



SUMMIT AREA YMCA

FALL INTO NEW PROGRAMS



2025 FALL I PROGRAM GUIDE
September 8 - November 2

TABLE OF CONTENTS

Table of Contents.....	1
Program Registration Dates.....	1
Financial Assistance.....	1
Locations.....	2
Benefits of Membership.....	3
Registration Information.....	4
Youth Enrichment.....	5
Sports.....	6
Adult Enrichment.....	9
Adaptive Programs.....	10
Swim Lessons.....	11
Aquatics.....	14
Childcare.....	15
Teen Programs.....	17
Wellness.....	18
Important Dates/Special Events.....	21

REGISTRATION DATES

2025 FALL PROGRAM SESSION:
MON, SEP 8 – SUN, NOV 2

REGISTRATION DATES:

SAY Family and Senior Family Members
MON, AUG 11

Adult, College, Teens, and Youth Members

THU, AUG 14

Community Members

MON, AUG 18



OPPORTUNITY FOR ALL

As a 501(c)(3) nonprofit organization, the Summit Area YMCA is dedicated to serving individuals and families of all backgrounds, abilities and income levels. We offer inclusive programs that support youth development, healthy living, and social responsibility.

Thanks to the generosity of our donors, we provide financial assistance to ensure that cost is never a barrier. If you or someone you know needs support, we encourage you to apply and experience all the Y has to offer.

APPLY TODAY ➤



THERE'S A Y IN EVERY COMMUNITY

BRANCHES



SUMMIT YMCA

67 Maple Street, Summit, NJ 07901 | (908) 273-3330



BERKELEY HEIGHTS YMCA

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373

The Summit and Berkeley Heights YMCAs provide welcoming, full-service facilities with modern fitness centers, indoor and outdoor pools, youth and teen programs, and childcare services. Members enjoy a wide range of group exercise classes, personal training, and community events, all backed by the Y's commitment to inclusivity and impact.

EARLY EDUCATION CENTERS



THE LEARNING CIRCLE YMCA

95 Morris Ave, Summit, NJ 07901 | (908) 273-7040



THE LEARNING LANE

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373

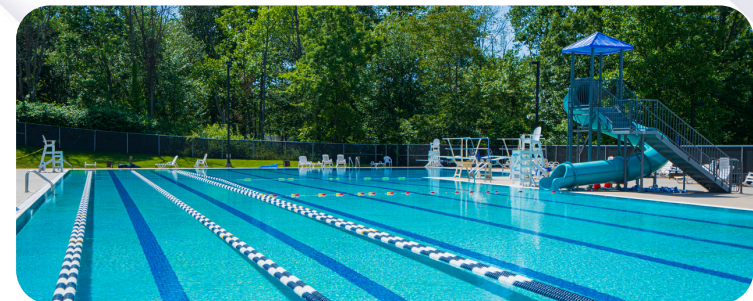
The Learning Circle YMCA and The Learning Lane provide high-quality early education focused on social-emotional growth, school readiness, and key early learning milestones like language development, motor skills, and early math and literacy. With experienced teachers, engaging enrichment, and full-day care options, both centers offer a nurturing environment that supports families and prepares children for a smooth transition into kindergarten and beyond.

OUTDOOR POOLS



SPRINGFIELD COMMUNITY POOL

44 Morrison Rd, Springfield, NJ 07081 | (973) 912-0039



BERKELEY HEIGHTS COMMUNITY POOL AT THE YMCA

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373

The Berkeley Heights and Springfield Community Pools offer seasonal outdoor swimming with kiddie pools, slides, diving boards, snack stands, grills, and shaded areas. Operated by the Summit Area YMCA, both pools provide swim lessons, family fun, and a safe, welcoming space for all ages to enjoy summer.



JOIN OUR Y FAMILY

BENEFITS OF MEMBERSHIP

From enriching programs and welcoming spaces to top-tier amenities and a strong sense of community, membership at the Y means more than just access. It means belonging. We are proud to be an inclusive, intergenerational organization where every individual is welcomed, supported, and encouraged to thrive.

BENEFITS	FAMILY FAMILY SENIOR FAMILY	INDIVIDUAL ADULT SENIOR COLLEGE	YOUTH TEEN (13-17)	YOUTH YOUTH (0-12) **
200+ GROUP EXERCISE CLASSES PER WEEK	✓	✓	✓	
CHILDCARE & CAMP PROGRAMS	✓		✓	✓
COMPLIMENTARY KID ZONE	✓			
NATIONWIDE ACCESS TO 2,500+ YMCA LOCATIONS	✓	✓		
NO CONTRACTS	✓	✓	✓	✓
PERSONALIZED ORIENTATION AND EQUIPMENT DEMOS	✓	✓	✓	
PRIORITY REGISTRATION FOR PROGRAM SESSIONS	✓			
STATE-OF-THE-ART WELLNESS CENTER	✓	✓	✓	
TWO HEATED INDOOR POOLS (SUMMIT YMCA)	✓	✓	✓	

** Youth members must be accompanied by an adult member at the YMCA

JOIN TODAY

REGISTRATION INFORMATION



BEGIN YOUR Y STORY TODAY!

WHERE TO REGISTER

To register online, you'll need an account in our easy-to-use membership system (Daxko). Safely search and register for classes, programs, events and camp, manage your account, make payments, view transaction history and print receipts, all in one convenient place.

SIGN IN HERE

Don't have an account? Click "Sign Up" and follow the instructions. If you're not a member, you can join online or register as a non-member for programs at the applicable rate.

HOW TO REGISTER

- Sign in to Daxko with your membership account.
- Browse and register for programs and classes in Daxko.
- Or browse the guide or website and click on the program that you're interested in.

GROUP EX RESERVATIONS

Reserve your spot in group exercise classes using the SAY Mobile App or at www.thesay.org/schedules. A separate login is required for reservations.

SCHEDULES

MOBILE APP

FACILITY ACCESS CARDS

If you're entering the Y to pick up or drop off a program participant and aren't a member, you'll need an access ID card. Cards are individual and non-transferable. Visit the Berkeley Heights YMCA or Summit YMCA membership desk with a government-issued photo ID (required for ages 18+). Everyone entering a Summit Area YMCA facility must complete our guest waiver online at www.thesay.org/waiver.

FOR YOUR SAFETY

Your family's safety is our top priority. All YMCAs regularly conduct sex offender screenings on members, participants and guests. If a match occurs, membership will be canceled, program participation ended and visitation access revoked.

PARENT INFORMATION

To help keep children safe, please remember that any child under age 11 must be accompanied by a parent or guardian while in the facility. The parent does not need to be a member but must stay with the child at all times.

QUESTIONS?

If you have any questions, comments or suggestions about the Summit Area YMCA, we encourage you to contact us. We're always working to improve our programs, services and facilities, and your feedback helps guide that process.

CONTACT US



YOUTH ENRICHMENT



Engage your child's creativity and curiosity this fall with our exciting lineup of youth enrichment programs! These offerings are designed to build confidence, sharpen skills, and spark joy through learning!

ADVANCED CHESS (Ages 7-10)

For players ready to deepen their chess knowledge and compete.

- **Summit YMCA**

Wednesdays | 9/10-10/29 | 5:00-6:00 PM

- **Berkeley Heights YMCA**

Thursdays | 9/11-10/30 | 5:00-6:00 PM

BEGINNER CHESS (Ages 6-10)

Learn strategic thinking and game fundamentals in a supportive setting.

- **Summit YMCA**

Wednesdays | 9/10-10/29 | 4:00-4:45 PM

- **Berkeley Heights YMCA**

Thursdays | 9/11-10/30 | 4:00-4:45 PM

NEW

CARTOON COMICS (Ages 7-10)

Young artists will learn how to tell stories through comic strips and illustrations.

- **Berkeley Heights YMCA**

Wednesdays | 9/10-10/29 | 3:45-4:30 PM

NEW

CODE ACADEMY (Ages 7-10)

Introduce young learners to the exciting world of coding through fun, interactive projects.

- **Summit YMCA**

Mondays | 9/8-10/27 | 4:00-5:00 PM

- **Berkeley Heights YMCA**

Fridays | 9/12-10/24 | 4:00-5:00 PM

NEW

POKÉMON CLUB (Ages 7-10)

Train, trade, and play in a social and fun Pokémon environment!

- **Summit YMCA**

Wednesdays | 9/10-10/29 | 4:30-5:15 PM

- **Berkeley Heights YMCA**

Wednesdays | 9/10-10/29 | 4:30-5:15 PM

NEW

ROBOTICS (Ages 4-12)

Learn the basics of robotics and problem-solving through hands-on exploration.

- **Summit YMCA**

Tuesdays | 9/9-10/28

- Ages 4-6: 4:00-5:00 PM
- Ages 7-12: 5:00-6:00 PM

- **Berkeley Heights YMCA**

Thursdays | 9/11-10/30

- Ages 4-6: 4:00-5:00 PM
- Ages 7-12: 5:00-6:00 PM

NEW

TRAVELIN' TUMBLERS (Ages 4-6)

A playful gymnastics-style class that builds coordination and confidence.

- **Summit YMCA**

Fridays | 9/12-10/24 | 3:45-4:45 PM

NEW

VISION BOARD FUN (Ages 8-12)

Encourage goal-setting and creativity by building a personalized vision board.

- **Berkeley Heights YMCA**

Wednesdays | 9/10-10/29 | 4:00-5:00 PM

SPORTS PROGRAMS



Our youth sports programs foster teamwork, skill development, and confidence. With options for all ages and experience levels, kids will have fun while learning the value of sportsmanship and staying active.

BASKETBALL



Dribble, shoot, and score! Our basketball programs provide kids with a foundation in coordination, teamwork, and gameplay – from beginner to advanced levels.

ADVANCED BASKETBALL (Ages 6-13)

Skill-focused classes for youth who have mastered the basics and are ready for higher-level play

• Summit YMCA

Thursdays | 9/11-10/30

- Ages 6-7: 4:00-5:00 PM
- Ages 8-9: 5:00-6:00 PM
- Ages 10-12: 6:00-7:00 PM

• Berkeley Heights YMCA

Thursdays | 9/11-10/30

- Girls Ages 10-13: 5:00-6:15 PM
- Boys Ages 10-13: 6:15-7:30 PM

COMPETITIVE BASKETBALL (Ages 8-13)

Real-game experience for players who are ready to put their skills to the test

• Summit YMCA

Fridays | 9/12-10/24

- Ages 8-10: 4:30-5:30 PM
- Ages 11-13: 5:30-6:30 PM

FUNDAMENTALS OF BASKETBALL (Ages 6-12)

Build confidence through drills, scrimmages, and team building. Develop coordination and team play in a supportive setting.

• Summit YMCA

Mondays | 9/8-10/27

- Girls (Grades 2-4): 5:15-6:00 PM
- Boys (Grades 2-4): 5:15-6:00 PM

Wednesdays | 9/10-10/29

- Ages 6-7: 4:00-4:45 PM
- Ages 8-9: 5:00-5:45 PM
- Ages 10-12: 5:00-5:45 PM

• Berkeley Heights YMCA

Thursdays | 9/11-10/30

- Ages 6-8: 4:00-5:00 PM

PEEWEE BASKETBALL (Ages 3-5)

Introduce your little athlete to the game in a fun, energetic class that encourages basic skills and movement.

• Summit YMCA

Mondays | 9/8-10/27

- Ages 3-5: 3:45-4:30 PM
- Ages 3-5: 4:30-5:15 PM

Saturdays | 9/13-11/01

- Ages 3-5: 10:45-11:30 AM

• Berkeley Heights YMCA

Tuesdays | 9/9-10/28 | 5:00-5:45 PM

- Ages 3-5: 5:00-5:45 PM

TRAVEL BASKETBALL PRE-SEASON CLINICS (Ages 11-14)

Get ready for team tryouts with focused training.

• Summit YMCA

Thursdays | 9/11-10/16

- Boys: 7:15-9:00 PM

• Berkeley Heights YMCA

Thursdays | 9/11-10/16

- Girls: 7:30-9:00 PM

TRAVEL BASKETBALL TRYOUTS

• Summit YMCA

Boys 12U: 10/11 & 10/18 | 5:00-6:30 PM

Boys 14U: 10/11 & 10/18 | 6:30-8:00 PM

Girls 12U: 10/18 & 10/25 | 2:00-3:30 PM

Girls 14U: 10/18 & 10/25 | 3:30-5:00 PM



SPORTS PROGRAMS

FOOTBALL



Pass, run, and learn the fundamentals of football through active drills and scrimmage-style play.

FOOTBALL SKILLS & DRILLS (Ages 5-13)

Level-based instruction to build agility, coordination, and field awareness.

- **Summit YMCA**

Tuesdays | 9/9-10/28

- Ages 5-7: 3:45-4:30 PM
- Ages 8-10: 4:30-5:15 PM
- Ages 11-13: 5:15-6:00 PM

PEEWEE FOOTBALL (Ages 3-5)

An introductory class focusing on movement, catching, and teamwork.

- **Summit YMCA**

Saturdays | 9/13-11/01 | 11:30 AM-12:15 PM

MULTI-SPORT ACTIVITIES

NEW

SPORTS & CONDITIONING MIDDLE SCHOOL (Ages 11-14)

Build strength, agility, and confidence through cross-sport athletic training.

- **Summit YMCA**

Saturdays | 9/13-11/01 | 9:15-10:00 AM

PEEWEE OBSTACLES (Ages 3-5)

Fun, low-pressure obstacle course to develop coordination and motor skills.

- **Berkeley Heights YMCA**

Mondays | 9/8-10/27 | 4:45-5:30 PM

T-BALL (Ages 3-6)

Teach your child the basics of baseball with a fun, engaging class.

- **Summit YMCA**

Saturdays | 9/13-11/01 | 12:15-1:00 PM



YOUTH PICKLEBALL CLINIC (Ages 7-13)

Learn rules, develop paddle skills, and build hand-eye coordination.

- **Berkeley Heights YMCA**

Wednesdays | 9/10-10/29

- Ages 7-9: 4:00-5:00 PM
- Ages 10-13: 5:00-6:00 PM

SELF-DEFENSE / SHADOW BOXING

Boost strength, confidence, and discipline with our youth shadow boxing classes.

NEW

YOUTH SELF-DEFENSE SHADOW BOXING (Ages 5-13)

Learn striking techniques, footwork, and defensive movements in a fun, non-contact setting.

- **Summit YMCA**

Mondays | 9/8-10/27

- Ages 5-8: 3:45-4:30 PM
- Wednesdays | 9/10-10/29
- Ages 9-13: 4:00-4:45 PM

- **Berkeley Heights YMCA**

Tuesdays | 9/9-10/28

- Ages 5-8: 4:00-4:45 PM
- Thursdays | 9/11-10/30
- Ages 9-13: 4:00-4:45 PM



SPORTS PROGRAMS



SOCCER



YOUTH SOCCER (Ages 6-10)

Kickstart your child's love for the game with fun, foundational training.

- **Summit YMCA**

Saturdays | 9/12-10/24 | 3:45-4:30 PM

PEEWEE SOCCER (Ages 3-5)

Introduce soccer fundamentals through play-based drills.

- **Summit YMCA**

Saturdays | 9/13-11/01 | 10:00-10:45 AM

- **Berkeley Heights YMCA**

Mondays | 9/8-10/27 | 4:00-4:45 PM

VOLLEYBALL



MIDDLE SCHOOL VOLLEYBALL

(Ages 11-14)

Work on serves, volleys, and team play in a positive, supportive environment.

- **Berkeley Heights YMCA**

Tuesdays | 9/9-10/28

- Beginners: 6:30-7:45 PM

MIDDLE SCHOOL TRAVEL VOLLEYBALL TEAM (Ages 11-14)

Designed for experienced players, this competitive program includes weekly practices and games against other local YMCAs to build skills, strategy, and teamwork.

- **Berkeley Heights YMCA**

Tuesdays | 9/9-10/28 | 7:45-9:00 PM



GET IN THE GAME!

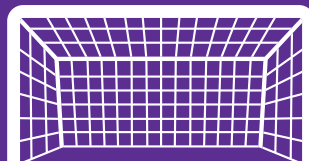
YOUTH SOCCER ASSOCIATION

Youth Soccer Association offers a fun, coed program focused on building soccer skills, confidence, and friendships in a safe, supportive setting. Each session includes a 30-minute practice and 10-minute game. Jersey included.

- **Summit YMCA**

Sundays | 9/14-10/26

- Age 2-3: 10:00-10:40 AM
- Age 4: 11:00-11:50 AM
- Age 5-6: 12:00-12:50 PM



ADULT ENRICHMENT

Explore community, creativity, and wellness with our engaging lineup of adult enrichment programs. Whether you're looking to learn a new skill or simply connect with others, there's something for everyone.



WEEKLY PROGRAM LINEUP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Gentle Yoga Hatha Gentle Yoga 	<ul style="list-style-type: none"> Chair Strength & Stretch Joy Fitness Mahjong Restorative Yin Yoga Aqua Arthritis Deep & Shallow Water 	<ul style="list-style-type: none"> Book Club Chair Yoga Chat and Chill Drumming Circle Gentle Yoga Mahjong Lessons Ping Pong Strength, Stretch, and Stability 	<ul style="list-style-type: none"> AOA BFIT & Strong AOA Cardio/Strength Circuit Chair Yoga Trivia Nights Zumba Gold Aqua Arthritis Deep & Shallow Water 	<ul style="list-style-type: none"> Balance & Stretch Forever Strong Stitches & Tea Aqua Arthritis Shallow Water 	<ul style="list-style-type: none"> Chair Yoga Forever Strong Parkinson's Exercise Class Ping Pong Aqua Arthritis Shallow Water

BOOK CLUB

Join fellow readers for engaging discussion and connection over carefully selected books.

• Berkeley Heights YMCA

Tuesdays (once a month) | Starts 9/9 | 12:00-1:30 PM

NEW

CHAT AND CHILL

Join us for "Chat and Chill," a relaxed meet-and-greet where seniors can connect, share ideas, and help shape future programs in Summit and Berkeley Heights.

• Summit YMCA

Tuesday, October 6 | 12:30-1:30 PM

• Berkeley Heights YMCA

Thursday, October 9 | 10-30-11:30 AM

NEW

DRUMMING CIRCLE

Join our Adult Drumming Circle for a fun and energizing way to connect and unwind. No experience needed!

• Summit YMCA

Tuesdays | 9/16-5/26 | 12:30-2:00 PM

MAHJONG

Stimulate your mind and socialize in this classic game of skill and strategy. Beginners welcome.

• Berkeley Heights YMCA

Mondays | 9/8-10/27 | 12:00-1:30 PM

NEW

MAHJONG LESSONS

Sharpen your mind and meet new friends as you learn the classic game of Mahjong in a beginner-friendly setting.

• Summit YMCA

Tuesdays | 10/7-10/28 | 6:00-8:00 PM

NEW

STITCHES & TEA (KNITTING)

Enjoy a relaxing and social environment while working on knitting projects over a cup of tea.

• Berkeley Heights YMCA

Thursdays | 9/11-10/30 | 12:00-2:00 PM

NEW

TRIVIA NIGHTS

Test your knowledge and enjoy an evening of laughs and friendly competition.

• Berkeley Heights YMCA

Wednesdays | 9/10-10/29 | 12:00-2:00 PM

PING PONG

Stay active and have fun with friendly ping pong play in an open and relaxed setting.

• Berkeley Heights YMCA

Tuesdays | 9/2-10/28 | 11:00 AM-1:00 PM

Fridays | 9/5-10/24 | 12:00-1:30 PM

ADAPTIVE PROGRAMS

DISCOVER INCLUSIVE PROGRAMS THAT EMPOWER EVERY INDIVIDUAL TO THRIVE!

Our adaptive offerings support participants of all abilities through engaging activities that build confidence, encourage connection, and promote personal growth.

NEW

ADAPTIVE CHEFS (Ages 12-16)

Adaptive Chefs is a fun, hands-on cooking program designed for individuals of all abilities. Participants learn basic kitchen skills, practice following simple recipes, and build confidence through sensory-friendly, guided instruction in a supportive and inclusive setting.

- **Summit YMCA**

Saturdays | 10/4-11/22



ADAPTIVE YOGA (Ages 13-21)

Adaptive Yoga is designed to support individuals of all abilities by improving flexibility, balance, and body awareness in a calm and welcoming environment. The focus is on building confidence through modified poses, breathing techniques, and gentle guidance tailored to each participant's needs.

- **Berkeley Heights YMCA**

Thursdays | 9/4-10/23 | 4:30-5:15 PM



FRIDAY'S IN MOTION (Ages 5-21)

At the YMCA, we prioritize developing confident swimmers and believe swimming is a life skill everyone should have access to.

The goals of Friday's in Motion are to increase comfort with water exploration, introduce basic self-rescue skills performed with assistance and begin the fundamentals of swimming through directional change and forward movement.

- **Summit YMCA**

9/26 and 10/24 | 6:15 - 7:15 PM





STARTERS



FUNDAMENTALS



DEVELOPMENT

A

WATER
Discovery

Parent/Child

B

WATER
Exploration

Parent/Child

1

WATER
Acclimation

Preschool

2

WATER
Movement

Preschool

3

WATER
Stamina

Preschool

4

STROKE
Introduction

Preschool or
School Age

5

STROKE
Development

School Age

6

STROKE
Mechanics

School Age

PARENT*/CHILD

STAGE A/B: WATER DISCOVERY

Parent is guided by instructor to learn swim cues to assist their child in learning basic beginner skills.

STAGE B: WATER EXPLORATION

Child is comfortable in the water with parent and learning swim cues from the instructor.

*We define "parent" to include all adults with primary responsibility for raising children, including biological and/or adoptive parents, guardians, stepparents, caregivers, grandparents, and other.

PARENT/CHILD: 9-18 MONTHS (30 MIN.)

SATURDAY | 9/12 - 10/31 | 10:55 AM

PARENT/CHILD: 19-35 MONTHS (30 MIN.)

SATURDAY | 9/13-11/1 | 11:30 AM



PRESCHOOL

STAGE 1: WATER ACCLIMATION	STAGE 2: WATER MOVEMENT	STAGE 3: WATER STAMINA	STAGE 4: STROKE INTRO
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	Encourages forward movement in water and basic self-rescue skills performed independently.	Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Can swim 10-15 yards of front crawl and back stroke.

PRESCHOOL: AGES 3-5 (30 MIN.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/8 - 11/2	9/9 - 10/28	9/10 - 10/29	9/11 - 10/30	9/12 - 10/31	9/13 - 11/1
4:00 PM 4:35 PM	4:00 PM	4:00 PM 4:35 PM	4:00 PM	4:00 PM	8:35 AM

PRESCHOOL: AGES 6-7 (30 MIN.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/8 - 11/2	9/9 - 10/28	9/10 - 10/29	9/11 - 10/30	9/12 - 10/31	9/13 - 11/1
5:10 PM	4:35 PM 5:10 PM	5:10 PM	4:35 PM 5:10 PM	4:35 PM	9:10 AM



SCHOOL AGE

STAGE 1 & 2: WATER MOVEMENT	STAGE 3: WATER STAMINA	STAGE 4: STROKE INTRODUCTION	STAGE 5: STROKE DEVELOPMENT	STAGE 6: STROKE MECHANICS
Little to no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Focus on body positioning and control directional change and forward movement.	Students will learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action. Will need to be able to paddle stroke on front 20 yards, and kick back for 20 yards.	Will develop stroke technique in front crawl and back crawl, and learn breaststroke kick and butterfly kick. Water safety is enforced through treading water and elementary backstroke.	Will work on stroke techniques and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.	Will refine stroke technique on all major strokes, learn about competitive swim, and discover how to incorporate swimming into a healthy lifestyle.

YOUTH: AGES 8-9 (30 MIN.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9/8/2025 - 11/2/2025	9/9/2025 - 10/28/2025	9/10/2025 - 10/29/2025	9/11/2025 - 10/30/2025	9/12/2025 - 10/31/2025	9/13/2025 - 11/1/2025
5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:10 PM	9:45 AM

YOUTH: AGES 10+ (30 MIN.)

FRIDAY	SATURDAY
9/12/2025 - 10/31/2025 5:45 PM	9/13/2025 - 11/1/2025 10:20 AM

PRIVATE AND SEMI-PRIVATE LESSONS: AGES 3+

Whether you're new to swimming or looking to build confidence, our private and semi-private lessons offer personalized instruction and support to help you meet your goals in the water. MONDAY - SUNDAY | 9/8/2025 - 11/1/2025

[SIGN UP FOR PRIVATE LESSONS](#) | [SIGN UP FOR SEMI-PRIVATE LESSONS](#)

ADULT: BEGINNER & INTERMEDIATE (30 MIN.)

SATURDAY | 9/13/2025 - 11/1/2025

8:00-8:30 AM | 2:00-2:30 PM

LIFEGUARD RE-CERTIFICATION

Keep your skills up to date with our Lifeguard Recertification course. Designed for those with a current certification, this program offers a refresher on key knowledge and techniques to help you stay prepared and confident in your role.

SATURDAY, 9/13/2025 | 10:00 AM - 10:00 PM



AQUATICS POTLUCK LUNCHEON

Join us at the Summit YMCA for a special quarterly aquatics potluck luncheon. This free event is open to all swim lesson participants, aqua exercise members, and aquatics families.

It's a great opportunity to share a meal and connect with your swim community outside the pool. Bring your favorite dish to share, meet your instructors, and enjoy an afternoon of good food and great company.

DATES: 9/10/2025 - 10/29/2025
WEDNESDAY: 12:00 PM - 2:00 PM



AQUA FITNESS AT THE SUMMIT YMCA

Aqua Fitness provides a challenging and fun workout using the natural resistance of the water with minimal impact to the body. Exercising in the pool is a wonderful, low-impact way to get movement in your day and to strengthen muscles and joints. It's perfect for bodies experiencing aching pains, for muscle and joint therapy, and is a great cardio workout!

Aqua Fitness Deep Water

- Mondays | 9/8-11/2 | 9-10 AM
- Tuesdays | 9/9-10/28 | 10-11 AM

Aqua Fitness Shallow Water

- Tuesdays | 9/9-10/28 | 11-12 PM
- Thursdays | 9/11-10/30 | 11-12 PM
- Fridays | 9/12-10/31 | 11-12 PM

Aqua Core & More

- Mondays | 9/8-11/2 | 10-11 AM
- Wednesdays | 9/10-10/29 | 9-10 AM
- Thursdays | 9/11-10/30 | 10-11 AM

Aqua Arthritis Deep & Shallow Water

- Mondays | 9/8-11/2 | 11-12 PM

Aqua Arthritis Deep Water

- Wednesdays | 9/10-10/29 | 10-11 AM
- Thursdays | 9/11-10/30 | 9-10 AM

Aqua Arthritis Shallow Water

- Wednesdays | 9/10-10/29 | 11-12 PM
- Fridays | 9/12-10/31 | 10-11 AM

Aqua Treading

- Tuesdays | 9/9-10/28 | 9-10 AM
- Fridays | 9/12-10/31 | 9-10 AM

Aqua Bungee Fitness

- Wednesdays | 9/10-10/29 | 9-10 AM

Aqua Circuit Deep & Shallow Water

- Wednesdays | 9/10-10/29 | 10-11 AM





CHILD CARE

NURTURING SUMMIT'S CHILDREN SINCE 1954

The Summit Area YMCA's early learning centers are nurturing environments where children develop foundational academic and social-emotional skills. Our programs promote literacy, critical thinking, independence, and kindness through structured curriculum and play-based learning.



The Creative Curriculum®



All of our early education programs use The Creative Curriculum® for Infants, Toddlers & Twos and The Creative Curriculum® for Preschool. These state-approved, research-based curriculums help teachers support each child's growth through structured routines, creative play, and hands-on learning.

WHAT WE OFFER:

- **Dedicated, caring full-time educators.**
- **Robust curriculum that supports social-emotional development, including:**
 - Geography
 - Language Arts
 - Math
 - Music & Movement
 - STEM
 - Gross & Fine Motor Skill Development
 - Spanish Language Exposure
 - Nutrition Education
 - Daily physical activity
- **Weekly swim and gym time for Preschool and Pre-K.**
- **Embracing the Y's core values:**
Honesty, Caring, Respect, Responsibility

SPOTS AVAILABLE



Our early education and childcare programs foster curiosity, creativity, and development within a safe and supportive environment. We proudly operate two convenient locations: The Learning Circle YMCA in Summit and The Learning Lane in Berkeley Heights. Serving children from 6 weeks to 5 years old, we offer a stress-free solution for busy, working parents.

GET STARTED



QUESTIONS? CONTACT US TODAY!

THE LEARNING CIRCLE YMCA
(908) 273-7040

THE LEARNING LANE
(908) 464-8373

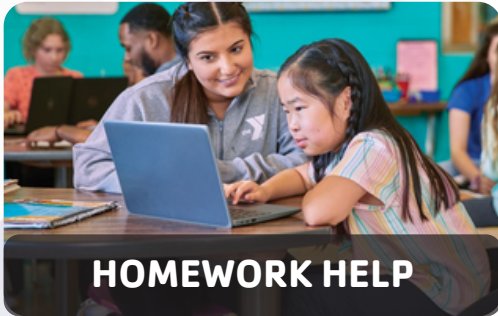
CHILD CARE

FLEXIBLE CARE, LASTING IMPACT



SCHOOL AGE CHILD CARE

The Summit Area YMCA's before and after school care programs offer a safe, enriching environment where children thrive both academically and socially.



HOMEWORK HELP



PHYSICAL ACTIVITY



CREATIVE EXPLORATION

With flexible options to fit every family's schedule, including full-week and part-time care at multiple locations, our programs are designed to meet diverse needs while maintaining the highest quality of care and engagement. Whether you need care in the morning, afternoon, or both the Summit Area YMCA is here to provide dependable, top-tier programming that families trust and kids love.



BEFORE CARE

Available for kindergarten through 5th grade students starting at 7:00 AM at the BH YMCA and in New Providence schools, with transportation ensuring timely arrival at school.



AFTER CARE

A comprehensive program at both YMCA locations and in-school for kindergarten (full-day or afternoon sessions) through 5th grade until 6:00 PM. with extended care option available until 6:30 PM.



HOLIDAY CARE

School's out, fun is in! Full-day holiday care for K-5th grade with games, crafts, and activities until 6:00 PM. Extended care available until 6:30 PM.



SCHOOLS WE SERVE

SUMMIT YMCA:

- BRAYTON SCHOOL
- FRANKLIN SCHOOL
- JEFFERSON SCHOOL
- LINCOLN HUBBARD SCHOOL
- WASHINGTON SCHOOL
- WILSON SCHOOL
- SALT BROOK ELEMENTARY

BERKELEY HEIGHTS YMCA:

- WILLIAM WOODRUFF
- MARY KAY MCMILLIN
- THOMAS P. HUGHES
- MOUNTAIN PARK
- ALLEN W ROBERTS

SIGN UP TODAY

TEEN PROGRAMS

Our teen programs are designed to empower young individuals through leadership development, life skills, community service, and hands-on experiences. We offer a range of opportunities that encourage self-expression, responsibility, and connection.

NEW

BABYSITTING & FIRST AID

The American Red Cross Babysitter's Training with Pediatric First Aid/CPR/AED course equips youth ages 11-16 to care for children and infants safely. It includes hands-on activities, videos, and discussions to develop key babysitting skills, covering aspects like feeding, diapering, and emergency response.

- **Summit YMCA**

2-Day Course: 9/20 & 9/27 | 10:00-2:00 PM

GIRLS NIGHT IN

Empowering teen girls through teamwork, communication, and meaningful peer connections.

- **Summit YMCA**

Thursdays | 9/18/2025-5/22/2026

MEN OF TOMORROW

A mentorship program for teen boys that focuses on goal setting, emotional wellness, and academic and career success.

- **Summit YMCA**

Mondays | 9/15/2025-5/18/2026

TEEN CENTERS AT THE Y

A dedicated space where teens can socialize, study, and participate in fun activities in a supervised environment.

- **Summit YMCA**

Mondays through Fridays | 9/1/2025-6/12/2026

- **Berkeley Heights YMCA**

Mondays through Fridays | 9/1/2025-6/12/2026

TEEN CHEF: FALL INTO FLAVOR

A hands-on cooking class that introduces teens to kitchen basics, recipe planning, and seasonal dishes.

- **Summit YMCA**

Saturdays | 10/4-11/22

6TH GRADE CHALLENGE

Have fun while building communication, teamwork, and social skills through monthly challenges and YMCA activities.

- **Summit YMCA**

Fridays | 9/26/2025-5/8/2026

7TH GRADE INITIATIVE

7th Grade is a pivotal and transitional time and YMCA is committed to supporting and encouraging youth to make good decisions and form habits that lead to a healthy lifestyle.

- **Summit YMCA**

2025-2026 School Year

- **Berkeley Heights YMCA**

2025-2026 School Year

8TH GRADE LEADERS CLUB

Become a leader in your community while learning responsibility, teamwork, and service.

- **Summit YMCA**

Wednesdays | 10/8/2025-5/6/2026

- **Berkeley Heights YMCA**

Fridays | 10/10/2025-5/8/2026

ACHIEVERS

This college and career readiness program helps teens set and reach their academic and professional goals.

- **Summit YMCA**

Tuesdays | 10/7/2025-5/19/2026



GET YOUR FIT ON



NEW! SHADOW BOXING

Led by a professional boxer, this empowering, high-energy class introduces women to the fundamentals of self-defense through shadow boxing. You'll learn footwork, defensive techniques, and striking movements in a safe, non-contact environment. With a focus on strength, coordination, and confidence building, this class is perfect for beginners who want to get active, build skills, and train with a true pro.

• Summit YMCA

Wednesdays | 9/10-10/29 | 1:00-2:00 PM



GROUP EXERCISE CLASSES

Taught by nationally-certified instructors, our schedule offers a wide variety of options to suit every interest and fitness level - from high-energy cardio and strength training to mind-body practices like yoga and Pilates. Join your community, find new inspiration, and discover the power of working out together.

CLASSES INCLUDE:

- Balance & Stretch
- Barre
- Body Sculpt
- Cardio Latin Dance
- Core & More
- Cycling
- Forever Strong
- Gentle Flow Yoga
- Hatha Yoga
- LesMills BodyCombat
- LesMills BodyPump
- LesMills SPRINT
- LesMills TONE
- Pilates
- Step & Strength
- Strictly Strength
- Total Body Blast
- TRX
- Vinyasa Yoga
- Yin Yoga
- Zumba
- and more!

[VIEW SCHEDULES](#)


PERSONAL TRAINING

Reach your wellness goals faster with the help of a certified personal trainer. Whether you're just starting your fitness journey or looking to take your performance to the next level, our expert trainers will design a plan tailored to your unique needs.

BENEFITS INCLUDE:

- Individualized workout plans
- Motivation and accountability
- Injury prevention and form correction
- Support for strength, weight loss, endurance, and more!

UNLOCK YOUR POTENTIAL



BACK TO SCHOOL YOUTH TRAINING SPECIAL

LIMITED TIME OFFER FOR KIDS AGES 10-14!



SPECIAL INCLUDES:

Help your child kickstart healthy habits this fall! This limited-time offer includes 45-minute training sessions tailored for youth/preteen members ages 10-14.

- Up to two packages per member
- Each package must be used within two months
- Led by certified trainers with youth experience

Available September 1 – October 31, 2025

GET FIT NOW



LIVESTRONG® AT THE YMCA

A free, research-based program for adult cancer survivors, LIVESTRONG at the YMCA helps rebuild strength, increase physical activity, and connect participants in a supportive community.

12-WEEK PROGRAM INCLUDES:

- Trained wellness coaches
- Group workouts
- Personalized support
- Social Connection

PROGRAM SCHEDULE:

- Berkeley Heights YMCA: 09/16-12/4
- Summit YMCA: 10/20-01/14

[GET STARTED](#)

PARKINSON'S DISEASE EXERCISE CLASS

A science-based exercise program that caters to improving Parkinson's disease (PD) and Multiple Sclerosis (MS) symptoms and specific exercises that help restore lost function. Our exercise class incorporates the newest research principles of forced exercise, aerobic training and dissociated movements to retrain or optimize function for people with PD and other balance or movement disorders.



WHEN & WHERE:

Berkeley Heights YMCA (Gymnasium)
Fridays, 1:15-2:15 PM

[TAKE CONTROL](#)

IMPORTANT DATES & SPECIAL EVENTS

LABOR DAY

SEPTEMBER
1

BRANCH HOLIDAY HOURS
7:00 AM - 12:00 PM

MINI-TRIATHLON

SEPTEMBER
7

WAVE 1: 7:30 - 8:45 AM
WAVE 2: 8:00 - 9:15 AM

WELCOMING WEEK

SEPTEMBER
12-21

CELEBRATING INCLUSION
AND BELONGING AT THE Y.

LIVESTRONG®

SEPTEMBER
16

BEGINS AT THE BERKELEY
HEIGHTS YMCA

AMERICAN RED CROSS BLOOD DRIVE

SEPTEMBER
21

BERKELEY HEIGHTS YMCA
9:00 AM - 2:00 PM

FRIDAYS IN MOTION

SEPTEMBER
26

SUMMIT YMCA
6:15 PM - 7:15 PM

LOL: CHARITY AUCTION

SEPTEMBER
26

THE ALBION SUMMIT
6:30 PM

HISPANIC HERITAGE CELEBRATION

OCTOBER
11

BERKELEY HEIGHTS YMCA
1:00 - 3:00 PM

LIVESTRONG®

OCTOBER
20

BEGINS AT THE
SUMMIT YMCA

FRIDAYS IN MOTION

OCTOBER
24

SUMMIT YMCA
6:15 PM - 7:15 PM

[VIEW CALENDAR](#)