



# SPRING INTO PLAY



2026 SPRING 1 PROGRAMS

SUMMIT AREA YMCA

# TABLE OF CONTENTS

Table of Contents .....	2
Program Registration Dates .....	2
Financial Assistance .....	2
Locations .....	3
Benefits of Membership .....	4
Program Registration FAQ .....	5
Childcare .....	6
Youth Enrichment .....	10
Youth Sports .....	11
Swim Lessons .....	16
Teen Programs .....	20
Adult Enrichment .....	23
Aqua Fitness .....	24
Pickleball .....	25
Wellness Programs .....	26
Personal Training .....	29
Upcoming Events .....	30

## 2026 SPRING 1 PROGRAM SESSION:

**MONDAY, MARCH 2 to  
SATURDAY, MAY 2**

## REGISTRATION DATES:

**SAY Family & Senior Family Members**  
**MONDAY, FEBRUARY 9**

**Adult, College, Teens, & Youth Members**  
**WEDNESDAY, FEBRUARY 11**

**Open to All**  
**MONDAY, FEBRUARY 16**



## 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** 



#### 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.



#### 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 supports families and prepare children for transition into kindergarten and beyond.



#### 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

JOIN THE Y ➤

# 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](http://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](http://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.

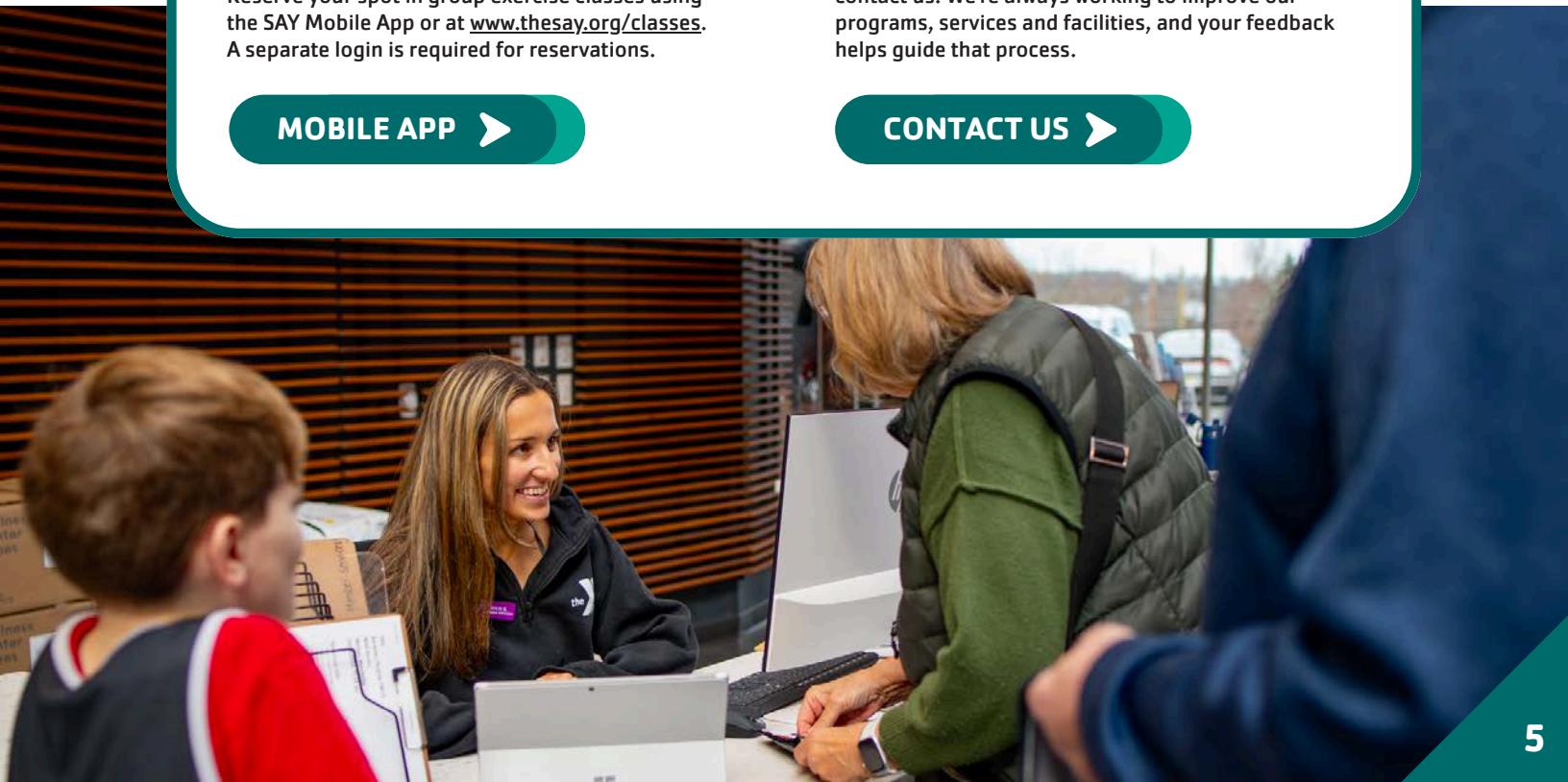
## PARENT INFORMATION

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** 





## PARENT'S NIGHT OUT

It's the most wonderful time of the year, and we know you have a lot on your plate. Let us help lighten the load! Parent's Night Out allows parents to drop off their children for 2 hours of fun so you can get things done.

**SUMMIT YMCA**

**AGES:** 0-10  
**DATES:** 2/20, 3/20 & 4/17  
**FRI:** 6:00-8:00 PM

**LEARN MORE**



## 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

2026-27  
SCHOOL YEAR  
REGISTRATION  
OPENS IN  
MARCH

### 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

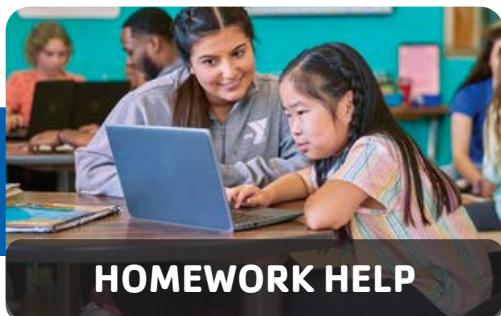
59 Locust Ave, Berkeley Heights, NJ 07922  
(908)464-8373

GET IN TOUCH TO LEARN MORE OR SCHEDULE A TOUR ➤



### **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**



# THE Best Summer Ever PLACE

SUMMIT AREA YMCA



## CAMP CANNUNDUS

### SPRINGFIELD COMMUNITY POOL

Your child can have the ultimate summer adventure at Camp Cannundus, now on the beautiful 15-acre grounds at Springfield Community Pool! This beloved traditional day camp sparks lifelong friendships, endless fun, and pure joy for kids ages 4-13. Splash in the pool three times a week, conquer the brand-new mini golf course, and unleash creativity through arts & crafts, sports, team games, theme days and field trips.

Dear Mom or Dad,

Please send me to summer camp at the Y again this year! It's a place where I can try new things, make friends, swim, play games, learn cool stuff, and be outside. The counselors are sooo nice and they make every day fun. It's not just camp, it's where I grow.

Love,  
Your favorite kid

**2026  
SUMMER  
CAMP**



Learn more:  
[thesay.org/camp](http://thesay.org/camp)

# YOUTH ENRICHMENT

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:** 3/7-5/2  
**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:** 3/5-4/30  
**THU:** 5:00-6:00 PM

### SUMMIT YMCA

**AGES:** 7-10  
**DATES:** 3/4-4/29  
**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:** 3/5-4/30  
**THU:** 4:00-4:45 PM

### SUMMIT YMCA

**AGES:** 6-10  
**DATES:** 3/4-4/29  
**WED:** 4:00-4:45 PM



## DANCING WITH KIDS

Join us for a high-energy, dance class where guardians and children will dance together and bond.

### BERKELEY HEIGHTS YMCA

**AGES:** 8-12  
**DATES:** 3/17-4/28  
**SAT:** 4:00-4:45 PM



## DANCETOK

Join us for a high-energy, dance class where guardians and children will learn the latest trending moves and viral routines.

### BERKELEY HEIGHTS YMCA

**AGES:** 8-12  
**DATES:** 3/17-4/28  
**SAT:** 4:00-4:45 PM



## FAMILY FOOT DARTS

NEW

Who will hit the bullseye?  
Kick, swing, and aim at a giant  
inflatable dartboard to score  
big! Fun, active, and perfect  
for all ages.

BERKELEY HEIGHTS YMCA

AGES: 3-10

DATES: 3/28, 4/25, 5/30

SAT: 12:30-2:30 PM

LEARN MORE 

### 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:** 3/2-4/27  
**MON:** 4:00-4:45 PM  
  
**DATES:** 3/2-4/27  
**MON:** 5:00-5:45 PM

**DATES:** 3/7-5/2  
**SAT:** 9:15-10:00 AM

#### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 3/3-4/28  
**TUE:** 4:00-4:45 PM

**DATES:** 3/21-5/2  
**SAT:** 10:15-11:00 AM

### ADVANCED BASKETBALL

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

#### SUMMIT YMCA

**AGES:** 6-7  
**DATES:** 3/5-4/30  
**THU:** 4:00-4:45 PM

**AGES:** 10-12  
**DATES:** 3/5-4/30  
**THU:** 6:00-6:45 PM

**AGES:** 8-9  
**DATES:** 3/5-4/30  
**THU:** 5:00-5:45 PM

#### BERKELEY HEIGHTS YMCA

**AGES:** 10-13  
**DATES:** 3/5-4/30  
**THU:** 5:00-6:15 PM

### COMPETITIVE BASKETBALL

For young athletes looking to enhance their game skills through real-play experiences.

#### SUMMIT YMCA

**AGES:** 5-7  
**DATES:** 3/2-4/27  
**MON:** 6:00-6:45 PM

**AGES:** 8-10  
**DATES:** 3/4-4/29  
**WED:** 6:00-7:00 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:** 3/3-4/28  
**TUE:** 4:00-4:45 PM

**AGES:** 10-12  
**DATES:** 3/3-4/28  
**TUE:** 6:00-6:45 PM

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

#### BERKELEY HEIGHTS YMCA

**AGES:** 8-9  
**DATES:** 3/3-4/28  
**TUE:** 5:00-5:45 PM

### PEE WEE FOOTBALL

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:** 3/21-5/2  
**SAT:** 11:15 AM - 12:00 PM



### TOTAL ATHLETE FOOTBALL CLINIC

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

#### BERKELEY HEIGHTS YMCA

**AGES:** 5-7  
**DATES:** 3/4-4/29  
**WED:** 4:00-4:45 PM

**AGES:** 8-10  
**DATES:** 3/4-4/29  
**WED:** 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.

#### SUMMIT YMCA

**AGES:** 5-7  
**DATES:** 3/10-5/1  
**FRI:** 4:00-4:45 PM

#### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 3/2-4/27  
**MON:** 2:00-2:30 PM

### OBSTACLE WARRIORS

This exciting program combines fun and fitness, featuring age-appropriate obstacle courses that challenge and entertain. Our enthusiastic coaches create a safe and encouraging environment where kids can develop balance, coordination, and strength while navigating through our obstacle course.

#### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 3/21-5/2  
**SAT:** 12:15-1:00 PM

### MINI GOLF CLUB



Participants will learn putting fundamentals, aim and accuracy, course strategy, and etiquette all while playing creative games and challenges each week.

#### BERKELEY HEIGHTS YMCA

**AGES:** 9-13  
**DATE:** 3/21-5/2  
**SAT:** 9:15 - 10:00 AM

### T-BALL

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

#### SUMMIT YMCA

**AGES:** 2-3  
**DATES:** 3/7-5/2  
**SAT:** 10:15-11:00 AM

**DATES:** 3/7-5/2  
**SAT:** 11:15 AM-12:00 PM

**AGES:** 4-5  
**DATES:** 3/7-5/2  
**SAT:** 12:15 -1:00 PM

**DATES:** 3/7-5/2  
**SAT:** 1:00 -1:45 PM

**AGES:** 6-7  
**DATES:** 3/4-4/29  
**WED:** 5:00-5:45 PM

### VOLLEYBALL

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

#### BERKELEY HEIGHTS YMCA

**GRADES:** 2-5 (CO-ED)  
**DATES:** 3/3-4/28  
**TUE:** 5:00-6:00 PM

#### Middle School Beginner

**AGES:** 11-14  
**DATES:** 3/3-4/28  
**TUE:** 6:30-7:45 PM

#### Middle School Advanced/Intermediate

**AGES:** 11-14  
**DATES:** 3/3-4/28  
**TUE:** 7:45-9:00 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:** 3/5-4/30  
**THU:** 4:00-4:45 PM

## KICK RUN GROW



### YOUTH SOCCER AT THE YMCA

The Summit Area YMCA's Youth Soccer program builds more than soccer skills. Kids gain confidence, make friends, and learn teamwork in a fun, coed, non-competitive setting. Each session includes a 30-minute practice followed by a 10-minute game, keeping kids active, engaged, and smiling in a safe, supportive environment.

**AGES  
2-6**

- Safe and supportive environment
- Non-competitive, coed play
- Skill-building made fun
- Teamwork and friendship on and off the field



**SUNDAYS | 4/12 – 5/17**

**AGES 2-3** 10:00-10:40 AM

**AGE 4** 11:00-11:40 AM

**AGES 5-6** 12:00-12:50 PM



**SPORTS PROGRAM QUESTIONS? CONTACT:**

Muadh (Mo) Abdus-Salaam, Sports Director, [muadh.abdus-salaam@thesay.org](mailto:muadh.abdus-salaam@thesay.org), or (908) 273-3330

NEW

## TUMBLING

Through fun obstacle courses, basic tumbling skills, and playful movement activities, children will build coordination, balance, and confidence all while laughing, learning, and making new friends.

### BERKELEY HEIGHTS YMCA

**AGES:** 2-3

**DATES:** 3/6-5/1

**FRI:** 1:30-2:00 PM

**AGES:** 6-7

**DATES:** 3/6-5/1

**FRI:** 3:45-4:30 PM

**AGES:** 4-5

**DATES:** 3/6-5/1

**FRI:** 2:00-2:30 PM

**AGES:** 8-10

**DATES:** 3/6-5/1

**FRI:** 4:30-5:15 PM

**LEARN MORE** 





## 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.

### STARTERS

### FUNDAMENTALS

### DEVELOPMENT

**A**

**WATER**  
Discovery

**B**

**WATER**  
Exploration

**1**

**WATER**  
Acclimation

**2**

**WATER**  
Movement

**3**

**WATER**  
Stamina  
Preschool or School Age

**4**

**STROKE**  
Introduction  
School Age

**5**

**STROKE**  
Development  
School Age

**6**

**STROKE**  
Mechanics  
School Age

Learn more at [www.thesay.org/swim](http://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.

WEDNESDAY

SATURDAY

10:00 AM

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

FRIDAY

4:35 PM

5:20 PM

4:00 PM

### STAGE 2: WATER MOVEMENT

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

MONDAY

SATURDAY

4:00 PM

9:25 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.

TUESDAY

SATURDAY

SATURDAY

4:35 PM

10:35 AM

12:10 PM

#### 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

WEDNESDAY

FRIDAY

SATURDAY

5:10 PM

4:45 PM

4:35 PM

11:20 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.

WEDNESDAY

FRIDAY

SATURDAY

4:00 PM

5:20 PM

11:20 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.

FRIDAY

SATURDAY

6:00 PM

11:20 AM

### TEEN WATER SAFETY PROGRAM: AGES 15-19 (40 MIN)

Swim to Success is a free, six-week program exclusively for local high school students who want to learn how to swim to gain confidence in the water and learn swim basics from stages 1-3 including water safety, body control, proper technique, and how to build endurance so they can swim longer and stronger.

THURSDAY (BOYS)  
4:00 PM

FRIDAY (GIRLS)  
6:00 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](mailto:chris.cueto@thesay.org) or (908) 273-3330.



## ADAPTIVE YOGA

Adaptive Yoga supports individuals of all abilities by improving flexibility, balance, and body awareness through modified poses, breathing techniques, and gentle guidance tailored to each participant's needs.

**BERKELEY HEIGHTS YMCA**

**AGES: 13-21**

**THURSDAYS**  
**4:30-5:15 PM**

**LEARN MORE**



# SPRING TEEN PROGRAMS

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

## eSPORTS

Esports brings gamers together in a competitive, fast-paced environment that builds teamwork, strategy, and digital skills while turning play into purpose.



### SUMMIT YMCA

**OPEN TO ALL**  
**DATES: 3/4-4/15**  
**WED: 5:30-7:00 PM**

## BILLIARDS

Sharpen your billiards skills with personalized, one-on-one instruction! Whether you're a beginner learning the basics or an experienced player looking to improve your technique, a certified instructor will guide you through strategies, shot accuracy, and game play.

### SUMMIT YMCA

**GRADES: 8-12**  
**DATES: 3/4-3/24**  
**WED: 6:00-7:00 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

**GRADES: 6-12**  
**TUE 3/17: 3:30 PM**

## MIC'D UP

NEW

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: 6-12**  
**DATES: 1/8-5/28**  
**THU: 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: 9-12**  
**DATES: 4/6-5/11**  
**MON: 5:30 - 6:30 PM**

## SPRING LEADERS

This two-week program gives students hands-on experience and training to prepare them for summer counselor roles. Participants will develop leadership, teamwork, and program management skills while working alongside experienced staff.

### SUMMIT YMCA

**GRADES: 6-8**  
**DATES: 4/7-4/16**  
**MON, TUE, WED, THU**  
**4:00-6:00 PM**

## TEEN CHEF: SPRING INTO COOKING

Celebrate the tastes of the season in our Spring Flavors program! Teens will explore fresh, seasonal ingredients while learning hands-on cooking skills in a fun, interactive kitchen environment.

### SUMMIT YMCA

**GRADES: 6-8**  
**DATES: 4/11-5/16**  
**SAT: 12:00-1:30 PM**

TEENS

FOR YOUTH DEVELOPMENT



## MARCH MADNESS 3V3 TOURNAMENT

MIDDLE SCHOOL STUDENTS

MARCH 20

6:00-8:30 PM

SUMMIT YMCA

LEARN MORE 

### 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

It's never too late to learn something new, cultivate a hidden talent, or connect with others who share your passions. At the Y, we offer stimulating and engaging programs designed to foster lifelong learning, growth and connection.



### 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

## LEARN MAHJONG

### BEGINNER LESSONS

Our beginner-friendly lessons teach you the rules, rhythm and strategy of this classic game from the tiles up. No experience needed!

### BERKELEY HEIGHTS YMCA

**AGES:** 18+  
**DATES:** 3/2 – 3/23  
**MON:** 10:15 – 11:45 AM  
  
**DATES:** 4/6 – 4/27  
**MON:** 10:15 – 11:45 AM

### SUMMIT YMCA

**DATES:** 3/3 – 3/24  
**TUE:** 4:00-5:45 PM

### OPEN PLAY MAHJONG

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

### BERKELEY HEIGHTS YMCA

MON: 12:00-1:30 PM

### SUMMIT YMCA

TUE: 6:00-7:30 PM



### PING PONG

Stay active and have fun with friendly open play ping pong.

### 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
<b>Aqua Fitness</b> Deep Water 9:00-10:00 AM	<b>Aqua Fitness</b> Deep Water 10:00-11:00 AM	<b>Aqua Core &amp; More</b> 9:00-10:00 AM	<b>Aqua Fitness</b> Shallow Water 11:00 AM-12:00 PM	<b>Aqua Treading</b> 9:00-10:00 AM
<b>Aqua Core &amp; More</b> 10:00-11:00 AM	<b>Aqua Fitness</b> Shallow Water 11:00 AM-12:00 PM	<b>Aqua Bungee Fitness</b> 9:00-10:00 AM	<b>Aqua Core &amp; More</b> 10:00-11:00 AM	<b>Aqua Arthritis</b> Shallow Water 10:00-11:00 AM
<b>Aqua Arthritis</b> Deep & Shallow Water 11:00 AM-12:00 PM	<b>Aqua Treading</b> 9:00-10:00 AM	<b>Aqua Circuit</b> Deep & Shallow Water 10:00-11:00 AM	<b>Aqua Arthritis</b> Deep Water 9:00-10:00 AM	
		<b>Aqua Arthritis</b> Deep Water 10:00-11:00 AM		
		<b>Aqua Arthritis</b> Shallow Water 11:00 AM-12:00 PM		

## SKILL CLINICS

### DROP, DRIP & DRIVE

ADVANCED BEGINNER

BERKELEY HEIGHTS YMCA

DATES: 3/1

SUN: 10:30 AM-12:00 PM

### FAST HANDS

INTERMEDIATE

BERKELEY HEIGHTS YMCA

DATES: 3/8

SUN: 10:30 AM-12:00 PM

### KITCHEN MASTERY

INTERMEDIATE

BERKELEY HEIGHTS YMCA

DATES: 3/15

SUN: 10:30 AM-12:00 PM

### SERVING

ADVANCED BEGINNER

BERKELEY HEIGHTS YMCA

DATES: 3/22

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](http://www.thesay.org/classes)

# AGING WELL SERIES



Join us for a welcoming discussion designed to help you stay strong, steady, and well for years to come. Exclusively for our thriving active older adults community, we're exploring wellness offerings, fitness options, and illness prevention resources to age well through movement, balance work, healthy habits, and social connection. Connect with others and learn how the Y supports balance, strength, and overall vitality at every age.

## UPCOMING SESSIONS

### SUMMIT YMCA

FEBRUARY 11, MARCH 11, APRIL 22  
1:30–2:30 PM

### BERKELEY HEIGHTS YMCA

FEBRUARY 12, MARCH 12, APRIL 23  
1:30–2:30 PM

Learn more:  
[thesay.org/AW](http://thesay.org/AW)

# 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](http://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](#) >



## PARKINSON'S DISEASE EXERCISE CLASS

MORE CLASSES

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. Included as a benefit to SAY members but open to all.



BERKELEY HEIGHTS YMCA  
MON, WED, 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
- In Body assessments
- Support for strength training, weight management, speed, and more!

REQUEST A CONSULTATION 

LEARN MORE 

SPECIAL  
OFFER

### NEW CLIENTS

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

LUNAR  
NEW YEAR

FEBRUARY  
**7**

SUMMIT YMCA

LUNAR  
NEW YEAR

FEBRUARY  
**22**

BERKELEY HEIGHTS YMCA

MARCH MADNESS  
TOURNAMENT

MARCH  
**20**

SUMMIT YMCA

EASTER  
HOLIDAY

APRIL  
**5**

ALL BRANCHES CLOSED

LOVE AND  
LEGACY 5K

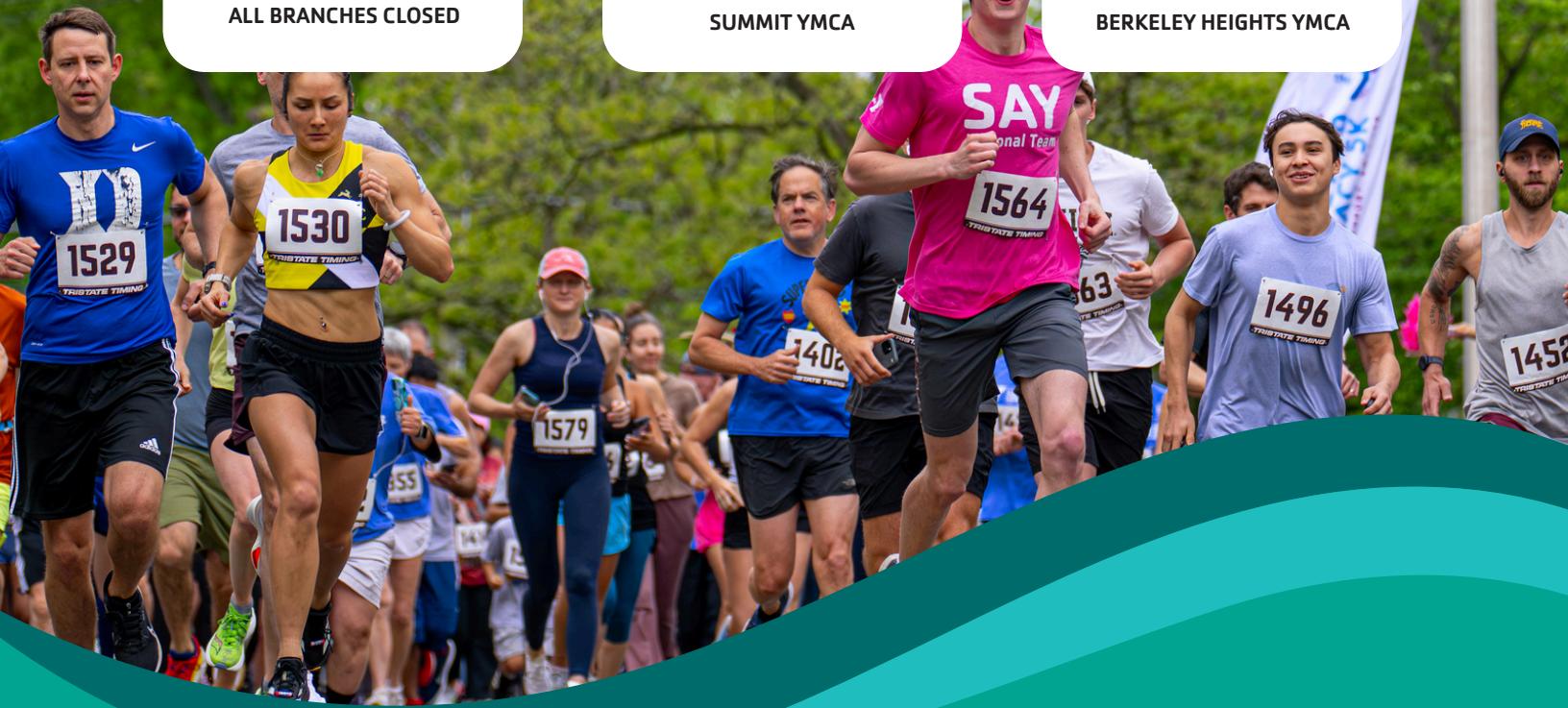
MAY  
**3**

SUMMIT YMCA

EXTRA SPECIAL  
PROM

MAY  
**14**

BERKELEY HEIGHTS YMCA



**NO PLACE**  
Like *This Place*