



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM UP AT THE Y

WINTER FUN FOR EVERYONE



SUMMIT AREA YMCA
WINTER 2022 PROGRAM GUIDE

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FINANCIAL ASSISTANCE

As a nonprofit, the Summit Area YMCA is committed to enhancing the lives of individuals and families in our community. From the generous donations of our members, donors, and partners in the community, we are able to provide financial assistance to those with demonstrated need so that they may enjoy all the Y has to offer, regardless of their ability to pay. This helps us ensure that everyone, regardless of age, income, or background has the opportunity to learn, grow and thrive.

Financial assistance can be used for membership, program fees for child care, summer day camp, and more. The process is confidential and application forms are available at each of our three branches or online at WWW.THESAY.ORG/FA

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

OUR MISSION

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

ABOUT THE SUMMIT AREA YMCA

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

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



"I think of myself as a social exerciser and that's why group fitness is right up my alley. When the pandemic hit, that was something that actually rattled a bunch of us. The mental effect, the emotional toll it takes on people just being cooped up and not having a structure and routine. Getting back to the routine as quickly as possible was very important to me. I think that structure has come back from being a member of the Y."

- Smitha, Summit Area YMCA Member

MEMBERSHIP

MEMBERSHIP MEANS MORE AT THE Y

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

STATE-OF-THE-ART FITNESS CENTERS

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

150+ WEEKLY GROUP EXERCISE CLASSES

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

PROGRAMS & CLASSES FOR EVERYONE

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

ACCESS TO 2,500+ LOCATIONS NATIONWIDE

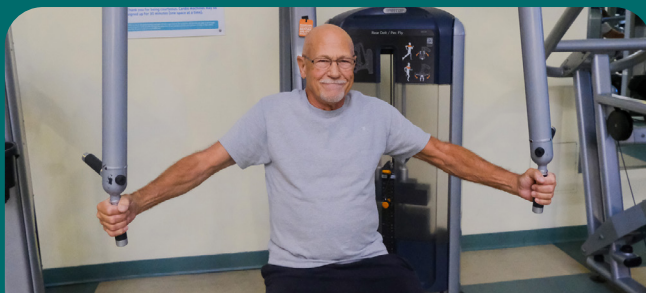
As an added benefit of being part of our Y family, your Y membership allows access to over 2,500 participating YMCA's in the United States and Puerto Rico, at no additional cost! Because being a part of our Y family means you'll be close to 'home' everywhere you go

WWW.THESAY.ORG/JOIN

MEMBERSHIP RATES 2022

Membership Type	Rate	Join Fee
Adult 18+	\$85/month	\$95
College Student	\$60/month	\$75
Eligible for 12 credit undergraduate or 9 credit graduate level student. Proof of enrollment required.		
Family	\$130/month	\$95
2 adults and all dependants, age 22 and under, living in the same household.		
Senior Adult 62+	\$75/month	\$95
Senior Family	\$105/month	\$95
2 adults (1 whom is 62+) and all dependents age 22 and under, living in the same household.		
Teen (13-17)	\$45/month	None
Youth (12 & Under)	\$110/year	None
Annual memberships are non-refundable. No annual contracts. One-time join fee is due in full upon joining and is used to maintain facilities and equipment. Fee is waived for memberships that are renewed within 45 days of expiration.		

Want to try out the Y before you join? Claim your free Guest Pass online at www.thesay.org/guest-pass or schedule a facility tour by visiting www.thesay.org/tours.



REGISTRATION INFORMATION



WINTER 2022

FACILITY ACCESS CARDS

For the safety of our children and members, all adults over the age of 18 must present a state or government issued photo ID to enter Summit Area YMCA facilities. Your photo ID will be scanned through our screening program prior to being given an access card. Parents or Guardians dropping off children for programs will be issued an access card for drop off and pick-up.

FOR YOUR SAFETY

As your safety, and that of your family's is always our primary concern, all YMCAs conduct regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

PARENT INFORMATION

In an effort to keep our children safe and to remind parents, nannies, and caregivers of the YMCA policy for minors: Any child that is in the 6th grade or under (10, 11, or 12 years old) must be accompanied by a parent or guardian in the facility. The parent does not need to be a member, but does need to stay with the child at all times.

WHERE TO REGISTER

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

SIGN IN HERE

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

HOW TO REGISTER

>> Sign in to Daxko with your existing Membership account.

>> Browse in Daxko and register for programs and classes! Or browse through the guide or website and click on the Register button.

To register for group fitness classes, lap swim, etc. please visit: www.thesay.org/schedules. This requires a separate login via our class schedules and reservation system, also conveniently available on the SAY Mobile App.

YOUTH PROGRAMS

PEE WEE BASKETBALL

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

BERKELEY HEIGHTS YMCA

1/3 - 2/28 | MON | 3:45 - 4:30 PM
MP: \$113 NMP: \$196
AGES 3 - 5

SUMMIT YMCA

1/3 - 2/28 | MON | 3:45 - 4:30 PM
MP: \$113 NMP: \$196
AGES 3 - 5

1/7 - 2/25 | FRI | 3:45 - 4:30 PM
MP: \$100 NMP: \$175
AGES 3 - 5

1/8 - 2/26 | SAT | 9:15 - 10:00 AM
MP: \$100 NMP: \$175
AGES 3 - 5

1/8 - 2/26 | SAT | 10:15 - 11:00 AM
MP: \$100 NMP: \$175
AGES 3 - 5

[REGISTER](#)



YOUTH BASKETBALL CLINICS

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

BERKELEY HEIGHTS YMCA

1/3 - 2/28 | MON | 4:30 - 5:30 PM
MP: \$113 NMP: \$196
AGES 6 - 7

1/3 - 2/28 | MON | 5:30 - 6:30 PM
MP: \$113 NMP: \$196
AGES 8 - 9

SUMMIT YMCA

1/4 - 2/22 | TUE | 3:45 - 4:45 PM
MP: \$100 NMP: \$175
AGES 6 - 7

1/5 - 2/23 | WED | 3:45 - 4:45 PM
MP: \$100 NMP: \$175
AGES 6 - 7

1/5 - 2/23 | WED | 4:45 - 5:45 PM
MP: \$100 NMP: \$175
AGES 6 - 7

1/6 - 2/24 | THU | 3:45 - 4:45 PM
MP: \$100 NMP: \$175
AGES 6 - 7

1/4 - 2/22 | TUE | 4:45 - 5:45 PM
MP: \$100 NMP: \$175
AGES 8 - 9

1/6 - 2/24 | THU | 4:45 - 5:45 PM
MP: \$100 NMP: \$175
AGES 8 - 9

1/4 - 2/22 | TUE | 5:45 - 6:45 PM
MP: \$100 NMP: \$175
AGES 10 - 12

[REGISTER](#)

PEE WEE SOCCER

Each 45 minute soccer class will incorporate instruction and fundamental skills development with an emphasis on structured drills and fun games. No class October 5.

BERKELEY HEIGHTS YMCA

1/4 - 2/22 | TUE | 4:00 - 4:45 PM
MP: \$100 NMP: \$175
AGES 3 - 5

SUMMIT YMCA

1/8 - 2/26 | SAT | 12:15 - 1:00 PM
MP: \$100 NMP: \$175
AGES 3 - 5

[REGISTER](#)

YOUTH SOCCER

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

BERKELEY HEIGHTS YMCA

1/4 - 2/22 | FRI | 5:00 - 5:45 PM
MP: \$100 NMP: \$175
AGES 6 - 10



SUMMIT YMCA

1/7 - 2/25 | FRI | 4:30 - 5:30 PM
MP: \$100 NMP: \$175
AGES 6 - 10

[REGISTER](#)

T-BALL

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

BERKELEY HEIGHTS YMCA

1/6 - 2/24 | THU | 5:00 - 5:45 PM
MP: \$100 NMP: \$175
AGES 3 - 5

SUMMIT YMCA

1/8 - 2/26 | SAT | 11:15 AM - 12:00 PM
MP: \$100 NMP: \$175
AGES 3 - 5

[REGISTER](#)





YOUTH VOLLEYBALL

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

BERKELEY HEIGHTS YMCA

1/4 - 2/22 | TUE | 6:45 - 8:00 PM
MP: \$100 | NMP: \$175
AGES 11 - 14

REGISTER

OBSTACLE WARRIORS

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

BERKELEY HEIGHTS YMCA

1/7 - 2/25 | FRI | 4:00 - 4:45 PM
MP: \$100 NMP: \$175
AGES 6 - 10

REGISTER

DJ COURSE

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

BERKELEY HEIGHTS YMCA

1/4 - 2/22 | TUE | 4:00 - 5:00 PM
MP: \$100 NMP: \$175
AGES 8 - 10

REGISTER



TAE KWON DO

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

BERKELEY HEIGHTS YMCA

1/8 - 2/26 | SAT | 10:15 - 11:15 AM
MP: \$80 NMP: \$140
AGES 10 - 100

REGISTER

GET MORE OUT OF YOUR YOUTH MEMBERSHIP

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

WWW.THESAY.ORG/YOUTH

We applaud The Summit Area YMCA for all that you do for our communities!

Norm Sanyour and the entire team at Capital Group Private Client Services celebrate The SAY's work and dedication.

To learn more about our business, please contact us at (212) 641-1735 or visit us online at capitalgroup.com/pcs.



CAPITAL GROUP®

PRIVATE
CLIENT
SERVICES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GREAT SUMMERS START AT THE Y



2022 Summer Camp

Great summers start at the Y and last all season long with over 30 camps to choose from! Give your child the best summer ever while they make new friends and explore a variety of interests!

From cooking to engineering, designing video games to painting masterpieces, building lego cities to exploring outer space, going on exciting field trips and swimming at the pool, there's something for everyone!

REGISTRATION OPENS JANUARY 10, 2022

Sign up and save with Early Bird Pricing when you register for camp by February 28!

Promo Code: EBP2022



Register online at:

www.thesay.org/camp



CHILDCARE



WHERE KIDS LEARN, GROW & THRIVE

MORE THAN JUST CHILDCARE WE TEACH CREATIVE CURRICULUM

The Creative Curriculum provides children with opportunities to broaden and strengthen their knowledge through a variety of developmentally appropriate experiences. The curriculum content areas laid out in the Preschool Teaching and Learning Standards are: English Language Arts, Approaches to Learning, Mathematics, Science, Social/Emotional Development, Visual/performing Arts, Social Studies/Family and Life Skills, Health/Safety/Physical Education, Technology and World Languages.

All programs accommodate full day, full or partial week schedules and extended hours.

BERKELEY HEIGHTS YMCA

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

SUMMIT YMCA

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

THE LEARNING CIRCLE YMCA

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



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

WWW.THESAY.ORG/CHILDCARE

TEEN PROGRAMS

MP: Member Price | NMP: Non-Member Price



TEEN CENTER

Looking for something to do afterschool? The Teen Center is a supervised space for teens grades 6-12 and involve activities like homework help, open gym, themed events, and weekly activities.

SUMMIT YMCA

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

2:00 - 6:00 PM

MP: FREE

AGES 12 - 18

ACHIEVERS: DESTINATION COLLEGE

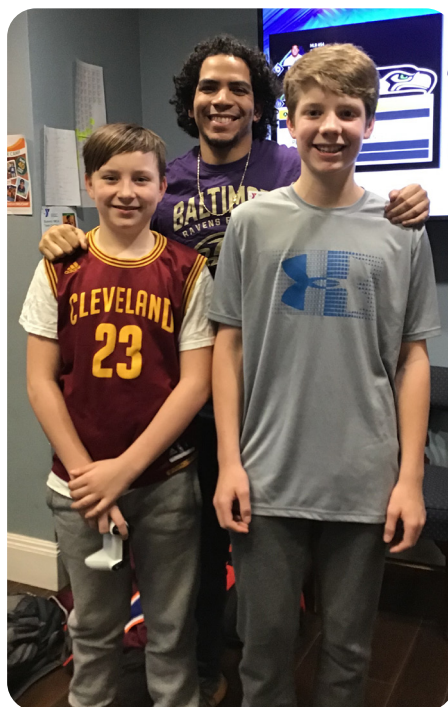
Achievers is a career and college preparation program committed to motivating youth by giving them support, direction and opportunities to determine, pursue and achieve their personal, academic, and career goals. Program components: weekly meetings; events; special events; career planning workshops, internship opportunities, guest speakers and an annual college tour.

SUMMIT YMCA

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

MP: FREE

AGES 14 - 18



CORTEX THINKING

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

SUMMIT YMCA

1/11 - 5/18 | MON - TUE | 4:00 - 6:00 PM

MP: FREE

AGES 12 - 14

8TH GRADE LEADERS CLUB

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

SUMMIT YMCA

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

4:00 - 5:00 PM

MP: FREE

AGES 13 - 14

In part of our commitment to Youth Development, the Summit Area YMCA offers a variety of educational enrichment programs, engaging athletic activities, social events, and more to assist teens (grades 6-12) in discovering, exploring and expanding their interests and talents outside the classroom. Join us in learning new things, getting involved in community projects, preparing for college and more.

WWW.THESAY.ORG/TEENS



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

PET THERAPY & BASKETBALL

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

BERKELEY HEIGHTS YMCA

1/7, 3/4, 5/6 | FRI | 5:30 – 7:00 PM

MP: FREE | NMP: FREE

AGES 5-21

SWIMMING

Children will be able to have fun swimming in our indoor heated pool with their peers and family.

SUMMIT YMCA

2/4, 4/8, 6/3 | FRI | 5:30 – 7:00 PM

MP: FREE | NMP: FREE

AGES 5-21



REGISTER



**MAKE A
DIFFERENCE
IN OUR
COMMUNITY**

Join the Summit Area YMCA in connecting local seniors with the community through a monthly series of Senior Spa Days at the Vito Gallo Summit Senior Center. The series is brought to the community by the Summit Area YMCA's Togetherhood™ program, a member-led community service program in which members plan and participate in volunteer projects facilitated by the Summit Area YMCA.

For more information, visit

WWW.THESAY.ORG/TOGETHERHOOD

A BETTER US STARTS WITH U



Job Opportunities at the Summit Area YMCA

For a better us.®



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



WE WANT YOU TO JOIN OUR TEAM

The Y is now hiring! We have full-time and part-time positions are available in the following areas:

- Member Services
- Wellness & Fitness Center
- Childcare
- Before & Afterschool Care
- Aquatics
- Gym/Sports
- Kid Zone
- And more!

EMPLOYEE BENEFITS

The Summit Area YMCA offers generous employee benefits that vary for full-time and part-time positions, but all employees receive the following:

- Free YMCA Membership
- Discounts on Y Programs & Services (including Childcare)
- Professional Training & Development Courses
- Retirement Plan Contributions (Upon Eligibility)

Explore details and apply online at:
www.thesay.org/employment

ADULT PROGRAMS

MP: Member Price | NMP: Non-Member Price



PICKLEBALL

Pickleball is the fastest growing sport in America combining elements of tennis, ping pong and badminton. The rules are simple and the game is easy to learn! Equipment is provided. Previous racquet experience is very helpful! Registration is required for all classes.

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

BERKELEY HEIGHTS YMCA BEGINNERS

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

INTERMEDIATE

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

SUN | 1:00 – 3:00 PM
MP: FREE | NMP: \$20/day
AGES 18+

[VIEW SCHEDULES](#)

SUMMIT YMCA BEGINNERS

MON | 1:30 – 2:30 PM
MP: FREE | NMP: \$20/day
AGES 18+

At the Y, we've got something for everyone! We're committed to providing a variety of offerings to keep our community involved in activities that not only builds healthy bodies, but stronger minds too! Learn more about adult programs at

WWW.THESAY.ORG/ADULTS

INSTRUCTIONAL PICKLEBALL

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

BERKELEY HEIGHTS YMCA

1/4 – 1/18 | TUE | 2:00 – 3:30 PM
MP: \$60 | NMP: \$105
AGES 18+

1/7 – 1/21 | FRI | 6:30 – 8:00 PM
MP: \$60 | NMP: \$105
AGES 18+

SUMMIT YMCA

1/3 – 1/17 | MON | 12:00 – 1:30 PM
MP: \$60 | NMP: \$105
AGES 18+

[REGISTER](#)

PING PONG & CARDS

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

BERKELEY HEIGHTS YMCA

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

[VIEW SCHEDULES](#)

TAE KWON DO

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

BERKELEY HEIGHTS YMCA

1/8 – 2/26 | SAT | 10:15 – 11:15 AM
MP: \$80 | NMP: \$140
AGES 10 – 100

[VIEW SCHEDULES](#)

SMALL GROUP TRAINING

MP: Member Price | NMP: Non-Member Price



CAROLINA'S SMALL GROUP TRAINING

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

SUMMIT YMCA

1/14 - 2/25 | FRI | 5:45 - 6:45 AM

MP: \$140

AGES 13+

CAROLINA'S SMALL GROUP TRAINING DEMO

Try a demo class - no commitment required!

SUMMIT YMCA

1/7 | FRI | 5:45 - 6:45 AM

MP: FREE

AGES 13+

SPORT, STRENGTH, AND CONDITIONING SMALL GROUP TRAINING

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

BERKELEY HEIGHTS YMCA

1/10 - 2/28 | MON | 4:00 - 4:45 PM

MP: \$160

AGES 10-14

SUMMIT YMCA

1/12 - 2/23 | WED | 4:00 - 4:45 PM

MP: \$140

AGES 10-14

SPORT, STRENGTH, AND CONDITIONING SMALL GROUP TRAINING DEMO

Try a demo class - no commitment required!

BERKELEY HEIGHTS YMCA

1/3 | MON | 4:00 - 4:45 PM

MP: FREE

AGES 10-14

SUMMIT YMCA

1/5 | WED | 4:00 - 4:45 PM

MP: FREE

AGES 10-14

INDOOR ROWING SMALL GROUP TRAINING SERIES

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

SUMMIT YMCA

1/5 - 2/23 | WED | 8:00 - 9:00 AM

MP: \$160

AGES 18-70

MX4

MX4 is a small group, motivating experience that delivers results you can see and feel. Improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. MX4 provides a mix of personal trainer attention, camaraderie and challenging progressive workouts that change weekly.

BERKELEY HEIGHTS YMCA

1/12 - 2/23 | WED | 8:45 - 9:30 AM

MP: \$140

AGES 13+

MX4 DEMO

Try a demo class - no commitment required!

BERKELEY HEIGHTS YMCA

1/5 | WED | 8:45 - 9:30 AM

MP: FREE

AGES 13+

[LEARN MORE](#)



Offer valid from 2/14 - 2/28

TRAIN BETTER TOGETHER

Buddy Personal Training

Save up to \$120 when you train with a buddy for a limited time!

Limit of 2 offers per pair.

Learn more at
www.theSAY.org/Special-Offers

Explore Small Group Training offerings:
www.theSAY.org/SGT



ACHIEVE YOUR FITNESS GOALS

Personal Training

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

www.thesay.org/pt

Traditional 1-on-1 Personal Training

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

Valid for 6 months from date of purchase.

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

Personal Training Beginners Package

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

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

Per Month	60 Minutes
3 Sessions	\$150 Each

Buddy Personal Training

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

All sessions valid for 6 months from date of purchase.

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

Monthly Draft Payment Plan

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

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

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

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

Contact: Valeria Tenreiro

(908) 273-3330 ext. 1137 | valeria.tenreiro@thesay.org

GROUP EXERCISE

MP: Member Price | NMP: Non-Member Price



GROUP EXERCISE CLASSES

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

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

AVAILABLE EVERY DAY
MP: FREE | NMP: \$20/day
AGES 13+

LES MILLS BODY PUMP LAUNCH

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

BERKELEY HEIGHTS YMCA

1/22 | SAT | 8:30 - 9:30 AM
MP: FREE
AGES 13+

LES MILLS BODY COMBAT LAUNCH

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

SUMMIT YMCA

1/29 | SAT | 8:30 - 9:30 AM
MP: FREE
AGES 13+

CARDIO SALSA WORKSHOP

Celebrate Valentine's Day with a this fun-filled dance workshop that is sure to set your heart on fire. Learn the fundamentals of Salsa including timing, steps, shines & combos. Cardio Salsa is both a fun and challenging way to workout for all ages and physical abilities.

BERKELEY HEIGHTS YMCA

2/10 | THU | 6:00 - 7:30 PM
MP: \$20 | NMP: \$35
AGES 13+

SUMMIT YMCA

2/11 | FRI | 6:00 - 7:30 PM
MP: \$20 | NMP: \$35
AGES 13+



BRING A FRIEND GROUP EXERCISE CLASSES

Share your love of the Y this Valentine's Day! Bring a friend with a guest pass to try out a Group Exercise class at either the Berkeley Heights YMCA or Summit YMCA.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

2/14 | MON | 5:00 AM - 9:00 PM
MP: FREE | NMP: FREE
AGES 13+



WWW.THESAY.ORG/GUEST-PASS

With so many classes to choose from, you're sure to find something you love. Visit www.theSAY.org/schedules, select the class of your choice and click "Sign Up" to register.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG® AT THE YMCA

**HELPING CANCER SURVIVORS
RECOVER IN MIND, BODY, AND SPIRIT**

NEXT SESSIONS BEGIN ON JANUARY 17 & 18!



BERKELEY HEIGHTS YMCA

1/18 - 4/5 | TUE & THUR

6:00 - 7:15 PM

MP: FREE NMP: FREE

SUMMIT YMCA

1/17 - 4/5 | Mon & Wed

12:00PM - 1:15PM

MP: FREE NMP: FREE

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

WWW.THESAY.ORG/LIVESTRONG

REACH YOUR GOALS

WELLNESS CHECK

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

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

1/1 - 1/31 | MON | ALL DAY

MP: FREE | NMP: FREE

AGES 13+

2/1 - 2/28 | TUE | ALL DAY

MP: FREE | NMP: FREE

AGES 13+

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



WWW.THESAY.ORG/WEILLNESS-NAVIGATION

WELLNESS BASKET FOOD DRIVE & GIVEAWAY

Support a good cause and be entered for a chance to win a YMCA prize pack. Throughout the month of February, we will be collecting canned goods which will be donated to GRACE Food Pantry to help those in need in our community. Two cans of food gets you one entry.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

2/1 - 2/28 | ALL DAY



SWIM PROGRAMS

MP: Member Price | NMP: Non-Member Price



SEALS SWIM SCHOOL

The Seals Swim School allows your swimmer to focus on what's most important – learning to Swim! Enjoy a worry-free one-time sign-up for all of your swim lessons.

STREAMLINED REGISTRATION

- Session runs from September to June with only one sign-up.
- Your lesson day and time remains the same throughout the program year
- Requires a minimum 2-month commitment
- Easy, automatic monthly draft

PRE-SWIM TEAM PROGRAM

Seal Pups, Harbor Seals & Leopard Seals

- Evaluation required for children to be in this program
- Must be able to swim 25 yards of freestyle and backstroke
- Children previously in Stroke Introduction, Stroke Development, and Stroke Mechanics can automatically be put in this Pre-Swim Team program
- Pre-Swim team does not guarantee Seals swim team acceptance, try-out in the Fall is required



For more information, visit: www.theSAY.org/swim

BUILDING STRONG AND CONFIDENT SWIMMERS

For more than 130 years, the Summit Area YMCA has nurtured potential and helped create meaningful change in our community. Everything we do is in service of building a better us. We are proud that we teach youth, teens and adults to swim so they can be safe in and around water and make swimming a lifelong activity to stay healthy.



MASTERS SWIM

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

SUMMIT YMCA

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

MP: \$45 | NMP: \$45

AGES 18+

REGISTER

YOUTH SWIM LESSONS

MP: Member Price | NMP: Non-Member Price

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

REGISTER



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

Learn more at
www.theSAY.org/swimteam



A SPLASH OF SUMMER FUN

BERKELEY HEIGHTS COMMUNITY POOL AT THE YMCA

Our outdoor pool is the perfect place to spend your summer to have family fun, relax by the water, or catch some sun!

www.thesay.org/bhcpy

We Offer:

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