

NO PLACE



Like This Place

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2026 WINTER PROGRAM SESSION:

**MONDAY, JANUARY 5 to
SUNDAY, MARCH 1**

REGISTRATION DATES:

**SAY Family & Senior Family Members
MONDAY, DECEMBER 8**

**Adult, College, Teens, & Youth Members
THURSDAY, DECEMBER 11**

**Open to All
MONDAY, DECEMBER 15**



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.

APPLY TODAY ➤

BRANCHES



SUMMIT YMCA

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



BERKELEY HEIGHTS YMCA

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

The Summit YMCA and Berkeley Heights YMCA provide welcoming, full-service facilities with modern fitness centers, swimming 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



THE LEARNING CIRCLE YMCA

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



LEARNING LANE AT THE YMCA

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

The Learning Circle YMCA and the Learning Lane at the YMCA provide early education focused on social-emotional growth, school readiness, and key early learning milestones like language development, motor skills, math and literacy. With experienced teachers, engaging enrichment, and full-day care options, we support families and prepare children for transition into kindergarten and beyond.

OUTDOOR POOLS



SPRINGFIELD COMMUNITY POOL

44 Morrison Rd, Springfield, NJ 07081 | (908) 273-3330



BERKELEY HEIGHTS COMMUNITY POOL AT THE YMCA

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

Operated by the Summit Area YMCA, our seasonal outdoor pools feature large swimming pools, kiddie pools, slides, diving boards, snack stands, grills, and shaded areas for everyone to enjoy. With lap swim, lessons, family fun, and a safe, welcoming atmosphere, our pools are your go-to spot for summer.

THE SOMETHING FOR EVERYONE PLACE

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

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 ➤

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/classes. A separate login is required for reservations.

MOBILE APP ➤

FACILITY ACCESS

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 ➤





EARLY EDUCATION: WHERE LEARNING & CARE GROW TOGETHER

Serving children 6 weeks to 5 years, our programs nurture curiosity, creativity, and growth in a safe, supportive environment. Using The Creative Curriculum® for Infants, Toddlers, and Preschoolers, our teachers guide development through structured routines, play, and hands-on learning. With two convenient locations, The Learning Circle YMCA in Summit and The Learning Lane at the Berkeley Heights YMCA, we make early education easy for busy families.



WHY FAMILIES CHOOSE THE Y

- Extended day care options available for children 6 weeks to 5 years
- Caring, experienced, full-time educators
- Creative Curriculum® with Language Arts, Math, STEM, Music & More
- Spanish exposure + motor skill development
- Healthy meals and full-time nurse
- Outdoor playgrounds, daily activity, field trips, weekly swim & gym
- Licensed, Praesidium-accredited, and small class ratios

THE LEARNING CIRCLE YMCA

PROGRAMS:

- INFANT
- TODDLER
- PRESCHOOL
- PRE-K
- KINDERGARTEN

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

LEARNING LANE AT BERKELEY HEIGHTS YMCA

PROGRAMS:

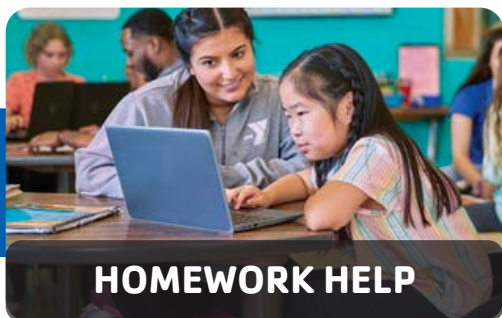
- PRESCHOOL
- PRE-K

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



BEFORE & AFTER SCHOOL: WHERE KIDS LOVE TO BE BEYOND THE BELL

With flexible options to fit your family's schedule, including full-week and part-time care before or after school, our School Age Child Care Programs provide dependable, licensed child care that families trust and kids love.



HOMEWORK HELP



SPORTS & ENRICHMENT



ARTS & STEM



BEFORE CARE

Available for Kindergarten through 6th grade students starting at 7:00 AM at the Berkeley Heights YMCA and in New Providence schools, with transportation ensuring timely arrival at school.



AFTER CARE

A comprehensive program at both Berkeley Heights & Summit YMCA and in-school for Kindergarten (full-day or afternoon sessions) through 5th grade until 6:00 PM, with an extended care option available until 6:30 PM.



HOLIDAY CARE

School's out, the Y is in! Full-day holiday care for K-5th grade with games, crafts, and activities until 6:00 PM, with an extended care option 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

ENROLL HERE ➔

ENGAGING CURRICULUM

Engage your child's creativity and curiosity with enrichment classes that build confidence, sharpen skills, and spark joy through learning!

EXPLORING BALLET

A welcoming introduction to ballet that teaches young dancers the basics of posture, coordination, and creative movement in a fun, supportive setting.

SUMMIT YMCA

AGES: 3-6
DATES: 1/10-2/28
SAT: 10:15-11:00 AM



ADVANCED CHESS

Sharpen tactics, strengthen competitive play, and take your chess skills to the next level.

BERKELEY HEIGHTS YMCA

AGES: 7-10
DATES: 1/8-2/26
THU: 5:00-6:00 PM

SUMMIT YMCA

AGES: 7-10
DATES: 1/7-2/25
WED: 5:00-6:00 PM

BEGINNER CHESS

Learn strategy, problem-solving, and game fundamentals in a relaxed, supportive setting.

BERKELEY HEIGHTS YMCA

AGES: 6-10
DATES: 1/8-2/26
THU: 4:00-4:45 PM

SUMMIT YMCA

AGES: 6-10
DATES: 1/7-2/25
WED: 4:00-4:45 PM



ROBOTICS

Build hands-on STEM skills exploring how robots move, think, and solve problems. A fun, creative way to experiment and collaborate with friends.

SUMMIT YMCA

AGES: 4-6
DATES: 1/8-2/26
THU: 4:00-5:00 PM

AGES: 7-12
DATES: 1/8-2/26
THU: 5:00-6:00 PM

PEEWEE BASKETBALL

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

SUMMIT YMCA

AGES: 3-5

DATES: 1/10-2/28

SAT: 10:15-11:00 AM

DATES: 1/10-2/28

SAT: 11:15-12:00 PM

BERKELEY HEIGHTS YMCA

AGES: 3-5

DATES: 1/6-2/24

TUE: 4:00-4:45 PM

ADVANCED BASKETBALL

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

SUMMIT YMCA

AGES: 8-9

DATES: 1/8-2/26

THU: 4:00-5:00 PM

AGES: 10-12

DATES: 11/6-12/18

THU: 5:00-6:00 PM

FUNDAMENTALS OF BASKETBALL

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

SUMMIT YMCA

AGES: 6-7

DATES: 1/6-2/24

TUE: 4:00-4:45 PM

AGES: 10-12

DATES: 1/6-2/24

TUE: 6:00-6:45 PM

AGES: 8-9

DATES: 1/6-2/24

TUE: 5:00-5:45 PM

BERKELEY HEIGHTS YMCA

AGES: 6-8

DATES: 1/8-2/26

THU: 4:00-5:00 PM

YOUTH BASKETBALL LEAGUE (YBL)

Our introductory Youth Basketball League focuses on fun, teamwork, and learning the basics of the game.

SUMMIT YMCA

SUN: 1/11-3/1

BOYS: KINDERGARTEN

BOYS: 1ST GRADE

GIRLS: KINDERGARTEN

GIRLS: 1ST GRADE

BERKELEY HEIGHTS YMCA

SAT: 1/10-2/28

BOYS: 2ND & 3RD GRADE

BOYS: 2ND & 3RD GRADE (ADVANCED)

GIRLS: 2ND & 3RD GRADE

YBL CLINICS

A skills-focused clinic that helps young players develop fundamentals, confidence, and skills to play in the YBL.

SUMMIT YMCA

COED: KINDERGARTEN

DATES: 1/5-2/23

MON: 4:30-5:15 PM

COED: 1ST GRADE

DATES: 1/5-2/23

MON: 5:15-6:00 PM

DATES: 1/7-2/25

WED: 3:45-4:30 PM

DATES: 1/7-2/25

WED: 4:30-5:15 PM

COED: 2ND & 3RD GRADE

DATES: 1/7-2/25

WED: 5:15-6:00 PM

YBL OPEN GYM CLINICS

Drop-in clinic that helps young players develop fundamentals, build confidence, and prepare for YBL. **No registration required.**

SUMMIT YMCA

GRADES: 2ND & 3RD

DATES: 1/9-2/27

FRI: 3:45-4:30 PM

BERKELEY HEIGHTS YMCA

GRADES: 2ND & 3RD

DATES: 1/8-2/26

THU: 5:00-6:15 PM

GIRLS FLAG FOOTBALL

Offered in partnership with Governor Livingston HS, this flag football program gives young athletes a fun and supportive space to build fundamental skills, boost confidence, and stay active.

BERKELEY HEIGHTS YMCA

GRADES: 2-5
DATES: 1/7-2/28
TUE: 4:00-5:00 PM

GRADES: 6-8
DATES: 1/7-2/28
TUE: 5:15-6:15 PM

MULTI-SPORT MADNESS

An action-packed program that introduces kids to a variety of sports while building skills and confidence.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 1/5-2/23
MON: 2:00-2:30 PM

SUMMIT YMCA

AGES: 5-7
DATES: 1/9-2/27
FRI: 4:30-5:30 PM

PEE WEE SOCCER

This engaging and energetic program introduces young athletes to the basics of soccer through fun, age-appropriate activities and games.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 1/5-2/23
MON: 4:00-4:45 PM

SELF-DEFENSE SHADOW BOXING

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

BERKELEY HEIGHTS YMCA

AGES: 9-13
DATES: 1/5-2/26
THU: 4:00-4:45 PM

T-BALL

Kids learn fundamental skills such as hitting from a tee, catching, throwing, and running bases.

SUMMIT YMCA

AGES: 3-5
DATES: 1/10-2/28
SAT: 12:15-1:00 PM

VOLLEYBALL

Designed for students new to the sport, our skill clinics focus on fundamentals and essential techniques.

BERKELEY HEIGHTS YMCA

SKILLS CLINIC

GRADES: 2-5
DATES: 1/6-2/23
TUE: 6:30-7:45 PM

GRADES: 6-8
DATES: 1/6-2/23
TUE: 6:30-7:45 PM

MIDDLE SCHOOL TRAVEL TEAM

Take your game to the next level with our Middle School Travel Volleyball Team! This competitive program is designed for middle schoolers who are ready to build on their fundamentals and compete against teams from other local YMCAs.

GRADES: 6-8
DATES: 1/6-2/23
TUE: 7:45-9:00 PM



BUILDING CONFIDENT SWIMMERS

At the Y, we've held a commitment to our community for generations to build more confident swimmers and instill water safety for all. From group to private lessons to competitive swimming, we are proud to carry on the tradition of developing strong swimmers of all ages year round in both our indoor and outdoor pools.

Our swim lesson program is structured around three age categories, with students assigned to a stage based on their swimming ability. If you're unsure which stage is right, a quick swim evaluation will guide proper placement and set your swimmer up for success. It's simple, fast, and recommended for anyone entering Stage 4 and above. Swim evaluations are offered at the Summit YMCA Monday-Thursday, 3:00-3:45 PM or Sundays, 1:00-4:00 PM.



Learn more at www.thesay.org/swim

PARENT/CHILD (AGES 1-2) 30 MIN

STAGE A/B: WATER DISCOVERY & EXPLORATION

Parent (defined as any adult with primary responsibility for raising a child) is guided by instructors for swim cues to help our youngest swimmers feel comfortable in the water and learn basic beginner skills.

SATURDAY
8:45 AM

PRESCHOOL: AGES 3-5 (30 MIN)

STAGE 1: WATER ACCLIMATION

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45 PM		3:45 PM			

STAGE 2: WATER MOVEMENT

Encourages forward movement in water and basic self-rescue skills performed independently.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:20 PM	3:45 PM	4:20 PM			9:20 AM

STAGE 3: WATER STAMINA

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				3:45 PM	9:55 AM



INTERESTED IN PRIVATE LESSONS?

Whether you have little or no swimming experience our instructors are ready to help you become one with water. Our private lessons provide you with customized plans and one-on-one attention to help you achieve your swimming goals. Contact us to learn more.

SCHOOL AGED: AGES 6-12 (40 MIN)

STAGE 3: WATER STAMINA

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:20 PM				10:30 AM

STAGE 4: STROKE INTRODUCTION

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55 PM	5:50 PM	5:05 PM			11:15 AM

STAGE 5: STROKE DEVELOPMENT

Will work on stroke techniques and learn all major competitive strokes. The emphasis on water safety continues through treading and sidestroke.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:05 PM			4:20 PM	11:15 AM

STAGE 6: STROKE MECHANICS

Will refine stroke technique on all major strokes, learn about competitive swim, and discover how to incorporate swimming into a healthy lifestyle.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				5:05 PM	11:15 AM

TEEN WATER SAFETY PROGRAM: AGES 16-19 (45 MIN)

Swim to Success is a free, six-week program designed exclusively for local high school juniors and seniors who want to learn how to swim. Will gain confidence in the water and learn swim basics from stages 1-3.

SUNDAY
3:00 PM

TEEN & ADULT: INTERMEDIATE & ADVANCED (40 MIN)

Supportive classes designed to build water confidence, improve technique, and enhance fitness at any age.

SATURDAY
8:00 AM

SWIM LESSON QUESTIONS? CONTACT:

We're here to help! For class placement, program questions or to arrange private lessons, please contact Chris Cueto, Aquatics Director at chris.cueto@thesay.org or (908) 273-3330.



THE Summer They'll *Never Forget* PLACE

DAY CAMPS AT THE
SUMMIT AREA YMCA



**SAVE
THE DATE**

REGISTRATION OPENS JANUARY 5

INSPIRING TEEN WINNERS

Get inspired with teen programs that build real-world skills, fuel creativity, and boost confidence, all while having fun learning something new.

8-BALL ACADEMY

Learn how to break, aim, and sink shots like a pro. Each session mixes hands-on practice with friendly games. Whether you're looking to compete or just hang with friends, it's the perfect way to level up your pool skills.

SUMMIT YMCA

GRADES: 8-12
DATES: 1/8-3/5
WED: 6:00-7:00 PM



8-BALL ACADEMY TOURNAMENT

Put your corner pocket skills to the test in a friendly, fast-paced Teen Center Pool Tournament. Compete, show off your best shots, and play for prizes, bragging rights, and plenty of fun.

SUMMIT YMCA

WED 2/4: 3:45 PM

BLACKBOARD ART BATTLE

Show off your skills in a friendly, timed blackboard art competition. Create bold designs, portraits, or doodles, your style, your moment. Jump in between rounds to add your touch to our community boards. Come ready to draw, cheer, and leave your mark.

SUMMIT YMCA

THU 1/13: 4:00-4:45 PM

MIC'D UP

Your space to speak, share, and explore podcasting. Book sessions, bring friends, and dive into any topic you care about, from music to school life to big ideas. Record your thoughts, hear new perspectives, and connect in a fun, creative, judgment-free space.

SUMMIT YMCA

GRADES: 8-12
DATES: 1/8-3/5
WED: 6:00-7:00 PM

MONEY TALKS

Kickstart your future with a hands-on intro to financial literacy. We're talking budgeting, saving, credit, investing, and understanding your paycheck. Build the skills and confidence to make smart money decisions, now and for what's ahead.

SUMMIT YMCA

GRADES: 8-12
DATES: 1/7-2/25
WED: 4:00-4:45 PM

GLOW IN THE DARK SPORTS

Join us for a fun evening filled with your favorite games under blacklights and neon colors, basketball, volleyball, and other fun challenges that shine bright when the lights go out!

SUMMIT YMCA

GRADES: 8-12
DATES: 2/13
FRI: 6:00-8:00 PM

TEEN CHEF: WINTER TREATS & EATS

Each week, participants will learn to create seasonal appetizers, hearty entrees, and delicious desserts inspired by the season.

BERKELEY HEIGHTS YMCA

GRADES: 8-12
DATES: 1/17-3/7
SAT: 12:00-1:00 PM

7TH GRADE INITIATIVE

A free membership for 7th graders that includes fitness orientation, access to the gym, pool, teen classes and special events empowering teens to build healthy habits, meaningful connections, and self-discovery.

BERKELEY HEIGHTS YMCA & SUMMIT YMCA

GRADES: 7

DATES: 10/1-6/30

8TH GRADE LEADERS CLUB

Students get involved in community service projects, participate in team building activities, learn healthy habits, and socialize with peers.

SUMMIT YMCA

GRADES: 8

DATES: 10/8-5/6

WED: 4:00-5:00 PM

BERKELEY HEIGHTS YMCA

GRADES: 8

DATES: 10/10-5/8

FRI: 4:00-5:00 PM

ACHIEVERS

Participants benefit from a range of services, including one-on-one mentorship, SAT preparation, and career planning workshops. The program also offers internship opportunities, corporate mentoring, guest speaker lectures, and assistance with finding scholarships and college tours.

SUMMIT YMCA

GRADES: 9-12

DATES: 10/7-5/19

TUE: 7:00-8:00 PM

GIRLS NIGHT IN

A fun and supportive evening just for girls, filled with activities, connection, and positive experiences in a safe space.

SUMMIT YMCA

GRADES: 8-12

DATES: 9/18-5/22

THU: 7:00-8:00 PM

MEN OF TOMORROW

A mentorship program empowering young men to build character, leadership skills, and confidence for the future.

SUMMIT YMCA

GRADES: 6-12

DATES: 9/15-5/18

MON: 7:00-8:00 PM



TEEN CENTER

A safe space just for teens to meet after school, complete homework in a supportive setting, challenge friends to pool or video games, or simply unwind and socialize. Throughout the year the Teen Center hosts special programs, events, and workshops that encourage creativity, collaboration, and skill building.

SUMMIT YMCA

GRADES: 6-12

DATES: 9/1-6/12

MON-FRI: 2:45-7:00 PM

BERKELEY HEIGHTS YMCA

GRADES: 6-12

DATES: 9/1-6/12

MON-FRI: 2:45-6:00 PM



BOOK CLUB

Join fellow readers once a month for an engaging discussion and connection on the book of the month.

BERKELEY HEIGHTS YMCA

TUE 1/14 & 2/10: 12:00-1:30 PM

SUMMIT YMCA

MON 1/7 & 2/4: 12:00-1:30 PM

CHAT & CHILL

A welcoming space for seniors to connect, share stories, and build friendships.

BERKELEY HEIGHTS YMCA

FRI 1/30 & 2/27: 12:30-1:30 PM

SUMMIT YMCA

WED 1/28 & 2/25: 12:30-1:30 PM

LEARN MAHJONG

Our beginner-friendly lessons teach you the rules, rhythm, and strategy of this classic game from the tiles up.

LESSONS:

BERKELEY HEIGHTS YMCA

DATES: 1/5-1/26
MON: 10:30 AM-12:00 PM

DATES: 2/2-2/23
MON: 10:30 AM-12:00 PM

SUMMIT YMCA

DATES: 1/6-1/27
TUE: 6:00-7:30 PM

PLAY MAHJONG

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

OPEN PLAY:

BERKELEY HEIGHTS YMCA

MON: 12:00-1:30 PM

SUMMIT YMCA

TUE: 6:00-7:30 PM

KNITTING CLUB

Unwind with your favorite yarn and good company. Bring your project, meet new friends, and find your flow one stitch at a time.

BERKELEY HEIGHTS YMCA

THU: 1:00-2:00 PM

SUMMIT YMCA

THU: 6:00-7:30 PM

MOVIE NIGHT

Unwind with a relaxing evening as we screen 'City of Dreams' a captivating film filled with drama, ambition, and heart. Enjoy a cozy movie night setting, light refreshments, and a post movie discussion with great company.

BERKELEY HEIGHTS YMCA

TUE 12/15: 6:00-8:00 PM

PING PONG

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

BERKELEY HEIGHTS YMCA

TUE & FRI: 11:00 AM-1:00 PM





Aqua Fitness offers a fun, low-impact workout that uses the natural resistance of the water to build strength and improve mobility. It's ideal for anyone looking to ease joint or muscle discomfort, support therapy needs, or enjoy a refreshing cardiovascular workout.

AQUATICS EXERCISE CLASSES AT THE SUMMIT YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Fitness Deep Water 9:00-10:00 AM	Aqua Fitness Deep Water 10:00-11:00 AM	Aqua Core & More 9:00-10:00 AM	Aqua Fitness Shallow Water 11:00 AM-12:00 PM	Aqua Treading 9:00-10:00 AM
Aqua Core & More 10:00-11:00 AM	Aqua Fitness Shallow Water 11:00 AM-12:00 PM	Aqua Bungee Fitness 9:00-10:00 AM	Aqua Core & More 10:00-11:00 AM	Aqua Arthritis Shallow Water 10:00-11:00 AM
Aqua Arthritis Deep & Shallow Water 11:00 AM-12:00 PM	Aqua Treading 9:00-10:00 AM	Aqua Circuit Deep & Shallow Water 10:00-11:00 AM	Aqua Arthritis Deep Water 9:00-10:00 AM	
		Aqua Arthritis Deep Water 10:00-11:00 AM		
		Aqua Arthritis Shallow Water 11:00 AM-12:00 PM		

SKILL CLINICS

DROP, DRIP & DRIVE

ADVANCED BEGINNER

BERKELEY HEIGHTS YMCA

DATES: 1/4

SUN: 10:30 AM-12:00 PM

FAST HANDS

INTERMEDIATE

BERKELEY HEIGHTS YMCA

DATES: 1/11

SUN: 10:30 AM-12:00 PM

KITCHEN MASTERY

INTERMEDIATE

BERKELEY HEIGHTS YMCA

DATES: 1/18

SUN: 10:30 AM-12:00 PM

SERVING

ADVANCED BEGINNER

BERKELEY HEIGHTS YMCA

DATES: 1/25

SUN: 10:30 AM-12:00 PM

SIGN UP



BERKELEY HEIGHTS YMCA

OPEN PLAY PICKLEBALL - SIGN UP REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Intermediate 12:00-1:30 PM	Advanced Beginner 9:30-11:00 AM	Intermediate 8:00-9:30 AM	Intermediate 9:00-10:30 AM	Intermediate 8:00-9:30 AM	Competitive Play 8:00-9:30 AM
Advanced Beginner 1:30-3:00 PM	Competitive Play 11:00 AM-12:30 PM	Advanced Beginner 9:30-11:00 AM	Advanced Beginner 10:30 AM-12:00 PM	Advanced Beginner 9:30-11:00 AM	Advanced Beginner 9:30-11:00 AM
Beginner 3:00-4:00 PM	Beginner 12:30-1:30 PM	Competitive Play 11:00 AM-12:30 PM	Advanced Beginner 12:00-1:30 PM	Competitive Play 11:00 AM-12:30 PM	Intermediate 11:00 AM-12:30 PM
	Intermediate 8:00-9:20 PM		Beginner 1:30-2:30 PM		Intermediate 6:00-7:30 PM
			Intermediate 7:45-9:20 PM		

Sign up on our app to reserve your spot or online at www.thesay.org/classes

MAKING MOVEMENT MORE FUN



200+ GROUP EXERCISE CLASSES

Whether you're starting fresh, getting back into a routine, or craving something new, the Y makes it easy to stay active, strong, and connected. With 200+ weekly classes, there's a workout for every body and every schedule. Join your community and discover the power of working out together.



WHY YOU'LL LOVE IT

- A variety of 30–45 minute classes every week for impactful workouts on busy days.
- Early mornings, lunchtime express, evenings, and weekends to match every schedule.
- All levels welcome, every technique can be modified.
- Certified instructors who coach, motivate, and support you.
- Community energy that keeps you showing up.
- Included with membership — no extra cost!

VIEW SCHEDULES



Since group size is limited, reservations are strongly recommended. View current schedules and sign up through the SAY Mobile App or at www.thesay.org/classes

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

UPCOMING SESSION:

BERKELEY HEIGHTS YMCA

DATES: 1/27-4/16

SUMMIT YMCA

DATES: 2/23-5/14

LEARN MORE ➤

UNITED IN STRENGTH



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.

BERKELEY HEIGHTS YMCA

FRI: 1:15-2:15 PM

EXPLORE ➤





STRONGER WITH SUPPORT

Reach your wellness goals faster with the help of a certified personal trainer. Because gains feel even better when they come with connection. Our trainers aren't just here to help you build muscle; they're here to build your confidence, too.

From first-timers to powerlifters, everyone shares the weights and wisdom at the Y.

BENEFITS OF PERSONAL TRAINING:

- Individualized workout plans from experienced trainers
- Motivation and accountability
- Injury prevention and form correction
- Body composition analysis
- Support for strength training, weight management, speed, and more!

REQUEST A CONSULTATION ➤

LEARN MORE ➤

NEW CLIENTS

SPECIAL
OFFER

Kickstart your fitness goals with savings, available for new members and those new to training at the Y!

3x 60-Minute Sessions for \$250

UPCOMING EVENTS

FOR SOCIAL RESPONSIBILITY

KINDERGARTEN
OPEN HOUSE

DECEMBER
6

THE LEARNING CIRCLE YMCA
6:00 PM

PUPPY
YOGA

DECEMBER
7

BERKELEY HEIGHTS YMCA
12:00 PM

FITNESS FOR LONGEVITY
LUNCH & LEARN

DECEMBER
10

BERKELEY HEIGHTS YMCA
1:00 PM

FITNESS FOR LONGEVITY
LUNCH & LEARN

DECEMBER
11

SUMMIT YMCA
1:00 PM

REGISTRATION OPENS
FOR SUMMER CAMP

JANUARY
5

LUNAR
NEW YEAR

FEBRUARY
7

SUMMIT YMCA
1:00-4:00 PM

CALENDAR

