

SUMMIT AREA YMCA



FALL FOR MORE



2026 FALL PROGRAMS

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2026 FALL PROGRAM:

SESSION I

**MONDAY, SEPTEMBER 8 –
SUNDAY, NOVEMBER 1**

SESSION II

**MONDAY, NOVEMBER 2 –
SUNDAY, DECEMBER 20**

REGISTRATION DATES:

**SAY Family & Senior Family Members
SATURDAY, AUGUST 8**

**Adult, College, Teens, & Youth Members
WEDNESDAY, AUGUST 12**

**Open to All
SATURDAY, AUGUST 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

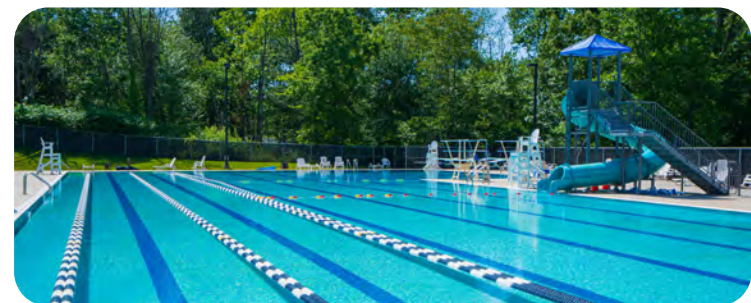
The Learning Circle YMCA and the Learning Lane at the YMCA provide early education focused on social-emotional growth, school readiness, and key early learning milestones like language development, motor skills, math and literacy. With experienced teachers, engaging enrichment, and full-day care options,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

ONE MEMBERSHIP & HUNDREDS OF WAYS TO USE IT

EXPLORE WHAT'S INCLUDED

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.



AQUATICS

Indoor pools, lap swim, lessons, swim team and aqua fitness



CHILDCARE

Early education, afterschool care, summer camps, & more



FAMILY PROGRAMS

Fun and engaging activities the whole family can enjoy together



FITNESS CENTERS

Best-in-class equipment, free weights, and stretching areas



GROUP FITNESS

200+ weekly classes, high-energy cardio, strength, yoga, and more



KID ZONE

Childcare while you workout for ages 6 weeks to 12 years



MEMBER SAVINGS

Included classes & discounts on select programs



NATIONWIDE ACCESS

2,500+ participating YMCAs across the US



OUTDOOR POOLS

Seasonal outdoor pools at two locations with select memberships



SPORTS AND RECREATION

Basketball, open gym, pickleball, ping pong, and more



WELCOME WORKOUT

Complimentary fitness orientation, InBody assesment, and personalized workout plan



WELLNESS

Personal training, LIVESTRONG® at the YMCA, complimentary yearly InBody assesment, & more

JOIN THE Y



MEMBERSHIP

FOR SOCIAL RESPONSIBILITY



A PLACE WHERE EVERYONE BELONGS

Up to \$100 in savings when you
start your membership today!

NOW THROUGH AUGUST 31

Some terms and conditions apply.



thesay.org/join

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 ➤



WHEN SCHOOL IS OUT, THE Y IS IN!

HOLIDAY CARE

Make school breaks something to look forward to! Holiday Care provides a fun, engaging environment with hands-on activities, movement, and time to connect with friends.

BERKELEY HEIGHTS YMCA

FULL DAYS: 9/21, 11/3, 11/5, 11/6, & 12/28–12/30

HALF DAYS: 11/25 & 12/23

SPECIAL HOURS: 12/31 | 7:00 AM–1:00 PM

SUMMIT YMCA

FULL DAYS: 9/21, 11/3, 11/5, 11/6, 12/28–12/30

HALF DAYS: 10/12, 11/2, 11/4, 11/25 & 12/23

SPECIAL HOURS: 12/31 | 7:00 AM–1:00 PM

PARENT'S NIGHT OUT

Leaves are falling, calendars are filling, and Parent's Night Out is here to help! Drop the kids off for two hours of games, activities, and fun while you take care of your to-do list or enjoy a little time to yourself.

BERKELEY HEIGHTS YMCA

DATES: 9/18 & 10/16

FRI: 6:00–8:00 PM

SUMMIT YMCA

DATES: 9/11, 10/9, 11/13, 12/11

FRI: 6:00–8:00 PM

LEARN MORE





WHERE CURIOSITY GROWS

At the Learning Lane at the Berkeley Heights YMCA, we nurture a love for learning in every child through creativity, exploration, and play. Our early childhood education program provides a warm, engaging environment where children from preschool to pre-kindergarten build essential social, emotional, and academic skills that prepare them for lifelong success. Led by dedicated teachers and supported by flexible scheduling options, the Learning Lane offers families a trusted space where children feel valued, supported, and inspired to grow every single day.

THE LEARNING LANE AT BERKELEY HEIGHTS YMCA

PRESCHOOL

Year-round care with full & half-day options

PRE-K

Preparing children for kindergarten and beyond

PRE-K WRAP

Flexible extended morning or afternoon care with transportation to or from school for half-day students

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

**NOW
ENROLLING
FOR 2026-
2027**

WHY FAMILIES CHOOSE THE Y

- Preschool, Pre-Kindergarten & Pre-K Wrap programs
- On-site gymnasium, playground & swim readiness experiences
- YMCA enrichment opportunities and field trips
- Caring, experienced, full-time educators
- Creative Curriculum® with Language Arts, Math, STEM, Music & More
- Licensed, Praesidium-accredited, and small class ratios





BRIGHT BEGINNINGS

At the Learning Circle YMCA, we believe every child deserves a safe, supportive space to learn, play, and discover. Since 1954, our year-round childcare program has provided enriching experiences for children ages 6 weeks to 6 years, helping them build confidence, curiosity and community from the very beginning. With flexible enrollment options and a caring team of educators, we help each child uncover their potential through purposeful play and hands-on learning.

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

— ACCREDITED BY —
PRAESIDIUM
— 2025-2028 —

THE LEARNING CIRCLE YMCA

INFANT CARE | AGES 6 WEEKS–18 MONTHS

Nurturing care and early development.

TODDLER CARE | AGES 18 MONTHS–2½ YEARS

Play, exploration, and growing independence.

PRESCHOOL | AGES 2½–4 YEARS

Creative learning through play and discovery.

PRE-KINDERGARTEN | AGES 4+

Building confidence for kindergarten.

KINDERGARTEN | AGES 5+

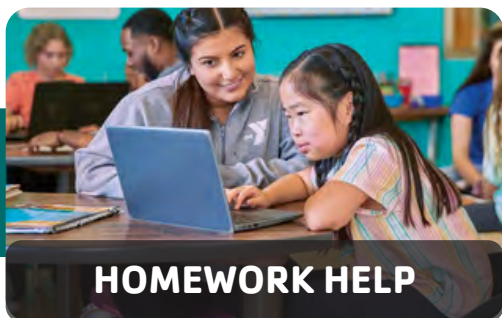
Learning, growth, and school readiness.

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



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 ➔

ENGAGING CURRICULUM

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

BEGINNER CHESS

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

BERKELEY HEIGHTS YMCA

AGES: 7-10
DATES: 9/10-10/29
THU: 4:00-4:45 PM

AGES: 7-10
DATES: 11/5-12/17
THU: 4:00-4:45 PM

SUMMIT YMCA

AGES: 7-10
DATES: 9/9-10/28
WED: 4:00-4:45 PM

AGES: 7-10
DATES: 11/4-12/16
WED: 4:00-4:45 PM



ADVANCED CHESS

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

BERKELEY HEIGHTS YMCA

AGES: 7-10
DATES: 9/10-10/29
THU: 5:00-6:00 PM

AGES: 7-10
DATES: 11/5-12/17
THU: 5:00-6:00 PM

SUMMIT YMCA

AGES: 7-10
DATES: 9/9-10/28
WED: 5:00-6:00 PM

AGES: 7-10
DATES: 11/4-12/16
WED: 5:00-6:00 PM



EXPLORING BALLET

A welcoming intro to ballet building posture, coordination, and creative movement.

SUMMIT YMCA

AGES: 3-6
DATES: 9/12-10/31
SAT: 10:30-11:15 AM
SAT: 11:15 AM-12:00 PM

AGES: 3-6
DATES: 11/7-12/19
SAT: 10:30-11:15 AM
SAT: 11:15 AM-12:00 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: 6-7
DATES: 9/22-10/27
TUE: 4:00-5:00 PM

AGES: 8-10
DATES: 9/22-10/27
TUE: 5:00-6:00 PM

NEW

RED BALL TENNIS CLINIC

A beginner-friendly intro to tennis using age-appropriate equipment, building skills, coordination, and confidence from the very first lesson.

BERKELEY HEIGHTS YMCA

AGES: 5-6

DATES: 9/9-10/28

WED: 4:00-4:45 PM

AGES: 5-6

DATES: 11/4-12/16

WED: 4:00-4:45 PM

AGES: 7-8

DATES: 9/9-10/28

WED: 5:00-5:54 PM

AGES: 7-8

DATES: 11/4-12/16

WED: 5:00-5:45 PM

LEARN MORE



PEEWEE BASKETBALL

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

BERKELEY HEIGHTS YMCA

AGES: 3-5

DATES: 9/8-10/27
TUE: 4:00-4:45 PM

DATES: 11/3-12/15
TUE: 4:00-4:45 PM

DATES: 9/12-10/31
SAT: 10:15-11:00 AM

SUMMIT YMCA

DATES: 9/14-10/26
MON: 4:00-4:45 PM

DATES: 11/7-12/19
SAT: 9:15-10:00 AM

DATES: 9/14-10/26
MON: 5:00-5:45 PM

DATES: 11/7-12/19
SAT: 10:15-11:00 AM

DATES: 9/12-10/24
SAT: 9:15-10:00 AM

DATES: 11/2-12/14
MON: 4:00-4:45 PM

DATES: 9/12-10/24
SAT: 10:15-11:00 AM

ADVANCED BASKETBALL

Skill-focused training for youth ready to take their game to the next level.

BERKELEY HEIGHTS YMCA

AGES: 10-13 • Girls
DATES: 9/10-10/29
THU: 5:00-6:15 PM

AGES: 10-13
DATES: 11/5-12/17
THU: 5:00-6:15 PM

AGES: 10-13 • Boys
DATES: 5/7-6/11
THU: 6:15-7:30 PM

SUMMIT YMCA

AGES: 6-7
DATES: 9/10-10/29
THU: 4:00-4:45 PM

AGES: 6-7
DATES: 11/5-12/17
THU: 4:00-4:45 PM

AGES: 8-9
DATES: 9/10-10/29
THU: 5:00-5:45 PM

AGES: 8-9
DATES: 11/5-12/17
THU: 5:00-5:45 PM

AGES: 10-12
DATES: 9/10-10/29
THU: 6:00-6:45 PM

AGES: 10-12
DATES: 11/5-12/17
THU: 6:00-6:45 PM

COMPETITIVE BASKETBALL

High-energy clinics where kids build skills, confidence, and a love for competition.

SUMMIT YMCA

AGES: 8-10
DATES: 9/9-10/28
WED: 5:00-6:00 PM

FUNDAMENTALS OF BASKETBALL

Build confidence through drills, scrimmages, and teamwork in a supportive setting.

BERKELEY HEIGHTS YMCA

AGES: 6-8
DATES: 9/10-10/29
THU: 4:00-5:00 PM

AGES: 6-8
DATES: 11/5-12/17
THU: 4:00-5:00 PM

SUMMIT YMCA

AGES: 6-7
DATES: 9/14-10/26
MON: 6:00-6:45 PM

AGES: 6-7
DATES: 11/3-12/15
TUE: 4:00-4:45 PM

AGES: 6-7
DATES: 9/8-10/27
TUE: 4:00-4:45 PM

AGES: 8-9
DATES: 11/3-12/15
TUE: 5:00-5:45 PM

AGES: 8-9
DATES: 9/8-10/27
TUE: 5:00-5:45 PM

AGES: 10-12
DATES: 11/3-12/15
TUE: 6:00-6:45 PM

AGES: 10-12
DATES: 9/8-10/27
TUE: 6:00-6:45 PM

TRAVEL BASKETBALL PRE-SEASON

Pre-season training for travel-level players looking to sharpen skills and prepare for competitive play.

SUMMIT YMCA

AGES: 10-14
DATES: 9/10-10/22
THU: 7:15-9:00 PM

TRAVEL BASKETBALL TRYOUTS

Coached by Toni Harrell and Kareem Douglas, these teams compete against other YMCA programs and youth rec leagues in local, regional, and statewide tournaments. Designed for young athletes who are ready to grow their skills, this program fosters teamwork, discipline, and sportsmanship, on and off the court.

OCT 24 & NOV 7

SUMMIT YMCA

AGES: 12U Girls
GRADES: 4-6
SAT: 2:00-3:30 PM

AGES: 14U Girls
GRADES: 7-8
SAT: 3:30-5:00 PM

AGES: 12U Boys
GRADES: 4-6
SAT: 5:00-6:30 PM

AGES: 14U Boys
GRADES: 7-8
SAT: 6:30-8:00 PM

LEARN MORE



YOUTH BASKETBALL LEAGUE

Weekend league games for Kindergarten through 3rd grade. Games at Summit YMCA (K-1st) and Berkeley Heights YMCA (2nd-3rd).

BERKELEY HEIGHTS YMCA

GRADES: 2-3 • Girls
DATES: 11/14-12/19
SAT: 11:00 AM-4:00 PM

GRADES: 2-3 • Boys
DATES: 11/14-12/19
SAT: 11:00 AM-4:00 PM

GRADES: 2-3 • Advanced Boys
DATES: 11/14-12/19
SAT: 11:00 AM-4:00 PM

SUMMIT YMCA

GRADES: Kindergarten • Girls
DATES: 11/14-12/19
SUN: 10:00-11:00 AM

GRADES: Kindergarten • Boys
DATES: 11/14-12/19
SUN: 11:00 AM-5:00 PM

GRADES: 1 • Boys & Girls
DATES: 11/14-12/19
SUN: 11:00 AM-5:00 PM

YOUTH BASKETBALL LEAGUE OPEN GYM

Hit the court for extra practice, pick-up games, and skill development in a fun, supportive environment. Open to all Youth Basketball League players looking to improve their game and have fun!

BERKELEY HEIGHTS YMCA

GRADES: 2-3
DATES: 11/5-12/17
THU: 6:15 PM

SUMMIT YMCA

GRADES: K-2
DATES: 11/6-12/18
FRI: 4:00 PM

YOUTH BASKETBALL LEAGUE CLINICS

Free Youth Basketball League skill clinics for Kindergarten through 3rd grade players.

SUMMIT YMCA

GRADES: Kindergarten • Boys & Girls
DATES: 11/2-12/14
MON: 5:00-5:45 PM

DATES: 11/4-12/16
WED: 3:45-4:30 PM

GRADES: 1 • Boys & Girls
DATES: 11/2-12/14
MON: 6:00-6:45 PM

DATES: 11/4-12/16
WED: 5:15-6:00 PM

GRADES: 2-3 • Boys & Girls
DATES: 11/2-12/14
MON: 6:00-6:45 PM

T-BALL

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

SUMMIT YMCA

AGES: 3-5
DATES: 9/12-10/24
SAT: 12:15-1:00 PM

AGES: 4-7
DATES: 11/7-12/19
SAT: 12:15-1:00 PM

MULTI-SPORT MADNESS

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

SUMMIT YMCA

AGES: 6-8
DATES: 9/11-10/30
FRI: 5:00-5:45 PM

AGES: 6-8
DATES: 11/6-12/18
FRI: 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: 9/8-10/27

TUE: 5:00-6:00 PM

Middle School Beginner

AGES: 6-8

DATES: 9/8-10/27

TUE: 6:30-7:45 PM

Middle School Advanced/Intermediate

AGES: 6-8

DATES: 9/8-10/27

TUE: 7:45-9:00 PM

Middle School Volleyball Clinic

AGES: 6-8

DATES: 11/3-12/15

TUE: 6:30-7:45 PM

TRAVEL VOLLEYBALL TRYOUTS

Competitive travel volleyball for middle schoolers. Tryouts held Nov 3.

BERKELEY HEIGHTS YMCA

GRADES: 6-8

DATES: 11/3-12/15

TUE: 7:45-9:00 PM

YOUTH VOLLEYBALL SKILLS ACADEMY

Focused skills training to help young volleyball players build technique and confidence on the court.

BERKELEY HEIGHTS YMCA

GRADES: 2-4

DATES: 9/13-10/25

SUN: 12:00-1:00 PM

LEARN MORE



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: 9/14-10/26
MON: 2:00-2:30 PM

AGES: 3-5
DATES: 11/2-12/14
MON: 2:00-2:30 PM

SUMMIT YMCA

AGES: 3-6
DATES: 9/11-10/30
FRI: 4:00-4:45 PM

PEEWEE OBSTACLES WARRIORS

Age-appropriate obstacle courses that challenge, entertain, and build coordination for our youngest athletes.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 9/12-10/24
WED: 12:15-1:00 PM

PEEWEE FOOTBALL

Introduce young athletes to football fundamentals through fun, age-appropriate activities.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 9/12-10/24
SAT: 11:15 AM-12:00 PM

PEEWEE SOCCER

Introduce young athletes to football fundamentals through fun, age-appropriate activities.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 9/14-10/26
MON: 4:00-4:45 PM

AGES: 3-5
DATES: 11/2-12/14
MON: 4:00-4:45 PM

SUMMIT YMCA

AGES: 3-5
DATES: 9/12-10/24
SAT: 11:15 AM-12:00 PM

AGES: 4-7
DATES: 11/7-12/19
SAT: 11:15 AM-12:00 PM

SELF-DEFENSE SHADOW BOXING

Build confidence, coordination, and self-defense awareness through fun, high-energy shadow boxing.

BERKELEY HEIGHTS

AGES: 9-13
DATES: 9/10-10/29
THU: 4:00-4:45 PM

SUMMIT AREA

AGES: 5-8
DATES: 9/14-10/26
MON: 4:00-4:45 PM

YOUTH SOCCER

Get in the game. Our youth soccer program builds fundamentals, friendships, and confidence in a fun, supportive environment.

SUMMIT YMCA

AGES: 6-10
DATES: 9/11-10/30
FRI: 6:00-6:45 PM

AGES: 6-10
DATES: 11/6-12/18
FRI: 6:00-6:45 PM

FOOTBALL SKILLS & DRILLS

Learn the fundamentals of football through structured drills, teamwork, and skill-building activities.

SUMMIT YMCA

AGES: 8-10
DATES: 9/9-10/28
WED: 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.

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

**AGES
2-6**



SUNDAYS | 9/20 – 10/25

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:

Duane Banks, Sports Coordinator, duane.banks@thesay.org, or (908) 273-3330



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.



PARENT/CHILD (AGES 1-2) 30 MIN

STAGE A: WATER DISCOVERY

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.

FRIDAY
Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

SATURDAY
Session One: 9/12 – 10/31
Session Two: 11/7 – 12/19

SUNDAY
Session One: 9/13 – 11/1
Session Two: 11/8 – 12/20

9:30 AM

8:50 AM

3:00 PM

STAGE B: WATER EXPLORATION

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

SATURDAY
Session One: 9/12-10/31
Session Two: 11/7-12/19

SUNDAY
Session One: 9/13-11/1
Session Two: 9/9-10/28

9:25 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
Session One: 9/8-10/27
Session Two: 11/3-12/16

WEDNESDAY
Session One: 9/9-10/28
Session Two: 11/4-12/17

SATURDAY
Session One: 9/12-10/31
Session Two: 11/7-12/19

SUNDAY
Session One: 9/13-11/1
Session Two: 9/9-10/28

3:30 PM

3:30 PM

10:00 AM

4:10 PM

STAGE 2: WATER MOVEMENT

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

TUESDAY
Session One: 9/8-10/27
Session Two: 11/3-12/16

WEDNESDAY
Session One: 9/9-10/28
Session Two: 11/4-12/17

SATURDAY
Session One: 9/12-10/31
Session Two: 11/7-12/19

SUNDAY
Session One: 9/13-11/1
Session Two: 9/9-10/28

4:05 PM

4:05 PM

10:35 PM

4:50 PM

STAGE 3: WATER STAMINA

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

SATURDAY
Session One: 9/12-10/31
Session Two: 11/7-12/19

SUNDAY
Session One: 9/13-11/1
Session Two: 9/9-10/28

11:10 AM

5:30 PM

SWIM LESSON QUESTIONS? CONTACT:

We're here to help! For class placement, program questions or to arrange private lessons, please contact: Jamie Sobel, Assistant Director of Competitive Aquatics at jamie.sobel@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.

FRIDAY

Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

3:30 PM

SATURDAY

Session One: 9/12 – 10/31
Session Two: 11/7 – 12/19

3:00 PM

STAGE 2: WATER MOVEMENT

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

FRIDAY

Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

4:15 PM

SATURDAY

Session One: 9/12 – 10/31
Session Two: 11/7 – 12/19

3:45 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.

TUESDAY

Session One: 9/8-10/27
Session Two: 11/3-12/16

4:40 PM

WEDNESDAY

Session One: 9/9-10/28
Session Two: 11/4-12/17

4:40 PM

FRIDAY

Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

5:00 PM

SATURDAY

Session One: 9/12-10/31
Session Two: 11/7-12/19

4:30 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.

TUESDAY

Session One: 9/8-10/27
Session Two: 11/3-12/16

5:35 PM

WEDNESDAY

Session One: 9/9-10/28
Session Two: 11/4-12/17

5:35 PM

FRIDAY

Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

5:45 PM

SATURDAY

Session One: 9/12-10/31
Session Two: 11/7-12/19

5:20 PM

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.

FRIDAY

Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

6:30 PM

SATURDAY

Session One: 9/12-10/31
Session Two: 11/7-12/19

6:05 PM

SWIM LESSON QUESTIONS? CONTACT:

We're here to help! For class placement, program questions or to arrange private lessons, please contact: Jamie Sobel, Assistant Director of Competitive Aquatics at jamie.sobel@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.

FRIDAY

Session One: 9/11 – 10/30
Session Two: 11/6 – 12/18

SATURDAY

Session One: 9/12-10/31
Session Two: 11/7-12/19

6:30 PM

6:05 PM

TEEN & ADULT: INTERMEDIATE & ADVANCED (40 MIN)

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

SATURDAY

Session One: 9/12-10/31
Session Two: 11/7-12/19

8:00 AM

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

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: Jamie Sobel, Assistant Director of Competitive Aquatics at jamie.sobel@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: Jamie Sobel, Assistant Director of Competitive Aquatics at jamie.sobel@thesay.org or (908) 273-3330.



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		

INSPIRING MINDS

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

STEM AT THE Y

Hands-on science, technology, engineering, and math activities that challenge curious minds and build real-world problem-solving skills.

SUMMIT YMCA

GRADES: 5-8
DATE: 10/3-11/21
SAT: 10:00-11:00 AM



MONEY TALKS

Build your financial confidence and learn the basics of budgeting, saving, credit, investing, and managing money to make smart decisions for your future.

SUMMIT YMCA

GRADES: 6-8
DATES: 11/9-12/14
MON: 5:30-7:00 PM



MIC'D UP

Teens can attend up to 3 sessions to discuss topics they care about, connect with others, and create their own podcast-style conversations in a fun, creative space.

SUMMIT YMCA

GRADES: 6-12
DATES: 11/12-1/28
THU: 6:00 PM



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

GRADES: 6-8
DATES: 11/11-12/16
WED: 5:30-7:00 PM



MIDDLE SCHOOL STARTS HERE

6TH GRADE CHALLENGE

A quarterly social event where 6th graders play games, participate in challenges, and get to know one another in a fun and welcoming environment.

A yellow starburst badge with the word "NEW" in white capital letters.

BERKELEY HEIGHTS YMCA
GRADES: 6

7TH GRADE INITIATIVE

Free for all local 7th graders, this program opens the doors of the Y offering fitness center access, open gym, community service, and monthly social events

SUMMIT YMCA & BERKELEY HEIGHTS YMCA
DATES: 9/1-5/1
GRADES: 7

8TH GRADE LEADERS CLUB

Lead, serve, and grow. Students build community service experience, teamwork, and healthy habits in a safe and supportive environment.

BERKELEY HEIGHTS YMCA
DATES: 10/9-1/29
FRI: 4:00-5:00 PM
GRADES: 8

SUMMIT YMCA
DATES: 10/7-1/27
WED: 4:00-5:00 PM
GRADES: 8

LEARN MORE 





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: 10/6-5/18
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: 10/1-12/16
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: 9/1-6/26
MON-FRI: 2:45-7:00 PM

BERKELEY HEIGHTS YMCA

GRADES: 6-12
DATES: 9/1-6/26
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: 9/28-12/14
MON: 7:00-8:00 PM



TEEN CHEF

Celebrate the flavors of fall! Teens will create delicious seasonal recipes while learning hands-on cooking skills in a fun, interactive kitchen. Perfect for aspiring chefs looking to build confidence, creativity, and culinary skills.

SUMMIT YMCA

GRADES: 6-12

DATES: 10/3-11/21

SAT: 12:00-2:00 PM

LEARN MORE





MINDFUL MOVEMENT FOR ALL

BERKELEY HEIGHTS YMCA

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

ADAPTIVE FITNESS: DANCE & YOGA

TUE: 4:00 – 4:45 PM

ADAPTIVE YOGA:

THU: 4:30 – 5:15 PM

AGES
12-21

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**

Opportunities available:

- Swim Instructors & Coaches
- Lifeguards
- Sports Instructors
- Group Fitness Instructors
- Personal Trainers
- Early Childhood Teachers
- Kid Zone Staff



thesay.org/employment

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: 9/9–9/30

WED: 10:00–11:45 AM

SUMMIT YMCA

DATES: 9/8–9/29

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

MAHJONG STRATEGY WORKSHOP

A one-time, hands-on session for players looking to sharpen their skills, build stronger hands, and learn smart defensive plays.

BERKELEY HEIGHTS YMCA

SEP 28: 10:00–11:45 AM

MAHJONG SOCIAL

An evening of open Mahjong play — bring your skills and enjoy the game with fellow players.

BERKELEY HEIGHTS YMCA

OCT 20: 5:30–9:00 PM

CANASTA CLUB

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

DAY TRIPS & EXCURSIONS

Explore, connect, and make memories on guided trips to some of the area's best gardens, theaters, and cultural experiences!

GREENWOOD GARDENS
SHORT HILLS, NJ
OCT 7: 2:00 PM

MARY POPPINS MATINEE
PAPER MILL PLAYHOUSE
COMING SOON

LEARN MORE ➤



WET FELTING WORKSHOP

ADULTS & AGES 13+

Hands-on workshops where you'll transform colorful wool into framable art, one-of-a-kind jewelry, and holiday ornaments using the traditional art of wet felting. No experience needed; not suitable for those allergic to wool.

BERKELEY HEIGHTS YMCA

10/10, 11/7, & 12/12: 10:00 AM-1:00 PM

MINI WORKSHOP

AGES 12+ | UNDER 12 WITH PARENT

Shorter, family-friendly felting sessions where kids, teens, and adults turn soft wool into a keepsake — from a felted fiber art project to a felt-covered bar of soap. All materials included; not suitable for those allergic to wool.

BERKELEY HEIGHTS YMCA

10/10: 1:30-3:30 PM

11/7: 1:30-2:15 PM & 2:30-3:15 PM

12/12: 1:30-2:15 PM & 2:30-3:15 PM

COFFEE & CONVERSATION: HEALTHY HEART, CLEAR MIND

ADULT 55+

Join certified TM teacher Randy Mackenzie from the Summit TM Center to learn how Transcendental Meditation can reduce stress, improve mental clarity, and support overall well-being.

BERKELEY HEIGHTS YMCA

OCT 29: 11:00 AM-12:00 PM

SUMMIT YMCA

OCT 21: 11:00 AM-12:00 PM





CHOOSE YOUR STITCH

KNITTING

All-skill-levels session for knitters of every level. Bring your own needles and yarn, work on your current project, pick up new techniques, and enjoy the company of fellow crafters.

BERKELEY HEIGHTS YMCA

DATES: 9/14-5/27

THU: 11:00 AM-12:30 PM

KNITTING FOR A PURPOSE

A volunteer program that brings people together to knit handmade items for local nonprofits serving those in need. Join us Thursdays to connect, create, and make a difference. No YMCA membership or fee required.

BERKELEY HEIGHTS YMCA

DATES: 9/24-12/10

THU: 11:00 AM-12:30 PM

CROCHET CLUB

Love to crochet? 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

DATES: 9/9-12/9

WED: 11:00 AM-12:30 PM

CREATE & CONNECT

Whether you enjoy knitting, crochet, drawing, coloring, scrapbooking, journaling, card making, embroidery, or other creative pursuits, Create & Connect is a welcoming space to work on your projects, share ideas, and connect with fellow makers. Open to all skill levels. No instruction provided.

BERKELEY HEIGHTS YMCA

DATES: 8/27, 9/30, 10/29, 11/30, & 12/30

TIME: 7:00-8:30 PM

CROCHET FOR A CAUSE

Share your love of crochet while making a difference. Crochet for a Cause creates handmade items for local nonprofits serving neighbors in need.

BERKELEY HEIGHTS YMCA

DATES: 9/23-12/9

WED: 11:00 AM-12:30 PM



PING PONG

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

BERKELEY HEIGHTS YMCA
TUE & FRI: 11:00 AM-2:00 PM

NIGHT PLAY

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

BERKELEY HEIGHTS YMCA
WED & THU: 6:00-8:00 PM



A WORLD OF MUSIC

Explore music, cultures, and instruments from around the world through live performances and hands-on demonstrations with professional musicians. Presented by Music for All Seasons, sponsored by a grant from The Summit Foundation.

SUMMIT YMCA

DATES: 9/16-11/18
WED: 1:00-2:00 PM



GET UP & DANCE

A judgment-free, drop-in dance fitness hour featuring the greatest dance hits of the 1970s and early 80s. No routines, no pressure, just great music and a chance to move.

BERKELEY HEIGHTS YMCA
MON: 6:30 - 7:30 PM

NEW

MUSIC FOR AARDVARKS WITH KAT

A joyful, high-energy early childhood music class for babies and toddlers with a parent or guardian, blending live music, movement, and imaginative play!

BERKELEY HEIGHTS YMCA

FAMILY: PARENT & CHILD

DATES: 9/9-11/18

WED: 9:30-10:15 AM

SUMMIT YMCA

FAMILY: PARENT & CHILD

DATES: 9/10-11/19

THU: 9:30-10:15 AM

INQUIRE TODAY ►

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: 9/26-11/21

SAT: 2:00-3:00 PM

LEARN MORE

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 30–60 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



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.

GETTING TECH SAVVY

BERKELEY HEIGHTS YMCA
SEP 8: 1:30-2:30 PM

SUMMIT YMCA
SEP 9: 1:30-2:30 PM

FALL PREVENTION PART II

BERKELEY HEIGHTS YMCA
OCT 6: 1:30-2:30 PM

SUMMIT YMCA
OCT 7: 1:30-2:30 PM

Learn more:
thesay.org/AW

READY. SET. HYROX.

HYROX TRAINING LAUNCH



NEW

Signed up for HYROX and not sure where to start? Our HYROX training class gets you ready for race day: running, sled pushes, rowing, burpee broad jumps, and everything else the competition throws at you. Train smart, train together, and toe the line ready!

SUMMIT YMCA
OCT 10: 12:00 PM

LEARN MORE



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.

UNITED IN STRENGTH

12-WEEK PROGRAM INCLUDES:

- Trained wellness coaches
- Group workouts
- Personalized support
- Social Connection
- Free YMCA membership for duration of program

UPCOMING SESSIONS:

BERKELEY HEIGHTS YMCA

DATES: 9/15-12/8

TUE & THU: 6:00-7:15 PM

SUMMIT YMCA

DATES: 9/15-12/8

MON & WED: 1:00-2:15 PM

LEARN MORE >



INDOOR ROWING SMALL GROUP TRAINING

Get stronger together with a low-impact rowing workout that improves cardio fitness, builds muscle, and keeps you motivated.

SUMMIT YMCA

DATES: 9/2-10/28 & 11/4-12/30

WED: 8:00-9:00 AM

SIGN UP >



ZUMBA DANCE PARTY

Get moving this Welcome Week with a 2-hour Zumba event packed with great music, high-energy dance workouts, and plenty of fun. Whether you're a beginner or a Zumba enthusiast, everyone is welcome. Come dance, connect, and "Fall into Fitness".

BERKELEY HEIGHTS YMCA

AGES: 16+

SEP 12: 8:00-10:00 AM

NEW



PUPPY YOGA

Take a moment to "paws" for self-care and serenity. This event is hosted in partnership and support of Home for Good Dogs Rescue.

BERKELEY HEIGHTS YMCA

SEP 13 & OCT 25: 12:00-1:00 PM



MOVE BETTER. GROW STRONGER.

Parkinson's classes designed to keep you moving!

A supportive exercise program helping individuals with Parkinson's disease or MS improve mobility, confidence, and quality of life through targeted movement and wellness training. PWR!Moves uses evidence-based exercises focused on posture, balance, flexibility, and functional movement to support everyday activities. Explore our Parkinson's-focused wellness classes and find the right fit for your movement journey.

BERKELEY HEIGHTS YMCA
PWR!Moves®
MON & WED: 1:15 PM

Atlantic Health
FRI: 1:15 PM

Member: All Access
Guests: \$10

**COME
TRY A
CLASS!**

**1 COMPLIMENTARY CLASS
FOR NEW PARTICIPANTS**

INQUIRE TODAY ➔



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 ➤

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



SENIOR MANICURE DAY

Volunteers will give hand massages and light manicures to Summit Vito Gallo Senior Center residents and can also bake treats for them.

12 CHESTNUT, SUMMIT

SATURDAY: 9/12, 10/10, 11/14, 12/12
1:00–2:00 PM

GIVE BACK

MAKE A DIRECT IMPACT, ONE DAY AT A TIME.
MAKE A DIRECT IMPACT, ONE DAY AT A TIME.
MAKE A DIRECT IMPACT, ONE DAY AT A TIME.
MAKE A DIRECT IMPACT, ONE DAY AT A TIME.
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MAKE A DIRECT IMPACT, ONE DAY AT A TIME.
MAKE A DIRECT IMPACT, ONE DAY AT A TIME.



FOOD DISTRIBUTION

Volunteers are needed to organize groceries (8:30 AM) at Summit YMCA and/or deliver them (10:00 AM) locally to those in need.

SUMMIT YMCA

MONDAY: 9/14, 9/28, 10/26,
11/9, 11/23, 12/14, 12/28
8:30–11:30 AM

UPCOMING EVENTS

FOR SOCIAL RESPONSIBILITY

LABOR
DAY

SEPTEMBER
6

HOLIDAY HOURS

AGING WELL
GETTING TECH SAVVY

SEPTEMBER
8-9

BERKELEY HEIGHTS YMCA
SUMMIT YMCA

WELCOME
WEEK

SEPTEMBER
10-19

SUMMIT YMCA

LES MILLS
BRING A FRIEND

SEPTEMBER
19

SUMMIT YMCA

AGING WELL
FALL PREVENTION II

OCTOBER
6-7

BERKELEY HEIGHTS YMCA
SUMMIT YMCA

GREENWOOD
GARDENS DAY TRIP

OCTOBER
7

GREENWOOD GARDENS

HYROX TRAINING
LAUNCH

OCTOBER
10

SUMMIT YMCA

HISPANIC HERITAGE
CELEBRATION

OCTOBER
TBD

BERKELEY HEIGHTS YMCA

LOL CHARITY
AUCTION

NOVEMBER
6

CANOE BROOK COUNTRY CLUB

DIWALI
FESTIVAL

NOVEMBER
15

BERKELEY HEIGHTS YMCA

THANKSGIVING
DAY

NOVEMBER
26

ALL BRANCHES CLOSED

CHRISTMAS
DAY

DECEMBER
25

ALL BRANCHES CLOSED



NO PLACE
Like This Place