

2027 WINTER PROGRAMS

SUMMIT AREA YMCA

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2027 WINTER SESSION:

MONDAY, JANUARY 4 – SUNDAY, FEBRUARY 28

REGISTRATION DATES:

SAY Family & Senior Family Members
SATURDAY, DECEMBER 5

Adult, College, Teens, & Youth Members
WEDNESDAY, DECEMBER 9

Open to All
SATURDAY, DECEMBER 12



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

MORE TO LOVE. LESS TO SPEND.

Your Y membership comes with even more to look forward to in 2027. We're freezing member class fees to keep programs affordable for families.

OUR LOCATIONS

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

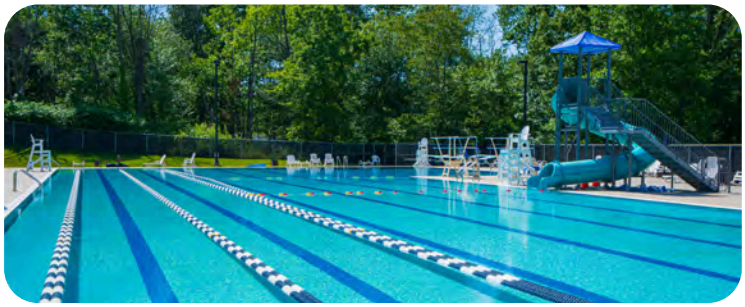
The Learning Circle YMCA and the Learning Lane at the YMCA provide early education focused on social-emotional growth, school readiness, and key early learning milestones like language development, motor skills, math and literacy. With experienced teachers, engaging enrichment, and full-day care options,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

ONE MEMBERSHIP AND 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 & REC

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, and more

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. 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 >

YOUR Y. YOUR WAY.

A new season brings fresh ways for every age to learn, move, create, and connect at the Y. It's not just about the activities you try. It's about the people you share them with and the purpose you find along the way, and we're committed to keeping it all within reach. That's why member program fees will stay at 2026 rates through 2027. Discover your crew, your rhythm, and your reason to keep going this winter at the Summit Area YMCA.

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: 12/28–12/30
HALF DAYS: 12/23
SPECIAL HOURS: 12/31 | 7:00 AM–1:00 PM

SUMMIT YMCA

FULL DAYS: 12/28–12/30 & 1/28
HALF DAYS: 12/23
SPECIAL HOURS: 12/31 | 7:00 AM–1:00 PM

PARENT'S NIGHT OUT

Cold nights call for a little indoor fun! Drop the kids off at the Y for two hours of games and activities at Parents' Night Out. Get a few things done, go out to dinner, or just enjoy a quiet evening to yourself.

BERKELEY HEIGHTS YMCA

DATES: 1/22 & 2/19
FRI: 6:00-8:00 PM

SUMMIT YMCA

DATES: 12/11, 1/8, 2/12, & 3/12
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

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



GET IN TOUCH TO LEARN MORE OR SCHEDULE A TOUR











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.

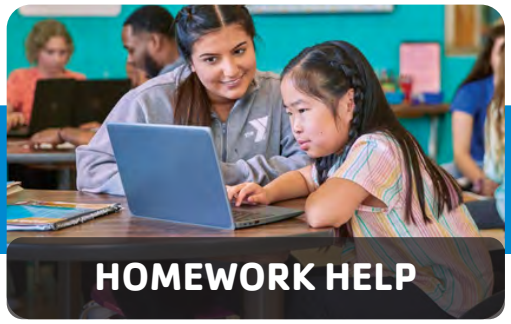
95 Morris Avenue, Summit, NJ 07901
(908) 273-7040

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–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

FUELING CURIOSITY

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: 7–12
DATES: 1/7–2/25
THU: 4:00–4:45 PM

SUMMIT YMCA

AGES: 7–10
DATES: 1/6–2/24
WED: 4:00–5:00 PM





ADVANCED CHESS

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

BERKELEY HEIGHTS YMCA

AGES: 7–12
DATES: 1/7–2/25
THU: 5:00–6:00 PM

SUMMIT YMCA

AGES: 7–10
DATES: 1/6–2/24
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: 1/9–2/27
SAT: 10:30–11:15 AM
SAT: 11:15 AM–12:00 PM





NEW

FLOOR HOCKEY

Grab a stick and get in the game! Kids learn to stickhandle, pass, shoot, and defend through fast-moving drills and small-team scrimmages. Along the way, they'll sharpen their hand-eye coordination, learn when to pass or take a shot, and cheer on their teammates. No experience or bulky gear needed.

AGES: 6–10
DATES: 1/8–2/26
FRI: 4:00–5:00 PM

LEARN MORE >

NO ICE ALL GAME



PRESCHOOL BASKETBALL

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

BERKELEY HEIGHTS YMCA

AGES: 4–5
DATES: 1/7–2/25
THU: 3:15–4:00 PM

DATES: 1/8–2/26
FRI: 3:15–4:00 PM

DATES: 1/9–2/27
SAT: 9:00–9:45 AM

SUMMIT YMCA

AGES: 3–5
DATES: 1/4–2/22
THU: 3:45–4:30 PM

DATES: 1/9–2/27
SAT: 10:00–10:45 AM

FUNDAMENTALS OF BASKETBALL

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

BERKELEY HEIGHTS YMCA

AGES: 6–8
DATES: 1/7–2/25
THU: 4:00–5:00 PM

DATES: 1/9–2/27
SAT: 9:45–10:00 AM

SUMMIT YMCA

AGES: 6–7
DATES: 1/5–2/23
TUE: 4:00–5:00 PM

DATES: 1/8–2/26
FRI: 4:00–5:00 PM

AGES: 8–9
DATES: 1/5–2/23
TUE: 5:00–6:00 PM

AGES: 10–12
DATES: 1/5–2/23
TUE: 5:00–6:00 PM



ADVANCED BASKETBALL

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

BERKELEY HEIGHTS YMCA

AGES: 9–12
DATES: 1/7–2/25
THU: 5:00–6:00 PM

SUMMIT YMCA

AGES: 6–7
DATES: 1/7–2/25
THU: 4:00–5:00 PM

AGES: 8–9
DATES: 1/7–2/25
THU: 5:00–6:00 PM

AGES: 10–12
DATES: 1/4–2/25
THU: 6:00–7:00 PM

INTRO TO PICKLEBALL

NEW

Learn the basics of pickleball, from serving and returning to dinking and keeping score.

BERKELEY HEIGHTS YMCA

AGES: 8–12
DATES: 1/4–2/22
MON: 5:00–6:00 PM

INTRO TO TENNIS

A beginner-friendly intro to tennis using age-appropriate equipment, low-compression balls, and shorter racquets. Welcomes all ability levels and builds skills from the first lesson.

BERKELEY HEIGHTS YMCA

AGES: 7–9
DATES: 1/4–2/22
MON: 4:00–5:00 PM





FLAG FOOTBALL CO-ED

Learn to throw, catch, and pull flags in a fun, non-contact introduction to football.

BERKELEY HEIGHTS YMCA

AGES: 6-9
DATE: 1/6-2/24
WED: 4:00-5:00 PM

GIRLS FLAG FOOTBALL CLINIC

A girls-only clinic building throwing, catching, and game skills in a fun, non-contact setting.

BERKELEY HEIGHTS YMCA

GRADES: 2-5
DATE: 1/6-2/24
WED: 5:00-6:00 PM

GRADES: 6-8
DATE: 1/6-2/24
WED: 6:00-7:00 PM

LEARN MORE



PRESCHOOL INTRO TO SPORTS

Each week highlights a different sport: football, t-ball, soccer, basketball, tennis, lacrosse, and hockey, giving participants the chance to explore new interests, build fundamental skills, and discover the joy of active play.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 1/4-2/22
THU: 3:15-4:00 PM

PRESCHOOL MULTI SPORTS

Try a new sport each week! Kids build balance, coordination, and teamwork through fun indoor games like soccer, basketball, floor hockey, and tee-ball.

SUMMIT YMCA

AGES: 3-5
DATES: 1/8-2/26
FRI: 3:15-4:00 PM

PRESCHOOL T-BALL

Batter up! Kids learn to hit off a tee, catch, throw, and run the bases through fun drills and games. Along the way, they'll build confidence and learn to play as a team.

SUMMIT YMCA

AGES: 3-5
DATES: 1/9-2/27
FRI: 10:45-11:30 AM

PRESCHOOL LITTLE NINJA

An obstacle-course style class where preschoolers climb, jump, and balance their way to stronger coordination and confidence.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 1/6-2/24
WED: 3:15-4:00 PM

PRESCHOOL SOCCER

A gentle introduction to soccer for our youngest players, focused on fun, movement, and basic skills.

BERKELEY HEIGHTS YMCA

AGES: 3-5
DATES: 1/5-2/23
TUE: 3:15-4:00 PM

SOCCER SKILLS & SCRIMMAGES

Get in the game. Build fundamentals, friendships, and confidence through skill work and scrimmages in a fun, supportive environment.

BERKELEY HEIGHTS YMCA

AGES: 6-10
DATES: 1/5-2/23
TUE: 4:00-5:00 PM

NEW

SUMMIT YMCA

AGES: 6-10
DATES: 1/9-2/27
SAT: 11:30 AM-12:30 PM









SET TO SPIKE

VOLLEYBALL CO-ED

Dig, set, spike, repeat. A fun co-ed volleyball program building fundamentals and teamwork.

BERKELEY HEIGHTS YMCA

GRADES: 2-5
DATES: 1/5-2/23
TUE: 5:00-6:00 PM

MIDDLE SCHOOL VOLLEYBALL CLINIC

For players both new to the game and ready to elevate with advanced technique, competitive play, and strategy.

BERKELEY HEIGHTS YMCA

GRADES: 6-8
DATES: 1/5-2/23
TUE: 6:30-7:30 PM

LEARN MORE


the YMCA
SUMMIT AREA YMCA
LET'S GET THE
PARTY STARTED
Make your child's birthday unforgettable at the Summit Area YMCA! A pool to jump in, a gym to run wild in, and friends to share it with. That's what a great birthday looks like.
Y MEMBERS SAVE!
LEARN MORE
Explore party options at thesay.org/parties
Available Saturdays & Sundays
Pool Parties
Sports Parties

SWIM LESSONS

NEW SESSIONS BEGIN IN JANUARY







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. Answer a few quick questions about what your swimmer can already do, and our Swim Lesson Finder will suggest the stage that may be the best place to start.



Stages 1–4 — Preschool 3 – 5 yrs; School Age 5 – 12 yrs; Teens & Adults 13+ yrs

STARTERS >>> FUNDAMENTALS >>> DEVELOPMENT

A	B	1	2	3	4	5	6
WATER Discovery	WATER Exploration	WATER Acclimation	WATER Movement	WATER Stamina	STROKE Introduction	STROKE Development	STROKE Mechanics

Stages A–B — Parent/Child 6mos – 3yrs

Stages 1–6 — School Age 5 – 12 yrs; Teens & Adults 13+ yrs

Learn more at www.thesay.org/swim

SWIM LESSONS

NEW SESSIONS BEGIN IN JANUARY

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	SATURDAY	SUNDAY
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.

TUESDAY	SATURDAY
9:25 AM	9:25 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.

TUESDAY	SATURDAY	SUNDAY
3:30 PM	10:00 AM	3:35 PM

STAGE 2: WATER MOVEMENT

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

TUESDAY	WEDNESDAY	SATURDAY	SUNDAY
4:05 PM	3:30 PM	10:35 AM	4:10 PM

STAGE 3: WATER STAMINA

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

SATURDAY	SUNDAY
11:10 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: Jamie Sobel, Assistant Director of Competitive Aquatics at jamie.sobel@thesay.org or (908) 273-3330.

SWIM LESSONS

NEW SESSIONS BEGIN IN JANUARY

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.

SATURDAY
3:00 PM

STAGE 2: WATER MOVEMENT

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

TUESDAY	SATURDAY
4:40 PM	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.

FRIDAY	SATURDAY
3:45 PM	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	WEDNESDAY	THURSDAY	SATURDAY
5:35 PM	4:05 PM	4:45 PM	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.

WEDNESDAY	FRIDAY	SATURDAY
4:50 PM 5:35 PM	4:30 PM 5:15 PM	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.

SWIM LESSONS

NEW SESSIONS BEGIN IN JANUARY

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 6:45 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
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 5:30 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



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: 2/6–2/27
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: 2/1–3/8
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.

BERKELEY HEIGHTS YMCA AND SUMMIT YMCA

GRADES: 6–12
DATES: 1/7–3/1
THU: Select your time at registration





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.

BERKELEY HEIGHTS YMCA

GRADES: 6–12
DATE: 1/9–2/20
SAT: 12:00–2:00 PM

HUDDLE UP POWER ON



NEW

MADDEN TOURNAMENT

Join us for our annual Madden Tournament ahead of the upcoming Super Bowl! Games will be played on Xbox, and prizes will be awarded to the winner!

JANUARY 23

SUMMIT YMCA

GRADES: 5-6
SAT: 12:00 PM

LEARN MORE

TEEN LIFE 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.

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

BERKELEY HEIGHTS YMCA AND SUMMIT YMCA

DATES: 9/1-5/1
GRADES: 7



LEADERS CLUB

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

BERKELEY HEIGHTS YMCA AND SUMMIT YMCA

DATES: 2/3-8/31
FRI: 4:00-5:00 PM
GRADES: 7-10

LEARN MORE

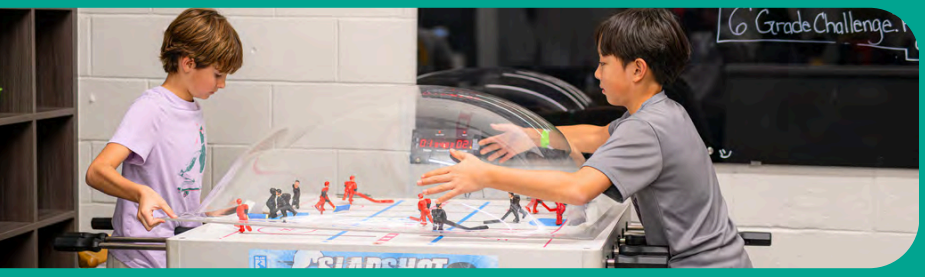


ACHIEVERS

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



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: 3:00-5:30 PM



TEEN PROGRAM QUESTIONS? CONTACT:
Trevor Cromwell, Teen Advancement Directorat trevor.cromwell@thesay.org or (908) 273-3330



POOL TOURNAMENT

Join us for the Summit YMCA Teen Center Pool Tournament! Whether you're aiming for the top spot or just looking to hang out and sink a few shots, come show off your skills and cheer on your friends.

FEBRUARY 13

SUMMIT YMCA

GRADES: 6-12
SAT: 12:00

NEW

LEARN MORE

the YMCA

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:

- Childcare & Early Education
- Wellness & Personal Training
- Sports & Recreation
- Aquatics & Swim Instruction
- Facility Maintenance
- Program & Site Coordination

thesay.org/employment



LEARN MAHJONG

MAHJONG 101

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
DATES: 1/12–2/2
TUE: 10:00–11:30 AM

SUMMIT YMCA
DATES: 1/12–2/2
TUE: 4:00–5:30 PM

MAHJONG OPEN PLAY

Casual drop-in mahjong with fellow members. Monday play now runs a full two hours.

BERKELEY HEIGHTS YMCA
MON: 12:00–1:30 PM

SUMMIT YMCA
TUE: 6:00–7:30 PM

MAHJONG EXPERIENCED OPEN PLAY

Weekly open play for experienced players. Bring your mahjong card and we'll provide the rest. No instruction provided.

SUMMIT YMCA
THU: 6:00–7:30 AM

MAHJONG STRATEGY WORKSHOP

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

SUMMIT YMCA
JAN 12: 6:00–7:30 PM

CHINESE MAHJONG OPEN PLAY

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

BERKELEY HEIGHTS YMCA
MON: 12:00–2:00 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



FOR ADULTS 55+

TECH TOGETHER

No-cost, one-on-one tech help from teen mentors, with the Summit Free Public Library. Learn Zoom, FaceTime, eBooks, and how to stay safe online

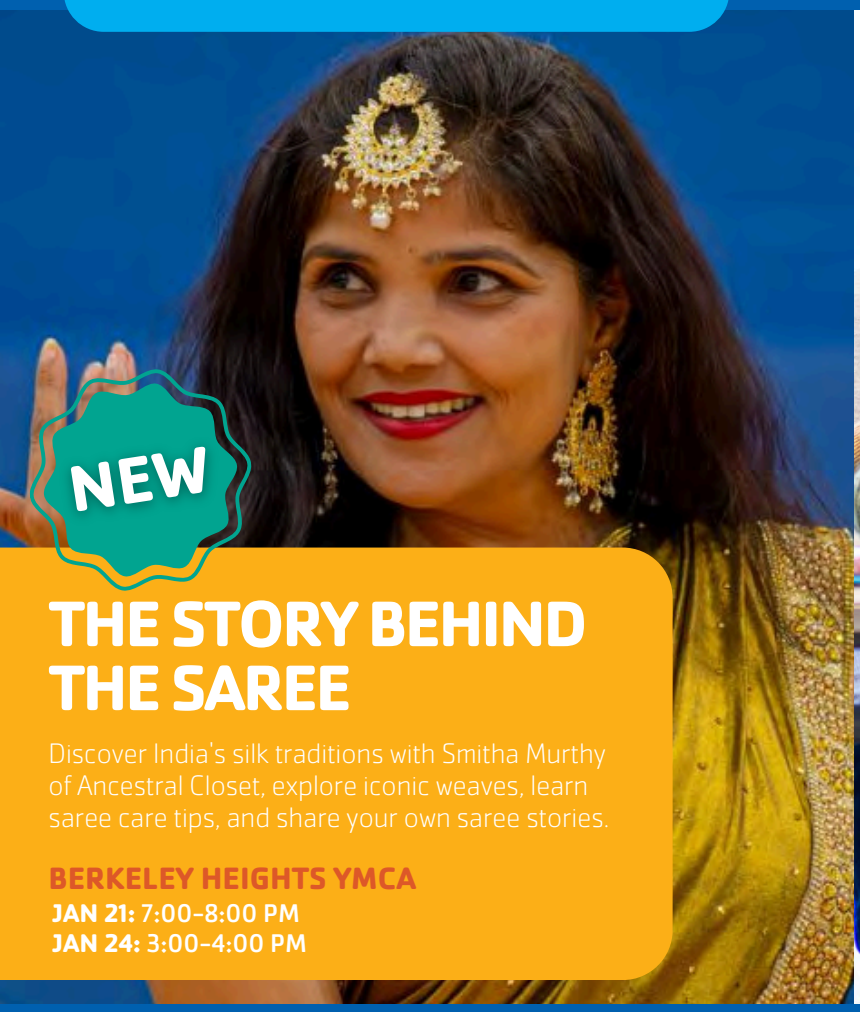
SUMMIT FREE PUBLIC LIBRARY

DATES: 1/9, 1/16, 1/23, & 1/30
SAT: 11:00 AM

LEARN MORE

TEEN VOLUNTEERS

Earn community service hours! Sign up today.



NEW

THE STORY BEHIND THE SAREE

Discover India's silk traditions with Smitha Murthy of Ancestral Closet, explore iconic weaves, learn saree care tips, and share your own saree stories.

BERKELEY HEIGHTS YMCA
JAN 21: 7:00–8:00 PM
JAN 24: 3:00–4:00 PM



KNITTING CIRCLE

Knit alongside our Crochet Club with a cup of tea by the fireplace and connect with fellow stitch artists. Bring your own materials.

BERKELEY HEIGHTS YMCA
WED: 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
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: 1/28, 2/25, & 3/25
THU: 7:00–8:30 PM





PING PONG

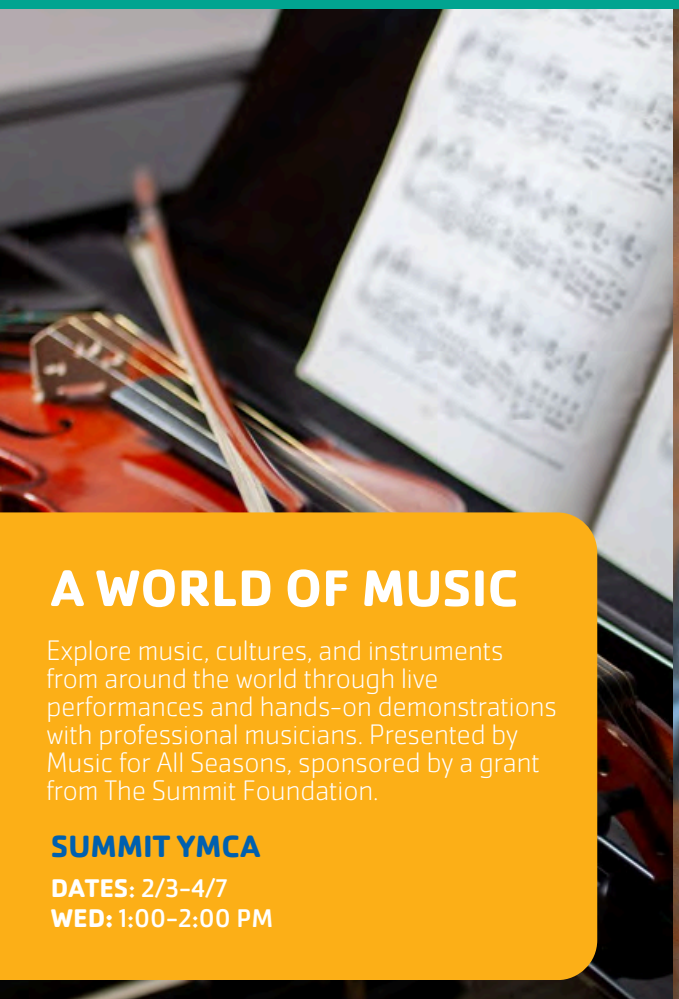
Stay active and have fun with friendly open play ping pong.

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: 2/3–4/7
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



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!

PARENT & CHILD

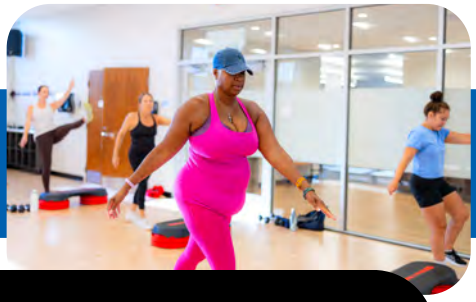
SUMMIT YMCA

DATES: 1/7–2/25
THU: 9:30–10:15 AM

REGISTER HERE

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



FOR AGES 13+

MINDFUL MOVEMENT FOR ALL

BERKELEY HEIGHTS YMCA

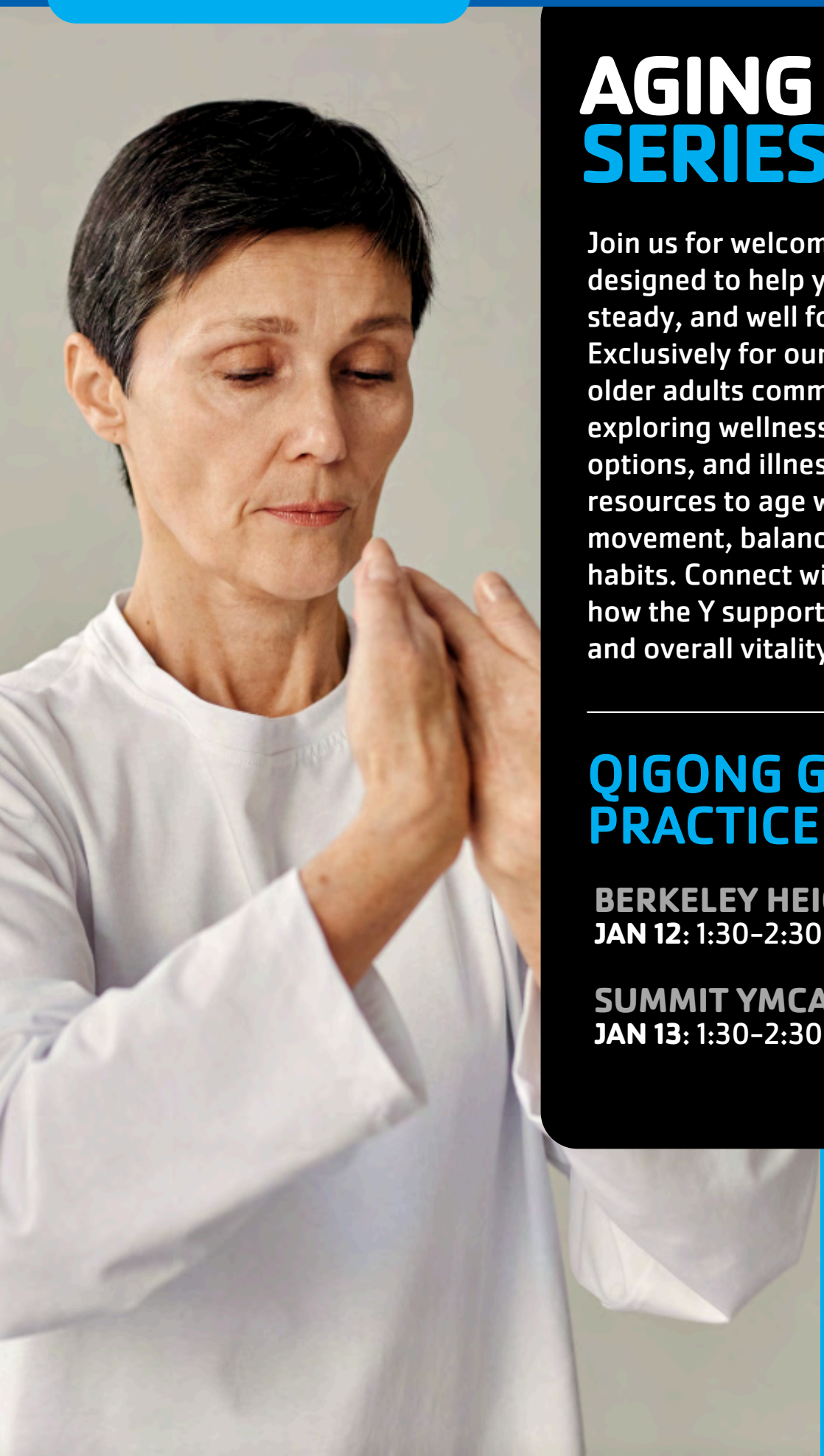
Welcoming classes designed for individuals of all abilities, offering two unique fitness options each week.

ADAPTIVE FITNESS: DANCE & YOGA
TUE: 4:00 PM

ADAPTIVE CYCLE
WED: 4:30 PM

ADAPTIVE YOGA
THU: 4:45 PM

LEARN MORE



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.

QIGONG GUIDED PRACTICE

BERKELEY HEIGHTS YMCA
JAN 12: 1:30–2:30 PM

SUMMIT YMCA
JAN 13: 1:30–2:30 PM

Learn more:
thesay.org/AW



CEREMONY HYROX SMALL GROUP TRAINING

Train like an athlete. This coach-led, 6-week program moves through eight strength and cardio stations, with InBody and fitness assessments before and after. Limited to 8 participants.

AGES 16+

SUMMIT YMCA

DATES: 1/5–2/13
TUE: 7:00–7:45 PM
WED: 6:30–7:15 PM

NEW

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.

12-WEEK PROGRAM INCLUDES:

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

LEARN MORE

UNITED IN STRENGTH





PARKINSON'S EXERCISE CLASS

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

EXPLORE

LIFTING 101 WORKSHOP

Improve your squats, lunges, bench press, clean and presses, deadlifts, and more in this hands-on form workshop

BERKELEY HEIGHTS YMCA
FEB 9: 10:15 AM

SUMMIT YMCA
FEB 10: 6:15 PM

NEW



HYGGE HOUR: THE ART OF SLOWING DOWN

Pause. Breathe. Reconnect. Inspired by the Danish concept of hygge (hoo-gah), this cozy workshop shares simple ways to slow down, reduce stress, and bring more comfort and joy into everyday life.

SUMMIT YMCA
AGES: 16+
FEB 14: 11:00 AM–12:15 PM

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
DATES COMING SOON

SOUND BATH HEALING

Unwind with 90 minutes of deep relaxation as crystal singing bowls, chimes, and gongs help quiet the mind and release tension. No experience needed. Just bring a mat, blanket, or pillow.

BERKELEY HEIGHTS YMCA
FEB 28: 1:00–2:30 PM

NEW





INTENSIVE MAT PILATES WORKSHOP

Strengthen, lengthen, and challenge your body. This small-group workshop (6 to 8 participants) is for those with Pilates experience and offers advanced mat work, core strength, mobility, and individualized coaching

BERKELEY HEIGHTS YMCA

DATES: 1/15–3/5
FRI: 9:15–10:15 AM

SUMMIT YMCA

DATES: 1/13–3/3
WED: 6:00–7:00 PM

NEW

LEARN MORE



PICKLEBALL STARTS HERE

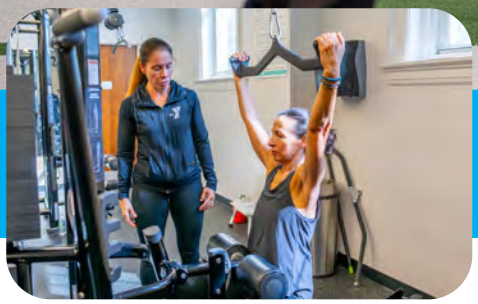
All skill levels welcome.
Grab a paddle and join the fun.

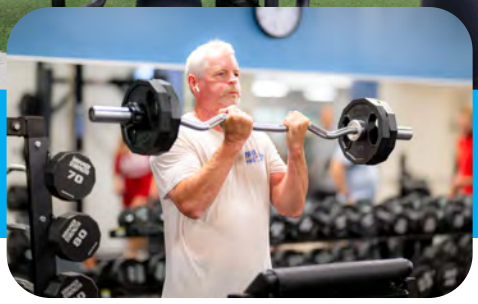
SIGN UP

OPEN PLAY PICKLEBALL – SIGN UP REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Berkeley Heights YMCA					
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 7:45–9:20 PM		**Beginner** 1:30–2:30 PM		
			Intermediate 7:45–9:20 PM		
Summit YMCA					
			Advanced Beginner 7:00–8:00 PM		**Intermediate** 6:00–7:30 PM









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 >

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 $260

UPCOMING EVENTS

FOR SOCIAL RESPONSIBILITY



LUNCH & LEARN
DECEMBER
9
SUMMIT YMCA

PARENTS NIGHT OUT
DECEMBER
11
HOLIDAY HOURS

UGLY SWEATER DAY
DECEMBER
16
ALL BRANCHES

PARENTS NIGHT OUT
DECEMBER
18
HOLIDAY HOURS

MEMBER FUNFEST
DECEMBER
20
BERKELEY HEIGHTS YMCA

CHRISTMAS EVE
DECEMBER
24
HOLIDAY HOURS

CLOSED FOR CHRISTMAS
DECEMBER
25
HOLIDAY HOURS

NEW YEARS EVE
DECEMBER
31
HOLIDAY HOURS

NEW YEAR'S DAY
JANUARY
1
HOLIDAY HOURS

CAMP REGISTRATION OPENS
JANUARY
4
THESAY.ORG/CAMP

MLK DAY OF SERVICE
JANUARY
18
SUMMIT YMCA

LUNAR NEW YEAR
FEBRUARY
7
SUMMIT YMCA

the YMCA

NO PLACE
Like *This Place*