



# START FRESH THIS FALL

FALL 1: SEPTEMBER 6 - OCTOBER 30 | FALL 2: OCTOBER 31 - DECEMBER 23  
REGISTRATION DATES: Family Members August 15 & October 10 / Youth & Adult Members August 16 & October 11 / Open to Community August 22 & October 17

2016 FALL 1 & 2 PROGRAM GUIDE

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## FALL PROGRAM GUIDE 2016

**FALL 1**  
SEP. 6 - OCT. 30

**REGISTRATION DATES:**  
**MONDAY, AUGUST 15**  
FAMILY MEMBERS  
**TUESDAY, AUGUST 16**  
YOUTH AND ADULT MEMBERS  
**MONDAY, AUGUST 22**  
OPEN COMMUNITY REGISTRATION  
8 WEEKS EACH

**FALL 2**  
OCT. 31 - DEC. 23

**REGISTRATION DATES:**  
**MONDAY, OCTOBER 10**  
FAMILY MEMBERS  
**TUESDAY, OCTOBER 11**  
YOUTH AND ADULT MEMBERS  
**MONDAY, OCTOBER 17**  
OPEN COMMUNITY REGISTRATION  
8 WEEKS EACH

Members and non-members can register online at [www.theSAY.org](http://www.theSAY.org). In person and online registration begins at 6:30 am. Log-in one week prior to registration to ensure your login and password are current, or call Membership Services at your Y branch for further assistance.

SO MUCH MORE  
THAN A POOL OR A GYM.

AT THE Y, WE'RE  
STRENGTHENING  
YOUTH, FAMILIES  
AND COMMUNITIES  
EVERY DAY.

FINANCIAL ASSISTANCE AVAILABLE FOR  
THOSE WITH DEMONSTRATED NEED.

"Each day after school, Cassie loves to come to the Y where she can swim, do art and Zumba, complete her homework and socialize with friends and kids her age. When she comes home she is more relaxed which is a plus. As a single mother, I am thankful for the Y's financial assistance program and the fact that my daughter is in a wonderful, safe and harmonious environment where she, along with her siblings, can grow and thrive."

— Fran, Cassie's mother  
and Summit Area YMCA member

BECOME A PILLAR  
OF STRENGTH IN  
YOUR COMMUNITY.

GIVE TO THE Y TODAY!

SEND A CHILD TO CAMP. SUPPORT A MILITARY FAMILY. HELP A CANCER SURVIVOR RECOVER IN SPIRIT, MIND, AND BODY. PROVIDE SINGLE PARENTS THE ABILITY TO AFFORD CHILD CARE. ALLOW A 2ND GRADER TO LEARN TO SWIM FOR FREE. TEACH YOUTH TO STAY ACTIVE AND HEALTHY. KEEP SENIORS SOCIALIZED AND BUSY. FOR A BETTER INDIVIDUAL, FOR A BETTER COMMUNITY, FOR A BETTER US.

SU Summit YMCA Location   
 BH Berkeley Heights YMCA Location  
FALL 1 Sep. 6 – Oct. 30   
 FALL 2 Oct. 31 – Dec. 23   
 FALL 1 & 2

YOUTH BASKETBALL LEAGUE	AGE	FALL 1 SESSION DATES	FALL 2 SESSION DATES	DAY	TIMES	MEMBER	NON-MEMBER
						PRICE	
<b>ROOKIES EAST</b> KINDERGARTEN CO-ED	4-5	Nov. 13-Jan. 22	Jan. 29-Mar. 12	Sunday	11:00AM-6:00PM	\$135	\$205
<b>ROOKIES WEST</b> 1ST GRADE BOYS	6						
<b>ROOKIES WEST</b> 1ST GRADE GIRLS	6						
<b>WINNERS NORTH</b> 2ND & 3RD GRADE BOYS	7-8	Nov. 12-Jan. 21	Jan. 28-Mar. 11	Saturday	9:00AM-2:00PM		
<b>WINNERS SOUTH</b> 2ND & 3RD GRADE GIRLS	7-8						

Join our Youth Basketball League (YBL) to learn basketball skills, make new friends, grow self-confidence, and more. Players learn the fundamentals of basketball in a safe and fun environment, with each player being guaranteed playing time. There are 5 division groups, Rookies East Kindergarten Co-Ed (4-5 year olds), Rookies West 1st Grade Boys (6 year olds), Rookies West 1st Grade Girls (6 years old), Winners North 2nd & 3rd Grade Boys (7-8 years old), Winners South 2nd & 3rd Grade Girls (7-8 years old).

YOUTH SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		

<b>VARSITY BASKETBALL CLINIC</b>	8-14	Nov. 12	Jan. 21	Saturday	4:00PM	5:00PM	\$98	\$135	SU
		Jan. 28	Mar. 11						

A YMCA basketball clinic for 8-15 year olds is taught by two of the best basketball coaches in the area. They will help bring your child's basketball skills to the next level the hour long clinic will focus on helping your child improve their basketball skills through drills and game play.

<b>BASKETBALL PEE WEE</b>	4-6	Sept. 12	Oct. 24	Monday	3:45PM	4:30PM	\$79	\$118	SU
		Sept. 10	Oct. 29	Saturday	10:15AM	11:00AM			
		Oct. 31	Dec. 19	Monday	3:45PM	4:30PM	\$90	\$135	
		Nov. 5	Dec. 17	Saturday	10:15AM	11:00AM	\$79	\$118	

The Pee Wee Basketball clinic for 4-6 year olds lasts for 45 minutes. Each class will incorporate fundamental skill development with an emphasis on structured basketball drills. Children will learn the fundamentals of how to shoot, dribble, and pass. Fun games will be incorporated to reinforce the learned skills that are developed throughout the session.

<b>YOUTH BASKETBALL CLINIC</b>	6-7	Sept. 6	Oct. 25	Tuesday	4:30PM	5:30PM	\$90	\$135	SU
		Sept. 8	Oct. 27	Thursday					
		Nov. 1	Dec. 20	Tuesday					
		Nov. 3	Dec. 22	Thursday					
	8-9	Sept. 6	Oct. 25	Tuesday	5:30PM	6:30PM	\$90	\$135	
		Sept. 8	Oct. 27	Thursday					
		Nov. 1	Dec. 20	Tuesday					
		Nov. 3	Dec. 22	Thursday					
	10-12	Sept. 6	Oct. 25	Tuesday	6:30PM	7:30PM	\$90	\$135	
		Nov. 1	Dec. 20						

Our basketball clinic are designed to develop fundamental basketball skills while learning, teamwork, strategy and sportsmanship. Children will learn basketball rules, shooting, passing and ball handling. They will also learn offensive and defensive skills like rebounding, and team play

<b>PRESEASON BASKETBALL</b>	8-14	Sept. 8	Oct. 13	Thursday	6:30PM	8:00PM	\$90	\$135	SU
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Pre Season Basketball Clinic (Ages 8-14 Years) 90 minute basketball clinic designed to prepare children to for basketball try outs. This clinic will help give your child the edge they need for tryouts. Our travel basketball coaches run this intense skill building clinic.

<b>PEE WEE SOCCER</b>	3-5	Sept. 7	Oct. 26	Wednesday	3:45PM	4:30PM	\$90	\$135	SU
		Sept. 10	Oct. 29	Saturday	12:15PM	1:00PM	\$68	\$102	
		Nov. 2	Dec. 21	Wednesday	3:45PM	4:30PM	\$90	\$135	
		Nov. 5	Dec. 17	Saturday	12:15PM	1:00PM	\$79	\$118	

Pee Wee Soccer (Ages 3-5 Years) Each 45 minute class will incorporate instruction and fundamental soccer skills development with an emphasis on structured drills and fun games. Your child will learn how to shoot, kick and pass a soccer ball.

<b>YOUTH SOCCER CLINIC</b>	6-7	Sept. 12	Oct. 24	Monday	4:30PM	5:30PM	\$79	\$118	SU
	8-10				5:35PM	6:35PM			
	6-7	Oct. 31	Dec. 19		4:30PM	5:30PM	\$90	\$135	
	8-10				5:35PM	6:35PM			

Youth Soccer Clinic (Ages 5-9 Years) The soccer clinic is designed to develop fundamental soccer skills while learning teamwork and sportsmanship. Your child will learn proper footwork, dribbling techniques, proper passing form and accuracy, along with proper shot form and accuracy.

<b>T-BALL</b>	4-6	Sept. 10	Oct. 29	Saturday	11:15AM	12:00PM	\$68	\$102	SU
		Sept. 7	Oct. 26	Wednesday	4:30PM	5:15 PM	\$90	\$135	
		Nov. 5	Dec. 17	Saturday	11:15AM	12:00PM	\$79	\$118	
		Nov. 2	Dec. 21	Wednesday	4:30PM	5:15 PM	\$90	\$135	

T-Ball Clinic (Ages 4-6 Years) Each 45 minute class will incorporate instruction and fundamental skill development with an emphasis on structured drills and fun games. The kids will learn the fundamentals of batting, throwing, and base running.

**No classes on Monday, September 5, 2016 and Saturday, November 26, 2016.**

SU Summit YMCA Location   
 BH Berkeley Heights YMCA Location  
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 FALL 1 & 2

YOUTH SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
<b>INDOOR TENNIS CLINIC</b>	5-6	Sept. 9	Oct. 28	Friday	3:30PM	4:15PM	\$90	\$135	SU
	7-8				4:30PM	5:30PM			
	9-10				5:40PM	6:40PM			
	5-6	Nov. 4	Dec. 16		3:30PM	4:15PM	\$79	\$118	
	7-8				4:30PM	5:30PM			
	9-10				5:40PM	6:40PM			

USTA certified instructor will teach basic fundamentals of tennis using the USTA 10 and under quick start playing format. Your child will learn the rules of tennis, how to serve, volley, backhand, forehand, and more.

<b>FOOTBALL CLINIC</b>	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
	6-8	Sept. 8	Oct. 27	Thursday	3:45PM	4:30 PM	\$90	\$135	SU
		Nov. 3	Dec. 22				\$79	\$118	

Participants will learn the rules of football and the fundamental skills to play the game. Drills will assist with developing the skills of catching, throwing, running routes and designing offensive and defensive plays.

<b>FENCING</b>	AGE	START DATE	END DATE	Wednesday	TIME START	TIME END	\$300	\$375	LOCATION
		6-9	Sept. 7						
	8-11	Sept. 7	Oct. 26		5:30PM	6:30PM			SU
		Nov. 2	Dec. 21						
	12-18	Sept. 7	Oct. 26		6:45PM	7:45PM			
		Nov. 2	Dec. 21						

Fencing (Ages 8-18 Years) Join our Beginner Fencing class, participants will receive instruction in the basics of fencing by an Olympian fencing instructor.

<b>INDOOR MINI VOLLEYBALL LEAGUE</b>	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
	7-9	Sept. 24	Nov. 5	Saturday	1:00PM	4:00PM	\$100	\$150	SU

A 6 week long co-ed league held on Saturday afternoons with every player participating for one hour. Clinics consisting of skill building drills will be held to assess players skills for the first week of the season; after which players will be divided into teams by the YMCA. Teams will be coached by YMCA staff, and all games will be refereed by a Staff member.

<b>ROCK WALL</b>	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION				
		5-6	Sept. 8				Oct. 27	Thursday		5:00PM	5:50PM	\$75	\$110
			Sept. 10				Oct. 29	Saturday		10:00AM	10:50AM		
			Nov. 3				Dec. 22	Thursday		5:00PM	5:50PM		
			Nov. 5				Dec. 17	Saturday		10:00AM	10:50AM		

This program is for beginning climbers interested in learning how to climb. This class will teach your child basic climbing technique to help them climb a number of routes of varying difficulty on our Rock Wall.

<b>CLIMB ON!</b>	AGE	START DATE	END DATE	Tuesday	TIME START	TIME END	\$75 <th rowspan="2">\$110 <th rowspan="8">SU</th> </th>	\$110 <th rowspan="8">SU</th>	SU
		7+	Sept. 6		Oct. 25	4:00PM			
			Sept. 10	Oct. 29	Saturday	11:00AM	11:50AM		
						12:00PM	12:50PM		
			Nov. 1	Dec. 20	Tuesday	4:00PM	4:50PM	\$75	
		Nov. 5	Dec. 17	Saturday	11:00AM	11:50AM	\$66	\$96	
					12:00PM	12:50PM			

Indoor rock climbing was just seen as an alternative and secondary option to outdoor climbing. However, Indoor Climbing has now become a competitive sport in its own right, governed by local, national and international organizations throughout the world. This climb class is for beginner climbers who are interested in learning how to rock climb.

<b>KEEP CLIMBING!</b>	AGE	START DATE	END DATE	Tuesday	TIME START	TIME END	\$75 <th rowspan="2">\$110 <th rowspan="5">SU</th> </th>	\$110 <th rowspan="5">SU</th>	SU	
		7+	Sept. 6		Oct. 25	5:00PM				5:50PM
			Sept. 8	Oct. 27	Thursday	4:00PM	4:50PM			
			Nov. 1	Dec. 20	Tuesday	5:00PM	5:50PM	\$75		\$110
			Nov. 3	Dec. 22	Thursday	4:00PM	4:50PM	\$66		\$96

Learn more climbing techniques such as the dyno and bridging. This class is class for advance climbers, who want to advance their climbing skills. With indoor climbing you get the best possible workout. Even your mind benefits with the problem solving skills you need to climb the difficult route to the top of the wall.

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 FALL 1 & 2

PARENT / CHILD PROGRAMS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICE		
<b>WIGGLE, GIGGLE, RHYME</b>	1-3	Sept. 12 Nov. 2	Oct. 24 Dec. 21	Wednesday	10:15AM	11:00AM	\$85	\$125	SU
Calling all Moms, Dads, Grandparents and Guardians: here's your chance to interact with your young child in a fun environment. With a wide variety of interactive activities to choose from, ie music and movement, interactive storytime, and weekly theme-related arts and crafts, and more! Snacks are not provided! Please do not bring any peanuts or peanut products into the area.									
<b>OPEN TODDLER GYM</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	Walking -4	Sept. 9 Nov. 4	Oct. 28 Dec. 23	Friday	10:00AM	12:00PM	FREE	\$40 \$35	SU
Come meet new and old friends while spending quality time together in a fun, physical environment designed for social interaction and physical activity. The gym is set up with different equipment each week....balls, hula hoops, bikes, parachute, and more to facilitate supervised open play. Parents/chaperones must remain on-site and are encouraged to participate. Registration is required.									
<b>FULL S.T.E.A.M. AHEAD</b>	2-5	Sept. 12 Oct. 31	Oct. 24 Dec. 19	Monday	10:45AM	11:30AM	\$75 \$85	\$115 \$125	BH
Children explore with Science, Technology, Engineering, Arts & Math through age appropriate activities. Get ready for lots of fun! Make sure your child is in clothes that can be used for messy play.									
<b>RECYCLED CREATIONS</b>	2-5	Sept. 9 Nov. 4	Oct. 28 Dec. 23	Friday	10:45AM	11:30AM	\$85 \$75	\$125 \$115	BH
Adults and pint-sized artists come together to create masterpieces from recycled items. Go green and make some eco-friendly artwork!									
<b>STORYCRAFT</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	2-5	Sept. 8 Nov. 3	Oct. 27 Dec. 22	Thursday	11:00AM	11:45AM	\$85	\$125	BH
We begin each class with a children's book then work on a craft or activity based on the characters, setting, or events of the book. Bring stories to life during this creative class!									
<b>SPORTS FOR TOTS</b>	2-3	Sept. 12 Nov. 2	Oct. 24 Dec. 21	Wednesday	9:15AM	10:00AM	\$85	\$125	SU
Jump into the world of sports in this high-energy, sports sampler class where the emphasis is on learning the fundamentals of the games, teamwork and fun! Using props, songs and games, children will practice their balance and coordination skills.									
<b>KIDVENTURES</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	2.5-4	Sept. 12 Sept. 6 Oct. 31 Nov. 1	Oct. 26 Oct. 27 Dec. 21 Dec. 22	Mon. & Wed. Tues. & Thurs. Mon. & Wed. Tues. & Thurs.	9:00AM	12:00PM	\$258 \$275 \$275 \$258	\$333 \$350 \$350 \$333	SU
A dynamic two-day program for our busy, toddler and Pre-K set, KidVentures...The Place to Discover is the ultimate in education and fun! Each week is theme based with a curriculum that uses a wide range of activities to engage your child; music and movement, circle time, creating arts and crafts projects, story time, science, walking trips and more. Children must be potty trained, no pull-ups, please and bring their own peanut-free, lunch.									
DROP IN CLASSES PARENT / CHILD	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
<b>WHAT A MESS!</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	2-6	Sept. 13, Sept. 27, Oct. 11, Oct. 25 Nov. 8, Nov. 22, Dec. 6, Dec. 20		Tuesday	10:00AM	10:45AM	\$5	\$10	BH
Children love to be creative and get messy. Have fun experimenting with paint, glue, playdoh and more....and let the Y do the clean up!									
<b>WHAT ABOUT ME?</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	1-6	Sept. 20, Oct. 18 Nov. 15, Dec. 13		Tuesdays	12:30PM	1:30PM	\$5	\$10	BH
Calling all moms, dad, grandparents, and caregivers--this class is for YOU! Come to the YMCA and socialize with other adults while watching your child(ren) play together. A great opportunity for both children and caregivers to enjoy a change of scenery and meet some new people.									
PRESCHOOL CLASSES	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
<b>STEM-GINEERS</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	2.5-4	Sept. 12 Oct. 31	Oct. 24 Dec. 19	Monday	12:15PM	1:00PM	\$75 \$85	\$110 \$125	SU
Your "little engineer" will have fun and use their imagination building with Tinker Toys, Lincoln Logs, Legos and more to create various structures! We all know that toddlers love to build, and in this guided class they will get the chance to do so. All mini architects welcome!									
<b>OOEY GOOEY SCIENCE</b>	2.5-4	Sept. 6 Nov. 1	Oct. 25 Dec. 20	Tuesday	10:45AM	11:30AM	\$85	\$125	SU
From chemistry to rainbows, children will discover how science can help us better understand the world around us. Please dress appropriately for messy play.									
<b>ANIMALS A TO Z</b> <span style="background-color: red; color: white; border-radius: 50%; padding: 2px;">NEW</span>	2.5-4	Sept. 7 Nov. 2	Oct. 26 Dec. 21	Wednesday	12:15PM	1:00PM	\$85	\$125	SU
Our preschool Animals A-Z class is designed especially for young learners that have a natural curiosity and love of animals. They will be introduced to creatures great and small, and learn about where and how they inhabit the earth. The class will also help foster a desire to take care of the earth and protect the many different animal habitats. Lessons will have a little bit of all your child's favorite activities; art, music, science and stories, too!									
<b>CHEF'S IN THE KITCHEN</b>	2.5-4	Sept. 8 Nov. 3	Oct. 27 Dec. 22	Thursday	12:15PM	1:00PM	\$85 \$75	\$125 \$110	SU
Preschool children will learn the importance of healthy eating and get to taste their tasty creations as they learn basic math and science concepts through simple cooking projects. Parent/chaperone participation is optional. Children with food allergies must notify the instructor.									

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**SU** Summit YMCA Location    **BH** Berkeley Heights YMCA Location  
**FALL 1** Sep. 6 – Oct. 30    **FALL 2** Oct. 31 – Dec. 23    **FALL 1 & 2**

# YOUTH PROGRAMS

SCHOOL AGE CLASSES	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
							PRICES		
<b>CONTEMPORARY/ MODERN DANCE</b> <span style="color:red">NEW</span>	5-7	Nov. 1	Dec. 20	Tuesday	4:30PM	5:00PM	\$85	\$125	BH
	8-11						\$85	\$125	
This class offers students a chance to learn the principal techniques of contemporary and modern dance, beginning with warm up exercises, progressions across the floor, followed by exploration of movements.									
<b>HIP HOP</b> <span style="color:red">NEW</span>	5-7	Nov. 4	Dec. 23	Friday	4:30PM	5:00PM	\$75	\$115	BH
	8-11						\$85	\$125	
Your child will enjoy this high energy class. Learn the fundamental hip-hop moves including basic body isolations, precision, performance quality and choreography									
<b>PRINCESS BALLET</b> <span style="color:red">NEW</span>	4-6	Sept. 7	Oct. 26	Wednesday	10:00AM	10:30AM	\$85	\$125	BH
		Nov. 2	Dec. 21				\$85	\$125	
Come dance along with wands and crowns to princess music. Take a magic carpet ride to ballet land and learn the basics of ballet									
<b>JAZZ &amp; TUMBLING</b>	4-6	Sept. 7	Oct. 26	Wednesday	10:30AM	11:00AM	\$85	\$125	BH
		Nov. 2	Dec. 21				\$85	\$125	
Learn the basics of jazz dancing. Tumble along and learn forward and backwards roles while going on a bear hunt.									
<b>BALLET &amp; JAZZ</b>	4-6	Sept. 7	Oct. 26	Wednesday	3:45PM	4:30PM	\$85	\$125	BH
		Nov. 2	Dec. 21				\$85	\$125	
Learn the basics of ballet with princess music, wands & crowns. Learn the basics of jazz dancing with fun and exciting choreography to top hits music.									
<b>KIDS ZUMBA</b> <span style="color:red">NEW</span>	4-6	Sept. 7	Oct. 26	Wednesday	4:30PM	5:00PM	\$85	\$125	BH
		Nov. 2	Dec. 21				\$85	\$125	
	7-10	Sept. 7	Oct. 26		\$85	\$125			
		Nov. 2	Dec. 21		\$85	\$125			
Shake and shimmy to fun and exciting zumba tunes. Learn salsa and cumbia and play fun and exciting games!									
<b>SEWING</b>	7-12	Sept. 7	Oct. 26	Wednesday	3:30PM	4:30PM	\$85	\$125	BH
		Nov. 2	Dec. 21				\$85	\$125	
Come and learn the basics of sewing from hand stitching as well as operating a sewing machine. Your child can work on projects such as pillows, stuffed animals and event clothing. Supplies are included.									
<b>DRAMA BUGS</b>	6-9	Sept. 12	Oct. 24	Monday	5:00PM	5:45PM	\$75	\$115	BH
		Oct. 31	Dec. 19				\$85	\$125	
Your child will play games, read stories, and dance while they learn to harness their amazing imaginations. Using creative drama techniques, your kids will learn to create characters and tell stories while they work both as individuals and cooperatively in this super-fun creative class.									
<b>CONVERSATIONAL SPANISH</b> <span style="color:red">NEW</span>	9+	Sept. 12	Oct. 24	Monday	4:00PM	4:45PM	\$75	\$110	SU
		Oct. 31	Dec. 19				\$85	\$125	
Our dynamic and interactive lessons expose students to the Spanish language and Latin American culture with engaging activities that invite them to use Spanish as a natural means of communication. Our small-group classes have a maximum of 10 students, creating a comfortable and highly participatory atmosphere in which our experienced, enthusiastic instructor has the chance to guide each student towards being able to express themselves in Spanish. No experience necessary!									
<b>POKEMANIACS</b> <span style="color:red">NEW</span>	5-7	Sept. 7	Oct. 26	Wednesday	4:00PM	4:45PM	\$85	\$125	SU
		Nov. 2	Dec. 21				\$85	\$125	
	8-11	Sept. 7	Oct. 26		\$85	\$125			
		Nov. 2	Dec. 21		\$85	\$125			
Are you a Pokemaniac? Do you gotta catch `em all? Look no further then because we have the class for you. Activities will include creating Pokemon favorite art and playing unique Pokemon games. All while participants are earning badges to become a Pokemon master. Don't have your own cards? Not a problem, we provide a trading card draft for those without their own decks. Don't let Team Rocket stand in your way, sign up today!									
<b>K'NEX</b> <span style="color:red">NEW</span>	8-11	Sept. 8	Oct. 27	Thursday	4:00PM	4:45PM	\$85	\$125	SU
		Nov. 3	Dec. 22				\$75	\$110	
Using K'NEX, children will experience hand-on engineering fundamentals in this fun, educational class that introduces engineering, architecture and scientific principles. We provide an environment that promotes teamwork, social cooperation, builds self-esteem and highlights the process...not the result. Children have the option of working solo or as part of a team!									
<b>SCRAPBOOKING</b>	7+	Sept. 9	Oct. 28	Friday	4:00PM	5:00PM	\$85	\$125	SU
		Nov. 4	Dec. 23				\$75	\$110	
Does your child love getting crafty? This class will use various tools and papers to make unique keepsakes — scrap-booking pages, cards, and more. Please bring in photos of yourself and family members, and your last birthday party or celebration to use in class. All materials are included!									
<b>BEGINNER CHESS</b>	6+	Sept. 9	Oct. 28	Friday	5:00PM	5:45PM	\$85	\$125	SU
		Nov. 4	Dec. 23				\$75	\$110	
Join our beginner Chess class and learn a game you can play for life! Practice basic strategies with other beginner players to practice. This class will introduce your child to the game of Chess, including history, playing board, chessmen, how pieces move, value of he pieces, basic opening moves, tactics and strategies and more!									
<b>INTERMEDIATE/ ADVANCED CHESS</b>	9+	Sept. 9	Oct. 28	Friday	6:00PM	6:45PM	\$85	\$125	SU
		Nov. 4	Dec. 23				\$75	\$110	
Join this advanced Chess class with students who have played, or have had some instruction, or know how and are familiar with the rules and some tactics. Learn chess history, etiquette, the playing board, its chessmen, how the pieces move, value of the pieces, higher-level opening moves, sophisticated combinations, how to checkmate your opponent, and more!									

**No classes on Monday, September 5, 2016 and Saturday, November 26, 2016.**

# SCHOOL AGE CHILD CARE

**YOUTH  
PROGRAMS**

*"My daughter really loves aftercare. She even asks me to come later when I pick her up early. As a working mom, knowing she is happy and enjoying her time while also doing homework and additional activities, is the best feeling. The staff is very caring and because of my positive experience, I have decided to re-register my daughter for the next school year!"*

**FOR MORE INFORMATION,  
CONTACT:**

**Jennifer Lombardi**  
Director of Off-Site  
Afterschool Programs  
(P) 908. 464. 8373 x 2040  
(E) jennifer.lombardi@thesay.org

**Holly Sylvestri**  
Child Care Director  
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(E) holly.sylvestri@thesay.org

**Kelly McHugh**  
School Age Child Care Director  
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BEFORE SCHOOL CARE  
AFTER SCHOOL CARE  
HOLIDAY CARE  
EXTENDED HOURS

## WHERE KIDS ARE SAFE, ACTIVE & HAPPY!

YOUTH BASKETBALL LEAGUE  
BUILD CONFIDENCE  
LEARN SKILLS  
HAVE FUN!

BEGINS NOV. 12

*"My son enjoys playing at YBL as he learns about teamwork and makes lots of new friends. Most importantly he has tons of fun at games. As a mom, I can see the games make him stronger, more responsible and disciplined."*

**FOR MORE INFORMATION,  
CONTACT:**

**Allison Zeimann**  
Sports Director  
(P) 908. 273. 3330 x 1196  
(E) allison.zeimann@thesay.org

**SU** Summit YMCA Location    **BH** Berkeley Heights YMCA Location  
**FALL 1** Sep. 6 – Oct. 30    **FALL 2** Oct. 31 – Dec. 23    **FALL 1 & 2**

**TEENS  
AT THE Y**

TEEN PROGRAMS	AGE	SESSION START DATE	SESSION END DATE	DAY	TIME START	TIME END	PRICES	LOCATION
<b>TEEN CENTER</b>	11-18	Sept. 26	Jun. 16, 2017	Mon.-Fri.	3:00PM	6:00PM	FREE	SU
Looking for something to do afterschool? The Teen Center is a supervised space for teens grades 6-12. Activities include homework help, open gym, themed events, and weekly activities. The Teen Center is free and open to all teens from September 26, 2016 through June 16, 2017. Free Teen Center memberships are available for community members. Please check the Y's calendar for schedule during snow days/ early dismissals/holidays.								
<b>TEEN CENTER OPEN HOUSE</b>	11-18	Sept. 7	Sept. 22	Tues., Wed., Thurs.	3:00PM	6:00PM	FREE	SU
During the month of September, the Teen Center will host a series of special themed events on Tuesdays, Wednesdays, and Thursdays for middle school and high school students in the community. Snacks provided! Special event dates: 9/7, 9/8, 9/13, 9/14, 9/15, 9/20, 9/21 and 9/22.								
<b>LEADER'S CLUB</b>	14-18	Oct. 5	May 10, 2017	Wednesdays	4:30PM	5:30PM	FREE	SU
Earn volunteer hours while using your ideas, strengths, and interests to make a difference. In Leaders' Club, high school teens develop projects, participate in team building activities and create opportunities to make an impact on the community & live a healthier, more active lifestyle. Meetings occur twice a month. Please see leaders' club calendar for all dates.								
<b>JR. LEADER'S CLUB</b>	11-13	Nov. 2	May 8, 2017	Wednesdays	3:30PM	4:30PM	FREE	SU
Jr. Leaders' build self-confidence, a culture of service, and the qualities of leadership through team building activities, group projects, as well as team discussions and reflections. Jr. Leaders will also partner with Leader's Club throughout the year to carry out community service projects. Meetings occur twice a month. Please see Jr. Leader's Calendar for all dates.								
<b>ACHIEVERS</b>	14-18	Sept. 27	May 30, 2017	Tuesdays	7:00PM	8:00PM	FREE	SU
Achievers is a career and college preparation program committed to motivating youth by giving them support, direction and opportunities to determine, pursue and achieve their personal, academic, and career goals. Program components: weekly meetings; events; special events; career planning workshops, internship opportunities, guest speakers and an annual college tour.								
<b>VOLUNTEENS</b>	14-18	Nov. 1	Jun. 1	DAYS VARY	TIMES VARY		FREE	SU
VolunTEENS is a program for students, ages 14-18, who are looking for community service experience, want to help others, and are interested in learning more about the Y. Teens are required to commit at least 20 hours in this program and will be assigned to one or more dept. based on their interests and skill set. Such roles may include helping with sports classes, marketing/social media champions, swim aides, and working with younger students. They will also be provided with several job professionalism trainings throughout the year to assist them in growing their resume as well as college/career opportunities. Volunteer applications available online and at the member services desk.								
<b>SHARK TANK: MIDDLE SCHOOL EDITION</b>	11-13	Oct. 6	Oct. 20, 2017	Thursdays	4:00PM	5:00PM	FREE	SU
Have an idea for a new invention or company? Over the course of three weeks, middle school teens will work together to create a new business idea and concept they will present to "Shark," Jon Budish. Budish, a financial advisor and broker, will guide students in developing their company and will award prizes to the top student "pitches!" Dates: 10/6, 10/13, 10/20								
<b>AMP FITNESS</b>	12-17	Sept. 26	Dec. 20	Mon. & Fri.	3:30PM	5:30PM	FREE	SU
AMP = Achieving Maximum Potential! Whether you're an athlete or a youth looking to stay active, AMP is an opportunity to work out with other teens and utilize the cardio/weight room under the supervised care of a fitness professional. Teens in AMP must have an active teen space membership.								
<b>HIGH SCHOOL YOGA</b>	14-18	Oct. 6	Dec. 20	Thursdays	5:00PM	6:00PM	FREE	SU
An hour-long yoga class for high school teens, focusing on relaxation and stress relief, including movement, breath and yogic sleep. Beginners are welcome!								
<b>MIDDLE SCHOOL YOGA</b>	11-13	Nov. 1	Dec. 20	Tuesdays	4:00PM	5:00PM	FREE	SU
Beginners yoga course exclusively for middle school teens that focuses on mindfulness, relaxation, as well as basic yoga poses. Preregistration required!								
<b>BASKETBALL SKILLS &amp; DRILLS</b>	11-13	Oct. 6	Dec. 20	Thursdays	3:00PM	3:45PM	FREE	SU
Skills and Drills is aimed at middle school students interested in improving their basketball game. Students will complete drills, play games, as well as do strength and conditioning exercises to enhance their skills! All levels of expertise welcome!								
<b>GIRL FOCUS WORKSHOPS</b>	11-13	Oct. 3	Dec. 19	Mondays	4:00PM	5:00PM	FREE	SU
Girl Focus Workshops occur once a month, and are designed as fun, informal sessions for middle school girls to come together and discuss topics such as body image, academics, school life, anxiety & stress, etc. Together, girls will build confidence and learn the tools they need to live happier, healthier lifestyles. Snacks provided at workshops. Preregistration required. Please see Girl Focus Calendar for upcoming workshops!								
<b>TEEN NIGHTS FOR MIDDLE SCHOOLERS</b>	11-13	Sept. 30	May 30, 2017	Fridays	7:00PM	9:00PM	FREE	SU
Hang out with friends, shoot some hoops in the gym, or get involved in interesting games and discussions where you can learn new skills and speak your mind. Teen Nights provides a safe space for middle school teens to socialize, get support and take part in fun activities. Teen nights occur every other month. Please see Teen Night Calendar for upcoming dates!								
<b>7TH GRADE MEMBERSHIP EVENTS</b>	12	Sept. 30	May 30, 2017	Fridays	7:00PM	9:00PM	FREE	SU
7th grade membership members are invited to our exclusive 7GM teen nights! Held every other month, 7GM holds events for teens, planned by teens! Activities include themed nights, open gym as well as loads of games! Come see what we have in store! Snacks provided!								

No classes on Monday, September 5, 2016 and Saturday, November 26, 2016.



**SU** Summit YMCA Location    **BH** Berkeley Heights YMCA Location  
**FALL 1** Sep. 6 - Oct. 30    **FALL 2** Oct. 31 - Dec. 23    **FALL 1 & 2**

# FAMILY EVENTS

EVENTS	AGE	DATES	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
						PRICES		
<b>PARENT'S NIGHT OUT</b>	3-6	Sept. 9, Oct. 7	Fridays	6:00PM	9:00PM	\$20 per child	\$30 per child	SU
		Nov. 11, Dec. 9						
	6-10	Sept. 23, Oct. 21						
		Nov. 25, Dec. 16						
5-10	Sept. 16, Oct. 14	BH						
	Nov. 18, Dec. 9							
Take A Break For You Time! Parent's have the hardest jobs and you deserve a break. Drop off your children for a fun night of food, games, crafts, and a movie while you take some time to get a little R&R, run errands, or have a date night! No pull-ups, please. Pre-registration is required two days before!								
<b>FALL INTO FAMILY FUN</b>	3+	Oct. 26	Wednesday	4:00PM	6:00PM	FREE	\$5 per child	SU
Bring a pumpkin and decorate it with friends at the Y! It will be a fun family night with BINGO, arts & crafts, music and light refreshments. Bring a canned donation for the local food bank. Pre-registration is required two days before. All children must be accompanied by an adult.								
<b>HALLOWEEN SPOOKTACULAR</b>	ALL AGES	Oct. 22	Saturday	10:00AM	12:00PM	FREE		BH
		Oct. 9		12:30PM	3:00PM			SU
At the Berkeley Heights YMCA, come dressed in your halloween costume and participate in all of our fun and spooky activities. Children must be accompanied by an adult.								
At the Summit YMCA, take a tour through the Y graveyard followed by Zombieland will you will meet some interesting and scary characters. You will then get a chance to meet the Mad Scientist in his laboratory and see him in action with his next experiment. Once the tour is complete, or if you just want to skip the scary part, head to the gym for some Halloween games, arts and crafts and activities. Prizes for all! Free and open to the community.								
<b>FAMILY CHALLENGE WEEK</b>	3+	Nov. 12-19	FULL WEEK	N/A		\$30 per family	\$45 per family	SU
Participating families will compete against each other to complete a scavenger hunt of family activities. The week will culminate with a celebration. All families must register by November 6, 2016.								
<b>GINGERBREAD HOUSE MAKING</b>	3+	Dec. 18	Sunday	11:00AM	5:00PM	\$20 per family	\$30 per family	SU
Create your own gingerbread house and let your imagination run wild! Pre-registration is required one-week before. All children must be accompanied by an adult. Participants are welcome to come by anytime between 11am and 5pm, Fee includes a gingerbread kit for all participants								
<b>BREAKFAST WITH SANTA</b>	ALL AGES	Dec. 9	Saturday	8:30AM	9:30AM	\$10 per family		BH
				9:30AM	10:30AM			
		Dec. 3		9:00AM	10:00AM			SU
				10:00AM	11:00AM			
Santa is coming to the Summit Area YMCA! Come and enjoy a light breakfast, photos, and more with Santa!								
<b>SUMMIT NAMASDAY AT THE VILLAGE GREEN RAIN LOCATION SUMMIT YMCA GYM</b>	ALL AGES	Sept. 25	Sunday	10:00AM	4:00PM	\$25 suggested donation		SU
Join us at the Summit NamasDay, a community wide event celebrating yoga! Vendors will be present with health and wellness products. Various yoga/meditation instructors from the surrounding community will lead classes throughout the day including family yoga, kids yoga. Free to the community, with donations accepted. All proceeds go towards the Y's community outreach and financial assistance programs to help individuals and families gain access to Y programs, child care, and more.								
<b>No classes on Monday, September 5, 2016 and Saturday, November 26, 2016.</b>								



## FREE SWIM LESSONS FOR 2ND GRADERS

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.

For more information, please visit [WWW.THESAY.ORG](http://WWW.THESAY.ORG) or contact:  
 Mary Loeser  
 (P) 908. 273. 3330 x 1163  
 (E) [mary.loeser@thesay.org](mailto:mary.loeser@thesay.org)



**SU** Summit YMCA Location    **BH** Berkeley Heights YMCA Location  
**FALL 1** Sep. 6 - Oct. 30    **FALL 2** Oct. 31 - Dec. 23    **FALL 1 & 2**

**ADULT 18+ PROGRAMS**

ADULT PROGRAMS	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	NON-MEMBER	LOCATION
						PRICES		
<b>DUPLICATE BRIDGE</b>	OPEN		Wednesday	12:00PM	3:00PM	FREE	\$7 / week	SU
Duplicate bridge is the most widely used variation of contract bridge in club and tournament play. It is called duplicate because the same bridge deal (i.e. the specific arrangement of the 52 cards into the four hands) is played at each table and scoring is based on relative performance. In this way, every hand, whether strong or weak, is played in competition with others playing the identical cards, and the element of skill is heightened while that of chance is reduced. Come enjoy a competitive game of duplicate bridge each week with your YMCA friends. Experienced instructor will provide a quick lesson and be available to discuss hands.								
<b>INTERMEDIATE BRIDGE LESSONS (6 WEEKS)</b>	Oct. 4	Nov. 15	Tuesday	12:30PM	2:30PM	\$75	\$85	SU
Contract bridge, or simply bridge, is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games. Players must have basic bidding & playing knowledge. The format will be a lesson and supervised play. No class November 8.								
<b>CONVERSATIONAL SPANISH INTERMEDIATE</b>	Sept. 6	Oct. 30	Tuesday	12:00PM	1:00PM	\$5	\$25	SU
	Oct. 31	Dec. 23						
Give your conversational skills a boost and immerse yourself in Latin American Culture in these informative and engaging classes! You will learn about fascinating cultural topics, the fundamentals of the language, practice speaking, and expand your vocabulary.								
<b>HOLIDAY TRIP TO NEW YORK</b>	December 2		Friday	8:00AM	5:30PM	\$125		BH SU
Join us for a fun filled, all inclusive Day trip to NY. Enjoy a private Highlights Tour of Saint John the Devine Cathedral, visit the Rockefeller Christmas Tree, enjoy a 3 course lunch at Senor Frogs and a special Holiday tour on "The Ride"; a multi-million dollar bus experience that will dazzle us with holiday decorations, special choreographed performances and excitement. Price covers all sites including round trip transportation from Summit.								
<b>DIWALI LUNCHEON</b>	November 2		Wednesday	12:45PM	2:15PM	\$15	\$20	SU
Diwali "festival of lights" is an ancient Hindu festival celebrated in the Fall. It is arguably the most important festival in Hinduism. Join us to celebrate Diwali and enjoy a buffet lunch at Bombay Bistro in Summit. We will have a native Indian woman who will tell us about the Holiday and its traditions.								
<b>MAHJONG</b>	OPEN		Thursday	1:30PM	3:30PM	FREE		BH
	Sept. 6	Oct. 30	Friday	12:30PM	3:00PM	FREE	\$15 / 8 week session	SU
	Oct. 31	Dec. 23						
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 Mah Jongg cards.								
<b>TOUCH TENNIS</b>	Sept. 6	Oct. 30	Thursdays	12:30PM	1:30PM	FREE	\$15 / 8 week session	SU
	Oct. 31	Dec. 23						
Come join the fun! Indoor tennis using children's tennis equipment will help you increase strength, stability, flexibility and hand eye coordination! This program has become very popular with YMCA Adults!								
<b>MEET THE AUTHOR BOOK GROUP THE PHARM HOUSE BY BILL POWERS</b>	September 12		Monday	12:00PM	1:00PM	FREE		SU
"Meet the Author- Bill Powers"-Join our Adult Book Group and enjoy interactive discussions with friends and other members. We will be discussing "The Pharm House with local NJ author, Bill Powers. All are welcome to join in-bring your future book suggestions as well!								
<b>BOOK GROUP THE LIFE WE BURY BY ALLEN ESKENS</b>	November 7		Monday	12:00PM	1:00PM	FREE		SU
Join our Adult Book Group and enjoy interactive discussions with friends and other members. We will be discussing The Life We Bury by Allen Eskens. All are welcome to join in-bring your future book suggestions as well!								
<b>SENIOR HOLIDAY LUNCHEON</b>	December 12		Monday	12:30PM	2:00PM	\$12	\$15	SU
Kick off your holidays by celebrating with your YMCA friends. Wear your holiday best and come enjoy a catered hot buffet lunch. We will sing songs and enjoy our time together, please feel free to bring a non-perishable item to be donated to a local food bank. All area residents are welcome.								
<b>LUNCH &amp; LEARN GLUTEN-FREE: IS IT FOR ME?</b>	September 26		Monday	12:30PM	1:30PM	FREE	\$5	SU
Everyone seems to be going gluten-free these days, but why? Learn more about gluten, gluten-free living and whether or not it's right for YOU! Elizabeth Girouard, Pure Simple Wellness will give us great information on this topic. A light lunch will be served. Open to all area residents.								
<b>BEGINNER PICKLEBALL CLINIC</b>	Sept. 30		Friday	12:30PM	2:30PM	FREE	\$10	SU
Pickleball is the fastest growing sport in America. It combines elements of tennis, ping pong and badminton. A paddle sport created for all skill levels. The rules are simple and the game is easy to learn., equipment is provided. Previous racquet experience is very helpful! Players must have good balance and mobility.								
<b>INTERMEDIATE PICKLEBALL</b>	Sept. 6	Oct. 30	Monday	1:00PM	3:00PM	FREE	\$25 / 8 week session	SU
	Oct. 31	Dec. 23	Thursday	7:00PM	9:00PM			
			Friday	1:00PM	3:00PM			
Pickleball is the fastest growing sport in America. It combines elements of tennis, ping pong and badminton. A paddle sport created for all skill levels. The rules are simple and the game is easy to learn, equipment is provided. Previous racquet experience is very helpful! Players must have good balance and mobility.								

No classes on Monday, September 5, 2016 and Saturday, November 26, 2016.



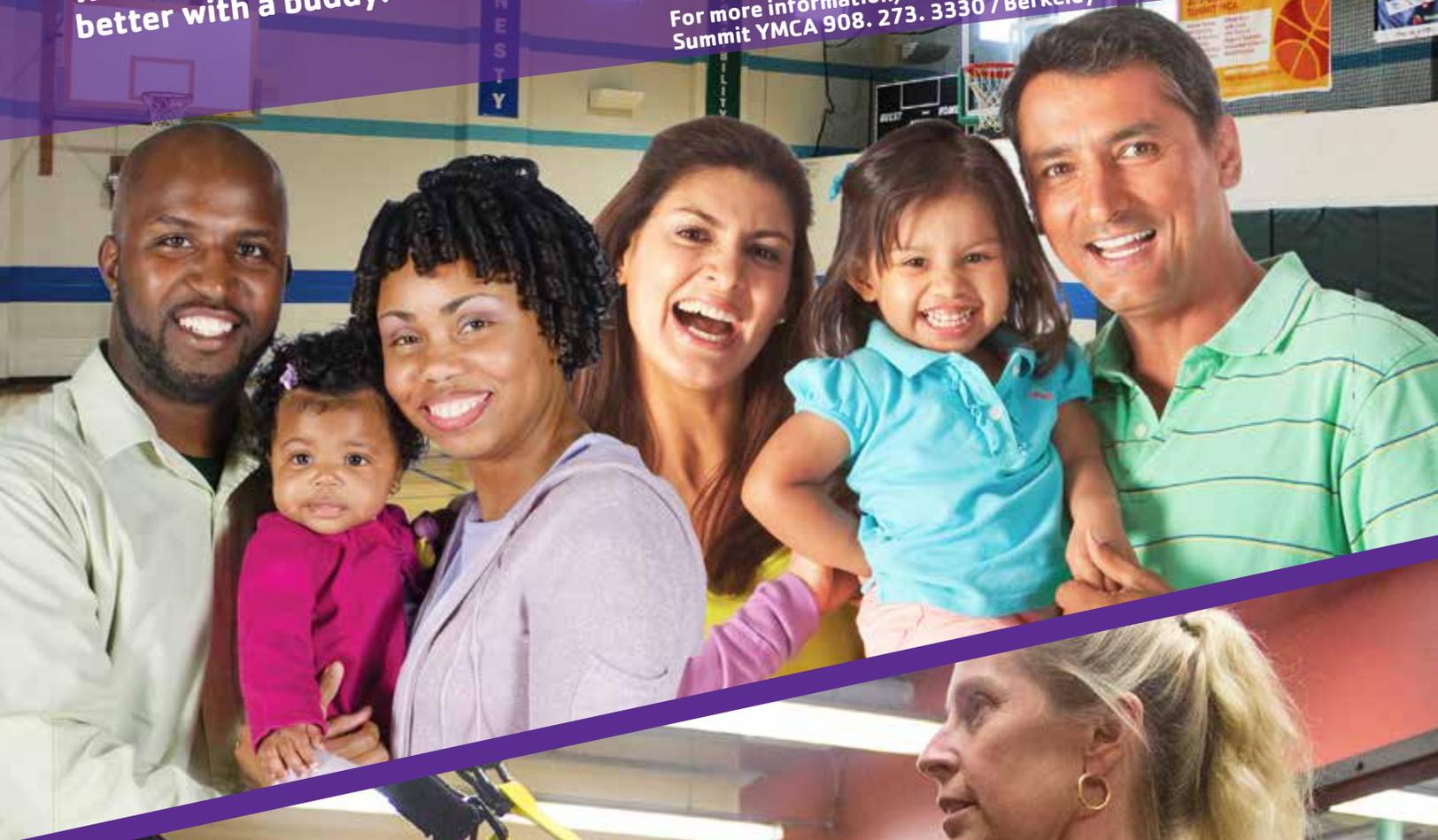
# BUDDY FAMILY MEMBERSHIP

Enjoy 20% savings on the standard rate every month!

Whether it's classes, book clubs, events, or workouts, it's always better with a buddy! Double the fun and double your savings!

For more information, visit [www.thesay.org](http://www.thesay.org) or call Member Services:  
Summit YMCA 908. 273. 3330 / Berkeley Heights YMCA 908.463.8373

WHY  
THE Y?



Participants enjoy a group exercise class once a week in addition to a nutrition meeting with a registered dietician once a week. Meet twice a week for 6 weeks.



## HEALTHY COMBO

6 WEEKS TO BETTER NUTRITION & FITNESS

WHERE: BERKELEY HEIGHTS YMCA

WHEN: BEGINS SEPTEMBER 19

2 SESSIONS AVAILABLE: 9:30AM-10:30AM  
6:30PM-7:30PM



## SWIMMING AT THE Y

TEACHING LIFE SKILLS BUILDING CONFIDENCE, ENHANCING WELLNESS, ENSURING WATER SAFETY

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	Eels	Fish	
Polliwog	Guppy	Flying Fish	
Rays	Marlins	Minnow	
Wahoo	Pike 2	Penguins	
	Sea Snakes	Sharks	
	Starfish		
	Stingrays		
	Sturgeon		
	Tadpole		

No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.

### 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.

**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.

#### 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](http://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.



## SWIM CLASSES LOCATED AT SUMMIT YMCA

FALL 1 Sep. 6 - Oct. 30    
 FALL 2 Oct. 31 - Dec. 23    
 FALL 1 & 2

PARENT / CHILD CLASSES	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	
<b>GROUP SWIM CLASSES WITHOUT A PARENT. FLOTATION DEVICES PROVIDED BY THE YMCA.</b>							
<b>PARENT / CHILD 1</b> Parent/Child 1 is a water orientation class for both parent and child. This class will help promote basic water adaptation. Children must be 6 months old by the first day of class. The entirety of the class will be performed in shallow water.	.5-1.5	Sept. 6	Oct. 25	Tuesday	10:30AM	\$112	\$160
		Sept. 9	Oct. 28	Friday	10:05AM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	8:00AM	\$112	\$160
		Nov. 1	Dec. 20	Tuesday	10:30AM	\$112	\$160
		Nov. 4	Dec. 23	Friday	10:05AM	\$112	\$160
		Nov. 5	Dec. 17	Saturday	8:00AM	\$98	\$140
<b>PARENT / CHILD 2</b> Parent/Child 2 is a water orientation class for both parent and child. In this class, the instructor will guide the parent in teaching their child basic swim skills and independence. Children must be 18 months old by the first day of class. The majority of the class will be performed in shallow water, however the deep end may be used as well.	1.5-2.5	Sept. 8	Oct. 27	Thursday	10:00AM	\$112	\$160
		Sept. 9	Oct. 28	Friday	10:35AM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	8:30AM, 10:05AM	\$112	\$160
		Sept. 11	Oct. 30	Sunday	8:00AM	\$98	\$140
		Nov. 3	Dec. 22	Thursday	10:00AM	\$98	\$140
		Nov. 4	Dec. 23	Friday	10:35AM	\$112	\$160
		Nov. 5	Dec. 17	Saturday	8:30AM, 10:05AM	\$98	\$140
		Nov. 6	Dec. 18	Sunday	8:00AM	\$98	\$140
<b>PERCH</b> Perch is a more structured parent and child class that will prepare the child to enter the pre-school program. The class will work on following directions and learning swimming basics. At the start of this class, children should be swimming independently from their parent with flotation. This class will take place in both the shallow and deep ends of the pool. Children must be 2 ½ years of age at the start of the class.	2.5-3	Sept. 7	Oct. 26	Wednesday	10:35AM	\$112	\$160
		Sept. 10	Oct. 29	Saturday		\$112	\$160
		Sept. 11	Oct. 30	Sunday	8:30AM	\$98	\$140
		Nov. 2	Dec. 21	Wednesday	10:35AM	\$112	\$160
		Nov. 5	Dec. 17	Saturday		\$98	\$140
		Nov. 6	Dec. 18	Sunday	8:30AM	\$98	\$140
<b>PARENT CHILD WATER ACCLIMATION</b> A great way to introduce your child to the water where they can begin to learn basic swim skills in a safe and fun environment.	3-8	Sept. 10	Oct. 29	Saturday	1:45PM	\$20	\$30
		Nov. 5	Dec. 17				
<b>GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 3 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.</b>							
<b>PIKE 1</b> Pike 1 is a water adjustment class for children with limited or no swimming experience. There are no prerequisites.  <b>Skills Taught:</b> Paddle stroke running and kicking with a barbell.  *2 sessions available for this time slot.	3-5	Sept. 12	Oct. 24	Monday	1:00PM	\$98	\$140
		Sept. 6	Oct. 25	Tuesday	9:00AM, 1:30PM, 4:30PM	\$112	\$160
		Sept. 7	Oct. 26	Wednesday	9:05AM, 1:00PM, 4:00PM, 4:30PM*	\$112	\$160
		Sept. 8	Oct. 27	Thursday	5:45PM	\$112	\$160
		Sept. 9	Oct. 28	Friday	9:05AM, 1:00PM, 5:30PM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	9:00AM, 11:15AM, 12:15PM, 1:15PM*	\$112	\$160
		Oct. 31	Dec. 19	Monday	1:00PM	\$112	\$160
		Nov. 1	Dec. 20	Tuesday	9:00AM, 1:30PM, 4:30PM	\$112	\$160
		Nov. 2	Dec. 21	Wednesday	9:05AM, 1:00PM, 4:00PM, 4:30PM*	\$112	\$160
		Nov. 3	Dec. 22	Thursday	5:45PM	\$98	\$140
		Nov. 4	Dec. 23	Friday	9:05AM, 1:00PM, 5:30PM	\$112	\$160
		Nov. 5	Dec. 17	Saturday	9:00AM, 11:15AM, 12:15PM, 1:15PM*	\$98	\$140
		<b>PIKE 2</b> Pike 2 is a water adjustment class for children with limited swimming experience. Children must be comfortable swimming independently with flotation. They should be able to put their face in the water and jump in with little or no assistance.  <b>Prerequisites:</b> Independent swimming with a 3 or 2 bubble flotation device. <b>Skills Taught:</b> Paddle stroke with kick, rhythmic breathing and back float skills.	3-5	Sept. 12	Oct. 24	Monday	9:05AM, 1:30PM, 4:30PM
Sept. 6	Oct. 25			Tuesday	1:00PM, 4:00PM	\$112	\$160
Sept. 7	Oct. 26			Wednesday	1:00PM, 4:00PM, 5:30PM	\$112	\$160
Sept. 8	Oct. 27			Thursday	9:30AM, 5:45PM	\$112	\$160
Sept. 9	Oct. 28			Friday	9:35AM, 1:00PM, 4:00PM, 5:30PM, 6:45PM	\$112	\$160
Sept. 10	Oct. 29			Saturday	9:00AM, 9:30AM, 11:15AM, 11:45AM, 12:15PM, 1:15PM	\$112	\$160
Oct. 31	Dec. 19			Monday	9:05AM, 1:30PM, 4:30PM	\$112	\$160
Nov. 1	Dec. 20			Tuesday	1:00PM, 4:00PM	\$112	\$160
Nov. 2	Dec. 21			Wednesday	1:00PM, 4:00PM, 5:30PM	\$112	\$160
Nov. 3	Dec. 22			Thursday	9:30AM, 5:45PM	\$98	\$140
Nov. 4	Dec. 23			Friday	9:35AM, 1:00PM, 4:00PM, 5:30PM, 6:45PM	\$112	\$160
Nov. 5	Dec. 17			Saturday	9:00AM, 9:30AM, 11:15AM, 11:45AM, 12:15PM, 1:15PM	\$98	\$140

No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.

SU

SWIM CLASSES LOCATED AT SUMMIT YMCA

FALL 1 Sep. 6 - Oct. 30   FALL 2 Oct. 31 - Dec. 23   FALL 1 & 2

PRESCHOOL AGE	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	

**GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 3 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.**

<b>EELS</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to swim 10 feet with no flotation and swim 1 pool length (25 yards) with limited flotation (1 blue). <b>Skills Taught:</b> Rotary breathing, swimming on back, and swimming more confidently without flotation.	3-5	Sept. 12	Oct. 24	Monday	9:05AM, 1:00PM, 4:00PM	\$98	\$140
		Sept. 6	Oct. 25	Tuesday	1:00PM, 4:30PM	\$112	\$160
		Sept. 7	Oct. 26	Wednesday	5:00PM	\$112	\$160
		Sept. 8	Oct. 27	Thursday	4:00PM	\$112	\$160
		Sept. 9	Oct. 28	Friday	1:30PM, 4:00PM, 5:00PM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	11:45PM	\$112	\$160
		Oct. 31	Dec. 19	Monday	9:05AM, 1:00PM, 4:00PM	\$112	\$160
		Nov. 1	Dec. 20	Tuesday	1:00PM, 4:30PM	\$112	\$160
		Nov. 2	Dec. 21	Wednesday	5:00PM	\$112	\$160
		Nov. 3	Dec. 22	Thursday	4:00PM	\$98	\$140
		Nov. 4	Dec. 23	Friday	1:30PM, 4:00PM, 5:00PM	\$112	\$160
Nov. 5	Dec. 17	Saturday	11:45AM	\$98	\$140		
<b>SEA SNAKES</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to swim 45 feet without flotation. <b>Skills taught:</b> Rotary breathing, swimming on back and swimming more confidently without flotation. Depending on class make-up, rotary strokes may be incorporated.	3-5	Sept. 12	Oct. 24	Monday	4:30PM	\$98	\$140
		Sept. 6	Oct. 25	Tuesday	1:30PM	\$112	\$160
		Sept. 7	Oct. 26	Wednesday	5:00PM	\$112	\$160
		Sept. 8	Oct. 27	Thursday	4:30PM	\$112	\$160
		Sept. 9	Oct. 28	Friday	5:00PM, 6:45PM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	11:15AM	\$112	\$160
		Oct. 31	Dec. 19	Monday	4:30PM	\$112	\$160
		Nov. 1	Dec. 20	Tuesday	1:30PM	\$112	\$160
		Nov. 2	Dec. 21	Wednesday	5:00PM	\$112	\$160
		Nov. 3	Dec. 22	Thursday	4:30PM	\$98	\$140
		Nov. 4	Dec. 23	Friday	5:00PM, 6:45PM	\$112	\$160
Nov. 5	Dec. 17	Saturday	11:15AM	\$98	\$140		
<b>RAYS</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to swim 1 pool length (25 yards) without flotation device (paddle stroke with face in the water) and swim 1 pool length (25 yards) on back without flotation. <b>Skills taught:</b> Front crawl (freestyle), treading and rudimentary backstroke.	3-5	Sept. 12	Oct. 24	Monday	4:00PM, 1:30PM	\$98	\$140
		Sept. 7	Oct. 26	Wednesday	9:35AM, 4:00PM, 5:30PM	\$112	\$160
		Sept. 8	Oct. 27	Thursday	4:00PM	\$112	\$160
		Sept. 9	Oct. 28	Friday	4:00PM, 5:30PM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	9:00AM, 12:15PM	\$112	\$160
		Oct. 31	Dec. 19	Monday	4:00PM, 1:30PM	\$112	\$160
		Nov. 2	Dec. 21	Wednesday	9:35AM, 4:00PM, 5:30PM	\$112	\$160
		Nov. 3	Dec. 22	Thursday	4:00PM	\$98	\$140
		Nov. 4	Dec. 23	Friday	4:00PM, 5:30PM	\$112	\$160
		Nov. 5	Dec. 17	Saturday	9:00AM, 12:15PM	\$98	\$140

SWIM SCHOOL	MEMBER	NON-MEMBER	AGE	START DATE	END DATE	DAY	TIME START
	PRICE						
This program offers parents an opportunity to enroll their child in swim lessons for the school year. (A rolling program that runs from September through June.) there are no classes the week of November 21-27, the week of Dec. 25-Jan. 1 and Apr. 10-16.							
<b>GROUP</b>	\$532	\$760	3-5	Sept. 6, 2016	Jun. 13, 2017	Tuesday	9:30AM
<b>SEMI-PRIVATES</b>	\$798	\$950		Sept. 7, 2016	Jun. 14, 2017	Wednesday	9:00AM, 9:30AM, 1:30PM
<b>PRIVATES</b>	\$1,520	\$1,710		Sept. 8, 2016	Jun. 15, 2017	Thursday	9:00AM, 2:00PM
				Sept. 9, 2016	Jun. 16, 2017	Friday	1:30PM

PRIVATE YOUTH SWIM LESSONS	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	
<b>PRIVATE SWIM LESSONS</b> <b>Lesson time:</b> 30 minutes <b>Staff Recommended:</b> Private swim lessons will be adapted to your swim expectations. There will be four 30 minute sessions to be completed within a six-week time frame. A contract will be needed to register for this class.  For more information, email <a href="mailto:private@thesay.org">private@thesay.org</a>	5+	Sept. 12	Oct. 24	Monday	2:30PM, 3:00PM, 3:30PM	\$160	\$260
		Sept. 6	Oct. 25	Tuesday			
		Sept. 7	Oct. 26	Wednesday			
		Sept. 8	Oct. 27	Thursday			
		Sept. 9	Oct. 28	Friday			
		Sept. 11	Oct. 30	Sunday	9:00AM, 9:30AM, 10:00AM, 10:30AM, 11:00AM, 11:30AM		
		Oct. 31	Dec. 19	Monday	2:30PM, 3:00PM, 3:30PM		
		Nov. 1	Dec. 20	Tuesday			
		Nov. 2	Dec. 21	Wednesday			
		Nov. 3	Dec. 22	Thursday			
		Nov. 4	Dec. 23	Friday			
Nov. 6	Dec. 28	Sunday	9:00AM, 9:30AM, 10:00AM, 10:30AM, 11:00AM, 11:30AM				

No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.

SU

SWIM CLASSES LOCATED AT SUMMIT YMCA

FALL 1 Sep. 6 - Oct. 30

FALL 2 Oct. 31 - Dec. 23

FALL 1 & 2

PRESCHOOL AGE (5+)	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER		
						PRICE			
<b>GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 5 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.</b>									
<b>WAHOO</b> <b>Lesson time:</b> 30 minutes This class is for a non-swimmer who requires a flotation device to swim independently. <b>Skills taught:</b> Rhythmic breathing, paddle stroke and back float.	5-7	Sept. 12	Oct. 24	Monday	5:45PM	\$98	\$140		
		Sept. 6	Oct. 25	Tuesday	4:00PM, 4:30PM	\$112	\$160		
		Sept. 7	Oct. 26	Wednesday	4:30PM, 5:00PM	\$112	\$160		
		Sept. 9	Oct. 28	Friday	6:45PM	\$112	\$160		
		Sept. 10	Oct. 29	Saturday	12:15PM, 12:45PM	\$112	\$160		
		Oct. 31	Dec. 19	Monday	5:45PM	\$112	\$160		
		Nov. 1	Dec. 20	Tuesday	4:00PM, 4:30PM	\$112	\$160		
		Nov. 2	Dec. 21	Wednesday	4:30PM, 5:00PM	\$112	\$160		
		Nov. 4	Dec. 23	Friday	6:45PM	\$112	\$160		
		Nov. 5	Dec. 17	Saturday	12:15PM, 12:45PM	\$98	\$140		
<b>STURGEON</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to swim at least 50 feet (3/4 length of the pool) without flotation. The child 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. <b>Skills taught:</b> Rotary breathing, rudimentary front crawl (freestyle) and back float sculling.	5-7	Sept. 12	Oct. 24	Monday	4:00PM	\$98	\$140		
		Sept. 7	Oct. 26	Wednesday	6:00PM	\$112	\$160		
		Sept. 8	Oct. 27	Thursday	4:00PM	\$112	\$160		
		Sept. 9	Oct. 28	Friday	6:45PM	\$112	\$160		
		Sept. 10	Oct. 29	Saturday	11:15AM, 1:15PM	\$112	\$160		
		Oct. 31	Dec. 19	Monday	4:00PM	\$112	\$160		
		Nov. 2	Dec. 21	Wednesday	6:00PM	\$112	\$160		
		Nov. 3	Dec. 22	Thursday	4:00PM	\$98	\$140		
		Nov. 4	Dec. 23	Friday	6:45PM	\$112	\$160		
		Nov. 5	Dec. 17	Saturday	11:15AM, 1:15PM	\$98	\$140		
<b>STINGRAY</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to swim 1 pool length (25 yards) using rudimentary front crawl (freestyle) and 1 pool length (25 yards) on back using rudimentary back crawl (backstroke).	5-7	Sept. 6	Oct. 25	Tuesday	4:00PM, 5:00PM	\$112	\$160		
		Sept. 7	Oct. 26	Wednesday	5:30PM	\$112	\$160		
		Sept. 8	Oct. 27	Thursday	5:45PM	\$112	\$160		
		Sept. 9	Oct. 28	Friday	4:30PM	\$112	\$160		
		Sept. 10	Oct. 29	Saturday	9:30AM	\$112	\$160		
		Nov. 1	Dec. 20	Tuesday	4:00PM, 5:00PM	\$112	\$160		
		Nov. 2	Dec. 21	Wednesday	5:30PM	\$112	\$160		
		Nov. 3	Dec. 22	Thursday	5:45PM	\$98	\$140		
		Nov. 4	Dec. 23	Friday	4:30PM	\$112	\$160		
		Nov. 5	Dec. 17	Saturday	9:30AM	\$98	\$140		
<b>GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 6 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.</b>									
<b>POLLIWOG</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> None. This class is for the non-swimmer who needs flotation device to swim independently for 1 pool length (25 yards). <b>Skills taught:</b> Rhythmic breathing, paddle stroke and back float.  *2 sessions available for this time slot.	6-14	Sept. 12	Oct. 24	Monday	4:30PM	\$98	\$140		
		Sept. 6	Oct. 25	Tuesday	5:00PM	\$112	\$160		
		Sept. 7	Oct. 26	Wednesday	5:30PM, 6:00PM	\$112	\$160		
		Sept. 8	Oct. 27	Thursday	4:00PM	\$112	\$160		
		Sept. 9	Oct. 28	Friday	4:30PM	\$112	\$160		
		Sept. 10	Oct. 29	Saturday	11:45AM, 12:45PM*, 1:15PM	\$112	\$160		
		Oct. 31	Dec. 19	Monday	4:30PM	\$112	\$160		
		Nov. 1	Dec. 20	Tuesday	5:00PM	\$112	\$160		
		Nov. 2	Dec. 21	Wednesday	5:30PM, 6:00PM	\$112	\$160		
		Nov. 3	Dec. 22	Thursday	4:00PM	\$98	\$140		
		Nov. 4	Dec. 23	Friday	4:30PM	\$112	\$160		
		Nov. 5	Dec. 17	Saturday	11:45AM, 12:45PM*, 1:15PM	\$98	\$140		
		<b>TADPOLE</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to paddle swim on both front and back for 1 length of the pool (25 yards) each. The child must swim for the duration of the class with limited flotation (1 blue or no bubble) on both front and back. This class is for the advanced beginner. <b>Skills taught:</b> Rotary breathing, Rudimentary front crawl (freestyle) and back float sculling.	6-14	Sept. 12	Oct. 24	Monday	5:45PM	\$98	\$140
				Sept. 6	Oct. 25	Tuesday	4:30PM	\$112	\$160
Sept. 7	Oct. 26			Wednesday	4:00PM	\$112	\$160		
Sept. 8	Oct. 27			Thursday	4:30PM	\$112	\$160		
Sept. 9	Oct. 28			Friday	5:00PM	\$112	\$160		
Sept. 10	Oct. 29			Saturday	9:30AM, 11:45AM	\$112	\$160		
Oct. 31	Dec. 19			Monday	5:45PM	\$112	\$160		
Nov. 1	Dec. 20			Tuesday	4:30PM	\$112	\$160		
Nov. 2	Dec. 21			Wednesday	4:00PM	\$112	\$160		
Nov. 3	Dec. 22			Thursday	4:30PM	\$98	\$140		
Nov. 4	Dec. 23			Friday	5:00PM	\$112	\$160		
Nov. 5	Dec. 17			Saturday	9:30AM, 11:45AM	\$98	\$140		

No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.

**SU** SWIM CLASSES LOCATED AT SUMMIT YMCA  
 FALL 1 Sep. 6 - Oct. 30    FALL 2 Oct. 31 - Dec. 23    FALL 1 & 2

## PRESCHOOL AGE (6+)

**GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 6 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.**

	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	
<b>GUPPY</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> The child must be able to swim 1 pool length (25 yards) with a coordinated front crawl (freestyle) and backstroke. <b>Skills taught:</b> Coordinated front crawl with rotary breathing, coordinated back crawl (backstroke) and treading water.	6-14	Sept. 12	Oct. 24	Monday	5:45PM	\$98	\$140
		Sept. 6	Oct. 25	Tuesday	4:00PM, 5:00PM	\$112	\$160
		Sept. 7	Oct. 26	Wednesday	5:00PM, 6:00PM	\$112	\$160
		Sept. 8	Oct. 27	Thursday	4:30PM	\$112	\$160
		Sept. 9	Oct. 28	Friday	4:30PM, 5:00PM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	9:30AM, 10:05AM, 11:15AM	\$112	\$160
		Oct. 31	Dec. 19	Monday	5:45PM	\$112	\$160
		Nov. 1	Dec. 20	Tuesday	4:00PM, 5:00PM	\$112	\$160
		Nov. 2	Dec. 21	Wednesday	5:00PM, 6:00PM	\$112	\$160
		Nov. 3	Dec. 22	Thursday	4:30PM	\$98	\$140
		Nov. 4	Dec. 23	Friday	4:30PM, 5:00PM	\$112	\$160
		Nov. 5	Dec. 17	Saturday	9:30AM, 10:05AM, 11:15AM	\$98	\$140
<b>STARFISH</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> Starfish can only be registered for after staff recommendation. The child must be able to swim 1 pool length (25 yards) of coordinated front crawl (freestyle) and back crawl (backstroke) without resting between lengths. <b>Skills taught:</b> Rudimentary breaststroke, sidestroke and elementary backstroke. This class focuses on stroke development and endurance. Participants will swim multiple laps without resting at each end.	6-14	Sept. 12	Oct. 24	Monday	4:30PM, 5:45PM	\$98	\$140
		Sept. 6	Oct. 25	Tuesday	5:00PM	\$112	\$160
		Sept. 7	Oct. 26	Wednesday	4:30PM, 6:00PM	\$112	\$160
		Sept. 8	Oct. 27	Thursday	4:30PM, 5:45PM	\$112	\$160
		Sept. 9	Oct. 28	Friday	4:00PM, 4:30PM, 6:00PM	\$112	\$160
		Sept. 10	Oct. 29	Saturday	9:00AM, 11:45AM	\$112	\$160
		Oct. 31	Dec. 29	Monday	4:30PM, 5:45PM	\$112	\$160
		Nov. 1	Dec. 20	Tuesday	5:00PM	\$112	\$160
		Nov. 2	Dec. 21	Wednesday	4:30PM, 6:00PM	\$112	\$160
		Nov. 3	Dec. 22	Thursday	4:30PM, 5:45PM	\$98	\$140
		Nov. 4	Dec. 23	Friday	4:00PM, 4:30PM, 6:00PM	\$112	\$160
		Nov. 5	Dec. 17	Saturday	9:00AM, 11:45AM	\$98	\$140
<b>MARLINS</b> <b>Lesson time:</b> 30 minutes <b>Prerequisite:</b> Marlin can only be registered for after staff recommendation. The child must be able to swim 3 pool lengths (75 yards) of coordinated freestyle, backstroke and breaststroke. <b>Skills taught:</b> This class focuses on skill refinement and endurance training.	6-14	Sept. 12	Oct. 24	Monday	4:00PM	\$98	\$140
		Sept. 9	Oct. 28	Friday	5:30PM		
		Sept. 10	Oct. 29	Saturday	11:15AM		
		Oct. 31	Dec. 19	Monday	4:00PM	\$112	\$160
		Nov. 4	Dec. 23	Friday	5:30PM	\$98	\$140
		Nov. 5	Dec. 17	Saturday	11:15AM		

## SCHOOL AGE (7+)

**GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 7 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.**

	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	
<b>PENGUIN</b> <b>Lesson time:</b> 45 minutes <b>Prerequisite:</b> Penguin can only be registered for after staff recommendation. The child must be able to swim 3 pool lengths (75 yards) of coordinated freestyle, backstroke and breaststroke without resting between laps. <b>Skills taught:</b> Competitive stroke perfection, dolphin kick, rudimentary butterfly and competitive turns.	7-9	Sept. 8	Oct. 27	Thursday	5:00PM	\$128	\$184
		Sept. 9	Oct. 28	Friday	6:00PM		
		Sept. 10	Oct. 29	Saturday	10:05AM		
		Nov. 3	Dec. 22	Thursday	5:00PM	\$112	\$161
		Nov. 4	Dec. 23	Friday	6:00PM	\$128	\$184
		Nov. 5	Dec. 17	Saturday	10:05AM	\$112	\$161

**No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.**

# Togetherhood™



**BE THE CHANGE YOU WANT TO SEE**



The Y nurtures meaningful friendships among people from diverse backgrounds to contribute to a stronger and more inclusive society. Join us in giving back with **TOGETHERHOOD™**, a Y program that invites members to participate and lead volunteer projects that will strengthen our community!



**For more information, please visit: WWW.THESAY.ORG or contact:**  
**Patty Facchinei (P) 908. 273. 3330 x 1174 (E) patty.facchinei@thesay.org**  
**Lisa Meyers (P) 908. 273. 3330 x 1186 (E) lisa.meyers@thesay.org**

SCHOOL AGE (8+)	AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
						PRICE	

**GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 8 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.**

### MINNOW

**Lesson time:** 45 minutes

**Prerequisite:** The child must be able to swim 2 lengths of the pool (50 yards) of each front crawl (freestyle) and back crawl (backstroke) without resting in between lengths.

**Skills taught:** Rudimentary breaststroke, elementary backstroke and sidestroke.

8-14	Sept. 12	Oct. 24	Monday	5:00PM	\$112	\$161	
	Sept. 8	Oct. 27	Thursday		\$128	\$184	
	Sept. 9	Oct. 28	Friday	6:00PM	\$128	\$184	
	Sept. 10	Oct. 29	Saturday	10:05AM	\$128	\$184	
	Oct. 31	Dec. 19	Monday	5:00PM	\$128	\$184	
	Nov. 3	Dec. 22	Thursday		\$112	\$161	
	Nov. 4	Dec. 23	Friday		6:00PM	\$128	\$184
	Nov. 5	Dec. 17	Saturday		10:05AM	\$112	\$161

### FISH

**Lesson time:** 45 minutes

**Prerequisite:** The child must be able to swim 3 lengths of the pool (75 yards) 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.

8-14	Sept. 12	Oct. 24	Monday	5:00PM	\$112	\$161	
	Sept. 8	Oct. 27	Thursday		\$128	\$184	
	Sept. 9	Oct. 28	Friday	6:00PM	\$128	\$184	
	Sept. 10	Oct. 29	Saturday	10:05AM	\$128	\$184	
	Oct. 31	Dec. 19	Monday	5:00PM	\$128	\$184	
	Nov. 3	Dec. 22	Thursday		\$112	\$161	
	Nov. 4	Dec. 23	Friday		6:00PM	\$128	\$184
	Nov. 5	Dec. 17	Saturday		10:05AM	\$112	\$161

### FLYING FISH

**Lesson time:** 45 minutes

**Prerequisite:** The child must be able to swim 6 lengths of the pool (150 yards) of each front crawl (freestyle), back crawl (backstroke) and breaststroke with limited rest between each swim.

**Skills taught:** Coordinated butterfly, competitive turns and continued work on endurance swimming.

8-14	Sept. 12	Oct. 24	Monday	5:00PM	\$112	\$161	
	Sept. 8	Oct. 27	Thursday		\$128	\$184	
	Sept. 9	Oct. 28	Friday	6:00PM	\$128	\$184	
	Sept. 10	Oct. 29	Saturday	10:05AM	\$128	\$184	
	Oct. 31	Dec. 19	Monday	5:00PM	\$128	\$184	
	Nov. 3	Dec. 22	Thursday		\$112	\$161	
	Nov. 4	Dec. 23	Friday		6:00PM	\$128	\$184
	Nov. 5	Dec. 17	Saturday		10:05AM	\$112	\$161

### SHARK

**Lesson time:** 45 minutes

**Prerequisite:** The child must be able to swim a 200 yard Individual Medley (2 lengths of the pool each of butterfly, back crawl, breaststroke and front crawl) with no rest between lengths.

**Skills taught:** Lifesaving strokes and endurance swimming.

8-14	Sept. 12	Oct. 24	Monday	5:00PM	\$112	\$161
	Sept. 9	Oct. 28	Friday	6:00PM	\$128	\$184
	Sept. 10	Oct. 29	Saturday	10:05AM	\$128	\$184
	Oct. 31	Dec. 19	Monday	5:00PM	\$128	\$184
	Nov. 4	Dec. 23	Friday	6:00PM	\$128	\$184
	Nov. 5	Dec. 17	Saturday	10:05AM	\$112	\$161

## COMPETITIVE SWIM & TEEN LESSONS

AGE	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
					PRICE	

**GROUP SWIM CLASSES WITHOUT A PARENT. CHILD MUST BE 7 YEARS OLD BY FIRST CLASS. FLOTATION DEVICES PROVIDED BY THE YMCA.**

A group swim lesson developed as a means to teach developmental skills needed to become a competitive swimmer. Classes are formatted based on competitive practice with focus on increasing speed, endurance and technique.

### SEAL PUPS

**Lesson time:** 45 minutes

**Prerequisite:** Staff recommendation.

**Skills taught:** 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.

7-9	Sept. 6	Oct. 25	Tuesday	5:30PM	\$100	\$140
	Sept. 10	Oct. 29	Saturday	10:50AM	\$100	\$140
	Sept. 11	Oct. 30	Sunday	11:00AM	\$88	\$123
	Nov. 1	Dec. 20	Tuesday	5:30PM	\$100	\$140
	Nov. 5	Dec. 17	Saturday	10:50AM	\$88	\$123
	Nov. 6	Dec. 18	Sunday	11:00AM	\$88	\$123

### INTRAMURALS

**Lesson time:** 45 minutes

**Prerequisite:** Staff recommendation.

**Skills taught:** 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.

10-18	Sept. 6	Oct. 25	Tuesday	5:30PM	\$100	\$140
	Sept. 9	Oct. 28	Friday	5:00PM	\$100	\$140
	Sept. 10	Oct. 29	Saturday	10:50AM	\$100	\$140
	Sept. 11	Oct. 30	Sunday	11:00AM	\$88	\$123
	Nov. 1	Dec. 20	Tuesday	5:30PM	\$100	\$140
	Nov. 4	Dec. 23	Friday	5:00PM	\$100	\$140
	Nov. 5	Dec. 17	Saturday	10:50AM	\$88	\$123
	Nov. 6	Dec. 18	Sunday	11:00AM	\$88	\$123

### BARRACUDAS

**Lesson time:** 1 hour, 3 times a week.

Emphasis is on endurance swimming and increasing a swimmers ability to race effectively. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group. Ratio – 1 instructor per 30 participants.

10-18	Sept. 12	Oct. 30	Monday/ Thursday	7:15PM	\$275	\$385
	Oct. 31	Dec. 22	Sunday	11:00AM		

### HIGH SCHOOL SWIM TEAM CLINIC

Get ready for the High School Swim Team Season with our clinic designed to help improve your strokes, starts turns and endurance through stroke drills.

13-18	Sept. 9	Nov. 6	Friday / Sunday	4:00PM / 11:00AM	\$150	\$200
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### TEEN LESSONS

**Lesson time:** 30 minutes

Teen lessons are for beginner and intermediate teenage swimmers. There are no prerequisites. Skills taught are dependent upon the make-up of the registrants each session.

13-18	Sept. 9	Oct. 28	Friday	6:00PM	FREE	\$160
	Oct. 31	Dec. 22				

**No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.**



## SWIM CLASSES LOCATED AT SUMMIT YMCA

FALL 1 Sep. 6 - Oct. 30
 FALL 2 Oct. 31 - Dec. 23
 FALL 1 & 2

ADULT SWIM	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER	
					PRICE		
<b>HYDRO R.E.P.S.</b> 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.	Sept. 12	Oct. 24	Monday	9:00AM	FREE	\$70	
	Sept. 7	Oct. 26	Wednesday			\$80	
	Sept. 9	Oct. 28	Friday			\$80	
	Oct. 31	Dec. 19	Monday			\$80	
	Nov. 2	Dec. 21	Wednesday			\$80	
	Nov. 4	Dec. 23	Friday			\$80	
<b>ADULT LESSONS (BEGINNER)</b> Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.	Sept. 8	Oct. 27	Thursday	10:00AM	FREE	\$48	
	Nov. 3	Dec. 22				\$42	
<b>ADULT LESSONS (INTERMEDIATE)</b> Classes are geared toward the swimmers skill set and improving stroke technique.	Sept. 8	Oct. 27	Thursday	10:30AM	FREE	\$48	
	Nov. 3	Dec. 22				\$42	
<b>ADULT LESSONS</b> Classes for beginners, as well as, those who want to improve their stroke. Instruction includes front and back crawl, breaststroke and sidestroke.	Sept. 9	Oct. 28	Friday	6:45PM	FREE	\$80	
	Nov. 4	Dec. 23					
<b>AI CHI (BEGINNER)</b> A water exercise and relaxation program that combines deep breathing and slow large movements, performed in continuous, flowing patterns. Focus is on breathing, balance, flexibility, joint mobility and relaxation.	Sept. 6	Oct. 25	Tuesday	8:30AM	FREE	\$48	
	Sept. 8	Oct. 27	Thursday			\$48	
	Nov. 1	Dec. 20	Tuesday			\$48	
	Nov. 3	Dec. 22	Thursday			\$42	
<b>AI CHI (ADVANCED)</b> 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.	Sept. 12	Oct. 24	Monday	8:15AM	FREE	\$42	
	Sept. 7	Oct. 26	Wednesday			\$48	
	Sept. 9	Oct. 28	Friday			\$48	
	Oct. 31	Dec. 19	Monday			\$48	
	Nov. 2	Dec. 21	Wednesday			\$48	
	Nov. 4	Dec. 23	Friday			\$48	
<b>AQUA FITNESS</b> 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.	Sept. 6	Oct. 25	Tuesday	7:15PM	FREE	\$80	
	Nov. 1	Dec. 20					
<b>DEEP WATER ARTHRITIS</b> 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.	Sept. 12	Oct. 24	Monday	11:05AM	FREE	\$42	
	Sept. 6	Oct. 25	Tuesday			\$48	
	Sept. 8	Oct. 27	Thursday			\$48	
	Sept. 9	Oct. 28	Friday			\$48	
	Oct. 31	Dec. 19	Monday			\$48	
	Nov. 1	Dec. 20	Tuesday			\$48	
	Nov. 3	Dec. 22	Thursday			\$42	
	Nov. 4	Dec. 23	Friday			\$48	
<b>DEEP WATER FITNESS</b> 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.	Sept. 12	Oct. 24	Monday	10:00AM	FREE	\$70	
	Sept. 7	Oct. 26	Wednesday			7:15PM, 10:00AM	\$80
	Sept. 9	Oct. 28	Friday			\$80	
	Oct. 31	Dec. 19	Monday			\$80	
	Nov. 2	Dec. 21	Wednesday			10:00AM, 7:15PM	\$80
	Nov. 4	Dec. 23	Friday			10:00AM	\$80
<b>AQUA CROSS TRAINING</b> Very high intensity level. This class is for the triathlete or serious athlete looking to improve their endurance, power and agility. It is also for the athlete recovering from injuries or the serious individual trying to lose weight. This class includes deep water intervals as well as shallow water plyometrics, explosive movements to develop muscle power.	Sept. 6	Oct. 25	Tuesday	9:00AM	FREE	\$80	
	Sept. 8	Oct. 27	Thursday			5:45AM, 9:00AM	\$80
	Nov. 1	Dec. 20	Tuesday			9:00AM	\$80
	Nov. 3	Dec. 22	Thursday			5:45AM, 9:00AM	\$70
<b>JUST TREADING</b> 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.	Sept. 12	Oct. 24	Monday	9:15AM	FREE	\$70	
	Sept. 6	Oct. 25	Tuesday			10:00AM	\$80
	Sept. 7	Oct. 26	Wednesday			\$80	
	Sept. 9	Oct. 28	Friday			\$80	
	Oct. 31	Dec. 19	Monday			\$80	
	Nov. 1	Dec. 20	Tuesday			10:00AM	\$80
	Nov. 2	Dec. 21	Wednesday			\$80	
	Nov. 3	Dec. 23	Friday			9:15AM	\$80
<b>WATER FITNESS</b> A total body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility. Intermediate Level.	Sept. 6	Oct. 25	Tuesday	11:00AM	FREE	\$48	
	Sept. 8	Oct. 27	Thursday				
	Nov. 1	Dec. 20	Tuesday				
	Nov. 3	Dec. 22	Thursday			\$42	

No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.

**SU** SWIM CLASSES LOCATED AT SUMMIT YMCA  
  FALL 1 Sep. 6 - Oct. 30   
  FALL 2 Oct. 31 - Dec. 23   
  FALL 1 & 2

ADULT SWIM	START DATE	END DATE	DAY	TIME START	MEMBER	NON-MEMBER
	PRICE					
<b>PRE/POST NATAL AQUA FITNESS</b> 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.	Sept. 6	Oct. 25	Tuesday	10:00AM	FREE	\$80
	Nov. 1	Dec. 20				
<b>SHALLOW WATER ARTHRITIS</b> 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.	Sept. 12	Oct. 24	Monday	11:05AM	FREE	\$42
	Sept. 6	Oct. 25	Tuesday	9:00AM		\$48
	Sept. 7	Oct. 26	Wednesday	11:05AM		
	Sept. 8	Oct. 27	Thursday	9:00AM		
	Sept. 9	Oct. 28	Friday	9:00AM, 11:05AM		
	Oct. 31	Dec. 19	Monday	11:05AM		
	Nov. 1	Dec. 20	Tuesday	9:00AM		
	Nov. 2	Dec. 21	Wednesday	11:05AM		
	Nov. 3	Dec. 22	Thursday	9:00AM		
	Nov. 4	Dec. 23	Friday	9:00AM, 11:05AM		
<b>SWIM INC.</b> This class is being offered in conjunction with Swim Inc. to provide free programming to people with mobility impairments. Special forms must be filled out prior to joining the class.	Sept. 7	Oct. 26	Wednesday	9:00AM	FREE	
<b>MASTERS DAY PASS</b>						
For adults with a capable swim proficiency. You will perform in a team-like environment under the guidance of a coach.						
<b>MASTERS 20 DAY PASS</b>	Sept. 6	Oct. 28	Tuesday/ Friday	5:45AM	FREE	\$90
	Nov. 1	Dec. 23				
<b>MASTERS 5 DAY PASS</b>	Sept. 6	Oct. 28	Tuesday/ Friday	5:45AM	FREE	\$22
	Nov. 1	Dec. 23				
<b>MASTERS SINGLE DAY PASS</b>	Sept. 6	Oct. 28	Tuesday/ Friday	5:45AM	FREE	\$5
	Nov. 1	Dec. 23				
<b>No classes on: Monday, Labor Day, Sept. 5, Sunday Oct. 9 due to Swim Meet, Thanksgiving, Thursday, Nov. 23, and Saturday, Christmas Eve, Dec. 24.</b>						



**GROUP EXERCISE AT THE Y  
 SO MUCH MORE THAN JUST WELLNESS  
 GET TONED, MAKE FRIENDS, SEE CHANGE**

# WHERE KIDS LEARN, GROW, & THRIVE

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- **Kindergarten wrap Program**
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- **Extended Care**



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