



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING INTO ACTION

## LEARN, GROW & THRIVE AT THE Y



**SUMMIT AREA YMCA**  
SPRING 2022 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](http://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.



**"I'm grabbing life. I started at the Summit Y and I loved it. I came to the new and beautiful Berkeley Heights YMCA and I knew it had the same mission as the Summit YMCA. I do believe that this is a strong organization. I do like their mission of including everybody who has all different types of abilities. I think that's important in today's world."**

- Ellen, 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

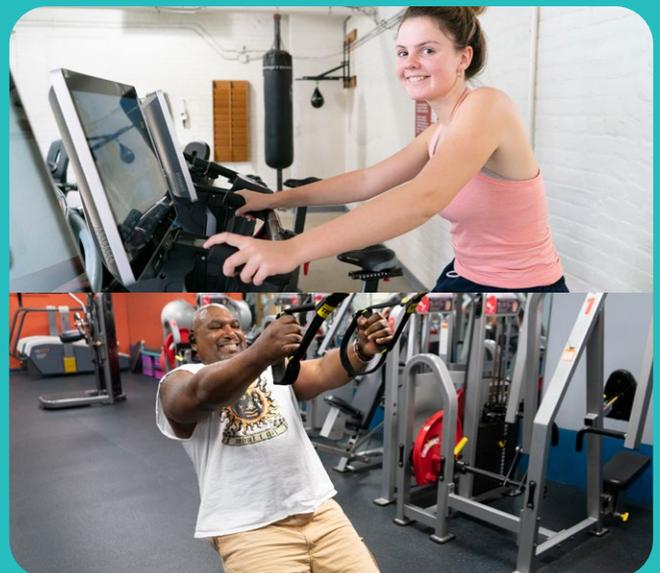
[WWW.THESAY.ORG/JOIN](http://WWW.THESAY.ORG/JOIN)

## MEMBERSHIP RATES 2022

Membership Type	Rate	Join Fee
<b>Adult 18+</b>	\$85/month	\$95
<b>College Student</b>	\$60/month	\$75
Eligible for 12 credit undergraduate or 9 credit graduate level student. Proof of enrollment required.		
<b>Family</b>	\$130/month	\$95
2 adults and all dependants, age 22 and under, living in the same household.		
<b>Senior Adult 62+</b>	\$75/month	\$95
<b>Senior Family</b>	\$105/month	\$95
2 adults (1 whom is 62+) and all dependants age 22 and under, living in the same household.		
<b>Teen (13-17)</b>	\$45/month	None
<b>Youth (12 &amp; Under)</b>	\$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? Claim your free Guest Pass online at [www.thesay.org/guest-pass](http://www.thesay.org/guest-pass) or schedule a facility tour by visiting [www.thesay.org/tours](http://www.thesay.org/tours).



# REGISTRATION INFORMATION



## 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](http://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

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 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 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.

## 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



## 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, pizza and refreshments will be provided.

## BERKELEY HEIGHTS YMCA

3/18, 4/15 | FRI | 6:30 - 9:00 PM  
MP: \$25 | NMP: \$40  
AGES 5 - 10

[REGISTER](#)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GIVE BLOOD SAVE LIVES

March 27 | 9:00 AM - 2:00 PM  
SUMMIT YMCA

[www.thesay.org/save-lives](http://www.thesay.org/save-lives)



# YOUTH SPORTS

## YOUTH SOCCER ASSOCIATION - 2022 SPRING 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
PRESCHOOL 3 (CO-ED)	3	SUNDAYS 10AM - 3PM	4/25 - 6/6	\$180	\$255
PRESCHOOL 4 (CO-ED)	4				
KINDERGARTEN (CO-ED)	5-6				
1ST GRADE (CO-ED)	6-7				
2ND GRADE (CO-ED)	7-8				

[REGISTER](#)

LOCATION: SUMMIT MIDDLE SCHOOL: 272 MORRIS AVE, SUMMIT, NJ 07901

### PEE WEE SOCCER

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

#### BERKELEY HEIGHTS YMCA

3/1 - 4/26 | TUE | 4:00 - 4:45 PM  
MP: \$113 | NMP: \$197  
AGES 3 - 5

#### SUMMIT YMCA

3/5 - 4/30 | SAT | 12:15 - 1:00 PM  
MP: \$113 | NMP: \$197  
AGES 3 - 5

[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

3/1 - 4/26 | TUE | 5:00 - 6:00 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 10

#### SUMMIT YMCA

3/4 - 4/29 | FRI | 4:30 - 5:30 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 10

[REGISTER](#)



### YOUTH BASKETBALL CLINICS

Our basketball training clinics are designed to develop and fine tune basketball fundamentals while learning teamwork, strategy and sportsmanship. Participants will focus on game rules, shooting, passing, ball handling, offensive and defensive skills.

#### BERKELEY HEIGHTS YMCA

3/7 - 4/25 | MON | 4:30 - 5:30 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 7

3/7 - 4/25 | MON | 5:30 - 6:30 PM  
MP: \$100 | NMP: \$175  
AGES 8 - 9

#### SUMMIT YMCA

3/1 - 4/26 | TUE | 3:45 - 4:45 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 7

3/2 - 4/27 | WED | 3:45 - 4:45 PM  
3/2 - 4/27 | WED | 4:45 - 5:45 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 7

3/3 - 4/28 | THU | 3:45 - 4:45 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 7

3/1 - 4/26 | TUE | 4:45 - 5:45 PM  
MP: \$100 | NMP: \$175  
AGES 8 - 9

3/3 - 4/28 | THU | 4:45 - 5:45 PM  
MP: \$100 | NMP: \$175  
AGES 8 - 9

3/1 - 4/26 | TUE | 5:45 - 6:45 PM  
MP: \$100 | NMP: \$175  
AGES 10 - 12

[REGISTER](#)

### ADVANCED BASKETBALL

Take your game to the next level with an advanced basketball training clinic led by travel basketball coaches Kareem and Toni! Refine your offensive and defensive skills on the court!

#### BERKELEY HEIGHTS YMCA BOYS

3/2 - 4/27 | WED | 7:30 - 9:00 PM  
MP: \$110 | NMP: \$185  
AGES 10 - 14

[REGISTER](#)

#### BERKELEY HEIGHTS YMCA GIRLS

3/2 - 4/27 | WED | 6:00 - 7:30 PM  
MP: \$110 | NMP: \$185  
AGES 10 - 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

3/7 - 4/25 | MON | 3:45 - 4:30 PM  
MP: \$100 | NMP: \$175  
AGES 3 - 5

3/5 - 4/30 | SAT | 9:15 - 10:00 AM  
MP: \$100 | NMP: \$175  
AGES 3 - 5

3/5 - 4/30 | SAT | 10:15 - 11:00 AM  
MP: \$100 | NMP: \$175  
AGES 3 - 5

[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

3/3 - 4/21 | THU | 5:00-5:45 PM  
MP: \$100 | NMP: \$175  
AGES 3 - 5

#### SUMMIT YMCA

3/5 - 4/30 | SAT | 11:15 AM - 12:00 PM  
MP: \$100 | NMP: \$175  
AGES 3 - 5

REGISTER

### YOUTH VOLLEYBALL

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

3/1 - 4/26 | TUE | 6:45 - 8:00 PM  
MP: \$100 | NMP: \$175  
AGES 10 - 14

REGISTER

### OBSTACLE WARRIORS

Obstacle Warriors combines inspiration from the popular TV show American Ninja Warrior along with gym class games. Children will face challenging obstacles and learn how to blow by them with ease! Perfect for children who are looking to have fun, stay active and improve their agility and speed!

#### BERKELEY HEIGHTS YMCA

3/4 - 4/29 | FRI | 4:00 - 4:45 PM  
MP: \$100 | NMP: \$175  
AGES 6 - 10

REGISTER

### TAE KWON DO SELF DEFENSE COURSE

The Beginning Tae Kwon Do course is a comprehensive introductory overview meant for students of all levels and physical ability. Aspects of health, self-defense, sport, Tae Kwon Do's history and philosophy, and self-development are integrated into the curriculum to enhance the student experience beyond physical practice.

#### BERKELEY HEIGHTS YMCA

3/5 - 4/30 | SAT | 10:15 - 11:15 AM  
MP: FREE | NMP: \$80  
AGES 10+

REGISTER

### INSTRUCTIONAL BOWLING

Get the ball rolling! Learn the basics of bowling and the proper techniques to develop your game. This instructional course is perfect for beginners. Classes will take place in the gym of the Berkeley Heights YMCA and Summit YMCA.

#### BERKELEY HEIGHTS YMCA

3/8 - 4/26 | TUE | 4:00 - 4:45 PM  
MP: \$100 | NMP: \$175  
AGES 8 - 11

REGISTER

#### SUMMIT YMCA

3/7 - 4/25 | MON | 4:45 - 5:45 PM  
MP: \$100 | NMP: \$175  
AGES 8 - 11



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](http://capitalgroup.com/pcs).



CAPITAL GROUP®

PRIVATE CLIENT SERVICES

## BROADWAY MUSICAL THEATER DANCE CLASS

This class will teach you all about Broadway & musical theater dancing. This course is for beginner/intermediate level kids who enjoy theater and like to dance. This class is taught by a working actor in NYC.

### BERKELEY HEIGHTS YMCA

3/2 - 4/27 | WED | 4:00 - 4:45 PM

MP: \$100 | NMP: \$175

AGES 7 - 9

**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

3/2 - 4/27 | WED | 4:15 - 5:00 PM

MP: \$100 | NMP: \$175

AGES 6 - 8

### SUMMIT YMCA

3/1 - 4/26 | TUE | 4:15 - 5:00 PM

MP: \$100 | NMP: \$175

AGES 6 - 8

**REGISTER**



## DJ COURSE

Get ready to pump up the party and become a music mastermind with your new DJ skills with our brand-new DJ Course for Beginners in partnership with Thoro from Berkeley Heights, NJ. Learn how to DJ a live set, mix your favorite songs, and the basics of music theory.

### BERKELEY HEIGHTS YMCA

3/1 - 4/26 | TUE | 4:00 - 5:00 PM

MP: \$120 | NMP: \$210

AGES 8 - 10

**REGISTER**

## GET MORE OUT OF YOUR YOUTH MEMBERSHIP

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

[WWW.THESAY.ORG/YOUTH](http://WWW.THESAY.ORG/YOUTH)

## PASSPORT TO COOKING

Foodies unite! Learn to create your own recipes and challenge your everyday palate with food from around the world! Instructor must be notified of all food allergies prior to the start of the program.

### BERKELEY HEIGHTS YMCA

3/3 - 4/28 | THU | 4:15 - 5:00 PM

MP: \$100 | NMP: \$175

AGES 6 - 8

### SUMMIT YMCA

3/7 - 4/25 | MON | 4:15 - 5:00 PM

MP: \$100 | NMP: \$175

AGES 6 - 8

**REGISTER**



## YOUNG ARTIST STUDIO

It's time to roll up those sleeves and get messy in the world of art! Students will enjoy learning about different art styles and a variety of media such as paper mosaics, dazzling silhouettes, and gooey papier-mâché creating fun and exciting projects each week.

### BERKELEY HEIGHTS YMCA

3/1 - 4/26 | TUE | 12:30 - 1:15 PM

MP: \$100 | NMP: \$175

AGES 2.5 - 4

**REGISTER**

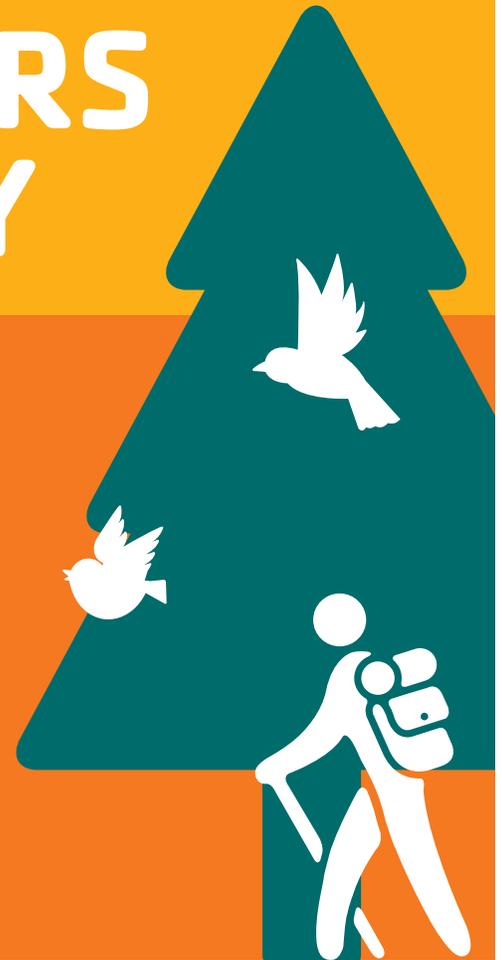




REGISTER ONLINE AT:  
[WWW.THESAY.ORG/CAMP](http://WWW.THESAY.ORG/CAMP)

# GREAT SUMMERS START AT THE Y

## SUMMER CAMP 2022



## EARLY BIRD PRICING THROUGH FEBRUARY 28 Promo Code: EBP2022

SUMMIT AREA YMCA



[www.theSAY.org](http://www.theSAY.org)

The Summit Area YMCA is one of area's leading 501(c)(3) organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.

# CHILDCARE



## 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](http://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





## TEEN CENTER

The Teen Center is a supervised afterschool space for teens grades 6-12 to participate in activities like homework help, open gym, themed events, video game tournaments and more.

### SUMMIT YMCA

8/30/21 - 6/17/22 | MON - FRI

2:00 - 6:00 PM

MP: FREE

AGES 12 - 18

**REGISTER**

## ACHIEVERS: DESTINATION COLLEGE

Achievers is a career and college preparation program committed to motivating youth by giving them support, direction and opportunities to determine and pursue their goals. Program components involve weekly meetings; special events; career planning workshops, internship opportunities, and college tours.

### SUMMIT YMCA

10/5/21 - 6/8/22 | TUE | 7:00 - 8:00 PM

MP: FREE

AGES 14 - 18

**REGISTER**



[WWW.THESAY.ORG/TEENS](http://WWW.THESAY.ORG/TEENS)

## MARCH MADNESS 3-ON-3 BASKETBALL TOURNAMENT

Gather your friends and teammates to participate in a 3-on-3 elimination style tournament (Middle School and High School level) until one team is declared the winner. Winning team receives trophies and prizes!

### SUMMIT YMCA

3/11 | FRI | 6:00 - 9:00 PM

\$10/Team

AGES 12 - 14

3/25 | FRI | 6:00 - 9:00 PM

\$10/Team

AGES 14 - 18

**REGISTER**

## CORTEX THINKING

Achieve academic excellence with our free enrichment programs that make learning fun and rewarding! Cortex Thinking offers seminars, group classes, tutoring and tons of fun for all elementary and middle school students.

### SUMMIT YMCA

1/11 - 4/36 | MON - TUE | 4:00 - 6:00 PM

MP: FREE

AGES 12 - 14

**REGISTER**

Learn new things, get involved in community projects, have fun in a safe space, prepare for college and more!

## eSPORTS

Participants can play from home or at the Summit YMCA. eSports offers cross-platform playing so students with different game consoles (Xbox or Nintendo Switch) can play together. Coaches are assigned to teams for supervision, guidance and safety. Players compete in tournaments, where they vie to be placed through qualification matches. Tournament formats vary. Players are also eligible for scholarship award opportunities and monetary prizes.

### SUMMIT YMCA

3/16 - 4/28 | WED + THUR | 6:00 - 7:00 PM

MP: \$50 | NMP: \$50

AGES 11 - 14

**REGISTER**

## 8TH GRADE LEADERS CLUB

As a continuum of the 7th Grade Initiative, the Summit YMCA offers free memberships to all 8th grade students in our service area. In order to participate, each student will be required to attend monthly meetings, contribute to and create community service projects and outreach opportunities. Participants will learn and develop leadership skills, as well as the values of professionalism and volunteerism, while socializing with like-minded peers.

### SUMMIT YMCA

10/27/21 - 5/4/2022 | WED

4:00 - 5:00 PM

MP: FREE

AGES 13 - 14

**REGISTER**



Fridays in Motion is a free monthly themed social event that is run by volunteers who engage the children through a variety of activities including games, swimming, sports, arts and crafts, and pet therapy. Event locations alternate each month between the Berkeley Heights YMCA & the Summit YMCA.

### PET THERAPY & BASKETBALL

Participants can relax while engaging with trained therapy pets and enjoy playing basketball with their peers and family.

#### BERKELEY HEIGHTS YMCA

3/4, 5/6 | FRI | 5:30 - 7:00 PM  
AGES 5-21

[REGISTER](#)

### SWIMMING

Participants can enjoy swimming in our indoor heated pool with their peers and family.

#### SUMMIT YMCA

4/8, 6/3 | FRI | 5:30 - 7:00 PM  
AGES 5-21

[REGISTER](#)

## SUMMIT ACHIEVE COMMUNITY GARDEN

The Summit ACHIEVE Community Garden is a space that connects families in sharing the benefits of organic gardening and encouraging a healthier community. The garden is managed by the Summit Area YMCA on land located on Beauvoir Avenue, in partnership with Overlook Hospital.

\$85 PER PLOT + \$50 DEPOSIT

[REGISTER](#)



[www.thesay.org/community-garden](http://www.thesay.org/community-garden)

# A BETTER US STARTS WITH U



## Job Opportunities at the Summit Area YMCA

For a better us.® <.....

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you.



### WE WANT YOU TO JOIN OUR TEAM

The Y is now hiring! We have full-time and part-time positions available and are looking for great people to join our team in the following areas:

- Childcare (Teachers + Caregivers)
- Summer Camp
- Before & Afterschool Care
- Aquatics (Lifeguards + Swim Instructors)
- Youth Enrichment Programs
- Bus Drivers
- And more!

### WHAT WE STAND FOR

The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, we focus on empowering young people, improving health and well-being, and inspiring action in and backgrounds, perspectives and generations, to ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

Explore details and apply online at:  
[www.thesay.org/employment](http://www.thesay.org/employment)



## 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](#)

## INSTRUCTIONAL PICKLEBALL

Join us for a beginner level clinic to improve your pickleball game! Enjoy fun drills and games as we work on shot selection, dinking, lobs, overheads, net play, working with your partner and court positioning. No prior experience required!

### BERKELEY HEIGHTS YMCA

**INTERMEDIATE**

3/8 - 3/29 | TUE | 2:00 - 3:30 PM  
MP: \$80 | NMP: \$140  
AGES 18+

4/5 - 4/26 | TUE | 2:00 - 3:30 PM  
MP: \$80 | NMP: \$140  
AGES 18+

3/4 - 3/25 | FRI | 6:30 - 8:00 PM  
MP: \$80 | NMP: \$140  
AGES 18+

4/1 - 4/29 | FRI | 6:30 - 8:00 PM  
MP: \$80 | NMP: \$140  
AGES 18+

### SUMMIT YMCA

**BEGINNER**

3/7 - 3/28 | MON | 12:00 - 1:30 PM  
MP: \$80 | NMP: \$140  
AGES 18+

4/4 - 4/25 | MON | 12:00 - 1:00 PM  
MP: \$80 | NMP: \$140  
AGES 18+

3/4 - 3/25 | FRI | 12:00 - 1:30 PM  
MP: \$80 | NMP: \$140  
AGES 18+

[REGISTER](#)

## PING PONG & CARDS

Come play ping pong and card games with your YMCA friends! Exercise hand/eye coordination, cardio, balance and more with ping pong or enjoy playing your favorite card games!

### BERKELEY HEIGHTS YMCA

9/3 - 10/29 | FRI | 12:00 - 2:30 PM  
MP: FREE | NMP: \$20/day  
AGES 18+

[SCHEDULES](#)

## TAE KWON DO SELF DEFENSE COURSE

The Beginning Tae Kwon Do course is a comprehensive introductory overview meant for students of all levels and physical ability. Aspects of health, self-defense, sport, Tae Kwon Do's history and philosophy, and self-development are integrated into the curriculum to enhance the student experience beyond physical practice.

### BERKELEY HEIGHTS YMCA

3/5 - 4/30 | SAT | 10:15 - 11:15 AM  
MP: FREE | NMP: \$80  
AGES 10 - 100

[REGISTER](#)

## MAHJONG

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

### BERKELEY HEIGHTS YMCA

3/7 - 28 | MON | 12:00 - 1:30 PM  
MP: FREE | NMP: \$20/day  
AGES 18 - 100

[REGISTER](#)

## PICK UP BADMINTON

Grab your friends and join us for pickup Badminton games! Badminton is a fun way to stay active while increasing mobility and improving heart function.

### BERKELEY HEIGHTS YMCA

3/5 - 4/30 | SAT | 1:00 - 2:30 PM  
MP: FREE | NMP: \$80  
AGES 18 - 100

[SCHEDULES](#)

## SENIOR SOCIAL

Take some time to relax! Socialize with new and old friends over coffee, play games, and get to know members and staff at the Y!

### BERKELEY HEIGHTS YMCA

4/16 | SAT | 2:00 - 3:30 PM

# SMALL GROUP TRAINING

MP: Member Price | NMP: Non-Member Price



## INDOOR ROWING SERIES

Indoor Rowing provides a full body, low impact cardio workout. Rowing is considered one of the top 5 calorie burning workouts. Participants can expect to burn up to 500-700 calories in one class.

### SUMMIT YMCA

3/2 - 4/27 | WED | 8:00 - 9:00 AM  
MP: \$180  
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

3/9 - 4/27 | WED | 8:45 - 9:30 AM  
MP: \$160  
AGES 13+

3/11 - 4/29 | FRI | 12:00 - 12:45 PM  
MP: \$140  
AGES 13+

3/12 - 4/30 | SAT | 11:00 - 11:45 AM  
MP: \$140  
AGES 13+

REGISTER

## MX4 DEMO

Try a demo class - no commitment required!

### BERKELEY HEIGHTS YMCA

3/2 | WED | 8:45 - 9:30 AM  
MP: FREE  
AGES 13+

3/4 | FRI | 12:00 - 12:45 PM  
MP: FREE  
AGES 13+

3/5 | SAT | 11:00 - 11:45 AM  
MP: FREE  
AGES 13+

## CARDIO STRENGTH CIRCUIT TRAINING

Set the tone for your day! This high energy cardio and strength workout includes circuit training stations of weights, cardio and core work. Perfect for early risers that want to start off their day with a challenge and push themselves to the limit.

### SUMMIT YMCA

3/11 - 3/29 | FRI | 5:45 - 6:45 AM  
MP: \$160  
AGES 13+

REGISTER

## CARDIO STRENGTH CIRCUIT TRAINING DEMO

Try a demo class - no commitment required!

### SUMMIT YMCA

3/4 | FRI | 5:45 - 6:45 AM  
MP: FREE  
AGES 13+

## TEEN SPORT, STRENGTH & 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!

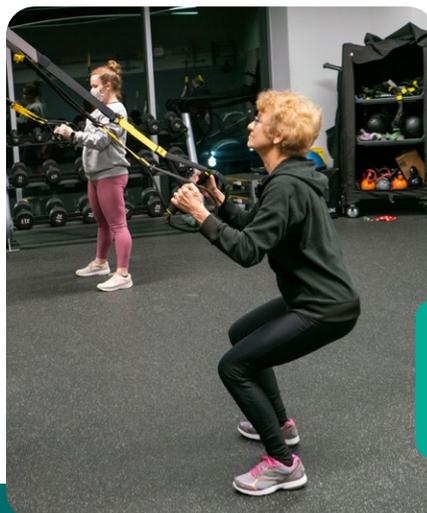
### BERKELEY HEIGHTS YMCA

3/14 - 4/25 | MON | 4:00 - 4:45 PM  
MP: \$140  
AGES 10-14

### SUMMIT YMCA

3/9 - 4/27 | WED | 4:00 - 4:45 PM  
MP: \$160  
AGES 10-14

REGISTER



## TEEN SPORT, STRENGTH & CONDITIONING DEMO

Try a demo class - no commitment required!

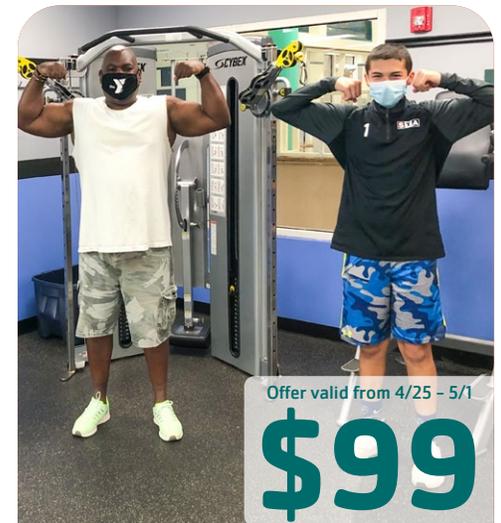
### BERKELEY HEIGHTS YMCA

3/7 | MON | 4:00 - 4:45 PM  
MP: FREE  
AGES 10-14

### SUMMIT YMCA

3/7 | MON | 4:00 - 4:45 PM  
MP: FREE  
AGES 10-14

REGISTER



Offer valid from 4/25 - 5/1

# \$99

## PERSONAL TRAINING FOR BEGINNERS

# 3 45-minute sessions

Learn more at [www.theSAY.org/FreshStart](http://www.theSAY.org/FreshStart)

Explore small group training at: [www.theSAY.org/SGT](http://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](http://www.thesay.org/pt)

### Traditional 1-on-1 Personal Training

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

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

### 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

### 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

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

# GROUP EXERCISE

MP: Member Price | NMP: Non-Member Price



## ZUMBA PARTY

Dance your heart out in this fun, full body workout inspired by Latin dance! De-stress as the music flows through you and experience a fitness routine that will reinvigorate you with results you can feel

## BERKELEY HEIGHTS YMCA

4/23 | SAT | 9:00 - 10:00 AM  
MP: FREE | NMP: \$20/day  
AGES 13+



## GROUP EXERCISE

Find your passion or try something new! The Y offers 150+ indoor and outdoor group 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 BODY PUMP LAUNCH

Les Mills BodyPump is for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with loads of repetition, BodyPump gives you a total body workout for results you can feel. New launch release classes feature new moves and music!

## SUMMIT YMCA

3/19 | SAT | 8:30 - 9:30 AM  
MP: FREE | NMP: \$20/day  
AGES 13+

## LES MILLS BODY COMBAT LAUNCH

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Learn moves inspired from Karate, Taekwondo, Boxing, Muay Thai, Capoeira. New launch release classes include new moves and music!

## BERKELEY HEIGHTS YMCA

3/26 | SAT | 8:30 - 9:30 AM  
MP: FREE | NMP: \$20/day  
AGES 13+

## BARRE PILATES WORKSHOP

Barre Pilates combines the basic foundations of Pilates with ballet-inspired moves while incorporating elements of dance, yoga, and strength training. Barre Pilates exercises can lead to better posture, increased stability in the joints, and better balance.

## SUMMIT YMCA

3/19 | SAT | 10:00 - 11:30 AM  
MP: \$15 | NMP: \$25  
AGES 13+

**MINI-TRI**  
Sunday, February 27  
SWIM IT. RIDE IT. RUN IT. TRI IT.

[www.thesay.org/triathlon](http://www.thesay.org/triathlon)

With so many classes to choose from, you're sure to find something you love. Visit [www.theSAY.org/schedules](http://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**

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

**BERKELEY HEIGHTS YMCA**  
4/26 - 7/14 | TUE + THUR  
6:00 - 7:15 PM

**SUMMIT YMCA**  
4/25 - 7/11 | MON + WED  
12:00 - 1:15 PM

[WWW.THESAY.ORG/LIVESTRONG](http://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.

- **WEDNESDAY'S IN MARCH**
- **THURSDAY'S IN APRIL**



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!

[WWW.THESAY.ORG/NAVIGATION](http://WWW.THESAY.ORG/NAVIGATION)

## HEALTHY HEARTS PROGRAM

Directed by nationally certified trainers, this program will meet 2x a week for 12 weeks to focus on cardiovascular exercise, build muscle strength and work on flexibility in a small group non-medically supervised setting. The program is open to anyone wishing to improve or maintain cardiovascular health, whether or not they have had a cardiac event. If you have had a cardiac event/surgery, completion of a medically supervised cardiac rehab program is required to participate.

One session each week will utilize the cardio and strength equipment in the fitness center. The second session will be a group class that will focus on cardio exercise, strength and flexibility.



[WWW.THESAY.ORG/HEALTHY-HEARTS](http://WWW.THESAY.ORG/HEALTHY-HEARTS)



**EARLY BIRD PRICING  
THRU 2/28 USE PROMO  
CODE: SCP2022**

# SUMMER FUN IN THE SUN

## Springfield Community Pool

### 2022 SEASON

**Summer spent your way!  
Relax by the water, swim  
laps, or spend time with  
friends and family!**

**[www.thesay.org/scp](http://www.thesay.org/scp)**



#### JOIN US FOR:

- Aquatic Exercise Classes
- Competitive Swim
  - Lap Swim
  - Social Events
- Summer Camp
- Swim Lessons
- and more!



## 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, try out in the Fall is required



## 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.



### 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

1/1 - 8/31 | TUE & THU | 6:00 - 7:30 AM

MP: \$45/Month

AGES 18+

For more information, visit:  
[www.theSAY.org/swim](http://www.theSAY.org/swim)

REGISTER

# YOUTH SWIM LESSONS

MP: Member Price | NMP: Non-Member Price

GROUP SWIM LESSONS	START DATE	DAY	TIME	PRICE PER SESSION	
				MP	NMP
<b>PARENT / CHILD</b> <b>Ages: 9 - 18 Months</b> <b>REGISTER</b>	3/1	Saturday	8:00-8:30 AM	\$58	\$96
	3/1	Saturday	11:30 AM - 12:00 PM	\$58	\$96
	3/3	Thursday	4:50-5:30 PM	\$73	\$122
<b>PARENT / CHILD</b> <b>Ages: 1.5 - 2.5</b> <b>REGISTER</b>	3/5	Saturday	11:00-11:30 AM	\$58	\$96
	3/7	Monday	4:50-5:30 PM	\$73	\$122
	3/1	Tuesday	10:00-10:30 AM	\$75	\$125
	3/4	Friday	4:50-5:30 PM	\$69	\$115
<b>Ages: 3 - 4</b> <b>REGISTER</b>	3/7	Monday	3:30-4:00 PM	\$73	\$122
	3/1	Tuesday	3:30-4:00 PM	\$75	\$125
	3/2	Wednesday	3:30-4:00 PM	\$75	\$125
	3/3	Thursday	3:30-4:00 PM	\$73	\$122
	3/4	Friday	3:30-4:00 PM	\$69	\$115
	3/5	Saturday	8:30-9:00 AM	\$58	\$97
	3/7	Monday	4:05-4:45 PM	\$98	\$163
<b>Ages: 5 - 6</b> <b>REGISTER</b>	3/1	Tuesday	4:05-4:45 PM	\$100	\$175
	3/2	Wednesday	4:05-4:45 PM	\$100	\$175
	3/3	Thursday	4:05-4:45 PM	\$98	\$163
	3/4	Friday	4:05-4:45 PM	\$93	\$155
	3/5	Saturday	9:05-9:45 AM	\$78	\$130
	3/7	Monday	4:50-5:30 PM	\$98	\$163
<b>Ages: 7 - 8</b> <b>REGISTER</b>	3/1	Tuesday	4:50-5:30 PM	\$100	\$175
	3/2	Wednesday	4:50-5:30 PM	\$100	\$175
	3/3	Thursday	4:50-5:30 PM	\$98	\$163
	3/4	Friday	4:50-5:30 PM	\$93	\$155
	3/5	Saturday	9:50-10:30 AM	\$78	\$130
	3/7	Monday	5:35-6:15 PM	\$98	\$163
<b>Ages: 9 &amp; Up</b> <b>REGISTER</b>	3/1	Tuesday	5:35-6:15 PM	\$100	\$175
	3/2	Wednesday	5:35-6:15 PM	\$100	\$175
	3/3	Thursday	5:35-6:15 PM	\$98	\$163
	3/4	Friday	5:35-6:15 PM	\$93	\$155
	3/5	Saturday	10:35-11:15 AM	\$78	\$130
	3/7	Monday	5:35-6:15 PM	\$98	\$163



## SAY SWIM TEAM

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.

[www.theSAY.org/swimteam](http://www.theSAY.org/swimteam)



# SPLASH INTO SUMMER AT THE POOL!



**EARLY BIRD PRICING  
ENDS 2/28!**

## ENJOY THE PERFECT SUMMER WITH FAMILY & FRIENDS IN THE WATER!

The Berkeley Heights Community Pool at the YMCA offers:

Aquatic Exercise Classes  
Competitive Swim  
Lap Swim  
Family Swim

Social Events  
Summer Camp  
Swim Lessons  
and more!

**REGISTER  
TODAY**