP®**

PRIVATE
CLIENT
SERVICES



www.theSAY.org

ADULT PROGRAMS

MP: Member Price | NMP: Non-Member Price



BEGINNER MIXED DOUBLES PICKLEBALL LEAGUE

Pickleball 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 but previous racquet experience is very helpful! Equipment is provided. Players should have good balance and mobility.

BERKELEY HEIGHTS YMCA

9/12-10/31 | MON | 6:00-9:00 PM
MP: \$140 | NMP: \$245
AGES 18+

[REGISTER](#)

INTERMEDIATE MIXED DOUBLES PICKLEBALL LEAGUE

Pickleball 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 but previous racquet experience is very helpful! Equipment is provided. Players should have good balance and mobility.

BERKELEY HEIGHTS YMCA

9/10-10/29 | SAT | 8:30-11:30 AM
MP: \$140 | NMP: \$245
AGES 18+

[REGISTER](#)



PICKLEBALL

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.

Free to members & open to guests as per the Summit Area YMCA Guest Pass Policy for \$20 (non-member) drop-in rate.

BERKELEY HEIGHTS YMCA

ADVANCED BEGINNER
TUE | 12:00 - 2:00 PM
MP: FREE | NMP: \$20/day
AGES 18+

WED | 12:00 - 3:00 PM
MP: FREE | NMP: \$20/day
AGES 18+

INTERMEDIATE

THUR | 12:00 - 3:00 PM
MP: FREE | NMP: \$20/day
AGES 18+

SUN | 12:30 - 2:00 PM
MP: FREE | NMP: \$20/day
AGES 18+

FAMILY

FRI | 8:00 - 9:00 PM
MP: FREE | NMP: \$20/day
AGES 8+

SUN | 2:00 - 2:50 PM
MP: FREE | NMP: \$20/day
AGES 8+

SUMMIT YMCA

ADVANCED BEGINNER
MON | 12:00 - 3:00 PM
MP: FREE | NMP: \$20/day
AGES 18+

[SCHEDULES](#)

ADULT FIELD TRIPS

Join us as we explore all the unique and wonderful sights in our area! Spend the day making new friends while having a blast trying new things and going to new places! Prior registration required. Dates, pricing and excursion details to be determined.

1X PER MONTH | 10:00 AM - 2:00 PM
COST: VARIES
AGES 18+

BINGO

Get together with friends and play Bingo, a board game favorite!

BERKELEY HEIGHTS YMCA

9/7-10/26 | WED | 12:00-1:30 PM
MP: FREE | NMP: \$20
AGES 18+

LUNCH & LEARN

Join us each month as we learn about various topics ranging from health to technology to new skills! Sessions will alternate between local specialists educating the group and TED Talk screenings. Lunch will be provided!

BERKELEY HEIGHTS YMCA

9/16/22-5/26/23 | FRI | 12:00-1:30 PM
MP: \$10 | NMP: \$20
AGES 18+

MAH JONGG MONDAYS

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. An experienced Mah Jongg instructor is available to introduce Mah Jongg to beginners

BERKELEY HEIGHTS YMCA

9/12-10/31 | MON | 12:00-1:30 PM
MP: FREE | NMP: \$20
AGES 18+

SUMMIT YMCA

9/12-10/31 | MON | 6:00-7:30 PM
MP: FREE | NMP: \$20
AGES 18+

[LEARN MORE](#)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GIVE BLOOD SAVE LIVES

September 25 | 9:00 AM – 2:00 PM
Berkeley Heights YMCA

www.thesay.org/save-lives



A certified women-owned
investment firm.

SEELAUS

ASSET MANAGEMENT



SMALL GROUP TRAINING

MP: Member Price | NMP: Non-Member Price



ATHLETIC CONDITIONING

Athletic conditioning translates into increased performance on the field, court or pool. This class includes speed, agility and strength training. Bring your game to the next level!

SUMMIT YMCA

9/8 - 10/27 | THU | 5:00-5:45 PM
MP: \$160
AGES 10+

11/10-12/20 | THU | 5:00-5:45 PM
MP: \$160
AGES 10+

REGISTER

TRY A FREE DEMO

SUMMIT YMCA

9/1, 10/6 | THU | 5:00-5:45 PM

CARDIO BOXING

Get hooked with the Summit Area YMCA Boxing Program! Boxing is a full body workout with an emphasis on cardio. This class includes cardio conditioning with shadow, work with speed bags and heavy bags. Core strength will also be included.

BERKELEY HEIGHTS YMCA

9/13-10/25 | TUE | 8:15 - 9:00 AM
MP: \$140
AGES 10+

11/8-12/20 | TUE | 8:15 - 9:00 AM
MP: \$140
AGES 10+

REGISTER

TRY A FREE DEMO

BERKELEY HEIGHTS YMCA

9/7, 10/4 | WED, TUE | 5:00-5:45 PM

CARDIO CIRCUIT TRAINING

This high energy cardio and strength workout including circuit training stations of weights, cardio and core work.

SUMMIT YMCA

9/9 - 10/28 | SAT | 5:45-6:45 PM
MP: \$140-\$160
AGES 10+

11/11-12/23 | SAT | 5:45-6:45 PM
MP: \$140-\$160
AGES 10+

REGISTER

TRY A FREE DEMO

SUMMIT YMCA

9/2, 10/7 | FRI | 5:45-6:45 AM

INDOOR ROWING

Row your way through a full body, low impact cardio workout in our Indoor Rowing small group training series. Rowing is considered one of the top five calorie burning workouts.

SUMMIT YMCA

9/7-10/26 | WED | 7:45-8:45 AM
MP: \$160
AGES: 18+

11/2-12/21 | WED | 7:45-8:45 AM
MP: \$160
AGES: 18+

REGISTER

MX4

Improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. MX4 provides a mix of personal trainer attention, camaraderie and challenging workouts that change weekly.

BERKELEY HEIGHTS YMCA

9/9-10/28 | FRI | 12:00-12:45 PM
MP: \$140-\$160
AGES: 13+

11/11-12/23 | FRI | 12:00-12:45 PM
MP: \$140-\$160
AGES: 13+

9/14-10/26 | WED | 8:45-9:30 AM
MP: \$140
AGES: 13+

11/9-12/21 | WED | 8:45-9:30 AM
MP: \$140
AGES: 13+

REGISTER

MX4 TEENS

BERKELEY HEIGHTS YMCA

9/14-10/26 | WED | 4:00-4:45 PM
MP: \$140
AGES: 13-17

11/9-12/21 | WED | 4:00-4:45 PM
MP: \$140
AGES: 13-17

REGISTER

TRY A FREE DEMO

Try a free demo class - no commitment required!

BERKELEY HEIGHTS YMCA

9/2 | FRI | 12:00-12:45 PM
AGES 13+

10/5 | WED | 8:45-9:30 AM
AGES 13+

TEENS: 10/5 | FRI | 4:00-4:45 PM
AGES 13-17



Explore small group training at:
www.theSAY.org/SGT

ACHIEVE YOUR FITNESS GOALS

Personal Training

At the Y we have professional trainers and coaches whose sole purpose is to help you reach your wellness goals in both mind and body. Each session is tailored completely to your needs, goals and even mood! You have our full attention, and we are here to help build not just muscle, but confidence with ongoing support and motivation that will help keep you on track in your wellness journey.

www.thesay.org/pt

Traditional 1-on-1 Personal Training

1-on-1 custom instruction and motivation from a certified personal trainer.

All sessions valid for 6 months from date of purchase.

Per Month	60 Minutes
1 Session	\$80
4 Sessions	\$320
8 Sessions	\$624
12 Sessions	\$924
20 Sessions	\$1520

Personal Training Beginners Package

Enjoy great savings to get you started on the path to a healthier you. Available to clients new to personal training.

All 3 sessions must be used within 30 days of purchase.

Per Month	60 Minutes
3 Sessions	\$150 Each

Buddy Personal Training

Partner up with a buddy to work with a certified personal trainer to achieve the results you are looking for!

All sessions valid for 6 months from date of purchase.

Per Month	60 Minutes
1 Session	\$60 Per Person
4 Sessions	\$240 Per Person
8 Sessions	\$480 Per Person

Monthly Draft Payment Plan

Achieve your long-term fitness goals with 1-on-1 instruction and motivation from a certified personal trainer.

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

All draft sessions must be used within the month of purchase.

Per Month	60 Minutes
1 Session	\$75
2 Sessions	\$150
4 Sessions	\$300
8 Sessions	\$600
12 Sessions	\$900

Contact: Valeria Tenreiro
(908) 273-3330 ext. 1137 | valeria.tenreiro@thesay.org

GROUP EXERCISE

MP: Member Price | NMP: Non-Member Price



MONTHLY RESTORATIVE YOGA

Restorative yoga helps to release tension and stress by using props, bolsters and blankets to support the body in yoga postures. Expect a relaxing and gentle class suitable for everyone.

SUMMIT YMCA
9/2 | FRI | 6:00-7:00 PM
MP: FREE | NMP: \$20/day
AGES 14+

BERKELEY HEIGHTS YMCA
10/7 | FRI | 6:00-7:00 PM
MP: FREE | NMP: \$20/day
AGES 14+

STRONG NATION PARTY
STRONG by Zumba® is now STRONG Nation. STRONG Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. It is suitable for all fitness levels.

SUMMIT YMCA
9/9 | FRI | 6:00-6:50PM
MP: FREE | NMP: \$20/day
AGES 14+

BARRE PILATES WORKSHOP

This 90-minute workshop will break down the form and technique of the most fundamental elements of Pilates and barre, providing a better understanding of their respective purposes. With more personalized attention, you will learn various options to apply for a more effective and mindful experience both in a fitness setting and throughout your daily life.

SUMMIT YMCA
11/12 | SAT | 9:30-11:00 AM
MP: \$20 | NMP: \$35
AGES 14+

REGISTER

GROUP EXERCISE

Find your passion or try something new! The Y offers 150+ indoor exercise and fitness classes weekly all levels and interests. All group exercise classes are for ages 13 and up. Choose from a variety of Barre, Yoga, Reiki and Meditation, Cardio Salsa, Zumba, LesMills classes, Indoor Cycling, TRX, Indoor Rowing, Water Exercise, Pound, Pilates and much more! Explore class schedules on the SAY Mobile App or online.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA
AVAILABLE EVERY DAY
MP: FREE | NMP: \$20/day
AGES 13+

SCHEDULES

LES MILLS BODYPUMP & TONE LAUNCH

Choose one launch class or join both during this special event suitable for all fitness levels, featuring new moves and music! Using light to moderate weights with loads of repetition, BODYPUMP gives you a total body workout for results you can feel. Get lean, toned, and fit. For an optimal mix of strength, cardio and core training, TONE will tick off a complete workout with a mix of lunges, squats, functional training and tubing exercises that will help you burn calories and take your fitness to the next level.

SUMMIT YMCA
LES MILLS BODYPUMP
9/25 | SUN | 9:15-10:15 AM
MP: FREE | NMP: \$20/day
AGES 14+

LES MILLS TONE
9/25 | SUN | 10:15-11:00 AM
MP: FREE | NMP: \$20/day
AGES 14+

LES MILLS CORE LAUNCH
Les Mills CORE, formerly named CXWORX™, hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your abs and glutes, as well as improving functional strength and assisting in injury prevention by strengthening your core. This new release launch will incorporate new moves and new music!

BERKELEY HEIGHTS YMCA
9/22 | THU | 9:15-10:00 AM
MP: FREE | NMP: \$20/day
AGES 14+



With so many classes to choose from, you're sure to find something you love. Visit www.theSAY.org/schedules to explore all of our options!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG® AT THE YMCA

HELPING CANCER SURVIVORS
RECOVER IN MIND, BODY, AND SPIRIT

NEXT SESSIONS BEGIN ON SEP 19 & 20!



WWW.THESAY.ORG/LIVESTRONG

REACH YOUR GOALS

WELLNESS CHECK-IN

Get an in-depth look at your health and wellness by measuring and logging your weight, body measurements, BMI and body composition using the InBody Machine in our Fitness Centers. Discover specific areas of focus to improve your overall health.



Your journey to better health starts now with our Wellness Navigation Program! Work with a Navigator to reach goals, create a personalized plan, connect to Y programs, track your progress, and stay motivated!



FRESH START

PERSONAL TRAINING FOR BEGINNERS

ONLY \$150

3 45-minute sessions

www.theSAY.org/PT

www.theSAY.org/navigation



SEALS SWIM SCHOOL

The 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.

EASY 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

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. Required tryouts occur in the Fall.

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.



SAY SWIM TEAM

CELEBRATING 100 YEARS IN 2023!

The Summit Area YMCA Swim Team participates in YMCA meets and championships year-round! The Y helps young athletes develop their talents in and out of the pool, with an emphasis on not only competitive swimming skills, but team work, dedication, discipline, and more.

SWIM LESSONS

MP: Member Price | NMP: Non-Member Price

GROUP SWIM LESSONS	START DATE	DAY	TIME	PRICE PER SESSION	
				MP	NMP
PARENT / CHILD Ages: 9 - 18 Months REGISTER	9/10	Saturday	10:55-11:25 AM	\$66	\$110
	9/10	Saturday	11:30 AM-12:00 PM	\$66	\$110
PRESCHOOL Ages: 3 - 5 REGISTER	9/8	Thursday	3:30-4:00 PM	\$77	\$129
	9/9	Friday	3:30-4:00 PM	\$77	\$129
	9/10	Saturday	8:05-8:35 AM	\$66	\$110
	9/12	Monday	3:30-4:00 PM	\$77	\$129
	9/13	Tuesday	3:30-4:00 PM	\$79	\$132
	9/14	Wednesday	3:30-4:00 PM	\$79	\$132
YOUTH Ages: 6 - 7 REGISTER	9/8	Thursday	4:05-4:45 PM	\$103	\$180
	9/9	Friday	4:05-4:45 PM	\$103	\$180
	9/10	Saturday	8:40-9:20 AM	\$88	\$154
	9/12	Monday	4:05-4:45 PM	\$103	\$180
	9/13	Tuesday	4:05-4:45 PM	\$105	\$184
	9/14	Wednesday	4:05-4:45 PM	\$105	\$184
YOUTH Ages: 8 - 9 REGISTER	9/8	Thursday	4:50-5:30 PM	\$103	\$180
	9/9	Friday	4:50-5:30 PM	\$103	\$180
	9/10	Saturday	9:25-10:05 AM	\$88	\$154
	9/12	Monday	4:50-5:30 PM	\$103	\$180
	9/13	Tuesday	4:50-5:30 PM	\$105	\$184
	9/14	Wednesday	4:50-5:30 PM	\$105	\$184
YOUTH Ages: 10+ REGISTER	9/8	Thursday	5:35-6:15 PM	\$103	\$180
	9/9	Friday	5:35-6:15 PM	\$103	\$180
	9/10	Saturday	10:10-10:50 AM	\$88	\$154
	9/12	Monday	5:35-6:15 PM	\$103	\$180
	9/13	Tuesday	5:35-6:15 PM	\$105	\$184
	9/14	Wednesday	5:35-6:15 PM	\$105	\$184

PRIVATE SWIM 4-LESSON PACKAGE: \$160



MASTERS SWIM

Join our Masters Swim Program for adults 18 and over, who have the desire to improve their health, compete, or simply enjoy a low impact workout with some friends. Follow along each month with a certified and trained swim coach and instructor who will take you through effective swimming warmups, exercises, breathing techniques, and an energizing aquatics session!

SUMMIT YMCA

9/13/22 - 5/30/23 | TUE & THU | 6:00 - 7:30 AM
 MP: \$45/MONTH
 AGES 18+

REGISTER



HYDRO R.E.P.S.

(ALL SKILL LEVELS)

A total body workout. Class takes place in shallow water. It will include cardio aerobics, muscle conditioning, flexibility and exercises for a full body range of motion.

DEEP WATER FITNESS

(INTERMEDIATE LEVEL)

Exercising in deep water eliminates impact and stress on joints and tones muscles. This class combines cardio-aerobic exercise with resistance training, strengthening and flexibility segments. Buoyancy belts keep you afloat so you can concentrate on your body position. Participants should be comfortable in the deep water.

ARTHRITIS SHALLOW WATER

(BEGINNER LEVEL)

A low impact workout designed to increase and maintain joint flexibility, strengthen and tone muscles, and increase your balance and endurance.

ARTHRITIS DEEP WATER

(BEGINNER LEVEL)

A low impact workout designed to increase and maintain joint flexibility, strengthen and tone muscles, and increase your endurance. Buoyancy belts keep you afloat so you can concentrate on your body position. Participants should be comfortable in the deep water.



JUST TREADING

(ADVANCED LEVEL)

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 water and must be comfortable in deep water. Buoyancy belts are not worn in this class.

AQUA FITNESS

(INTERMEDIATE LEVEL)

This class will include exercise for a full body range of motion. Segments will include cardio-aerobics, muscle conditioning, balance and flexibility.

WATER WORKS SHALLOW

(ALL SKILL LEVELS)

This class has cardio, strength, resistance, and balance movements. The class is beneficial for people of all ages. It is also great for active people recovering from injuries. The class offers a range of options to allow everyone to achieve their goal.

WATER WORKS DEEP

(ALL SKILL LEVELS)

This class has cardio, strength, and resistance movements. The class is beneficial for people of all ages. It is also great for active people recovering from injuries. The class offers a range of options to allow everyone to achieve their goal.

SUMMIT AREA YMCA AQUA FITNESS SCHEDULE				
MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY
9:00 AM JUST TREADING Hurst Pool w/ Suzi K.	9:00 AM JUST TREADING Hurst Pool w/ Sue P.	9:00 AM JUST TREADING Hurst Pool w/ Sue P.	9:00 AM SHALLOW WATER ARTHRITIS Buntin Pool w/ Beth T.	9:00 AM JUST TREADING Hurst Pool w/ Suzi K.
10:00 AM DEEP WATER FITNESS Hurst Pool w/ Suzi K.	10:00 AM SHALLOW WATER ARTHRITIS Buntin Pool w/ Beth T.	9:00 AM HYDRO R.E.P.S. Hurst Pool w/ Suzi K.	9:00 AM WATER WORKS DEEP Buntin Pool w/ Suzi K.	
10:00 AM HYDRO R.E.P.S. Hurst Pool w/ Beth T.	10:00 AM DEEP WATER ARTHRITIS Buntin Pool w/ Sue P.	10:00 AM AQUA FIT Hurst Pool w/ Sue P.	10:00 AM DEEP WATER ARTHRITIS Buntin Pool w/ Suzi K.	10:00 AM DEEP WATER FITNESS Hurst Pool w/ Suzi K.
		10:00 AM DEEP WATER ARTHRITIS Buntin Pool w/ Suzi K.		
11:00 AM SHALLOW WATER ARTHRITIS Buntin Pool w/ Beth T.	11:00 AM WATER WORKS SHALLOW Buntin Pool w/ Sue P.	11:00 AM SHALLOW WATER ARTHRITIS Buntin Pool w/ Suzi K.	11:00 AM WATER WORKS SHALLOW Buntin Pool w/ Suzi K.	11:00 AM SHALLOW WATER ARTHRITIS Buntin Pool w/ Suzi K.
11:00 AM DEEP WATER ARTHRITIS Buntin Pool w/ Suzi K.	Free to members and open to guests as per the Summit Area YMCA Guest Pass Policy. Additional fee required for non-members. www.thesay.org/schedules			



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