



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMILE IT'S SPRING!

2016 SPRING 1 & 2 PROGRAM GUIDE



SPRING 1: FEBRUARY 29 – APRIL 24 REGISTRATION DATES: Family Members February 8 / Youth & Adult Members February 9 / Open to Community February 15
SPRING 2: APRIL 25 – JUNE 19 REGISTRATION DATES: Family Members April 4 / Youth & Adult Members April 5 / Open to Community April 11

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VOLUNTEER DONATE YOUR TIME FOR A BETTER COMMUNITY



When you volunteer for the Y, you're supporting programs and services that help strengthen your community. Give your time for a better us.

- Change the lives of kids, families, & seniors
- Choose opportunities that fit your interests
- Share new ideas with others, learn something different, or gain a new experience
- Help further the Y's mission of youth development, healthy living and social responsibility

THE Y FOR EVERYONE ASK ABOUT FINANCIAL ASSISTANCE

Individuals and families may apply for financial assistance for membership or programs, such as childcare and day camp. Financial Assistance is based on a number of factors, including total household income and number of dependents in a household.

The process is confidential and application forms are available at our three branches or online at www.theSAY.org.

Applicants must live or work within the Summit Area YMCA service area: Springfield, Millburn, Short Hills, Summit, New Providence, Berkeley Heights, Gillette and Stirling.

SPRING REGISTRATION

Members and non-members can register online at 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.

REGISTER FOR CAMP TODAY!



For more than 80 years, the Summit Area YMCA has provided our community's children with safe, exciting opportunities to explore the outdoors, learn new skills, build self-esteem, make memories, and make lasting friendships. Register for camp to start your adventure today!

For more information, visit <http://bit.ly/SAYcampinfo> or contact Kelly McHugh at (908) 273 3330 x 5217 or kelly.mchugh@thesay.org

To register, contact Deb Graisser at (908) 738 2165 or debbie.graisser@theSAY.org



SUMMER IS RIGHT AROUND THE CORNER

Refer a new friend to join the Y and you both

SAVE 20% OFF

on your membership rate EVERY MONTH!

Buddy up to get motivated and have fun **TOGETHER** at the Y! Whether it's classes, events or workouts, it's always better with a buddy!

For more information, please visit www.theSAY.org



YOUTH SPORTS CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

YOUTH SOCCER ASSOCIATION (YSA)



Session Dates: April 17 - June 19
Days: Sundays
Time: 12:00PM - 4:00PM
MP: \$165 / CMP: \$248
Location: Summit Middle School



Join the Co-ed Youth Soccer League to learn soccer skills, make new friends, grow self-confidence and more! Our coaches place an emphasis on positive competition, teamwork & fair play. Players learn the fundamentals of soccer in a safe and fun environment. Every child gets playing time in a non-competitive league format.

GROUP	AGE
SUPER TOTS PRE-KINDERGARTEN	3-4
ROOKIES KINDERGARTEN	5-6
WINNERS 1ST GRADE	6-7
CHAMPIONS 2ND & 3RD GRADE	7-8

YOUTH SOCCER	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
PEE WEE SOCCER	3-5	Mar. 2	Apr. 20	Wednesday	3:45 PM	4:30 PM	\$88	\$132	SU
		Mar. 5	Apr. 23	Saturday	12:15 PM	1:00 PM	\$77	\$116	
		Apr. 27	Jun. 15	Wednesday	3:45 PM	4:30 PM	\$88	\$132	
		Apr. 30	Jun. 18	Saturday	12:15 PM	1:00 PM	\$77	\$116	

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 other activities. You child will develop skills in dribbling, shooting, kicking, and passing.

YOUTH SOCCER CLINIC	5-6	Feb. 29	Apr. 18	Monday	4:30 PM	5:30 PM	\$88	\$132	SU
	7-9				5:35 PM	6:35 PM	\$88	\$132	
	5-6	Apr. 25	Jun. 13		4:30 PM	5:30 PM	\$77	\$116	
	7-9				5:35 PM	6:35 PM	\$77	\$116	

The soccer clinic is designed to develop fundamental soccer skills while learning teamwork, strategy and sportsmanship. Children will learn basic fundamentals, strategies and rules of the game and much more! Players will also be introduced to small sided soccer games to help develop in-game confidence.

YOUTH BASKETBALL	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
BASKETBALL PEE WEE	4-6	Feb. 29	Apr. 18	Monday	3:45 PM	4:30 PM	\$88	\$132	SU
		Mar. 5	Apr. 23	Saturday	10:15 AM	11:00 AM	\$77	\$116	
		Apr. 25	Jun. 13	Monday	3:45 PM	4:30 PM	\$77	\$116	
		Apr. 30	Jun. 18	Saturday	10:15 AM	11:00 AM	\$77	\$116	

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 throwing, catching, hitting and running bases.

YOUTH BASKETBALL CLINICS MP: \$88 / CMP: \$132 Location: SU YMCA	6-7	Mar. 1	Apr. 19	Tuesday	4:30 PM	5:30 PM			
		Mar. 3	Apr. 21	Thursday					
		Apr. 26	Jun. 14	Tuesday					
		Apr. 28	Jun. 16	Thursday					
	8-9	Mar. 1	Apr. 19	Tuesday	5:30 PM	6:30 PM			
		Mar. 3	Apr. 21	Thursday					
		Apr. 26	Jun. 14	Tuesday					
		Apr. 28	Jun. 16	Thursday					
	10-12	Mar. 1	Apr. 19	Tuesday	6:30 PM	7:30 PM			
		Apr. 26	Jun. 14	Tuesday					



The Basketball Clinic is designed to develop fundamental basketball skills while learning, teamwork, strategy and sportsmanship. Children will learn basic fundamentals, strategies and rules of the game. Skills taught include; shooting, passing and ball handling. Strategies include offensive and defensive strategies, rebounding, and team play.

VARSITY BASKETBALL CLINIC	8-14	Mar. 5	Apr. 23	Saturday	3:00 PM	4:00 PM	\$88	\$132	SU
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The Basketball Clinic is designed to help bring children's game to the next level!

YOUTH SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
PARENT CHILD SPORTS CLASS	2-3	Mar. 5	Apr. 23	Saturday	9:00 AM	9:30 AM	\$60	\$88	SU
		Apr. 30	Jun. 18	Saturday	9:00 AM	9:45 AM	\$77	\$116	

Here is your chance to transition your child into their first sports coached class! Parents will join the action and join the kids in the class. Enjoy the best of both worlds: seeing your child develop their sporting skills well they gain independence in the gym.

T-BALL	4-6	Mar. 5	Apr. 23	Saturday	11:15 AM	12:00 PM	\$77	\$116	SU
		Mar. 2	Apr. 20	Wednesday	4:30 PM	5:15 PM	\$88	\$132	
		Apr. 30	Jun. 18	Saturday	11:15 AM	12:00 PM	\$77	\$116	
		Apr. 27	Jun. 15	Wednesday	4:30 PM	5:15 PM	\$88	\$132	

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.

YOUTH SPORTS CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

YOUTH SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
INDOOR TENNIS CLINIC Spring 1 MP: \$88 / CMP: \$132 Spring 2 MP: \$77 / CMP: \$116 Location: SU YMCA	5-6	Mar. 4	Apr. 22	Friday	3:30 PM	4:15 PM			
	7-8				4:30 PM	5:30 PM			
	9-10				5:40 PM	6:40 PM			
	5-6	Apr. 29	Jun. 17		3:30 PM	4:15 PM			
	7-8				4:30 PM	5:30 PM			
	9-10				5:40 PM	6:40 PM			
Certified PTR instructor will teach basic fundamentals of tennis using the USTA 10 and under quick start play format. Lessons will include the utilization of modified equipment and court size and creative methods of individual trainings for an optimum-learning environment.									
FOOTBALL CLINIC	4-6	Mar. 3	Apr. 21	Thursday	3:45 PM	4:30 PM	\$88	\$132	SU
		Apr. 28	Jun. 16				\$88	\$132	
Participants will learn and practice the basic skills of football. Learn rules and regulations, while keeping the focus on teamwork and sportsmanship. Soccer clinic is designed to develop fundamental soccer skills while learning teamwork, strategy and sportsmanship.									
NERF WARS	9-12	Mar. 1	Apr. 19	Tuesday	3:45 PM	4:30 PM	\$88	\$132	SU
		Apr. 26	Jun. 14				\$88	\$132	
Participants will learn teamwork, sportsmanship and good communication skills.									
SMALL GROUP WEIGHT TRAINING	Grades 7 & 8	Mar. 1	Apr. 19	Tuesday	3:30 PM	4:30 PM	\$120	n/a	BH
		Apr. 26	Jun. 14				\$120		
Learn about the weight room with a personal trainer! Your trainer will show your teen how to safely use the equipment and proper lifting techniques. Members only.									
ROCK WALL	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
LITTLE CLIMBERS	5-6	Mar. 3	Apr. 21	Thursday	5:00 PM	5:50 PM	\$72	\$108	SU
		Mar. 5	Apr. 21	Saturday	10:00 AM	10:50 AM	\$63	\$95	
		Apr. 28	Jun. 16	Thursday	5:00 PM	5:50 PM	\$72	\$108	
		Apr. 28	Jun. 16	Thursday	10:00 AM	10:50 AM	\$63	\$95	
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+	Mar. 1	Apr. 19	Tuesday	4:00 PM	4:50 PM	\$72	\$108	SU
		Mar. 5	Apr. 23	Saturday	11:00 AM	11:50 AM	\$63	\$95	
		Apr. 26	Jun. 14	Tuesday	12:00 PM	12:50 PM	\$63	\$95	
		Apr. 26	Jun. 14	Tuesday	4:00 PM	4:50 PM	\$72	\$108	
		Apr. 30	Jun. 18	Saturday	11:00 AM	11:50 AM	\$63	\$95	
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+	Mar. 1	Apr. 19	Tuesday	5:00 PM	5:50 PM	\$72	\$108	SU
		Mar. 3	Apr. 21	Thursday	4:00 PM	4:50 PM	\$72	\$108	
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.									
COMBAT SPORTS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
TAE KWON DO	7+	Mar. 6	Apr. 24	Sunday	11:30 AM	12:30 PM	\$50	\$80	SU
		May 1	Jun. 19				\$50	\$80	
Tae Kwon Do is a Korean martial art form known for its quick and powerful kicks techniques. It is an unarmed, hard style of karate where practitioners utilize blocks, punches, and kicks to defend themselves and disable attackers.									



JOIN THE FUN NOW!
IT'S NOT TOO LATE
TO REGISTER!



DEEPEN RELATIONSHIPS – BUILD SELF-ESTEEM – DEVELOP LEADERSHIP SKILLS – STRENGTHEN COMMUNITY RELATIONS

ADVENTURE GUIDES AGES 4 - 5TH GRADE

Become a Navigator or create a Circle for your monthly adventures!

A fun-filled program designed to develop stronger relationships between fathers and their kids. Participate in memorable father/child outings, ceremonies, campouts, and family adventures. Fathers lead, direct, influence and teach, while kids explore the world around them.

For more information, contact: **Heather Collins**
Adventure Guides Coordinator
(P) 908 273 3330 x 1153 (E) heather.collins@theSAY.org



CULTURAL ARTS CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

PRESCHOOL AGE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
KIDVENTURES...THE PLACE TO DISCOVER	2.5-4	Mar. 1	Apr. 19	Tues. / Thurs.	9:00 AM	12:00 PM	\$170	\$220	SU
		Mar. 3	Apr. 21						

A dynamic one or two-day program specifically designed 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 multi-sensory activities designed to actively engage and develop your child's sense of curiosity and adventure through fun and hands-on activities. Skills necessary: none! Skills gained: communication, problem solving, developing creativity, and teamwork. Children must be potty trained, no pull-ups please. Children must also be provided with a drink and peanut-free lunch.

TUESDAYS | MARCH 1 - APRIL 19

THURSDAYS | MARCH 3 - APRIL 21



ACTIVITY	TIME START	TIME END	ACTIVITY	TIME START	TIME END
Rotating Stations	9:00 AM	9:15 AM	Rotating Stations	9:00 AM	9:15 AM
Alphabet Art	9:15 AM	9:40 AM	Head, Shoulders, Knees and Toes	9:15 AM	9:40 AM
Stars on Stage	9:45 AM	10:30 AM	Little Masters	9:45 AM	10:30 AM
Ooey Gooey Science	10:45 AM	11:30 AM	Itty Bitty Builders	10:45 AM	11:30 AM
Storytime/Lunch Bunch	11:30 AM	12:00 PM	Storytime/Lunch Bunch	11:30 AM	12:00 PM

PARENT/CHILD	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
BUSY TIME	1-3	Mar. 3	Jun. 16	Thursday	10:00 AM	10:45 AM	\$50	\$75	BH

Play, sing, dance, and have fun! Each class begins free play, giving both children and caregivers the opportunity to socialize. A great place to make new friends!

WIGGLE, GIGGLE, RHYME	1-3	Mar. 2	Apr. 20	Wednesday	10:15 AM	11:00 AM	\$82	\$124	SU
		Apr. 27	Jun. 15				\$82	\$124	

Toddler with parent/caregiver will have fun wiggling, giggling, and making new friends. Activities include free play in the gym, circle time, weekly, theme-related craft, and interactive storytime. Please bring your own nut-free snack and drink!

MOTHER GOOSE TOGETHER TIME	1.5-3	Feb. 29	Apr. 18	Monday	10:15 AM	11:00 AM	\$82	\$124	SU
		Apr. 25	Jun. 13				\$71.75	\$108.50	

This fun, interactive class will introduce your child to popular nursery rhymes through songs, stories and theme-related arts and crafts...together!

SPORTS FOR TOTS	2-3	Mar. 2	Apr. 20	Wednesday	9:15 AM	10:00 AM	\$82	\$124	SU
		Apr. 27	Jun. 15				\$82	\$124	

Jump into the world of sports in this sports sampler class designed specifically for toddlers! Using props, songs and games, children will practice their balance and coordination skills. Activities include relays, obstacle courses, soccer and kickball.

FUN WITH FOODS	2-4	Mar. 1	Apr. 19	Tuesday	4:00 PM	4:45 PM	\$82	\$124	SU
		Apr. 26	Jun. 14				\$82	\$124	

Who says you can't play with your food? Through food play, children can learn and become more familiar with new foods, textures, and make dinner time more enjoyable. Create and take home edible and beautiful food art. Children are encouraged to wear their aprons to class as activities may be messy.

TODDLER ART TIME	2-4	Mar. 2	Jun. 15	Wednesday	10:30 AM	11:15 AM	\$55	\$80	BH
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Toddlers love to explore and get messy. Let the Y do the clean up! Your child will have fun painting, stamping, mixing, gluing - and so much more!

FULL S.T.E.A.M. AHEAD	2-4	Feb. 29	Jun. 13	Monday	10:30 AM	11:15 AM	\$82	\$124	BH
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Children explore with Science, Technology, Engineering, Arts, & Math through age appropriate activities. Get ready for lots of fun!

TEDDY BEAR TEA	2.5-4	Mar. 4	Apr. 22	Friday	12:00 PM	12:45 PM	\$82	\$124	SU
		Apr. 29	Jun. 17				\$82	\$124	

We're going on a bear hunt! We're going to catch a big one! Grab your little one and their favorite stuffed friend and enjoy a coloring activity, dance, storytime and light refreshments.

GIGGLES & FUN INDOOR PLAYDATE MP: \$20/child / CMP: \$30/child Location: SU YMCA	3-8	February 21		Sunday	1:00 PM	3:30 PM			
		March 20							
		April 17							
		May 22							
		June 19							

While the weather outside is frightful, your kid's playdate can still be totally delightful. Looking for something fun to do? Try a YMCA Play Date! For 2 1/2 hours you can spend time coloring, painting, having fun in the pool! We'll have special toys and games out for a great Play Date! Parents must be in the pool supervising their children during swim.

No classes on Sunday March 27 and Monday May 30



CULTURAL ARTS CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

PRESCHOOL AGE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
STARS ON STAGE 	2.5-4	Mar. 1 Apr. 26	Apr. 19 Jun. 14	Tuesday	9:45 AM	10:30 AM	\$82 \$82	\$124 \$124	SU
If your child loves the stage, adores a good story, or needs help developing confidence - this is the class for them! Through improvisational exercises, team and monologue work, children receive interactive educational experiences that they will love! Emphasis is placed on following directions, teamwork, basic stage movement and presence.									
OOEY GOOEY SCIENCE	2.5-4	Mar. 1 Apr. 26	Apr. 19 Jun. 14	Tuesday	10:45 AM	11:30 AM	\$82 \$82	\$124 \$124	SU
Captivate and stimulate young minds with exciting, hands-on exploration of simple scientific concepts through play, crafts and demonstrations. From chemistry to magnets to rainbows, children will discover how science can help us better understand the world around us. Please dress appropriately for messy play.									
GLOBETROTTERS 	2.5-4	Mar. 1 Apr. 26	Apr. 19 Jun. 14	Tuesday	1:00 PM	1:45 PM	\$82 \$82	\$124 \$124	SU
Travel with us as we paint, sculpt, draw, and build our way around the world! We will hike, fly, and sail to exotic lands each week, where children will have the opportunity to delve into a rich cultural exploration of art and stories native to each place we visit. Children will be exposed to new and exciting artistic mediums and methods and gain valuable insight to the world around them.									
CHEFS IN THE KITCHEN	2.5-4	Mar. 2 Apr. 27	Apr. 20 Jun. 15	Wednesday	11:00 AM	11:45 AM	\$82 \$82	\$124 \$124	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 participation is optional. Children with food allergies must notify the instructor. Supplies are included in the fee.									
HELPING HANDS, BIG HEARTS 	2.5-4	Mar. 2 Apr. 27	Apr. 20 Jun. 15	Wednesday	12:00 PM	12:45 PM	\$82 \$82	\$124 \$124	SU
Children will learn that they are never too small to make a difference! In Helping Hands, Big Hearts, we come together to support various causes to improve our planet both abroad and locally. Changing our world is possible with the education and actions of a single generation of children!									
LITTLE MASTERS	2.5-4	Mar. 3 Apr. 28	Apr. 21 Jun. 16	Thursday	9:45 AM	10:30 AM	\$82 \$82	\$124 \$124	SU
Jump in a time machine and explore the wonderful world of imagination, color and art! From Rembrandt to Picasso to Warhol, children will create two and three dimensional art pieces, exploring color, form, pattern and texture; inspired by some of the most famous artists and through our history. This exciting class explores various materials and techniques, and will turn your child's original ideas into masterpieces!									
ITTY BITTY BUILDERS	2.5-4	Mar. 3 Apr. 28	Apr. 21 Jun. 16	Thursday	10:45 AM	11:30 AM	\$82 \$82	\$124 \$124	SU
Calling all inventors, creators, builders and designers..come and build some awesome creations with us! We will create our own designs and make structures using Legos, recyclable materials and many other interesting items.									
SUPER DUPER SCULPTURE	2.5-4	Mar. 3 Apr. 28	Apr. 21 Jun. 16	Thursday	1:00 PM	1:45 PM	\$82 \$82	\$124 \$124	SU
Unleash your child's creativity in 3D! Children will explore various forms of building and sculpting using clay, wood, paper maché and more. Emphasis on problem-solving and experimentation is encouraged.									
LET'S PRETEND	3-5	Mar. 4	Jun. 17	Friday	9:30 AM	10:15 AM	\$77	\$116	BH
Each week children will explore a different theme through stories, crafts, games, and other activities. Possibilities include dinosaurs, princesses & pirates, undersea adventures, and outer space explorations.									
PARENT'S MORNING OUT MP: \$20/child / CMP: \$30/child Location: SU YMCA 	3-8	February 13, March 12, April 19 May 14, June 11		Saturday	9:00 AM	12:00 PM			
Our Parent's Morning Out is held here at the Summit YMCA. So when you need time to run errands, go to a doctor's appointment, or just plain relax, your child can enjoy a morning with us! While you take a break, your child will practice socializing with other children and get used to being away from mom or dad for a few hours. Parent's Morning Out includes games, story time, arts and music. It's also a great preparation for preschool! Please pack a lunch with an extra drink for each child labeled with their name. Please be aware that our program is a "peanut free" environment.									

BIRTHDAY PARTIES WITH THE Y!

At the Summit Area YMCA, we can make your birthday the most memorable and fun day ever! We have something for kids of all ages and interests!

PRESCHOOL	SCHOOL AGE	PRESCHOOL	AGES 4+
Jungle Jam Tumble Bees Princess & Pirates Rock & Rhythm 	Nerf Wars Zumba Dance Parrry Lego Parties Sports & Games Dodge Ball Basketball Pool Parties	Busy Time Party (1-2 yrs) Dance Party (3+) Art & Games (3+) 	Sports Party Art Party Dance Party Dodgeball Party

For more information, visit the www.theSAY.org or call: **PARTY PACKAGES AVAILABLE**

SUMMIT YMCA
Shabazz Green
(P) 908 273 3330 x 1170
(E) shabazz.green@thesay.org

BERKELEY HEIGHTS YMCA
Tiffany Escott
(P) 908 464 8373 x 2012
(E) tiffany.escott@thesay.org

WINTER PROGRAM GUIDE 2016 www.theSAY.org

No classes on Sunday March 27 and Monday May 30



CULTURAL ARTS CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

SCHOOL AGE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
RECYCLED CREATIONS	5-8	Mar. 1	Jun. 14	Tuesday	3:30 PM	4:30 PM	\$82	\$124	BH
Your child will learn all about the importance of recycling while using their creative talents to create a masterpiece out of recycled materials!									
PARENT'S NIGHT OUT MP: \$20/child / CMP: \$30/child \$10/Each additional sibling	5-10	March 11, April 8		Friday	6:00 PM	9:00 PM	\$82	\$124	BH
		May 6, June 3							BH
PARENT'S NIGHT OUT MP: \$20/child / CMP: \$30/child		February 19, March 18, April 22							SU
		May 20, June 17							
We host special evenings where parents can enjoy a relaxing night in the home, an adult's night out, or just take care of a few errands, while their children are entertained at out Y. We begin with a family style dinner of pizza and juice/water. After dinner, we relax and enjoy a movie that is projected on the big screen. Popcorn is served followed by ice pops. To conclude the night, staff will lead structured games and supervised free play. All are welcome. Limited to 25 children, so act fast!									
DRAMA BUGS	5-10	Mar. 2	Jun. 15	Wednesday	5:00 PM	5:45 PM	\$77	\$116	BH
Inspired by our friends at the Food Network, participants will have fun making decorative cupcakes, muffins of all types, and the tastiest, healthiest treats imaginable. This is a hands-on class that is an absolute blast. Children with food allergies must notify the instructor. Supplies are included in the fee.									
JEWELRY MAKING	6-11	Mar. 1	Jun. 14	Tuesday	4:45PM	5:45 PM	\$82	\$124	BH
Kids will enjoy making necklaces, bracelets, and more. Supplies included in fee.									
BEGINNER CHESS	6-12	Mar. 4	Apr. 22	Friday	5:00 PM	5:45 PM	\$82	\$124	SU
		Apr. 29	Jun. 17				\$82	\$124	
Chess is a fun game that has benefits reaching far beyond the board. It stretches the intellect, improves memory and focus, and boosts creativity. This class is for beginner players and those who have never played. It introduces young students to the game of Chess, including history, playing board, chessmen, how pieces move, value of the pieces, basic opening moves, beginning strategies and tactics, and more!									
KNITTING FOR KIDS!	7-12	Mar. 1	Apr. 19	Tuesday	5:00 PM	6:00 PM	\$82	\$124	SU
		Apr. 26	Jun. 14				\$82	\$124	
A fun afternoon activity! Learn this popular craft and make a scarf, doll blanket or small purse. Learn to hold the needles, cast on, purl and bind off. Then learn increasing and decreasing so that you can shape items. All materials included!									
SEWING	7-12	Mar. 2	Jun. 15	Wednesday	3:30 PM	4:30 PM	\$82	\$124	BH
Come and learn the basics of sewing. Learn the basics of hand stitching as well as operating a sewing machine to make your creation. All supplies included.									
3-2-1 ACTING	7-10	Mar. 1	Apr. 19	Tuesday	5:00 PM	5:45 PM	\$82	\$124	SU
		Apr. 26	Jun. 14				\$82	\$124	
Your child will play theater games and focus on beginning acting techniques, while they build their confidence performing in front of others, hone their public speaking skills, and have fun! They will be given the opportunity to create crazy characters and work with others corroboratively while harnessing their inner actor. The class will culminate in the performance of a short monologue at the end of the session.									
SCRAPBOOKING	7-12	Mar. 4	Apr. 22	Friday	4:00 PM	5:00 PM	\$82	\$124	SU
		Apr. 29	Jun. 17				\$82	\$124	
Kids love getting crafty! They will use various tools and papers to make unique keepsakes — scrapbooking 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!									
INTERMEDIATE/ADVANCED CHESS	9+	Mar. 4	Apr. 22	Friday	6:00 PM	6:45 PM	\$82	\$124	SU
		Apr. 29	Jun. 17				\$82	\$124	
This class is for 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!									
CHEERLEADING	6-8	Mar. 4	Apr. 22	Friday	4:30 PM	5:15 PM	\$100	\$150	SU
	9-10	Mar. 5	Apr. 23	Saturday	2:00 PM	2:45 PM	\$100	\$150	
	6-8	Apr. 29	Jun. 17	Friday	4:30 PM	5:15 PM	\$100	\$150	
	9-10	Apr. 30	Jun. 18	Saturday	2:00 PM	2:45 PM	\$100	\$150	
Cheerleading is a dynamic blend of tumbling, dance, and performance wrapped up in one sport. It develops strength, flexibility, spunk, and power, and it teaches life lessons of teamwork, commitment, and responsibility. Your child will learn motivational cheers and a small dance routine that they will perform for our Summit Area YMCA Basketball and Soccer Leagues. Children are required to wear comfortable sneakers, gym shorts or sweat pants. A cheerleading t-shirt will be supplied by the YMCA which would be required for the games.									



YOUR GENEROSITY CHANGES LIVES

You save lives when we are able to teach 2nd Graders to swim for free. You set youth on the right path when we give 7th graders free Y memberships where they learn healthy habits and develop positive social relationships. You are giving cancer survivors a chance to reclaim their health when they join our free LIVESTRONG® at the YMCA wellness program. The Y's financial assistance program is 100% funded by donations. Give to the Y and make meaningful impact in our community today. Visit <http://bit.ly/SAYdonate>

GIVE, FOR A BETTER US.

No classes on Sunday March 27 and Monday May 30

WINTER PROGRAM GUIDE 2016 www.theSAY.org



CULTURAL ARTS CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2



DANCE	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
CREATIVE BALLET	3-5	Mar. 2	Jun. 15	Wednesday	10:00 AM	10:30 AM	\$55	\$80	BH
30 minutes of ballet direction with Princess Dancing and Magic Carpet Ride Dancing. Your child will learn the basics of ballet.									
TUMBLING & DANCE	3-5	Mar. 2	Jun. 15	Wednesday	10:30 AM	11:00 AM	\$55	\$80	BH
30 minutes of Kids Zumba and tumbling. Your child will learn how to do basic dancing and forward rolls and rolls down a gymnastics mat.									
INTO TO BALLET/ CREATIVE MOVEMENT	3-5	Mar. 2	Jun. 15	Wednesday	3:30 PM	4:15 PM	\$82	\$124	BH
Students will learn the basics of ballet techniques in an encouraging and fun environment.									
BALLET/JAZZ	6-10	Mar. 2	Jun. 15	Wednesday	4:30 PM	5:15 PM	\$82	\$124	BH
Students will learn the basics of ballet techniques in an encouraging and fun environment.									
INTRO TO HIP HOP	5-6	Mar. 2 Apr. 27	Apr. 20 Jun. 15	Wednesday	4:00 PM	4:45 PM	\$82 \$82	\$124 \$124	SU
This class serves as an introduction to hip hop dance for the younger student. The classes focuses on rhythm, musicality and basic footwork. It is a great way to get kids moving! Please wear comfortable shoes and clothes to move in.									
HIP HOP JR.	7-10	Mar. 2 Apr. 27	Apr. 20 Jun. 15	Wednesday	5:00 PM	5:45 PM	\$82 \$82	\$124 \$124	SU
Dance like your favorite pop stars! In this high-energy, age-appropriate class, kids will learn fun hip-hop techniques and combinations, dancing to their favorite music. Please wear comfortable shoes and clothes to move in.									
DANCE PARTY	6-11	Mar. 5 Apr. 30	Apr. 23 Jun. 18	Saturday	1:00 PM	1:45 PM	\$82 \$82	\$124 \$124	SU
Perfect for our younger Zumba fans! We break down the steps, add games, activities and cultural exploration elements into this class structure. Please wear comfortable shoes and clothes to move in.									
ZUMBA KIDS	8-11	Mar. 3 Apr. 28	Apr. 21 Jun. 16	Thursday	4:30 PM	5:15 PM	\$82 \$82	\$124 \$124	SU
Children will learn a lot of fun dances including the "Cotton Eye Joe," Macarena," Electric Slide," "YMCA," "the Twist," "Cha-Cha slide," and more!									
TEEN ZUMBA	Grades 6-8	Mar. 2 Apr. 27	Apr. 20 Jun. 15	Wednesday	3:45 PM	4:45 PM	\$80 \$80	\$120 \$120	BH
Fun dance moves and combinations set to pop music. Get a great workout with your friends and have fun doing it!									

7TH GRADE SPRING PARTIES



7th grade is a pivotal and transitional time for many teens. Habits that begin in the 7th grade are likely to continue into adulthood. Whether it's wellness or social development, The Summit Area YMCA provides activities, events, and more to encourage teens to make good decisions and form healthy habits that lead to a healthy lifestyle.

GET STARTED TODAY!

Please bring the following to the Y to activate your membership:

1. Your school ID, roster, or report card
2. A parent or guardian
3. Sign a Code of Conduct and complete a few quick forms to start your membership right away!

For more information, please contact:
Julie Wagenblast
 (P) 908 273 3330 x 1140
 (E) julie.wagenblast@thesay.org



7TH GRADE INITIATIVE AT THE BERKELEY HEIGHTS YMCA

- Full use of the Fitness Center including cardio and strength circuits after completion of 4 required orientation sessions.
- Exercise Classes after orientations are complete
- Yoga classes after orientations are complete
- and much more!

For more information, please contact: **Lisa McQuilkin**
 (P) 908 464 8373 x 2026
 (E) lisa.mcquilkin@thesay.org

DATE	TIME	EVENT
February 15	12PM-2PM	Valentine's Day Brunch
March 25	TBD	Movie Matinée and Pizza
April 11	1PM-3PM	Spring Break Open Gym Party
May 13	7:30PM-9:30PM	Pizza Party
June 10	7:30PM-9:30PM	Ice Cream Social! 6th Graders welcomed!
LOCATION	Summit YMCA, Hubbard Gymnasium	



YOUTH & TEEN PROGRAMS SCHEDULE

MP: Member Price

CMP: Community Member Price

SU Summit YMCA

BH Berkeley Heights YMCA

Spring 1: Feb.29-Apr.24

Spring 2: Apr.25-Jun.19

Spring 1 & 2

TEEN PROGRAMS	AGE	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
TAKE PART 	13-17	Jan. 5	Jun. 1	Tuesdays	3:30 PM	5:30 PM	FREE		SU HIGH SCHOOL
	Take Part is a program designed to give high schoolers the opportunity to discuss current events and social issues that concern them. Together, students will work to tackle some of these issues at a community level through various service opportunities that enhance their leadership skills and encourage social responsibility both at school and the world.								
LEADER'S CLUB 	13-17	Sept. 21, 2015	Jun. 15, 2016	Wednesdays	4:00 PM	5:00 PM	FREE		SU
	Teen Led, Teen Driven - Leaders Club is a national Y volunteer program for teens in grades 7-12 that focuses on community service, social development, leadership training, team building, and FUN! Leaders Club is run by teens themselves and overseen by a Y staff member. Earn volunteer hours while using your ideas, strengths, and interests to make a difference. You develop projects and create opportunities to make an impact on the community & live a healthier, more active lifestyle. Also included weekend rallies with Leader's Club from other YMCA's in the area. Applications available online or at the Member Service Desk.								
ACHIEVERS 	13-17	Sept. 22, 2015	Jun. 14, 2016	Tuesdays	6:00 PM	7:00 PM	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; field trips; special events; career planning workshops, internship opportunities, guest speakers and an annual week of corporate mentoring. Applications available on-line or at the Member Service Desk.								
FINANCIAL LITERACY SERIES 	13-17	Mar. 8	n/a	Tuesdays	7:00 PM	8:00 PM	FREE		SUMMIT LIBRARY
		Mar. 11	n/a						
		Mar. 22	n/a						
Jon Budish, a financial advisor and broker with over 32 years' experience, is leading a financial literacy series where he discusses everything a teen needs to know from making money and budgeting to college investment and life after school! Teens are encouraged to bring their parents, along, as this information is geared toward both teenagers and adults! Pre-registration required. • March 8: Making Money and Budgeting o March 11: Debt and Account Reconciliation • March 22: Investing and Moving Out									
COLLEGE SPEAKERS SERIES	13-17	Apr. 5	n/a	Tuesdays	7:00 PM	8:00 PM	FREE		SUMMIT LIBRARY
		Apr. 18							
		Apr. 26							
Hear from admissions representatives and college experts on ways to help prepare and set you apart in the college process. Pre-registration is required.									
TEEN TUTORS 	13-17	Feb. 29	Jun. 1	Tuesdays / Wednesday	3:45 PM	4:45 PM	FREE		SU
	Calling all teenage tutors! If you're interested in giving back, earning some hours, or working with young kids, teen tutors is a great opportunity to work with young students and help them with homework after school. High school teens must commit to either Tuesdays or Wednesdays after school for one hour.								
TEEN TECH TALK 	13-17	Feb. 29	Jun. 9	Wednesday	6:00 PM	7:00 PM	FREE		SU
	Love to share, follow, blog, vlog, like, or post? Join our first ever virtual club, Teen Tech Talk, where teens are given the opportunity to develop and submit content for publication on a variety of virtual platforms. After completing the mandatory in-person training, teens will continue to meet monthly online to discuss and collaborate on new submission ideas! Mandatory training will be offered at the Y on the following dates: March 2nd, 9th or April 27th.								
SPRING BREAK NJ COLLEGE DAY TOUR	13-17	Apr. 13	n/a	Wednesday	10:00 AM	5:00 PM	FREE		SU
	Take advantage of your time off this spring break and join us on our spring college tour. We'll be checking out two northern NJ colleges, William Paterson University and Fairleigh Dickinson University-Florham Campus. Registration is open until 4/1/15.								
OWN YOUR TEENAGE YEARS 	13-17	Apr. 25	Jun. 19	Thursdays	4:00 PM	5:00 PM	FREE		SU
	Welcome to Own Your Teenage Years, a new program led by Certified Life Coach, Stephanie Brady. This 7 week program is designed specifically for high school girls, grades 9-12. We will work through the challenges you and your peers face and you will learn how to create a life filled with less stress and greater happiness. At the end of the program you will stand out amongst your peers, have a clearer picture of what you might want to study in college, develop stronger friendships, learn to love your body, get to decide what role you want social media to play in your life, and gain a greater sense of confidence.								
PARENT BOOK CLUB: UNDERSTANDING OUR GEN-EDGERS 	Adults	Mar. 14	n/a	Mondays	6:30 PM	7:30 PM	FREE	FREE	SU
		Apr. 11	n/a						
		May 9	n/a						
We all know raising teens is hard work! Join us for our Spring Book Club series where we come together to read and discuss what experts have to say on supporting today's young adults. Learn how to prepare our Gen-Edger's for success as well as how to better communicate and understand their unique struggles. Light snacks will be served. o March 14: Brainstorm: The Power and Purpose of the Teenage Brain by Daniel Siegel, MD o April 11: 5 The 5 Love Languages of Teenagers by Gary Chapman o May 9: How to Raise an Adult by Julie Lythcott-Haims									



No classes on Sunday March 27 and Monday May 30

WINTER PROGRAM GUIDE 2016

www.theSAY.org



ACTIVE OLDER ADULTS CLASS SCHEDULE MP: Member Price CMP: Community Member Price

SU Summit YMCA **BH** Berkeley Heights YMCA **Spring 1:** Feb.29–Apr.24 **Spring 2:** Apr.25–Jun.19 **Spring 1 & 2** **AGE: FOR ADULTS 18+**

ACTIVE OLDER ADULTS	START DATE	END DATE	DAY	TIME START	TIME END	MEMBER	COMMUNITY MEMBER	LOCATION
DUPLICATE BRIDGE 	OPEN		Wednesday	12:30 PM	3:00 PM	FREE	\$7 / \$3 for BH members	SU
Join us in Duplicate Bridge! Play with other experienced players, or learn with our on-site instructor.								
LUNCH & LEARN <small>SPRING 1: HIP REPLACEMENTS SPRING 2: SHARING CARING NETWORK</small>	Mar. 21	n/a	Monday	12:30 PM	1:30 PM	FREE	\$5	SU
	Jun. 6						\$5	
March 21: Daniel Mevs from Gotham City Orthopedics will discuss all aspects of hip replacements June 6: The Sharing Caring Network will give a presentation on Care options for seniors.								
MOTHER'S DAY LUNCH & LEARN <small>FAMOUS NJ WOMEN</small>	May 9	n/a	Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Enjoy a special Mothers day Lunch & Learn, Famous Women of NJ presented by Judgson Lectures & Jim DelGiudice								
MAH JONG 	Mar. 4	Apr. 22	Friday	12:30 PM	3:00 PM	FREE	\$15/8 weeks	SU
	Apr. 29	Jun. 17					\$15/8 weeks	
Come play Mah Jong! Experienced players feel free to bring your 2016 mah jong cards!								
BAG LUNCH BOOK GROUP 	Mar. 7	n/a	Monday	12:00 PM	1:00 PM	FREE		SU
	May 2	n/a						
Love the book or hated it? Come join our Bag Lunch Book Group to discuss your thoughts! March 7: "Consider this Senora" by Harriett Doerr May 2: "A Man Called Ove" by Fredrik Backman								
MENTAL HEALTH PLAYERS <small>LIVE INTERACTIVE PERFORMANCE</small>	Apr. 18	n/a	Monday	12:30 PM	1:30 PM	FREE	\$5	SU
Come enjoy a live interactive performance by the Mental health Players. They will perform skits that will teach lessons and entertain at the same time. A light lunch will be provided.								
TOUCH TENNIS 	Mar. 3	Apr. 21	Thursday	12:30 PM	1:30 PM	FREE	\$15/8 weeks	SU
	Apr. 28	Jun. 16					\$15/8 weeks	
Indoor tennis using children's racquets and soft balls for low impact play.								
PICKLEBALL 	Feb. 29	Apr. 22	Mon. & Fri. (Co-Ed)	1:00 PM	3:00 PM	FREE	\$20/8 weeks (1)	SU
	Apr. 25	Jun. 18					\$35/8 weeks (2)	
	Mar. 3	Apr. 21	Thursdays (Men's)	7:00 PM	9:00 PM		\$20/8 weeks (1)	
	Apr. 28	Jun. 16					\$35/8 weeks (2)	
Come play pickleball, a racquet sport combining elements of badminton, tennis and table tennis. All skill levels welcome! Register for one or two days! \$20 / 8 weeks (one day per week) and \$35 / 8 weeks (two days per week)								
ADULT KNITTING 	OPEN		Tuesdays	3:00 PM	4:00 PM	FREE	\$5/week	SU
Open knitting with instructor. Learn to knit or work on a project with some friends!								
AARP DRIVERS SAFETY COURSE	Apr. 30	n/a	Saturday	9:00 AM	4:00 PM	AARP MEMBER \$15	Non-AARP Member \$20 / parking pass \$5	SU
AARP Drivers Safety Course. Learn the latest driving rules, save money on your insurance for completing the class.								
NY DAY TRIP TO BROOKLYN	May 6	n/a	Friday	8:00 AM	6:00 PM	\$125	\$125	SU
Join us on a walking tour through historic Brooklyn neighborhoods with a private tour guide. Enjoy a Mediterranean lunch at the Brooklyn museum surrounded by famous artwork, enjoy a private "Highlights" tour of the museum followed by free time to explore. All inclusive Coach bus transportation provided								




DEVELOPING HEALTHIER KIDS & COMMUNITIES

WE PROUDLY SUPPORTED THE MOTHER'S DAY 5K RUN/WALK & LOL EVENT AT THE SUMMIT AREA YMCA.



YOUTH SWIM

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.



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.

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 is offering a new 2nd Grade Learn to Swim Program for non-swimmers at no cost.

For more information, contact:
Mary Loeser
(P) 908 273 3330 x 1163
(E) mary.loeser@theSAY.org

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.

No classes on Sunday March 27 and Monday May 30

YOUTH SWIM CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

SWIM	AGE	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER
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PARENT AND CHILD LESSONS | 30 MINUTE CLASSES

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)

A water orientation class for parent and child that helps promote basic water adaptation. Children must be 6 months by the first day of class. Class is performed in shallow water.

.5-1.5	Mar. 1	Apr. 19	Tuesday	10:30 AM	\$95	\$137
	Mar. 4	Apr. 22	Friday	10:05 AM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	8:00 AM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	10:30 AM	\$108	\$156
	Apr. 29	Jun. 17	Friday	10:05 AM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	8:00 AM	\$108	\$156

PARENT/CHILD 2

(18 mos.- 2 1/2 yrs.)

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.

1.5-2.5	Mar. 3	Apr. 21	Thursday	10:00 AM	\$95	\$137
	Mar. 4	Apr. 22	Friday	10:35 AM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	8:30 AM, 10:05 AM	\$95	\$137
	Mar. 6	Apr. 24	Sunday	8:00 AM	\$81	\$117
	Apr. 28	Jun. 16	Thursday	10:00 AM	\$108	\$156
	Apr. 29	Jun. 17	Friday	10:35 AM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	8:30 AM, 10:05 AM	\$108	\$156
	May 1	Jun. 19	Sunday	8:00 AM	\$108	\$156

PERCH

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.

2.5-3	Mar. 2	Apr. 20	Wednesday	10:35 AM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	10:35 AM	\$95	\$137
	Mar. 6	Apr. 24	Sunday	8:30 AM	\$81	\$117
	Apr. 27	Jun. 15	Wednesday	10:35 AM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	10:35 AM	\$108	\$156
	May 1	Jun. 19	Sun.	8:30 AM	\$108	\$156

SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER
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PRESCHOOL SWIM LESSONS (AGES 3-5) | 30 MINUTE CLASSES

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.



PIKE 1	Feb. 29	Apr. 18	Monday	1:00 PM	\$95	\$137
	Mar. 1	Apr. 19	Tuesday	9:00 AM, 1:30 PM, 4:30 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	9:05 AM, 1:00 PM, 4:00 PM, 4:30 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	5:45 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	9:05 AM, 1:00 PM, 5:30 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	9:00 AM, 9:30 AM, 11:15 AM, 12:15 PM, 1:15 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	1:00 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	9:00 AM, 1:30 PM, 4:30 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	9:05 AM, 1:00 PM, 4:00 PM, 4:30 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	5:45 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	9:05 AM, 1:00 PM, 5:30 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	9:00 AM, 9:30 AM, 11:15 AM, 12:15 PM, 1:15 PM	\$108	\$156

PIKE 2

Prerequisite: swim independently with a 3 yellow or 2 red 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.



PIKE 2	Feb. 29	Apr. 18	Monday	9:05 AM, 1:30 PM, 4:30 PM	\$95	\$137
	Mar. 1	Apr. 19	Tuesday	1:00 PM, 4:00 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	1:00 PM, 4:00 PM, 5:30 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	9:30 AM, 5:45 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	9:35 AM, 1:00 PM, 4:00 PM, 5:30 PM, 6:45 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	9:00 AM, 9:30 AM, 11:15 AM, 11:45 AM, 12:15 PM, 1:15 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	9:05 AM, 1:30 PM, 4:30 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	1:00 PM, 4:00 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	1:00 PM, 4:00 PM, 5:30 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	9:30 AM, 5:45 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	9:35 AM, 1:00 PM, 4:00 PM, 5:30 PM, 6:45 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	9:00 AM, 9:30 AM, 11:15 AM, 11:45 AM, 12:15 PM, 1:15 PM	\$108	\$156

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.

YOUTH SWIM CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER
PRESCHOOL SWIM LESSONS (AGES 3-5) 30 MINUTE CLASSES						
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.						
EELS Prerequisite: swim independently with a 3 yellow or 2 red 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.	Feb. 29	Apr. 18	Monday	9:05 AM, 1:00 PM, 4:00 PM	\$95	\$137
	Mar. 1	Apr. 19	Tuesday	1:00 PM, 4:30 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	5:00 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	4:00 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	1:30 PM, 4:00 PM, 5:00 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	9:00 AM, 11:45 AM	\$95	\$137
	Apr. 25	Jun. 13	Monday	9:05 AM, 1:00 PM, 4:00 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	1:00 PM, 4:30 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	5:00 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	4:00 PM	\$108	\$156
SEASNAKES 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.	Feb. 29	Apr. 18	Monday	4:30 PM	\$95	\$137
	Mar. 1	Apr. 19	Tuesday	1:30 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	5:00 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	4:30 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	5:00 PM, 6:45 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	11:15 AM, 1:15 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	4:30 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	1:30 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	5:00 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	4:30 PM	\$108	\$156
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.	Feb. 29	Apr. 18	Monday	4:00 PM, 1:30 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	9:35 AM, 4:00 PM, 5:30 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	4:00 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	4:00 PM, 5:30 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	9:00 AM, 12:15 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	4:00 PM, 1:30 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	9:35 AM, 4:00 PM, 5:30 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	4:00 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	4:00 PM, 5:30 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	9:00 AM, 12:15 PM	\$108	\$156

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.



INTRODUCTION TO SWIM SAFE & FUN ENVIRONMENT WELCOMING INSTRUCTORS

PARENT CHILD WATER ACCLIMATION CLASS Designed for children with Autism Spectrum Disorder

A great way to introduce your child to the water where they can begin to learn basic skills in a safe and fun pool environment.

WHEN: SATURDAYS, 1:45 PM - 2:15 PM
SESSION: JAN. 9 - FEB. 27
WHERE: SUMMIT YMCA POOL
WHO: AGES 3-5 YEARS OLD
COST: Members: \$20
 Non-Members: \$30



For more information, please contact: **Mary Loeser**
 (P) 908 273 3330 x 1163 (E) mary.loeser@thesay.org

No classes on Sunday March 27 and Monday May 30



SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER
PRESCHOOL SWIM LESSONS (AGES 5-7) 30 MINUTE CLASSES						
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.						
WAHOO This class is for the non-swimmer who needs a flotation device to swim independently. Skills taught: rotary breathing, paddle stroke, and back float.	Feb. 29	Apr. 18	Monday	5:45 PM	\$95	\$137
	Mar. 1	Apr. 19	Tuesday	4:00 PM, 4:30 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	4:30 PM, 5:00 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	6:45 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	12:15 PM, 12:45 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	5:45 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	4:00 PM, 4:30 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	4:30 PM, 5:00 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	6:45 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	12:15 PM, 12:45 PM	\$108	\$156
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.	Feb. 29	Apr. 18	Monday	4:00 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	6:00 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	4:00 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	6:45 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	11:15 AM, 12:45 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	4:00 PM	\$95	\$137
	Apr. 27	Jun. 15	Wednesday	6:00 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	4:00 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	6:45 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	11:15 AM, 12:45 PM	\$108	\$156
STINGRAYS Prerequisite: swim 25 yd with rudimentary front crawl (freestyle) and 25 yd on back with rudimentary back crawl (backstroke). This class can be thought of as an advanced Ray class. Skills taught: Front crawl (freestyle), treading, and backstroke. Depending on the ability of the class participants, instructor may teach rudimentary breaststroke.	Mar. 1	Apr. 19	Tuesday	4:00 PM, 5:00 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	5:30 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	5:45 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	4:30 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	9:30 AM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	4:00 PM, 5:00 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	5:30 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	5:45 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	4:30 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	9:30 AM	\$108	\$156

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.



SNORKELING CLASS

Planning a trip to Florida or the Caribbean or just want to learn something new? Join our snorkeling class to familiarize yourself with breathing while underwater! Please bring your snorkel and mask to class.

WHEN: SPRING 1 MARCH 5 - APRIL 23
 SPRING 2 APRIL 30 - JUNE 18

DAY: SATURDAYS

TIME: 11:45AM - 12:15PM

WHERE: SUMMIT YMCA POOL

WHO: 6-14 YEARS OLD

COST: SPRING 1 MP: \$95/ CMP: \$137

SPRING 2 MP: \$108/ CMP: \$156

Must be Guppy Level or higher.



For more information, please contact:
 Mary Loeser (P) 908 273 3330 x 1163 (E) mary.loeser@thesay.org

LIVESTRONG® AT THE YMCA



A wellness program designed to help adult cancer survivors reclaim their health in spirit, mind, and body. Participants work in small group settings with certified instructors and personal trainers to achieve goals such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem.

- FREE, 12 WEEK YMCA MEMBERSHIP
- TWO 75 MINUTE CLASSES EACH WEEK
- SMALL GROUP SETTING (6-8 PARTICIPANTS)
- FULL ACCESS TO YMCA FACILITIES INCLUDING KIDZONE CHILDCARE SERVICES

AVAILABLE AT THE BERKELEY HEIGHTS YMCA & SUMMIT YMCA.

BERKELEY HEIGHTS YMCA

For more information, please contact: Lisa McQuilkin
 (P) 908 464 8373 x 2026 (E) lisa.mcquilkin@thesay.org

SUMMIT YMCA

For more information, please contact: Alice Stein
 (P) 908 273 3330 x 1152 (E) alice.stein@thesay.org

YOUTH SWIM CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA **BH** Berkeley Heights YMCA **Spring 1:** Feb.29–Apr.24 **Spring 2:** Apr.25–Jun.19 **Spring 1 & 2**

SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER
PRESCHOOL SWIM LESSONS (AGES 6-14) 30 MINUTE CLASSES						
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: rotary breathing, paddle stroke, and back float. *2 Classes available for this time slot	Feb. 29	Apr. 18	Monday	4:30 PM	\$95	\$137
	Mar. 1	Apr. 19	Tuesday	5:00 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	5:30 PM, 6:00 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	4:00 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	4:30 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	11:45 AM, 12:45 PM*, 1:15 PM	\$95	\$137
	Apr. 25	Jun. 13	Monday	4:30 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	5:00 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	5:30 PM, 6:00 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	4:00 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	4:30 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	11:45 AM, 12:45 PM*, 1:15 PM	\$108	\$156
	TADPOLE 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.	Feb. 29	Apr. 18	Monday	5:45 PM	\$95
Mar. 1		Apr. 19	Tuesday	4:30 PM	\$95	\$137
Mar. 2		Apr. 20	Wednesday	4:00 PM	\$95	\$137
Mar. 3		Apr. 21	Thursday	4:30 PM	\$95	\$137
Mar. 4		Apr. 22	Friday	5:00 PM	\$95	\$137
Mar. 4		Apr. 23	Saturday	9:30 AM, 11:45 AM	\$95	\$137
Apr. 25		Jun. 13	Monday	5:45 PM	\$95	\$137
Apr. 26		Jun. 14	Tuesday	4:30 PM	\$108	\$156
Apr. 27		Jun. 15	Wednesday	4:00 PM	\$108	\$156
Apr. 28		Jun. 16	Thursday	4:30 PM	\$108	\$156
Apr. 29		Jun. 17	Friday	5:00 PM	\$108	\$156
Apr. 30		Jun. 18	Saturday	9:30 AM, 11:45 AM	\$108	\$156
GUPPY Prerequisite: must be able to swim 25 yd (1 length of the pool) with a coordinated front crawl (freestyle), and scull on back for 25 yd (1 length of pool). Skills taught: coordinated front crawl with rotary breathing perfection, coordinated back crawl (backstroke), and treading water.		Feb. 29	Apr. 18	Monday	5:45 PM	\$95
	Mar. 1	Apr. 19	Tuesday	4:00 PM, 5:00 PM	\$95	\$137
	Mar. 2	Apr. 20	Wednesday	5:00 PM, 6:00 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	4:30 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	4:30 PM, 5:00 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	9:30 AM, 10:05 AM, 11:15 AM	\$95	\$137
	Apr. 25	Jun. 13	Monday	5:45 PM	\$95	\$137
	Apr. 26	Jun. 14	Tuesday	4:00 PM, 5:00 PM	\$108	\$156
	Apr. 27	Jun. 15	Wednesday	5:00 PM, 6:00 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	4:30 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	4:30 PM, 5:00 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	9:30 AM, 10:05 AM, 11:15 AM	\$108	\$156
	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.	Feb. 29	Apr. 18	Monday	4:30 PM, 5:45 PM	\$95
Mar. 1		Apr. 19	Tuesday	5:00 PM	\$95	\$137
Mar. 2		Apr. 20	Wednesday	4:30 PM, 6:00 PM	\$95	\$137
Mar. 3		Apr. 21	Thursday	4:30 PM	\$95	\$137
Mar. 4		Apr. 22	Friday	4:00 PM, 4:30 PM, 6:00 PM	\$95	\$137
Mar. 5		Apr. 23	Saturday	9:00 AM, 11:45 AM	\$95	\$137
Apr. 25		Jun. 13	Monday	4:30 PM, 5:45 PM	\$95	\$137
Apr. 26		Jun. 14	Tuesday	5:00 PM	\$108	\$156
Apr. 27		Jun. 15	Wednesday	4:30 PM, 6:00 PM	\$108	\$156
Apr. 28		Jun. 16	Thursday	4:30 PM, 5:00 PM	\$108	\$156
Apr. 29		Jun. 17	Friday	4:00 PM, 4:30 PM, 6:00 PM	\$108	\$156
Apr. 30		Jun. 18	Saturday	9:00 AM, 11:45 AM	\$108	\$156
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.		Feb. 29	Apr. 18	Monday	4:00 PM	\$95
	Mar. 2	Apr. 20	Wednesday	4:30 PM	\$95	\$137
	Mar. 3	Apr. 21	Thursday	5:45 PM	\$95	\$137
	Mar. 4	Apr. 22	Friday	5:30 PM	\$95	\$137
	Mar. 5	Apr. 23	Saturday	11:15 AM	\$95	\$137
	Apr. 25	Jun. 13	Monday	4:00 PM	\$95	\$137
	Apr. 27	Jun. 15	Wednesday	4:30 PM	\$108	\$156
	Apr. 28	Jun. 16	Thursday	5:45 PM	\$108	\$156
	Apr. 29	Jun. 17	Friday	5:30 PM	\$108	\$156
	Apr. 30	Jun. 18	Saturday	11:15 AM	\$108	\$156

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.

No classes on Sunday March 27 and Monday May 30



YOUTH SWIM CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA **BH** Berkeley Heights YMCA **Spring 1:** Feb.29-Apr.24 **Spring 2:** Apr.25-Jun.19 **Spring 1 & 2**

SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER	
PRESCHOOL SWIM LESSONS (AGES 6-18) 30 MINUTE CLASSES							
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.							
PRIVATE SWIM LESSONS Private swim lessons are specifically tailored to the child's age, swimming ability, level of physical development and confidence in the water. There will be four half hour sessions to be completed within a six week time frame. A contract will be needed to register for this class. For more information, please contact Mary Loeser at 908 273 3330 x 1164 or mary.loeser@thesay.org 	5+	Feb. 29	Apr. 18	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Mar. 1	Apr. 19	Tuesday		\$160	\$260
		Mar. 2	Apr. 20	Wednesday		\$160	\$260
		Mar. 3	Apr. 21	Thursday		\$160	\$260
		Mar. 4	Apr. 22	Friday		\$160	\$260
		Mar. 6	Apr. 24	Sunday	9:00 AM, 9:30 AM, 10:00 AM, 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260
		Apr. 25	Jun. 13	Monday	2:30 PM, 3:00 PM, 3:30 PM	\$160	\$260
		Apr. 26	Jun. 14	Tuesday		\$160	\$260
		Apr. 27	June. 15	Wednesday		\$160	\$260
		Apr. 28	Jun. 16	Thursday		\$160	\$260
Apr. 29	Jun. 17	Friday	\$160	\$260			
May 1	Jun. 19	Sunday	9:00 AM, 9:30 AM, 10:00 AM, 10:30 AM, 11:00 AM, 11:30 AM	\$160	\$260		
PENGUINS (Lesson Time 45 min. 6-9 yrs of age) Prerequisite: staff recommendation, must be able to do 50 yd coordinated freestyle, backstroke, and breaststroke without resting between laps. Skills taught: competitive stroke perfection, dolphin kick, rudimentary butterfly, competitive turns.	6-9	Mar. 3	Apr. 21	Thursday	5:00 PM	\$109	\$158
		Mar. 4	Apr. 22	Friday	6:00 PM	\$109	\$158
		Mar. 5	Apr. 23	Saturday	10:05 AM	\$109	\$158
		Apr. 28	Jun. 16	Thursday	5:00 PM	\$124	\$180
		Apr. 29	Jun. 17	Friday	6:00 PM	\$124	\$180
		Apr. 30	Jun. 18	Saturday	10:05 AM	\$124	\$180
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.	8-14	Feb. 29	Apr. 18	Monday	5:00 PM	\$109	\$158
		Mar. 3	Apr. 21	Thursday	5:00 PM	\$109	\$158
		Mar. 4	Apr. 22	Friday	6:00 PM	\$109	\$158
		Mar. 5	Apr. 23	Saturday	10:05 AM	\$109	\$158
		Apr. 25	Jun. 13	Monday	5:00 PM	\$109	\$158
		Apr. 28	Jun. 16	Thursday	5:00 PM	\$124	\$180
		Apr. 29	Jun. 17	Friday	6:00 PM	\$124	\$180
		Apr. 30	Jun. 18	Saturday	10:05 AM	\$124	\$180
FISH Prerequisite: must be able to swim 50 yards (2 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.	8-14	Feb. 29	Apr. 18	Monday	5:00 PM	\$109	\$158
		Mar. 3	Apr. 21	Thursday	5:00 PM	\$109	\$158
		Mar. 4	Apr. 22	Friday	6:00 PM	\$109	\$158
		Mar. 5	Apr. 23	Saturday	10:05 AM	\$109	\$158
		Apr. 25	Jun. 13	Monday	5:00 PM	\$109	\$158
		Apr. 28	Jun. 16	Thursday	5:00 PM	\$124	\$180
		Apr. 29	Jun. 17	Friday	6:00 PM	\$124	\$180
		Apr. 30	Jun. 18	Saturday	10:05 AM	\$124	\$180
FLYING FISH Prerequisite: must be able to swim 100 yd (4 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.	8-14	Feb. 29	Apr. 18	Monday	5:00 PM	\$109	\$158
		Mar. 3	Apr. 21	Thursday	5:00 PM	\$109	\$158
		Mar. 4	Apr. 22	Friday	6:00 PM	\$109	\$158
		Mar. 5	Apr. 23	Saturday	10:05 AM	\$109	\$158
		Apr. 25	Jun. 13	Monday	5:00 PM	\$109	\$158
		Apr. 28	Jun. 16	Thursday	5:00 PM	\$124	\$180
		Apr. 29	Jun. 17	Friday	6:00 PM	\$124	\$180
		Apr. 30	Jun. 18	Saturday	10:05 AM	\$124	\$180
SHARKS 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 also be able to complete the requirements of flying fish with limited rest and instruction. Skills taught: lifesaving strokes and endurance swimming.	8-14	Feb. 29	Apr. 18	Monday	5:00 PM	\$109	\$158
		Mar. 4	Apr. 22	Friday	6:00 PM	\$109	\$158
		Mar. 5	Apr. 23	Saturday	10:05 AM	\$109	\$158
		Apr. 25	Jun. 13	Monday	5:00 PM	\$109	\$158
		Apr. 29	Jun. 17	Friday	6:00 PM	\$124	\$180
		Apr. 30	Jun. 18	Saturday	10:05 AM	\$124	\$180

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.

YOUTH SWIM CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2

SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER	
<p>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. 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.</p>							
<p>PRE-COMPETITIVE/TEEN LESSONS (AGE 7-18) 30-45 MINUTE CLASSES 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.</p>							
<p>SEAL PUPS (BY INVITATION ONLY) Emphasis is on improving stroke techniques through swimming drills and endurance swimming. Some emphasis will be on competitive starts and turns depending on the make-up and skill level of the group. Ratio - 1 instructor per 16 participants.</p>	7-9	Mar. 1	Apr. 19	Tuesday	5:30 PM	\$84	\$119
		Mar. 5	Apr. 23	Saturday	10:50 AM	\$84	\$119
		Mar. 6	Apr. 24	Sunday	11:00 AM	\$72	\$102
		Apr. 26	Jun. 14	Tuesday	5:30 PM	\$96	\$136
		Apr. 30	Jun. 18	Saturday	10:50 AM	\$96	\$136
		May 1	Jun. 19	Sunday	11:00 AM	\$96	\$136
<p>INTRAMURALS (BY INVITATION ONLY) 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</p>	10-18	Mar. 1	Apr. 19	Tuesday	5:30 PM	\$84	\$119
		Mar. 4	Apr. 22	Friday	5:00 PM	\$84	\$119
		Mar. 5	Apr. 23	Saturday	10:50 AM	\$84	\$119
		Mar. 6	Apr. 24	Sunday	11:00 AM	\$72	\$102
		Apr. 26	Jun. 14	Tuesday	5:30 PM	\$96	\$136
		Apr. 29	Jun. 17	Friday	5:00 PM	\$96	\$136
		Apr. 30	Jun. 18	Saturday	10:50 AM	\$96	\$136
		May 1	Jun. 19	Sunday	11:00 AM	\$96	\$136
<p>BARRACUDAS (BY INVITATION ONLY) (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.</p>	10-18	Feb. 29	Apr. 24	Monday/ Thursday/ Sunday	7:15AM, 11:00 AM	\$240	\$340
		Apr. 25	Jun. 19			\$276	\$391
<p>TEEN LESSONS Teen Lessons are for beginner and intermediate swimmers. Lesson time is 30 minutes.</p>	13-18	Mar. 4	Apr. 22	Friday	6:00 PM	FREE	\$137
		Apr. 29	Jun. 17			FREE	\$156

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.



PEAPACK-GLADSTONE BANK

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BRINGING FAMILIES AND COMMUNITIES CLOSER IN WELLNESS
 WE PROUDLY SUPPORT THE SUMMIT AREA YMCA

No classes on Sunday March 27 and Monday May 30

WINTER PROGRAM GUIDE 2016 www.theSAY.org



ADULT SWIM CLASS SCHEDULE

MP: Member Price CMP: Community Member Price

SU Summit YMCA BH Berkeley Heights YMCA Spring 1: Feb.29-Apr.24 Spring 2: Apr.25-Jun.19 Spring 1 & 2 AGE: FOR ADULTS 18+

ADULT SWIM	START DATE	END DATE	DAY	CLASS TIMES	MEMBER	COMMUNITY MEMBER	
AQUA CROSS TRAINING 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.	Mar. 1	Apr. 19	Tuesday	9:00 AM	FREE	\$70	
	Mar. 3	Apr. 21	Thursday	5:45 AM, 9:00 AM		\$70	
	Apr. 26	Jun. 17	Tuesday	9:00 AM		\$80	
	Apr. 28	Jun. 16	Thursday	5:45 AM, 9:00 AM		\$80	
JUST TREADING 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.	Feb. 29	Apr. 18	Monday	9:15 AM	FREE	\$70	
	Mar. 1	Apr. 19	Tuesday	10:00 AM		\$70	
	Mar. 2	Apr. 20	Wednesday	9:15 AM		\$70	
	Mar. 4	Apr. 22	Friday	9:15 AM		\$70	
	Apr. 25	Jun. 13	Monday	9:15 AM		\$70	
	Apr. 26	Jun. 14	Tuesday	10:00 AM		\$80	
	Apr. 27	Jun. 15	Wednesday	9:15 AM		\$80	
	Apr. 29	Jun. 17	Friday	9:15 AM		\$80	
PRE/POST NATAL AQUA FITNESS 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.	Mar. 1	Apr. 19	Tuesday	10:00 AM	FREE	\$70	
	Apr. 26	Jun. 14				\$80	
SHALLOW WATER ARTHRITIS 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.	Feb. 29	Apr. 18	Monday	11:05 AM	FREE	\$42	
	Mar. 1	Apr. 19	Tuesday	9:00 AM		\$42	
	Mar. 2	Apr. 20	Wednesday	11:05 AM		\$42	
	Mar. 3	Apr. 21	Thursday	9:00 AM, 11:00 AM		\$42	
	Mar. 4	Apr. 22	Friday	9:00 AM, 11:05 AM		\$42	
	Apr. 25	Jun. 13	Monday	11:05 AM		\$42	
	Apr. 26	Jun. 14	Tuesday	9:00 AM		\$48	
	Apr. 27	Jun. 15	Wednesday	11:05 AM		\$48	
	Apr. 28	Jun. 16	Thursday	9:00 AM, 11:00 AM		\$48	
	Apr. 29	Jun. 17	Friday	9:00 AM, 11:05 AM		\$48	
WATER FITNESS A total body workout for a full range of motion. Segments include cardio-aerobics, muscle conditioning, balance and flexibility. Intermediate Level.	Mar. 1	Apr. 19	Tuesday	11:00 AM	FREE	\$80	
	Apr. 26	Jun. 14				\$80	
SWIM INC The Summit Area YMCA is proud to partner with Swim Inc to provide free swim exercise programs for adults with mobility impairments. Special forms must be filled out prior to joining the class. For more information, please contact the SWIM Inc. Office at 908.766.6085 / info@swim-inc.org. or contact Mary Loeser at 908.273.3330 x 1163 / mary.loeser@thesay.org	18+	OPEN	Wed.	9:00 AM	10:00 AM	FREE	
SWIM PASSES MASTERS 20 DAY PASS	START DATE	END DATE	DAY	START TIME	END TIME	MEMBER	COMMUNITY MEMBER
	Mar. 1	Apr. 22	Tues./Fri.	5:45 AM	7:00 AM	FREE	\$90
Apr. 26	Jun. 17	\$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.	Mar. 1	Apr. 22	Tues./Fri.	5:45 AM	7:00 AM	FREE	\$22
	Apr. 26	Jun. 17					\$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.	Mar. 1	Apr. 22	Tues./Fri.	5:45 AM	7:00 AM	FREE	\$5
	Apr. 26	Jun. 17					\$5

There will be no classes Sunday, March 27 and Monday, May 30. The Hurst Pool will be closed for maintenance starting at noon on Sunday, April 10 and will re-open on Monday, April 18 at 5:30am. There will be no swim classes during this time.

No classes on Sunday March 27 and Monday May 30



CHILDCARE WITH THE SUMMIT AREA YMCA

A PLACE FOR CHILDREN TO LEARN & GROW



Our state-licensed Child Care and Early Education Centers, for children **ages 6 weeks to Grade 8**, provide a nurturing, stimulating and happy environments where children feel secure to explore the world around them as they reach developmental milestones. We offer full-time, full or part-week options to meet your needs and offer flexibility for your schedule. Financial assistance is available.

- Language arts, literacy, math & sciences, social studies, gardening and more!
- Access to technology including computers and iPads to enhance learning
- Enrichment programs, field trips, swim & gym activities at the Summit YMCA
- Full-time nurse on staff*
- Nutrition and exercise lessons indoors and outdoors based on Horizon Blue Cross Blue Shield's Healthy U program
- Safe, warm and caring environment



THE LEARNING CIRCLE YMCA

PROGRAM	AGE
Infant	6 weeks-18 months
Toddler	18 months-3 years
Preschool	3-4
Pre-Kindergarten	4+
All Day Kindergarten	5+
Before School Care	Kindergarten-Grade 5
Extended Care	6 weeks-Grade 5

BERKELEY HEIGHTS YMCA

PROGRAM	AGE
Preschool	3-5
Kindergarten Wrap	5-6
Before School Care	Grade 1-5
After School Care	
Offsite Before School Care	Grade 6-8
Offsite After Care in School	
Middle School After Care	

SUMMIT YMCA

PROGRAM	AGE
After School Care & Holiday Care	Grades 1-5



WE'LL BE YOUR CHILD'S HOME AWAY FROM HOME

For more information, visit: bitly.com/SAYchildcare

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

SUMMIT YMCA

A branch of the Summit Area YMCA.

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

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

www.theSAY.org



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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