



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOAK IN THE SUMMER FUN

2016 SUMMER 1 & 2 PROGRAM GUIDE

SUMMER 1: JUNE 20 – JULY 24 | SUMMER 2: JULY 25 – AUGUST 28

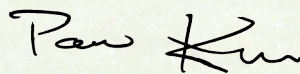
REGISTRATION DATES: Family Members June 6 / Youth & Adult Members June 7 / Open to Community June 13

SUMMER 1 & 2 PROGRAM GUIDE

At the Summit Area YMCA, we work together each day to make a meaningful difference in the life of everyone who walks through our doors.

As a cause-driven organization, our promise is to strengthen the community through programs and services that allow everyone to feel connected and to learn, grow and thrive. From infant to school-age child care and education, from soccer leagues to hot yoga, from Parkinson's programs to the 5K Run/Walk, our wide variety of programs and services serve individuals and families of all ages and abilities in hopes of fostering overall wellness in mind, body and spirit.

We welcome you to join us because when you do, you'll be joining a family that strives to help you become the best version of yourself. Because we know, a better individual makes for a better community, a better world — a better us.



Paul Kieltyka
President & CEO

TOGETHER, WE'LL MAKE EXPERIENCES

YOUTH SPORTS CLASS SCHEDULE	AGE	SUMMER 1 START DATE	SUMMER 2 START DATE	DAY	CLASS TIMES	MEMBER	NON-MEMBER
						PRICES PER CLASS	
BASKETBALL PEE WEE	4-6	June 25		Saturday	10:15AM	\$44	\$66
			July 30			\$55	\$83
Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills, fun games and sportsmanship.							
PEE WEE SOCCER	3-5	June 25		Saturday	12:15PM	\$44	\$66
			July 30			\$55	\$83
Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills, fun lead up games and sportsmanship. Games may include competitions, relay races, and more. Your child will develop skills in dribbling, shooting, kicking, and passing.							
T-BALL	4-6	June 25		Saturday	11:15AM	\$44	\$66
			July 30			\$55	\$83
Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills, fun lead up games, and sportsmanship. Games may include competitions, relays, and other activities. Your child will develop skills in throwing, batting and running bases.							
LITTLE CLIMBERS	5-6	June 23	July 28	Thursday	5:00PM	\$45	\$68
		June 25	July 30	Saturday	10:00AM	\$36	\$54
This program is for beginning climbers ages 5 and 6 interested in learning how to climb. This activity is designed to introduce participants to traversing the wall in a nonthreatening manner. Climbers will boulder across the wall from point to point while playing games, increasing flexibility, and challenging their abilities.							
CLIMB ON!	7+	June 21	July 26	Tuesday	4:00PM	\$45	\$68
			July 30				
		June 25		Saturday	11:00AM, 12:00PM	\$36	\$54
Climbing classes are 50 minutes long. Each class is for climbers ages 7 and up who are interested in learning how to climb. A great full body workout!							
KEEP CLIMBING!	7+	June 21	July 26	Tuesday	5:00PM	\$45	\$68
			July 28				
		June 23		Thursday	4:00PM	\$36	\$54
Learn and perfect many climbing techniques such as the `dyno` and bridging! This class is an excellent way to build upper body strength while learning many new ways to quickly reach the top of all kinds of rocks.							
YOUTH SOCCER LEAGUE SIGN UPS FROM JUNE 6 - AUGUST 15 LATE FEES BEGIN ON AUGUST 1 (+\$20)	Session Dates: SEPTEMBER 11 - OCTOBER 13 Days: SUNDAYS Time: 11:00AM - 4:00PM Members: \$170 / Non-Members: \$255 Location: Summit High School				GROUP		AGE
					SUPER TOTS (PRE-KINDERGARTEN)		3-4
					ROOKIES (KINDERGARTEN)		5-6
					WINNERS (1ST GRADE)		6-7
					CHAMPIONS (2ND & 3RD GRADE)		7-8
Join our non-competitive Fall Youth Soccer League and empower your child as they learn new skills, build endurance, and meet new friends. We emphasis sportsmanship and positive attitudes. Teams will be formed based on the players request for a coach. If a player does not request a coach, then the YMCA will assign the child to a team based on what school they attend and division they are in. Teams will average between 8-12 players. All children must meet the age listed for the division by October 1.							
There will be no classes on Monday, July 4, 2016.							





2ND GRADERS LEARN TO SWIM FOR FREE

Drowning is the second leading cause of accidental death for children under fourteen. We believe that all children should know how to swim and be safe in and around water. For this reason, the Y offers the 2nd Grade Learn to Swim Program for non-swimmers, for free.

WE'LL BUILD LIFE SKILLS

The YMCA has over the years taught hundreds of children, youth and adults to swim and helped **minimize the risk of drowning**. In addition, learning to swim builds pride and confidence. At the Y, we care about building strong, secure, connected and confident people.

The **Y Swim Program** is participant-centered. The emphasis is on learning, not passing or failing. Each developmental level is divided into five components which include personal safety, personal growth, stroke development, water games and rescue. It is not uncommon for a child to repeat any given level.

Our swim lessons are specifically tailored to the child's age, swimming ability, level of physical development and confidence in the water. The participant will advance in the program as they become more skilled in the water.

If you have questions about what level you should register your child please **schedule an evaluation** with us. **All evaluations are by appointment only**. To set up an evaluation for your child, please call 908 273 3330.

In addition to lessons, we recommend our family members enjoy **Family Swim time** (see pool schedule for hours) to increase your child's comfort and ability in the water. Youth members can buy passes to participate as well.

NOTE - Our YMCA water safety standards have the following ratios:

1:4	1:6	1:8
Pike 1 Polliwog Rays Wahoo	Eels Guppy Marlins Pike 2 Sea Snakes Starfish Stingrays Sturgeon Tadpole	Fish Flying Fish Minnow Penguins Sharks



Please note: Due to class ratios and to keep classes at a consistent level, we cannot offer make-up swim lessons for preschool and youth swim classes. If your child has a long illness and cannot continue through a session, you can apply for a credit; a doctor's note is required. We do not give credits for individual classes missed regardless of the reason.

There will be no classes Monday July 4.

OUR SWIM PHILOSOPHY

FLOTATION DEVICES:

We believe in the use of bubbles to help children gradually become accustomed to the water. Every lesson, we remove the bubbles at least once to test your child's buoyancy and build confidence.

REPEAT A CLASS:

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

MAKE-UP CLASSES:

We only offer make-ups for the Parent/Child classes. If your child gets injured or becomes ill and cannot make it to lessons, we can **remove him/her from the session** and refund the remainder of the balance to you with a doctor's note.

WAIT LIST:

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

SCHEDULE CONFLICTS:

We are only able to make switches to a schedule if there is an open spot. If no spot is available we will not be able to move you. Refunds are not offered for time conflicts.



YOUTH SWIM CLASS SCHEDULE

PARENT AND CHILD LESSONS 10 WEEK SESSION	AGE	SUMMER 1 START DATE	DAY	CLASS TIMES	MEMBER	NON-MEMBER
					PRICES PER CLASS	
A great way for parents/caregivers to spend time with their child while exploring and learning about the water environment. Songs, games, and toys are tools used to teach the basics of swimming. All classes are 30 minutes.						
PARENT/CHILD 1 (6-18 months)	.5-1.5	June 21	Tuesday	9:30AM	\$135	\$195
		June 25	Saturday	11:45AM		
A water orientation class for parent and child. Helps promote basic water adaptation. Children must be 6 months by the first day of class. Class is performed in shallow water.						
PARENT/CHILD 2 (18 mos.- 2 ½ yrs.)	1.5-2.5	June 21	Tuesday	10:00AM	\$135	\$195
		June 25	Saturday	8:00AM		
		June 26	Sunday			
A water adjustment class for parent and child. The instructor will guide the parent in teaching their child basic swim skills and independence. Class is performed primarily in shallow water, but may use the deep end.						
PERCH	2.5-3	June 21	Tuesday	10:00AM	\$135	\$195
		June 25	Saturday	8:30AM, 12:15PM		
		June 26	Sunday	8:30AM		
A more structured parent and child class that will prepare the child to enter the pre-school program. Class will work on following directions and learning swimming basics. Children should be swimming independent from parent with flotation. Class will use the shallow and deep ends of the pool.						

PRESCHOOL SWIM LESSONS	AGE	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	NON-MEMBER
						PRICES PER CLASS	
(AGES 3–5) These are group classes without a parent. Lessons are 30 minutes in length and the child must be 3 years old by the first class. The Preschool Aquatic Program stresses enjoyment, development of children’s confidence, and safety. Each class emphasizes mental and spiritual growth as well as physical development. Flotation devices are provided by the YMCA.							
PIKE 1 A water adjustment class for the child with limited or no swimming experience. Skills taught: paddle stroke with running and kicking with barbell.	3-5	June 20	July 20	Mon./Wed.	9:00AM	\$122	\$176
			June 30	Mon.-Thurs.		\$108	\$156
		June 21	August 23	Tuesday	9:30AM	\$135	\$195
		June 25	August 27	Saturday	9:15AM, 10:45AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	4:00PM	\$95	\$137
		July 18	July 28			\$108	\$156
		August 1	August 11				
		August 15	August 25	Mon.-Wed.	9:00AM	\$135	\$195
	July 25	August 24					
PIKE 2 Prerequisite: swim independently with a 3 or 2 bubble flotation device. Children should be able to put their face in the water and jump in with little or no assistance. Skills taught: Paddle stroke with kick, rhythmic breathing, and back float skills.	3-5	June 20	July 20	Mon./Wed.	9:00AM	\$122	\$176
			June 30	Mon.-Thurs.	4:00PM, 5:00PM	\$108	\$156
		June 21	August 23	Tuesday	9:00AM	\$135	\$195
		June 25	August 27	Saturday	9:45AM, 10:45AM, 11:15AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	4:00PM, 5:00PM	\$95	\$137
		July 18	July 28			\$108	\$156
		July 25	August 24	Mon./Wed.	9:00AM	\$135	\$195
		August 1	August 11	Mon.-Thurs.	4:00PM, 5:00PM	\$108	\$156
	August 15	August 25					
EELS	3-5	June 20	July 20	Mon./Wed.	9:00AM	\$122	\$176
			June 30	Mon.-Thurs.	4:00PM	\$108	\$156
		June 21	August 23	Tuesday	9:00AM	\$135	\$195
		June 25	August 27	Saturday	9:45AM, 10:45AM, 11:15AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	4:00PM	\$95	\$137
		July 18	July 28			\$108	\$156
		July 25	August 24	Mon./Wed.	9:00AM	\$135	\$195
		August 1	August 11	Mon.-Thurs.	4:00PM	\$108	\$156
	August 15	August 25					
Prerequisite: Swim 15 ft with no flotation and a kick. Children should be able to put their face in the water and jump in with little or no assistance. Skills taught: Paddle stroke with kick, rhythmic breathing, and back float skills.							
There will be no classes Monday July 4.							



WE'LL MEET GREAT FRIENDS

YOUTH SWIM CLASS SCHEDULE

PRESCHOOL SWIM LESSONS	AGE	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	NON-MEMBER
						PRICES PER CLASS	
(AGES 3-5) These are group classes without a parent. Lessons are 30 minutes in length and the child must be 3 years old by the first class. The Preschool Aquatic Program stresses enjoyment, development of children’s confidence, and safety. Each class emphasizes mental and spiritual growth as well as physical development. Flotation devices are provided by the YMCA.							
SEA SNAKES Prerequisite: swim 45 ft with no flotation. This can be thought of as an advanced Eel class. Skills taught: rotary breathing, swimming on back, and swimming more confidently without flotation, depending on class make-up rotary strokes may be incorporated.	3-5	June 20	July 20	Mon./Wed.	9:30AM	\$122	\$176
			June 30	Mon.-Thurs.	4:30PM	\$108	\$156
		June 25	August 27	Saturday	10:15AM	\$135	\$195
		July 5	July 14			\$95	\$137
		July 18	July 28	Mon.-Thurs.	4:30PM	\$108	\$156
		July 25	August 24	Mon./Wed.	9:30AM	\$135	\$195
		August 1	August 11	Mon.-Thurs.	4:30PM	\$108	\$156
	August 15	August 25					
RAYS Prerequisite: swim 25 yd with no flotation device (paddle stroke with face in the water) and 25 yd swimming on back with no flotation. Skills taught: Front crawl (freestyle), treading, and rudimentary backstroke.	3-5	June 20	July 20	Mon./Wed.	9:00AM	\$122	\$176
			June 30	Mon.-Thurs.	4:00PM	\$108	\$156
		June 25	August 27	Saturday	9:15AM, 10:45AM	\$135	\$195
		July 5	July 14			\$95	\$137
		July 18	July 28	Mon.-Thurs.	4:00PM	\$108	\$156
		July 25	August 24	Mon./Wed.	9:00AM	\$135	\$195
		August 1	August 11	Mon.-Thurs.	4:00PM	\$108	\$156
	August 15	August 25					
WAHOO This class is for the non-swimmer who needs a flotation device to swim independently. Skills taught: rhythmic breathing, paddle stroke, and back float.	5-7	June 20	July 20	Mon./Wed.	9:30AM	\$122	\$176
		June 27	August 27	Saturday	9:15AM	\$135	\$195
		July 25	August 24	Mon./Wed.	9:30AM		
STURGEON Prerequisite: must be able to swim at least 50 ft (3/4 length of pool) without flotation. Must swim duration of class with limited flotation (1 blue or no bubble) on both front and back. This class is for the advanced beginner. Skills taught: rotary breathing, rudimentary front crawl (freestyle) and back float sculling.	5-7	June 20	July 20	Mon./Wed.	9:30AM	\$122	\$176
		June 25	August 27	Saturday	10:15AM	\$135	\$195
		July 25	August 24	Mon./Wed.	9:30AM		
STINGRAY Prerequisite: This class is considered an advanced Ray class. Swim 25 yd with rudimentary front crawl (freestyle) and 25 yd on back with rudimentary back crawl (backstroke). Skills taught: Front crawl (freestyle), treading, and backstroke. Depending on the ability of the class participants, instructor may teach rudimentary breaststroke.	5-7	June 20	July 20	Mon./Wed.	9:30AM	\$122	\$176
			June 30	Mon.-Thurs.	4:30PM	\$108	\$156
		June 21	August 23	Tuesday	9:00AM	\$135	\$195
		June 25	August 27	Saturday	9:15AM		
		July 5	July 14	Mon.-Thurs.	4:30PM	\$95	\$137
		July 18	July 28			\$108	\$156
		July 25	August 24	Mon./Wed.	9:30AM	\$135	\$195
		August 1	August 11	Mon.-Thurs.	4:30PM	\$108	\$156
August 15	August 25						
There will be no classes on Monday, July 4, 2016.							

There will be no classes on Monday, July 4, 2016.



YOUTH SWIM CLASS SCHEDULE

PRESCHOOL SWIM LESSONS	AGE	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	NON-MEMBER
						PRICES PER CLASS	
(AGES 6-14) These are group classes without a parent. Lessons are 30 minutes in length and the child must be 3 years old by the first class. The Preschool Aquatic Program stresses enjoyment, development of children’s confidence, and safety. Each class emphasizes mental and spiritual growth as well as physical development. Flotation devices are provided by the YMCA.							
POLLIWOG This class is for the non-swimmer who needs a flotation device to swim independently for 25 yards. Skills taught: rhythmic breathing, paddle stroke, and back float.	6-14	June 20	June 30	Mon.-Thurs.	4:30PM	\$108	\$156
		June 25	August 27	Saturday	9:45AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	4:30PM	\$95	\$137
		July 18	July 28			\$108	\$156
		August 1	August 11				
		August 15	August 25				
TADPOLE Prerequisite: must be able to swim at least 25 yards front and backstroke. Must swim duration of class with limited flotation (1 blue or no bubble) on both front and back. This class is for the advanced beginner. Skills taught: rotary breathing, rudimentary front crawl (freestyle) and back float sculling.	6-14	June 20	June 30	Mon.-Thurs.	5:00PM	\$108	\$156
		June 25	August 27	Saturday	10:15AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	5:00PM	\$95	\$137
		July 18	July 28			\$108	\$156
		August 1	August 11				
		August 15	August 25				
GUPPY Prerequisite: must be able to swim 25 yd (1 length of the pool) with a coordinated front crawl (freestyle), and backstroke for 25 yd (1 length of pool). Skills taught: coordinated front crawl with rotary breathing perfection, coordinated back crawl (backstroke), and treading water.	6-14	June 20	June 30	Mon.-Thurs.	5:00PM	\$108	\$156
		June 25	August 27	Saturday	9:45AM, 10:15AM, 11:15AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	5:00PM	\$95	\$137
		July 18	July 28			\$108	\$156
		August 1	August 11			\$135	\$195
		August 15	August 25				
STARFISH Prerequisite: staff recommendation, must be able to do a coordinated lap of front crawl (freestyle) and back crawl (backstroke) without resting between lengths. This class focuses on stroke development and endurance. Participants will swim multiple laps without resting at each end. Skills taught: rudimentary breaststroke, sidestroke, and elementary backstroke.	6-9	June 20	June 30	Mon.-Thurs.	4:30PM, 5:00PM	\$108	\$156
		June 21	August 23	Tuesday	9:00AM	\$135	\$195
		June 25	August 27	Saturday	9:15AM, 10:15AM, 11:15AM		
		July 5	July 14	Mon.-Thurs.	4:30PM, 5:00PM	\$95	\$137
		July 18	July 28			\$108	\$156
		August 1	August 11				
August 15	August 25						
MARLINS Prerequisite: staff recommendation, must be able to do 75 yards coordinated freestyle, backstroke, and breaststroke. This class focuses on skill refinement and endurance training.	6-9	June 20	June 30	Mon.-Thurs.	5:30PM	\$108	\$156
		June 25	August 27	Saturday	11:15AM	\$135	\$195
		July 5	July 14	Mon.-Thurs.	5:30PM	\$95	\$137
		July 18	July 28			\$108	\$156
		August 1	August 11				
		August 15	August 25				

SCHOOL AGE SWIM LESSONS	AGE	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	NON-MEMBER
						PRICES PER CLASS	
(AGES 6-18) A progressive swim program where participants learn at their own pace and advance when they have acquired the skills necessary for the next class level. Lessons vary from 30 to 45 minutes.							
PENGUIN (Lesson Time 45 min. 7-9 yrs of age) Prerequisite: staff recommendation, must be able to do 75 yards coordinated freestyle, backstroke, and breaststroke without resting between laps. Skills taught: competitive stroke perfection, dolphin kick, rudimentary butterfly, competitive turns.	7-9	June 20	June 30	Mon.-Thurs.	5:30PM	\$124	\$180
		June 25	August 27	Saturday	8:30AM	\$155	\$225
		July 5	July 14	Mon.-Thurs.	5:30PM	\$109	\$158
		July 18	July 28			\$124	\$180
		August 1	August 11				
		August 15	August 25				
DATES & TIMES FOR: MINNOW, FISH, FLYING FISH, AND SHARK	8-14	June 20	June 30	Mon.-Thurs.	3:15PM	\$124	\$180
		June 25	August 17	Saturday	8:30AM	\$155	\$225
		July 5	July 14	Mon.-Thurs.	3:15PM	\$109	\$158
		July 18	July 28			\$124	\$180
		August 1	August 11				
		August 15	August 25				
MINNOW Prerequisite: must be able to swim 50 yards (2 lengths of the pool) of each front crawl (freestyle) and back crawl (backstroke) without resting in between lengths. Skills taught: rudimentary breaststroke, elementary backstroke, and sidestroke.							
FISH Prerequisite: must be able to swim 75 yards (3 lengths of the pool) of each front crawl (freestyle), back crawl (backstroke), and coordinated breaststroke without resting in between lengths. Skills taught: dolphin kick, rudimentary butterfly, open turns, and endurance swimming.							
FLYING FISH Prerequisite: must be able to swim 150 yards (6 lengths of the pool) of each front crawl (freestyle), back crawl (backstroke), and breaststroke. Swimmers should need limited rest between each 100 yd swim. Skills taught: coordinated butterfly, competitive turns, and continued work on endurance swimming.							
SHARK (AGE 6-14) Prerequisite: must be able to swim a 200 yd individual medley (2 lengths each of butterfly, back crawl, breaststroke, and front crawl) continuously. Swimmers must complete the requirements of flying fish with limited rest and instruction. Skills taught: lifesaving strokes and endurance swimming.							

TEEN SWIM CLASS SCHEDULE



PRE-COMPETITIVE/TEEN SWIM LESSONS

AGE

START DATE

END DATE

DAY

CLASS TIMES

MEMBER

NON-MEMBER

PRICES PER CLASS

These programs were developed as a means to teach developmental skills needed to become a competitive swimmer. Classes are formatted based on a competitive practice with focus on increasing speed, endurance, and technique. A progressive swim program where participants learn at their own pace and advance when they have acquired the skills necessary for the next class level. Lessons vary from 30 to 45 minutes. These classes require pre-approval for desk registration, and require an evaluation before registration. Teen Lessons are for beginner swimmers and intermediate level only. Please contact the Swim office to set up an appointment, 908 273 3330 x 1163.

TEEN LESSONS

Teen Lessons are for beginner and intermediate swimmers. Lesson time is 30 minutes.

12-18

June 20

June 30

July 5

July 14

July 18

July 28

August 1

August 11

August 15

August 25

Mon.-Thurs.

5:30PM

FREE

\$156

\$137

\$156

DATES & TIMES FOR: SEAL PUPS & INTRAMURALS

June 20

June 30

July 5

July 14

July 18

July 28

August 1

August 11

August 15

August 25

Mon.-Thurs.

5:30PM

\$96

\$84

\$96

\$136

\$119

\$136

SEAL PUPS (AGE 7-9) Some emphasis will be on stroke technique, but instructors will focus on the use of stroke drills and kicking during endurance building sets. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group. Ratio - 1 instructor per 28 participants

INTRAMURALS (AGE 10-18) Some emphasis will be on stroke technique, but instructors will focus on the use of stroke drills and kicking during endurance building sets. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group. Ratio - 1 instructor per 28 participants

There will be no classes on Monday, July 4, 2016.



JOIN THE SWIM TEAM!

TRYOUTS JULY 18

MAKE UP DATE: SEPTEMBER 1

For more information, visit: WWW.SAYSWIMTEAM.ORG

or contact: Laura Riddell

(P) 908 273 3330 x 1150 (E) laura.riddell@theSAY.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2016

ADULT SWIM (18+)

SCHEDULE	START DATE	END DATE	DAY	CLASS TIMES	PRICES PER CLASS	
					MEMBER	NON-MEMBER
ADULT SWIM LESSONS (BEGINNER)	June 23	August 25	Thursday	10:00AM	FREE	\$60
Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.						
ADULT SWIM LESSONS (INTERMEDIATE)	June 23	August 25	Thursday	10:30AM	FREE	\$60
Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.						
ADULT SWIM LESSONS	June 24	August 26	Friday	5:00PM, 5:45PM, 6:30PM	FREE	\$100
Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.						
AI CHI ADVANCED	June 20	August 22	Monday	8:15AM	FREE	\$54
	June 22	August 24	Wednesday			\$60
	June 24	August 26	Friday			
The next step in the Ai-Chi program includes Cultivating the Chi, which are moves created to draw energy into the body, and Ai-Chi-Ne, which is partner stretching. Ai-Chi is a prerequisite. Participants must be familiar with all 16 Ai-Chi postures.						
AQUA FITNESS	June 21	August 23	Tuesday	7:15PM	FREE	\$100
A total body workout that includes exercises using full range of motion. Segments include strengthening, cardio-aerobics, and stretching. Workouts range from intermediate to high intensity. Class held in shallow and deep water.						
AQUA CROSS TRAINING	June 21	August 23	Tuesday	9:00AM	FREE	\$100
	June 23	August 25	Thursday	5:45AM, 9:00AM		
Very high intensity level. This class is for the triathlete or serious athlete looking to improve their endurance, power and agility. It is also for athletes recovering from injuries or the serious individual trying to lose weight. This class includes deep water intervals as well as shallow water plyometrics, explosive movements to develop muscle power.						
AQUA ZUMBA	June 22	August 24	Wednesday	7:15PM	FREE	\$100
Advanced Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.						
DEEP WATER ARTHRITIS	June 20	August 22	Monday	11:15AM	FREE	\$54
	June 21	August 23	Tuesday			\$60
	June 23	August 25	Thursday			
	June 24	August 26	Friday			
Warm up and cool down in the shallow end of the pool. The main workout takes place in the deep end. Participants wear flotation belts.						
DEEP WATER FITNESS	June 20	August 22	Monday	10:00AM	FREE	\$90
	June 22	August 24	Wednesday	10:00AM, 7:15PM		\$100
	June 24	August 26	Friday	10:00AM		
Exercising in deep water eliminates impact and stress on joints and tones muscles. This class combines cardio-aerobic exercise with resistance training and strengthening and flexibility segments. Buoyancy belts keep you afloat so you can concentrate on your body position. Workouts are high intensity. Participants should be comfortable in the deep water						

BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

550 Springfield Avenue | (P) 908 464 8373
Berkeley Heights, NJ 07922 | (F) 908 508 1059

www.theSAY.org | [facebook](https://www.facebook.com/summitareaymca) | [instagram](https://www.instagram.com/summitareaymca)

SUMMIT YMCA

A branch of the Summit Area YMCA.

67 Maple Street | (P) 908 273 3330
Summit, NJ 07901 | (F) 908 273 0258

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THE LEARNING CIRCLE YMCA

A branch of the Summit Area YMCA.

95 Morris Avenue | (P) 908 273 7040
Summit, NJ 07901 | (F) 908 273 5670

The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org

SCHEDULE	START DATE	END DATE	DAY	CLASS TIMES	PRICES PER CLASS	
					MEMBER	NON-MEMBER
JUST TREADING	June 20	August 22	Monday	9:15AM	FREE	\$90
	June 21	August 23	Tuesday	10:00AM		\$100
	June 23	August 24	Wednesday	9:15AM		
	June 24	August 26	Friday			
This advanced cardio workout includes cardio-aerobics and core muscle strengthening. Workouts are high intensity. This class is a great way to cross train for any athlete. Participants will tread water in the deep end and therefore must be comfortable in deep water. No belts are worn in this class. It is recommended that participants bring water to stay hydrated.						
HYDRO R.E.P.S.	June 20	August 22	Monday	9:00AM	FREE	\$90
	June 22	August 24	Wednesday			\$100
	June 24	August 26	Friday			
A total body workout class. It will include cardio aerobics, muscle conditioning, flexibility and exercises for full body range of motion. Workouts are intermediate level and held in shallow water.						
PRE/POST NATAL AQUA FITNESS	June 21	August 23	Tuesday	10:00AM	FREE	\$100
Enjoy the weightlessness you can only feel in the water while getting a terrific workout. Water exercises can help increase stamina, improve circulation, enhance muscular balance, reduce swelling, strengthen abdominal muscles, and ease postpartum recovery. Enjoy meeting other new moms while working out. Also, your newborns are welcome to sit in their safety seats by the side of the pool and watch mom exercise.						
SHALLOW WATER ARTHRITIS	June 20	August 22	Monday	11:15AM	FREE	\$54
	June 21	August 23	Tuesday	8:00AM		\$60
	June 22	August 24	Wednesday	11:15AM		
	June 23	August 25	Thursday	8:00AM, 11:15AM		
	June 24	August 26	Friday	9:00AM, 11:15AM		
Class is geared towards individuals with arthritis who need help easing into exercise program. An Arthritis Foundation recreational program includes exercises to increase flexibility and improve range of motion.						
WATER FITNESS	June 21	August 23	Tuesday	11:15AM	FREE	\$60
A total body body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility. Intermediate Level.						
MASTER PASSES	START DATE	END DATE	DAY	CLASS TIMES	PRICES PER CLASS	
	June 21	August 26	Tuesday / Friday	5:45AM	MEMBER	NON-MEMBER
MASTERS 20 DAY PASS For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.					FREE	\$90
MASTERS 5 DAY PASS For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.						\$22
MASTERS SINGLE DAY PASS For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.						\$5
There will be no classes on Monday, July 4, 2016.						



BERKELEY HEIGHTS YMCA

A branch of the Summit Area YMCA.

550 Springfield Avenue | (P) 908 464 8373
Berkeley Heights, NJ 07922 | (F) 908 508 1059

www.theSAY.org  [summitarea.ymca](https://www.facebook.com/summitarea.ymca)

SUMMIT YMCA

A branch of the Summit Area YMCA.

67 Maple Street | (P) 908 273 3330
Summit, NJ 07901 | (F) 908 273 0258

 [@summitareaymca](https://twitter.com/summitareaymca)

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The Summit Area YMCA
presents **Adventure Guides**, a
program designed to strengthen
and support the bonds between
fathers and their children.

Activities include:

- Campouts
 - Hiking
 - Field Trips
 - Holiday Events
 - Service Projects
- and **MUCH MORE!**

ADVENTURE GUIDES

DISCOVER THE OUTDOORS TOGETHER
FATHER & CHILD

SCAN TO FIND
OUT MORE!



For more information, please contact:

Heather Collins

(P) 908 273 3330 x 1153

(E) heather.collins@theSAY.org