

# SPRING INTO PLAY



# 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 .....	12
Swim Lessons .....	16
Aqua Fitness .....	22
Teen Programs .....	24
Adult Enrichment .....	28
Adult Sports .....	29
Wellness Programs .....	31
Personal Training .....	34
Upcoming Events .....	35

## 2026 SPRING II PROGRAM SESSION:

**MONDAY, MAY 4 to  
SATURDAY, JUNE 14**

## REGISTRATION DATES:

**SAY Family & Senior Family Members  
MONDAY, APRIL 6**

**Adult, College, Teens, & Youth Members  
WEDNESDAY, APRIL 8**

**Open to All  
MONDAY, APRIL 13**



## 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 supports 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

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.

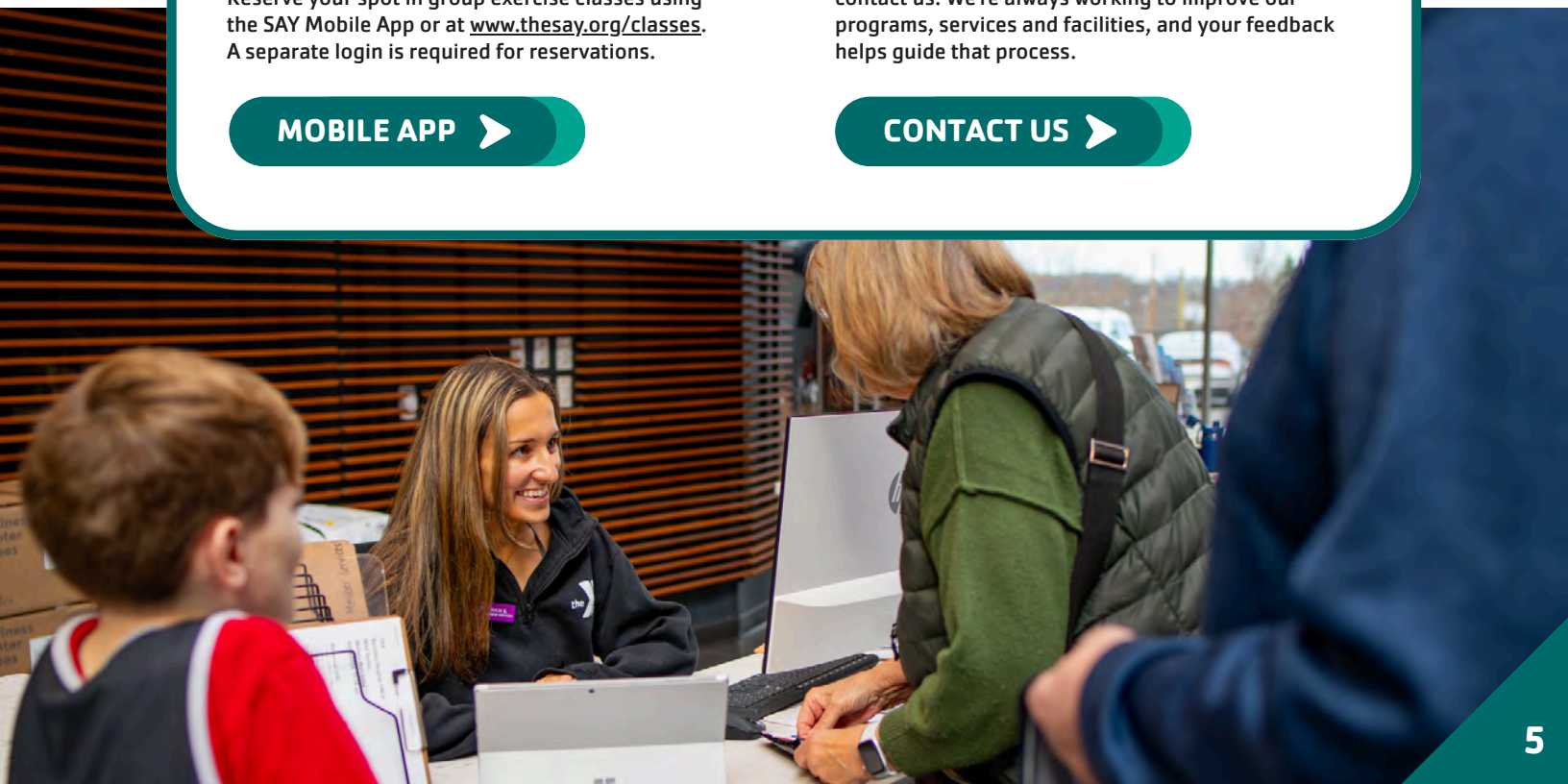
## PARENT INFORMATION

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

Spring is here, and we know your schedule is filling up fast. 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: 10 & Under

DATES: 4/17 & 5/15  
FRI: 6:00-8:00 PM

DATES: 4/25 & 5/9  
SAT: 5:00-7:00 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  
IS CURRENTLY  
OPEN**

### 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:**

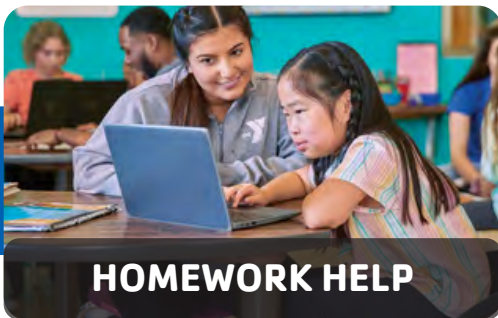
- PRESCHOOL
- PRE-K

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–6th grade with games, crafts, and activities until 6:00 PM, with an extended care option available until 6:30 PM.



## SCHOOLS WE SERVE

#### SUMMIT:

- BRAYTON SCHOOL
- FRANKLIN SCHOOL
- JEFFERSON SCHOOL
- LINCOLN HUBBARD SCHOOL
- WASHINGTON SCHOOL
- WILSON SCHOOL

#### BERKELEY HEIGHTS:

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

#### NEW PROVIDENCE:

- ALLEN W ROBERTS
- SALT BROOK ELEMENTARY

ONSITE AFTER CARE IS AVAILABLE AT BERKELEY HEIGHTS AND NEW PROVIDENCE SCHOOLS.

**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 four 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](https://thesay.org/camp)

# ENGAGING CURIOSITY

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:** 5/9-6/13

**SAT:** 10:30-11:15 AM

**SAT:** 11:15 AM-12:00 PM



## ADVANCED CHESS

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

**SUMMIT YMCA**

**AGES:** 7-10

**DATES:** 5/6-6/10

**WED:** 5:00-6:00 PM

**BERKELEY HEIGHTS YMCA**

**AGES:** 7-10

**DATES:** 5/7-6/11

**THU:** 5:00-6:00 PM

## BEGINNER CHESS

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

**SUMMIT YMCA**

**AGES:** 6-10

**DATES:** 5/6-6/10

**WED:** 4:00-4:45 PM

**BERKELEY HEIGHTS YMCA**

**AGES:** 6-10

**DATES:** 5/7-6/11

**THU:** 4:00-4:45 PM



## MA, PA & ME DANCE

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

**BERKELEY HEIGHTS YMCA**

**AGES:** 2-3

**DATES:** 5/5-6/9

**TUE:** 11:00- 11:45 AM



## 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:** 5/5-6/9

**TUE:** 4:00-4:45 PM

## AI SMART CORE 4 ROBOT

Explore robotics and artificial intelligence through hands-on building and programming activities that spark creativity, problem-solving, and STEM learning.

**SUMMIT YMCA**

**AGES:** 6-7

**DATES:** 5/5-6/9

**TUE:** 4:00-4:45 PM

## CHEMICAL CREATIONS

Young scientists explore the exciting world of chemistry through safe, hands-on experiments that spark curiosity, creativity, and STEM learning.

**BERKLEY HEIGHTS YMCA**

**AGES:** 6-7

**DATES:** 5/6-6/10

**WED:** 4:00-4:45 PM

**AGES:** 8-10

**DATES:** 5/6-6/10

**WED:** 5:00-5:45 PM

**NEW**

**LEARN MORE** 





## FAMILY FOOT DARTS

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:** 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:** 5/4-6/8  
**MON:** 3:45-4:30 PM

**DATES:** 5/9-6/13  
**MON:** 4:45-5:30 PM

**DATES:** 5/9-6/13  
**MON:** 9:15-10:00 AM

**DATES:** 5/9-6/13  
**SAT:** 10:15-11:00 AM

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 5/5-6/9  
**TUE:** 4:00-4:45 PM

**DATES:** 5/9-6/13  
**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:** 5/7-6/11  
**THU:** 4:00-4:45 PM

**AGES:** 10-12  
**DATES:** 5/7-6/11  
**THU:** 6:00-6:45 PM

**AGES:** 8-9  
**DATES:** 5/7-6/11  
**THU:** 5:00-5:45 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 10-13  
**DATES:** 5/7-6/11  
**THU:** 5:00-6:15 PM

## COMPETITIVE BASKETBALL

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

### SUMMIT YMCA

**AGES:** 8-10  
**DATES:** 5/6-6/10  
**WED:** 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:** 5/4-6/8  
**MON:** 5:45-6:30 PM

**AGES:** 8-9  
**DATES:** 5/5-6/9  
**TUE:** 5:00-5:45 PM

**AGES:** 6-7  
**DATES:** 5/5-6/9  
**TUE:** 4:00-4:45 PM

**AGES:** 10-12  
**DATES:** 5/5-6/9  
**TUE:** 6:00-6:45 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 6-8  
**DATES:** 5/7-6/11  
**THU:** 4:00-5:00 PM

## PEEWEE FOOTBALL

This class introduces kids to the fundamentals of football in a fun, supportive environment. Participants will learn key skills such as passing, catching, footwork, route running, and basic defensive positioning.

### SUMMIT YMCA

**AGES:** 3-5  
**DATES:** 5/9-6/13  
**SAT:** 11:15 AM - 12:00 PM

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 5/9-6/13  
**SAT:** 11:15 AM - 12:00 PM

## FOOTBALL SKILLS & DRILLS CLINIC

Young athletes build football fundamentals through fun drills focused on passing, catching, footwork, and teamwork.

### SUMMIT YMCA

**AGES:** 7-10  
**DATES:** 5/6 - 6/10  
**WED:** 4:00 - 4:45 PM

## PEEWEE MULTI SPORT MADNESS

Let young athletes explore a variety of sports in a fun and supportive environment. Each week introduces new activities that build coordination, teamwork, and confidence.

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 5/4-6/8  
**MON:** 2:00-2:30 PM

### SUMMIT YMCA

**AGES:** 3-5  
**DATES:** 5/8-6/12  
**FRI:** 4:00-4:45 PM

**NEW**

## PEEWEE OBSTACLES

This exciting program combines fun and fitness, featuring age-appropriate obstacle courses that challenge and entertain.

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 5/6-6/10  
**WED:** 2:30-3:00 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:** 5/8-6/12  
**FRI:** 5:00-5:45 PM

## OBSTACLE WARRIORS

This exciting program combines fun and fitness, featuring age-appropriate obstacle courses that challenge and entertain.

### BERKELEY HEIGHTS YMCA

**AGES:** 3-5  
**DATES:** 5/9-6/13  
**SAT:** 12:15-1:00 PM

## T-BALL

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

### SUMMIT YMCA

**AGES:** 2-3  
**DATES:** 5/9-6/13  
**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

**GRADES:** 2-5 (CO-ED)  
**DATES:** 5/5-6/9  
**TUE:** 5:00-6:00 PM

#### Middle School Beginner

**AGES:** 11-14  
**DATES:** 5/5-6/9  
**TUE:** 6:30-7:45 PM

#### Middle School Advanced/Intermediate

**AGES:** 11-14  
**DATES:** 5/5-6/9  
**TUE:** 7:45-9:00 PM

## SELF-DEFENSE SHADOW BOXING

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

### SUMMIT AREA

**AGES:** 9-13  
**DATES:** 5/4-6/8  
**MON:** 4:00-4:45 PM

**NEW**

## TUMBLING STEADY WALKERS

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: 5/8-6/12**

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

**LEARN MORE**



# OUTDOOR POOLS



# MAKE WAVES THIS SUMMER

MEMORIAL DAY - LABOR DAY

Enjoy a full season of swimming, relaxing, playtime, and fun, right in your backyard!

**BERKELEY HEIGHTS COMMUNITY POOL AT THE YMCA**  
59 Locust Ave, Berkeley Heights, NJ 07922

**SPRINGFIELD COMMUNITY POOL**  
44 Morrison Rd, Springfield, NJ 07081



[thesay.org/makewaves](https://thesay.org/makewaves)



## 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](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

SUNDAY

10:00 AM

8:50 AM

3:35 PM

## PRESCHOOL: AGES 3-5 (30 MIN)

### STAGE 1: WATER ACCLIMATION

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

TUESDAY

FRIDAY

4:00 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

### STAGE 3: WATER STAMINA

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

TUESDAY

FRIDAY

SATURDAY

SUNDAY

SUNDAY

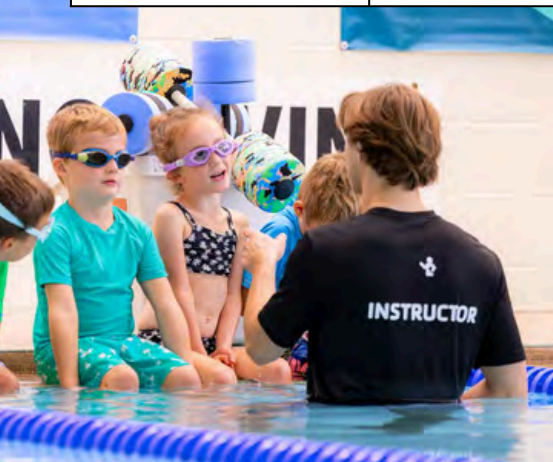
4:35 PM

4:35 PM

10:00 AM

3:00 PM

4:10 PM



### 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.

## SCHOOL AGED: AGES 6-12 (40 MIN)

### STAGE 1: WATER ACCLIMATION

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

**TUESDAY**

5:10 PM

### STAGE 2: WATER MOVEMENT

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

**MONDAY**

**SATURDAY**

4:35 PM

10:35 PM

### 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.

**FRIDAY**

5:10 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**

**FRIDAY**

**SATURDAY**

5:20 PM

5:55 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**

**SATURDAY**

**SUNDAY**

4:00 PM

11:20 AM

4:45 PM

#### 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.

## 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.

WEDNESDAY

SATURDAY

SUNDAY

4:45 PM

11:20 AM

5:30 PM

## LIFEGUARD READINESS & ENDURANCE TRAINING (1 HOUR)

This 8-week training program is designed to help participants build the strength, endurance, and swimming efficiency needed to successfully pass the American Red Cross Lifeguard pre-test.

THURSDAY (BOYS & GIRLS)  
4:00 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

## PRIVATE SWIM 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: Chris Cueto, Aquatics Director at [chris.cueto@thesay.org](mailto:chris.cueto@thesay.org) or (908) 273-3330



### 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.



SUMMIT YMCA

# FIND YOUR LANE JOIN THE SEALS

## 2026 SWIM TEAM TRYOUTS

### Ready to level up in the pool?

Join a team where swimmers build confidence, sharpen skills, and compete at the next level.

**THURSDAY, APRIL 16**

4:00–5:00 PM

5:00–6:00 PM



### BRING YOUR BEST TO THE POOL

- ✓ Begin with a quick warm-up
- ✓ Try out a variety of drills
- ✓ Take a few dives in the deep end

AGE  
GROUPS

7–8
9–10
11–12



Make Friends. Make Waves.



From First Dive to Finish Line

[thesay.org/swimtryouts](https://thesay.org/swimtryouts)

# WATER WELLNESS FOR MOMS

PRENATAL & POSTNATAL WATER FITNESS

Join our Prenatal & Postnatal Water Fitness class at the Summit YMCA! Stay active with a low-impact, gentle cardio and strength workout that supports your changing body in the weightless comfort of water.

**Starting April 1**  
**WEDS: 11:00 AM – 12:00 PM**

**HURST POOL**  
**SUMMIT YMCA**

**NEW**

**Members: All Access**  
**Guests: \$20 Per Visit**

- ✓ **Relieves joint pressure and supports mobility**
- ✓ **Low-impact movement for changing bodies**
- ✓ **Connect with other expecting and new moms**
- ✓ **Builds strength and endurance safely**

[thesay.org/classes](https://thesay.org/classes)

**QUESTIONS? CONTACT:**

Allison Zeimann, Senior Program Director  
allison.zeimann@thesay.org





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

# INSPIRING MINDS

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

## BILLIARDS TOURNAMENT

It's game time! Teens will compete in friendly yet exciting matches, showing off their aim, strategy, and trick shots. Whether you're a rising 8-Ball pro or just here for the fun, it's your chance to rack 'em up, sink some shots, and see who comes out on top. Prizes, bragging rights, and a whole lot of fun await! This tournament is open and available to all!

### SUMMIT YMCA

**GRADES:** 6-12  
**DATE:** 5/15  
**FRI:** 3:45 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:** 6-12  
**DATES:** 1/8-6/12  
**THU:** 6:00-7:00 PM

## ACT PREP

### With Breakaway Prep

This summer the Summit YMCA will host a SAT Prep course with Breakaway Prep. Students will work with tutors two days a week in preparation for the August SAT test. The program will include ten sessions and two practice tests.

### SUMMIT YMCA

**GRADES:** 6-12  
**DATES:** 5/16-6/10  
**WED:** 5:30-7:30 PM

**NEW**





## TEEN AMBASSADORS

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:** 5/2-6/12  
**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



## 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



## 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:** 9/15-5/22  
**MON:** 7:00-8:00 PM



## MINDFUL MOVEMENT FOR ALL

### BERKELEY HEIGHTS YMCA

Welcoming classes designed for individuals of all abilities, offering two unique fitness options each week.

#### ADAPTIVE YOGA

AGES: 13–21

TUE: 4:30 – 5:15 PM

#### ADAPTIVE FITNESS

AGES: 13–21

THU: 4:30 – 5:15 PM

LEARN MORE 



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A BETTER US STARTS WITH YOU

## JOIN OUR TEAM!

**EXPLORE CAREERS,  
SEASONAL OR PART TIME  
JOBS & INTERNSHIPS**

Opportunities available:

- Camp Counselors
- Summer Interns
- Teachers
- Lifeguards
- Outdoor Pool Staff
- Tennis Instructor
- Group Fitness Instructors
- Personal Trainers
- Digital Marketing



[thesay.org/employment](https://thesay.org/employment)



## KNIT • CROCHET • CONNECT

Love to crochet or knit? Join us for a cozy, creative meetup filled with conversation, community, and all things yarn. Bring your project, share ideas, and unwind one stitch at a time.

### BERKELEY HEIGHTS YMCA

WED: 11:00 AM-12:30 PM  
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: 4/6 – 4/27  
MON: 10:15 – 11:45 AM

### SUMMIT YMCA

DATES: 5/5 – 5/26  
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



## CANASTA CLUB

NEW

Canasta is a weekly social card-game meet-up designed for members who enjoy strategy, camaraderie, and engaging conversation.

### BERKELEY HEIGHTS YMCA

THU: 1:00 – 2:30 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

## NIGHT PLAY

Grab a paddle and join us for a fun, fast-paced hour of ping pong!

NEW

### BERKELEY HEIGHTS YMCA

TUESDAYS  
6:00-7:00 PM  
7:00-8:00 PM

**NEW**  
OPEN TO ALL

# PUNCH LIKE A PRO

WOMEN'S BOXING EXPERIENCE

**Find your strength.  
Own your power.**

Step into a high-energy, women's-only boxing class designed to build confidence, sharpen technique, and leave you feeling stronger every week.

**APRIL 7-28**

**TUE: 12:00-12:45 PM**



BERKELEY HEIGHTS YMCA

**QUESTIONS? CONTACT:**

Muadh "Mo" Abdus-Salaam | Director of Sports  
muadh.abdus-salaam@thesay.org

[thesay.org/spring](https://thesay.org/spring)



# SERVE UP SOME FUN

## ADULT VOLLEYBALL LEAGUE

Get ready to serve, set, and spike your way into fun! Our Coed Adult Volleyball League with the Madison YMCA is back. Join us for friendly competition, skill-building, and Friday night fun with friends and community.



## The Game Plan

-  6–8 weeks of fun practices and games
-  Your very own YMCA jersey
-  Support from knowledgeable, encouraging line judges.

In partnership with Madison YMCA

## April 17 – June 12

**PRACTICES**  
THU: 8:00–9:30 PM  
Berkeley Heights

**GAMES**  
FRI: 6:30–8:30 PM  
Alternating Berkeley Heights & Madison



### QUESTIONS? CONTACT:

Muadh "Mo" Abdus-Salaam | Director of Sports  
muadh.abdus-salaam@thesay.org

# AGING WELL SERIES

Join us for welcoming discussions 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, and healthy habits. Connect with others and learn how the Y supports balance, strength, and overall vitality at every age.

## UPCOMING SESSIONS

### HEALTHY HEARTS

HOSTED BY ATLANTIC HEALTH

APRIL 21

11:00 AM–12:00 PM

### FINDING STROKE FACTORS

HOSTED BY ATLANTIC HEALTH

MAY 18

11:30 AM–12:30 PM

### ESTATE PLANNING

MAY 20 & MAY 21

1:30–2:30 PM

Learn more:

[thesay.org/AW](https://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:

**SUMMIT YMCA**

**DATES: 4/1-5/14**

**LEARN MORE** ➔

## UNITED IN STRENGTH



## MINI TRIATHLON

Looking for a new challenge this spring? Whether you're a seasoned triathlete or trying your first event, our Mini Triathlon is a fun, supportive way to test your endurance and build your confidence.

**SUMMIT YMCA**

**APRIL 19: 7:30-8:45 AM & 8:00-9:15 AM**

**SIGN UP** ➔



## 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!

### 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 \$260

**REQUEST A CONSULTATION** ➤

**LEARN MORE** ➤

# UPCOMING EVENTS

FOR SOCIAL RESPONSIBILITY

EASTER

APRIL  
5

ALL BRANCHES CLOSED

SWIM  
TEAM TRYOUTS

APRIL  
16

SUMMIT YMCA

SOUND  
BATH HEALING

APRIL  
17

BERKELEY HEIGHTS YMCA

MINI  
TRIATHLON

APRIL  
19

SUMMIT YMCA

AGING WELL  
HEALTHY HEARTS

APRIL  
21

BERKELEY HEIGHTS YMCA

LES MILLS MASTER  
CLASS & INSTRUCTOR  
TRAINING

APRIL  
25-26

BERKELEY HEIGHTS YMCA

ANNUAL  
CELEBRATION

APRIL  
29

THE ABILON SUMMIT

PPSIR  
SHOP FOR A CAUSE  
POP-UP

APRIL  
29

TWIN MAPLES SUMMIT

LOVE AND  
LEGACY 5K

MAY  
3

SUMMIT YMCA

EXTRA SPECIAL  
PROM

MAY  
14

BERKELEY HEIGHTS YMCA

OUTDOOR  
POOLS OPEN

MAY  
23

BHCPY & SCP

MEMORIAL  
DAY

MAY  
25

HOLIDAY HOURS



**NO PLACE**  
*Like This Place*