



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE INSPIRED

WESTFIELD AREA Y



Winter 2012  
Session Guide  
January 2 - February 25

PRIORITY REGISTRATION begins 6:00PM Thursday, 12/15 for Gold and Silver Members  
OPEN REGISTRATION begins 7:30AM Monday, 12/19 for Program and Non Members

Check out our website for gym & pool schedules, searchable brochure, event calendar and online registration/payments!



## OUR MISSION

The Westfield Area Y is a nonprofit human service organization dedicated to developing the full potential of every individual and family in the communities it serves through programs that build healthy spirit, mind and body for all.

## ADMINISTRATIVE STAFF

**Mark Elsasser, Chief Executive Officer**

908-233-2700 x224 or [melsasser@westfieldynj.org](mailto:melsasser@westfieldynj.org)

**Paula Ehoff, Chief Operating Officer**

908-233-2700 x228 or [pehoff@westfieldynj.org](mailto:pehoff@westfieldynj.org)

**Greg Puchalski, Chief Financial Officer**

908-233-2700 x234 or [gpuchalski@westfieldynj.org](mailto:gpuchalski@westfieldynj.org)

**Clark Lagemann, Director of Facilities, Technology & Risk Management**

908-233-2700 x242 or [clagemann@westfieldynj.org](mailto:clagemann@westfieldynj.org)

**Janice A. Carthens, Senior Director Member Services & Quality Assurance**

908-233-2700 x227 or [jcarthens@westfieldynj.org](mailto:jcarthens@westfieldynj.org)

**Susan Morton, Senior Director, Child Care, Camp, Teen Services**

908-654-8460 or [smorton@westfieldynj.org](mailto:smorton@westfieldynj.org)

**Maureen Martin, Human Resources Director**

908-233-2700 x226 or [mmartin@westfieldynj.org](mailto:mmartin@westfieldynj.org)

**Bonnie Cohen, Communications/Development Director**

908-233-2700 x240 or [bcohen@westfieldynj.org](mailto:bcohen@westfieldynj.org)

**Kathy Dawson, Director Administrative Services**

908-233-2700 x225 or [kdawson@westfieldynj.org](mailto:kdawson@westfieldynj.org)

## HOURS

### MAIN FACILITY

**MONDAY-FRIDAY**

**5:00AM-10:30PM**

**SATURDAY**

**6:00AM-8:00PM**

**SUNDAY**

**7:00AM-9:00PM**

### WELCOME CENTER (MAIN FACILITY LOBBY)

**MONDAY-FRIDAY**

**7:30AM-8:00PM**

**SATURDAY & SUNDAY**

**8:00AM-6:00PM**

**CLOSING AT 3PM SATURDAY, 12/24 (CHRISTMAS EVE)**

**CLOSED SUNDAY, 12/25 (CHRISTMAS DAY)**

**CLOSING AT 6PM SATURDAY, 12/31 (NEW YEAR'S EVE)**

**OPEN 10AM-4PM 1/1/2012 (NEW YEAR'S DAY)**

## FACILITIES

### MAIN FACILITY

**220 CLARK STREET, WESTFIELD**  
**908-233-2700**

- 25-yard indoor swimming pool (approx. 80°-82°)
- 20-yard indoor warm water swimming pool (approx. 86°-88°)
- Air-conditioned double gym with climbing wall
- Cardiovascular Room: 120 pieces of equipment (most with cardio theater)
- Fitness Express Center: hydraulic Keiser equipment designed to be used in a 30-min circuit (ages 7+; ages 7-9 with parent)
- Free Weight Room: large, mirrored, air-conditioned room with Magnum, Hoist and Hammer Strength equipment (ages 15+)
- Strength Training Room: featuring Cybex and Nautilus strength training equipment (ages 13+)
- Two air-conditioned racquetball courts
- Showers, lockers and changing facilities
- Wheelchair accessible family locker rooms
- Steam Room (Men's Locker Rooms)
- Whirlpool & Sauna (Gold Members)
- School Age Child Care classrooms for children in K-5th grades
- Fully accessible entrance to physically-challenged individuals

### ROBERT & VIRGINIA BAUER FAMILY BRANCH

**422 EAST BROAD STREET, WESTFIELD**  
**908-233-2700 x423**

- Preschool for ages 2 ½-5 years
- **NEW!** Full Day Kindergarten

### CHILD CARE CENTER

**170 ELM STREET, WESTFIELD**  
**908-654-8460**

- Full day Child Care for ages 6 months-5 years
- Outdoor playground and Indoor Gross Motor Room
- 9 child care classrooms & 1 full day Kindergarten classroom

### Y CHILD CARE IN GARWOOD

**211 CENTER STREET, GARWOOD**  
**908-301-1616**

- Full day Child Care for ages 2 ½-5 years
- Half-Day Preschool, Pre-K, Kindergarten Wraparound, After-School programs and Drop-in

### CRANFORD COMMUNITY CENTER

**220 WALNUT AVENUE, CRANFORD**  
**908-233-2700 x423**

- Cranford Residents Only
- Preschool for ages 3-5 years

# MEMBERSHIP

**CONTACT:** Senior Director Member Services & Quality Assurance, Janice A. Carthens • 908-233-2700 x227 • jcarthens@westfieldynj.org  
 Director Membership & Marketing, Leonardo Gonzalez • 908-233-2700 x271 • lgonzalez@westfieldynj.org

## MEMBERSHIP RATES (effective 1/1/12)

Full Memberships	Monthly Fee
Family (2 adult Silver)	\$85.42
Family (1 adult Gold/1 adult Silver)	\$106.27
Family (2 adult Gold)	\$124.83
Single Parent Family (Silver)	\$71.17
Single Parent Family (Gold)	\$104.00
Adult (age 19+) Gold	\$83.17
Adult (age 19+) Silver	\$56.92
Senior (age 65+) Silver	\$42.67
Senior (age 65+) Gold	\$62.34
Senior Family (2 adult Silver)	\$64.00
Senior Family (1 adult Gold/1 adult Silver)	\$77.17
Senior Family (2 adult Gold)	\$93.50
College (full time student) Silver	\$40.00
Teen (age 13-18) Silver	\$22.09
Limited Memberships	Fee
Pre-Teen Plus (age 10-12)	\$13.75/month
7th Grade Initiative (7th grader in service area)	FREE
Program (up to age 12)	\$98 annual fee
<b>NEW!</b> On The Way (age 40+)	\$50 8-week fee

A one-time Joiner's Fee of \$150 is due in full for Full Membership Categories age 19+. You may rejoin within 30 days of your membership expiration date without repaying the fee. Joiner's Fee and membership dues are non-refundable. The Y reserves the right to change fees with a 30 day notice to members.

## MEMBERSHIP CATEGORIES

- Family memberships: include a maximum of two adults 19+ and dependents up to age 25 living in the same household (dependents are silver members). Single Parent Family may only have one adult in the household.
- Senior memberships: all adults must be age 65+
- College membership: must present proof of current full-time status

### SILVER MEMBERSHIP PRIVILEGES

- Access to Main Facility including two pools, double gym, free-weight room, cardio room, strength training room and Fitness Express Center
- Access to Men's, Women's, Boy's, and Family silver locker rooms
- Over 80+ group fitness classes and water fitness classes (some additional specialty classes with fee)
- Racquetball Court (reservations requested; equipment provided)
- Kids Club (babysitting) for an additional fee
- Fee reduction on classes & programs
- Priority program registration

### GOLD MEMBERSHIP PRIVILEGES

- All Silver Membership privileges
- Additional free group fitness classes
- FREE Kids Club (babysitting) for age 12+ months (fee for infants)
- Access to separate Men's & Women's Fitness Centers that include additional cardio and strength training equipment, towel service, limited laundry service, whirlpool, and sauna
- Steam room (Men's Fitness Center only)

### LIMITED MEMBERSHIP PRIVILEGES

#### PROGRAM MEMBERSHIP

- Required for access to Westfield Area Y programs
- Gym & pool time as indicated on schedules. Parent/guardian (up to 2 adults) must accompany children. Additional fee for family swim: \$3/person. Does not include lap swimming.

#### PRE-TEEN PLUS MEMBERSHIP

- All Program Membership privileges
- Access to Racquetball courts Monday-Friday: 3:15pm-4:45pm; Saturday: 1:00pm-2:30pm; Sunday: 12:45pm-2:15pm

#### NEW! ON THE WAY MEMBERSHIP

- Access to new Ready, Set ... Fit! program (see page 5)
- Access to new "Delay the Disease" program (see page 6)

## FREE FOR MEMBERS

**1-HOUR ORIENTATION** with a Y Health and Wellness staff member. Register at the Welcome Center.

**12 WEEKS TO A HEALTHIER YOU:** A FREE personalized small-group support experience led by a Y wellness professional. Learn how to properly use equipment and track your progress in a private environment. Visit the Welcome Center to begin your journey to a healthier you.

**NEW!**



ActivTrax is a web-based fitness and nutrition tool that creates customized workouts around your goals, strength and fitness experience level as well as an online weight management tool to help you keep your diet on track while at the Y or anywhere. Schedule your free orientation! Contact: Greg Hatzisavvas at x251 or ghatzisavvas@westfieldynj.org.

**SUNDAY FAMILY TIME:** Each Sunday, November - March, families are invited to enjoy swimming, arts & crafts and gym activities together. The climbing wall is available most Sundays for children ages 4+.

**Location:** Main Y

**Fee:** Free/Members; \$5/Family for Non-Members

**Gym Time:** 4:00-5:00PM (5:30-6:30PM Jan.-Feb.)

**Pool Time:** 4:00-7:00PM

**Contact:** Jean Cruz at x417 or jcruz@westfieldynj.org.

# MEMBERSHIP

**CONTACT:** Senior Director Member Services & Quality Assurance, Janice A. Carthens • 908-233-2700 x227 • jcarthens@westfieldynj.org  
Director Membership & Marketing, Leonardo Gonzalez • 908-233-2700 x271 • lgonzalez@westfieldynj.org

## PAYMENT OPTIONS

### Monthly Bank Draft

Memberships will be billed on the 10th of each month by Electronic Fund Transfer (EFT) from a credit/debit card, or checking/savings account. 30 day written notification is required to cancel this method of payment and/or membership. Please note that a \$25 fee will be assessed if the payment is denied.

### Annual Full Payment

Membership dues are paid in full annually. There are no cancellations or refunds. An annual membership may be extended for medical reasons at the discretion of the Westfield Area Y. If the member is unable to use the facility, the Senior Director of Member Services must be notified within 30 days of illness and a doctor's note will be required.

## FINANCIAL ASSISTANCE

We believe in serving the needs of all members of our community including those who may be unable to pay the full cost of membership or programs. A financial assistance application is available at the Welcome Center or at [www.westfieldynj.org](http://www.westfieldynj.org).

## CLASS CREDITS & REFUNDS

If the Y cancels a class due to lack of enrollment or facility conflict, the participant will be issued a full refund or credit. If the class participant cancels, class credits (after a \$10 service fee) will be issued as follows:

- Before the session begins: 100% refund or credit
- During the first week: 75% credit
- During the second week: 50% credit
- After the second week: no refunds/credits will be issued

There is a \$5 fee for class switches after the first day the session begins. Credits will be honored for one year from date of issue. Camp and Child Care deposits are non-refundable.

## ONLINE REGISTRATION & PAYMENT

Online registration and payment is available for most programs including child care, camp and swim team. It is not available for programs or classes that require physician's consent, financial assistance payments, discounts, use of credit vouchers, or if otherwise noted. Please make these transactions at the Welcome Center.

## KIDS CLUB BABYSITTING

Enjoy your workout knowing your children are in good hands. Members must be in the building. Children must be preregistered. Visit the Welcome Center for registration form. Kids Club can also escort your child to/from an activity. Make advance arrangements with Eileen Rooney at 908-233-2700 x423 or [erooney@westfieldynj.org](mailto:erooney@westfieldynj.org). NEW! Infants only need to register in advance for the 9:00AM and 10:00AM time slots.

AGE	MAX.	HOURLY	HOURS
4-12 mos.	1 hr.	\$4G/\$65	Mon.-Fri.: 8:30AM-2:30PM
12-36 mos.	1.5 hrs.	FREE G/\$55	Mon.-Thur.: 6:00PM-8:00PM
3-11 yrs*	2 hrs.	FREE G/\$55	Sat.: 8:30AM-12:30PM

\* note: age 11 evenings only

## MEMBERSHIP ID CARDS

Member ID cards must be presented each time you enter the Y. Replacement of a lost card is \$5. Thank you for your cooperation.

## GUESTS

Full members are entitled to a limited amount of complimentary guest passes. Additional guest passes may be purchased for \$10 per person. Guests must provide a photo ID and sign our guest waiver. Parents/guardians must sign the waiver for guests under the age of 18. The same guest may visit up to 5 times in one year. Additional visits will require a Westfield Area Y membership.

## PHOTOGRAPHY AND VIDEOTAPING POLICY

Taking pictures or video are not permitted within the Westfield Area Y or its programs without the express authorization of a Westfield Area Y Director. This is to protect the privacy and safety of our members and guests.

## FACILITY MAINTENANCE

Most major facility repairs and maintenance projects are targeted to be completed over the summer months, usually in August. However, we reserve the right to close a portion of the facility for necessary repairs throughout the year. If facilities are not available for a more extended period of time, the Y will make every effort to provide like facilities or alternate arrangements.

## Member Appreciation Days:

Y members are important to us! Visit us February 14 and receive something special.

## Refer-A-Friend:

Share your Y and you will receive a limited-edition premium gift! The Y hooded sweatshirt is only available through 12/31. New Y fleece winterwear coming 1/1!



Offers valid for full facility memberships. New Members must not have been a full facility member of the Westfield Area Y for the last 60 days.

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## HOLIDAY SPECIALS

### NEW YEAR'S DAY!

Start your year of healthy living with a visit to the Y!

We are open 10:00AM-4:00PM

- First 500 visitors receive a FREE gift!
- FREE TRX® Demo Classes 11:00-11:30AM & Noon-12:30PM (each session limited to first 12 participants)

### COLLEGE BREAK OFFER:

Full-time students home for Winter Break can join the Y for \$40 and no Joiner's Fee! Register by 12/31 and your membership is valid through 1/31/12. Just present your college ID and schedule.

### FINISH YOUR HOLIDAY SHOPPING! Y DROP-IN CHILD CARE

**Attention busy parents!** While you run errands or polish off some holiday shopping, your children can "drop in" on the fun at the Y! Kids Club Drop-In is available all day or for just a few hours during winter break!

\$9/hour or \$60/day.  
24 hour advance registration required.

Contact:

Melinda McHale,

Y Child Care in Garwood,

908-301-1616, mmchale@westfieldynj.org.



### HOLIDAY SPECIAL Hurry! Offer ends 12/29!

- ONE FREE HOUR
- \$50 REGISTRATION FEE WAIVED
- LIMITED Y PROGRAM MEMBERSHIP INCLUDED (through 3/1/12)

### NEW! EXPANDED AGES & HOURS!

- 2½ year olds-5th grade
- 7:00AM-6:30PM weekdays

### EASY GIFTING

#### Westfield Area Y Gift Cards

Skip long lines and big decisions this holiday season with convenient Westfield Area Y Gift Cards. Available in any amount, they are perfect for everyone on your list! Gift cards are valid for one year from date of purchase and can be used for any Westfield Area Y membership or program.

#### Need a Gift Idea?

#### Holiday Personal Training Specials

Give the gift of fitness! Purchase by 1/1. Gift cards available!

#### HOLIDAY FITPACK

Activtrax orientation, strength evaluation, and three 30 minute personal training sessions!

\$100G/\$115S 1ASHFITPACK

#### 10% OFF

Ten 45 minute or ten 60 minute personal training sessions. 1ASPTSIZZLE

### HAVE A FRIEND OVER AGE 40 WHO WANTS TO GET FIT?

#### NEW! READY, SET...FIT!

This new 8-week program is perfect for men and women over age 40 who are ready to get started on the path to living better.

This friendly, supportive exercise program is led by a Y certified fitness professional. Register on your own or with a friend!

Free with 8-week "On The Way" membership. Morning, afternoon, evening and weekend sessions offered at various locations.

Contact Lynne Applebaum at x239 or applebaum@westfieldynj.org. Prog#: 1READYSETFIT

### NEW! "MY Y IS EVERY Y" RECIPROCITY PROGRAM

When you're away from home, you aren't far away from the Y. Over 30 participating New Jersey Ys will accept your valid Westfield Area Y membership for up to 5 visits a month at no cost. Ask for a brochure at the Welcome Center or visit westfieldynj.org. The AWAY Program (Always Welcome at the Y) entitles Westfield Area Y members to short-term privileges at hundreds of participating Ys throughout the U.S. As each Y has its own usage and fee guidelines, it is recommended that you call ahead of your visit.

# HEALTHY LIVING

The Y is for improving the nation's health and well-being.

## HEALTH & WELLNESS

**CONTACT:** Health & Wellness Director, Jean White • 908-233-2700 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)

Associate Director of Health & Wellness/Membership, Lynne Applebaum • 908-233-2700 x239 • [lapplebaum@westfieldynj.org](mailto:lapplebaum@westfieldynj.org)

## Group Fitness Class Descriptions

### AEROBICS

An upbeat freestyle cardio workout.

### AEROBICS & SCULPT

Experience the best of both cardio and strength.

### ARTHRITIS FOUNDATION EXERCISE PROGRAM

Exercises are performed in a chair or standing beside a chair. Class may help reduce the pain, stiffness and fatigue of arthritis.

### NEW! BAREFOOT FUSION

Strengthen and tone your entire body from the ground up! This workout incorporates cardio, strength, core, balance and flexibility training. You will strengthen foot and ankle muscles along with every other part of your body with this dynamic and challenging workout. Uses small weights or weighted balls. Best done in bare feet.

### BODY SCULPT

This group strength training class uses hand weights, resistance tubing and other equipment to improve muscular strength and joint stability.

### NEW! BOOGIE BOX

BBX is an innovative fusion of resistance training and endurance drills, with martial arts, Latin and Hip Hop movements. Create lean muscle through "applied muscle resistance." This fun-filled heart pumping format is appropriate for all fitness levels.

### CARDIO BLAST

Cycle, run, jump, move!

### CARDIO KICKBOX

This high intensity class features boxing and kickboxing moves. Some classes may include weight and jump rope intervals.

### CARDIO INTERVAL

Varied combinations of step, aerobics, jump rope and/or cycling interspersed with strength training.

### CARDIO/SCULPT/STRETCH

Class includes segments of aerobic exercise, strength training and flexibility.

### CYCLE & SCULPT

This class combines the best of cycling and body sculpt into one terrific workout.

### CYCLING

Simulate outdoor cycling indoors!

### CYCLING/ABS

15 minutes of abs after cycling.

### NEW! DELAY THE DISEASE

#### Exercise to Fight Parkinson's Symptoms

Research has shown that physical exercise has positive and measurable benefits for those living with Parkinson's. This unique program will incorporate strength, flexibility, balance, and cardiovascular exercises to help soothe tremors, improve posture, smooth steps and increase overall well-being. An aquatic component will be introduced as classes progress. It will be led by Y trainers with a certification in this specialized program. Free for full-facility members. Free with 8-week "On The Way" membership. Contact Greg Hatzisavvas at x251  
Day/Time: Wednesday and Friday, 11:00AM-Noon

### FITNESS CHALLENGE

Intensive cardio, strength and functional stations are integrated into one dynamic class.

### FITNESS DANCE MEDLEY

Line dancing, Broadway and Latin...we do it all! Improve your memory, balance, and flexibility. Appropriate for beginners, seniors and anyone who loves to dance.

### POWERBOX CIRCUIT

Hands-on circuit style cross training with an emphasis on boxing and kickboxing as tools for fitness. Handwraps required, limited amount of gloves available.

### POWERCUT

Students use a barbell with light to moderate weights that target the body's major muscle groups.

### PROJECT HEALTHY BONES

Most exercise programs target the muscles. Project Healthy Bones strengthens the bones which form the framework that keeps our body upright. This one hour class is a low impact high intensity workout using ankle and hand weights. 16 week session.

### STEP

A great cardiovascular workout using the step.

### SENIOR EXERCISE

This class is designed for active older adults and new exercisers to improve cardiovascular endurance, muscular strength, balance and coordination.

### STROLLER FIT

Utilize the stroller as part of the workout. Along with walking or jogging with the stroller, participants will do intervals of body toning using resistance bands.

### ZUMBA!®

This Latin inspired dance fitness class will work your entire body.

## PILATES AND YOGA

### GENTLE YOGA

Yoga postures, breathing techniques and meditation for those who do not want to get down on the mat. Class is done barefoot while sitting in chairs or standing.

### HOT YOGA

Yoga postures are done in a heated environment.

### PILATES (MAT)

An exercise method that bridges mind and body. Improve core strength and balance, increase flexibility, enhance athletic performance and/or perform daily tasks with greater ease. Some Pilates experience recommended except for Beginner class.

### POWER YOGA

This is a challenging combination of deep breathing along with sets of flowing Ashtanga yoga postures.

### PRENATAL YOGA

This gentle class is for any stage of pregnancy. Practicing yoga postures and relaxation techniques helps alleviate common discomforts and prepare for childbirth. New mothers are encouraged to return to this class as a transition into regular yoga practice.

### TEEN YOGA

Ages 12-16. Build strength, gain flexibility, develop balance, self-confidence and a sense of inner peace.

### YOGA

Appropriate for all levels, class blends various styles of yoga breathing, relaxation and postures.

### YOGA BABY

This class is designed to help parent and baby relax. No prior yoga experience is required and students are encouraged to work at their own level. Release the stress of sleepless nights and develop stretching techniques that can be done with your baby.

### YOGA BUDDIES

Children ages 4-7 with a parent or caretaker will enjoy the peace and strength of yoga. Child must have a membership, register and pay class fee. Adults are free but registration is required.

### YOGA FOR KIDS

This class is for children ages 8-12. Imagination and creativity are combined with yoga postures to increase concentration and flexibility.

### YOGA FOR STRESS RELIEF

Achieve profound body and mind relaxation. Learn how to use breath to focus and quiet your mind allowing your body to renew and relax.

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### Group Fitness Class Schedule

TIME	CLASS	PROGRAM #	FEE	LOCATION
<b>Sunday</b>				
7:10-8:05AM	Cycling/Abs	1APCYCLESU7	G/S Free	Weldon Rm
8:10-9:05AM	Yoga	1APYOGASU810	G Free/\$63S	Kellogg Rm
8:30-9:25AM	<b>NEW!</b> Barefoot Fusion	1APBFFSU830	G/S Free/\$70NM	Weldon Rm
9:30-10:30AM	Body Sculpt	1APBODYSU930	G/S Free	Weldon Rm
<b>Monday</b>				
6:00-7:00AM	PowerCut	1APPOWERM6	G/S Free	Weldon Rm
8:00-8:55AM	Senior Exercise	1APSREXM8	G/S Free	Weldon Rm
9:10-10:05AM	Cardio Interval	1APC/IM910	G/S Free	Weldon Rm
9:10-10:05AM	Body Sculpt	1APBODYM910	G/S Free	Kellogg Rm
9:20-10:15AM	Stroller Fit	1APSTROW920	\$52G/\$104S &NM	Park/Gym
10:10-11:05AM	Yoga	1APYOGAM1010	G Free/\$72S	Weldon Rm
10:15-11:00AM	Arthritis Exercise	1APPACEM1015	G/S Free	Kellogg Rm 1
10:15-11:15AM	Project Healthy Bones (16 weeks)	1APPHBM1015	G/S Free/\$72NM	Kellogg Rm 2
11:15-12:10PM	Senior Exercise	1APSREXM1115	G/S Free	Weldon Rm
4:45-5:40PM	Cardio/Sculpt/Stretch	1APC/S/SM445	G/S Free	Weldon Rm
6:00-6:55PM	Aerobics/Sculpt	1APA/SM6	G/S Free	Weldon Rm
7:30-8:45PM	Power Yoga	1APPYOGAM730	G/S Free	Kellogg Rm
8:00-8:55PM	Abs/Body Sculpt	1APA/BSM8	G/S Free	Weldon Rm
<b>Tuesday</b>				
8:00-8:55AM	Fitness Dance Medley	1APLINET8	G/S Free	Weldon Rm
9:10-10:05AM	ZUMBA!	1APZUMT910	G/S Free/\$80NM	Weldon Rm
9:10-10:05AM	Pilates - Intermediate	1APPILIT910	G Free/\$72S	Kellogg Rm
10:10-11:05AM	Abs/Body Sculpt	1APA/BST1010	G/S Free	Weldon Rm
11:15-12:15PM	Power Yoga	1APPYOGAT11	G/S Free	Weldon Rm
6:10-6:55PM	ZUMBA!	1APZUMT610	G/S Free/\$80NM	Weldon Rm
7:00-7:55PM	Cycling/Abs	1APCYCLET7	G/S Free	Weldon Rm
7:10-8:05PM	Yoga	1APYOGAT710	G Free/\$72S	Kellogg Rm
8:00-8:55PM	<b>NEW!</b> Boogie Box	1APBBXT8	G/S Free/\$80NM	Weldon Rm
8:10-9:05PM	Pilates-Beginner	1APPILBT810	G Free/\$72S	Kellogg Rm
<b>Wednesday</b>				
6:00-7:00AM	Cardio Kickbox	1APKICBXW6	G/S Free	Weldon Rm
8:00-8:55AM	Senior Exercise	1APSREXW8	G/S Free	Weldon Rm
8:00-8:55AM	Body Sculpt	1APBODYW8	G/S Free	Kellogg Rm
9:10-10:05AM	Cardio Blast	1APBLASTW910	G/S Free	Weldon Rm
9:10-10:05AM	Body Sculpt	1APBODYW910	G/S Free	Kellogg Rm
10:10-11:05AM	Yoga	1APYOGAW1010	G Free/\$72S	Weldon Rm
10:15-11:00AM	Arthritis Exercise	1APPACEW1015	G/S Free	Kellogg Rm 1
11:00AM-Noon	<b>NEW!</b> Delay the Disease/Parkinson's	1APPARKINSON	G/S/O Free	Kellogg Rm 1
11:15-12:10PM	Senior Exercise	1APSREXW1115	G/S Free	Weldon Rm
4:45-5:40PM	Cardio/Sculpt	1APC/SW445	G/S Free	Weldon Rm
6:00-6:55PM	Cycle & Sculpt	1APCYCLEW6	G/S Free	Weldon Rm
7:00-7:55PM	Abs/Body Sculpt	1APA/BSW7	G/S Free	Weldon Rm
7:30-8:45PM	Powerbox Circuit	1APPOWBXW730	G/S Free/\$80NM	Kellogg Rm
<b>Thursday</b>				
6:00-7:00AM	Cycling/Abs	1APCYCLER6	G/S Free	Weldon Rm
8:00-8:55AM	Fitness Dance Medley	1APLINER8	G/S Free	Weldon Rm
9:10-10:05AM	<b>NEW!</b> Barefoot Fusion	1APBFFR910	G/S Free/\$80NM	Kellogg Rm
9:10-10:05AM	ZUMBA!	1APZUMSCR910	G/S Free/\$80NM	Weldon Rm
10:10-11:05AM	Abs/Body Sculpt	1APA/BSR1010	G/S Free	Weldon Rm
10:15-11:10AM	Yoga Baby	1APYOGABABYR	\$46G/\$92S&NM	Kellogg Rm 2
10:15-11:15AM	Project Healthy Bones (16 weeks)	1APPHBR1015	G/S Free/\$72NM	Kellogg Rm 1
11:15-12:15PM	Yoga for Stress Relief	1APYRELIEFR1	G Free/\$72S	Weldon Rm
6:00-6:55PM	<b>NEW!</b> Barefoot Fusion	1APBFFR600	G/S Free/\$80NM	Weldon Rm
7:00-7:55PM	Yoga	1APYOGAR7	G Free/\$72S	Kellogg Rm 1
7:10-8:05PM	Cycle & Sculpt	1APCYCLER710	G/S Free	Weldon Rm
8:10-9:00PM	ZUMBA!	1APZUMR810	G/S Free/\$80NM	Weldon Rm

KEY: S=SILVER; G=GOLD; F=FAMILY (S OR G); P=PROGRAM; O=ON THE WAY; NM=NON-MEMBER

# HEALTHY LIVING

The Y is for improving the nation's health and well-being.

## HEALTH & WELLNESS

**CONTACT:** Health & Wellness Director, Jean White • 908-233-2700 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)

Associate Director of Health & Wellness/Membership, Lynne Applebaum • 908-233-2700 x239 • [lapplebaum@westfieldynj.org](mailto:lapplebaum@westfieldynj.org)

### Group Fitness Class Schedule (cont'd)

TIME	CLASS	PROGRAM #	FEE	LOCATION
<b>Friday</b>				
6:00-7:00AM	Cardio Blast	1APBLASTF6	G/S Free	Weldon Rm
8:00-8:55AM	Senior Exercise	1APSREXF8	G/S Free	Weldon Rm
9:10-10:05AM	Cardio Kickbox	1APKICBXF910	G/S Free	Weldon Rm
9:10-10:05AM	Fitness Challenge	1APFITCF910	G/S Free	Kellogg Rm
10:10-11:05AM	Yoga	1APYOGAF1010	G Free/\$72S	Weldon Rm
10:15-11:00AM	Arthritis Exercise	1APPACEF1015	G/S Free	Kellogg Rm 1
11:00AM-Noon	<b>NEW!</b> Delay the Disease/Parkinson's	1APPARKINSON	G/S/O Free	Kellogg Rm 1
11:15-12:10PM	Senior Exercise	1APSREXF1115	G/S Free	Weldon Rm
11:15-12:15PM	Gentle Yoga	1APGENYOGAF	G Free/\$72S	Kellogg Rm 2
4:30-5:15PM	Yoga for Kids	1APYOGKDF430	\$78S/\$117P	Weldon Rm
5:30-6:15PM	Teen Yoga	1APYOGTNF530	\$78S/\$117P	Weldon Rm
6:30-7:30PM	Power Yoga	1APPYOGAF630	G/S Free	Weldon Rm
<b>Saturday</b>				
7:00-7:55AM	Pilates - Mixed Level	1APPILMXS7	G Free/\$72S	Weldon Rm
8:00-8:45AM	Cycling	1APCYCLE58	G/S Free	Weldon Rm
8:00-9:15AM	Power Yoga	1APPYOGAS8	G/S Free	Kellogg Rm
8:50-9:35AM	Aerobics	1APAEROS850	G/S Free	Kellogg Rm
9:20-10:20AM	Hot Yoga	1APHYOGAS920	\$37G/\$74S	Conf Rm 2
9:30-10:25AM	Prenatal Yoga	1APPRENATALS	\$52G/\$104S&NM	Kellogg Rm 1
9:40-10:30AM	Step	1APSTEPS940	G/S Free	Weldon Rm
10:30-11:15AM	Yoga Buddies	1APYOGBDS103	\$78S/\$117P	Kellogg Rm 2
10:35-11:30AM	Abs/Body Sculpt	1APA/BSS1035	G/S Free	Weldon Rm

### NEW! TRX® Suspension Training Group Class

TRX® Suspension Training develops strength, balance, flexibility and core stability all at once! A certified TRX® instructor will guide you through a series of exercises that will use your body weight and gravity to achieve your fitness goals—guaranteed to challenge every level of exerciser! 12 stations are available in each class. Registered participants should reserve a space at least 24 hours in advance by contacting Lynne at [lapplebaum@westfieldynj.org](mailto:lapplebaum@westfieldynj.org) or Jean at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org).

**Location:** Weldon Room

	FEE	Program #
Single class:	\$12M/\$15NM	1APTRXSINGLE
8-classes:	\$80M (complete by 2/25)	1APTRX8CLAS
16-classes:	\$140M (complete by 2/25)	1APTRX16CLAS

#### CURRENT CLASS SCHEDULE:

Monday	12:30-1:30PM	Wednesday	8:00-9:00PM
Monday	7:00-8:00PM	Friday	8:00-9:00PM
Tuesday	6:00-7:00AM	Saturday	6:45-7:45AM
Wednesday	12:30-1:30PM	Sunday	11:00AM-Noon

#### FREE TRX® Demo class on New Year's Day

11:00-11:30AM and Noon-12:30PM

Each session is limited to the first 12 participants!

## ADULT SPORTS

#### GOLF FOR BEGINNERS

Learn the basics of this popular sport! See pages 14-16 for details.

#### TAE KWON DO

See pages 14-16 for details.

#### OPEN VOLLEYBALL, SOCCER, BASKETBALL AND ROLLER HOCKEY

Please see gym schedule posted online or at the Main Y Facility for schedule.

#### INDIVIDUAL GOLF, TENNIS & RACQUETBALL LESSONS

Golf: \$50/lesson, \$180/4-pack, \$320/8-pack  
Racquetball/Tennis: \$35/lesson, \$150/5-pack • Small group lessons also available.

# HEALTHY LIVING

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## HEALTH & WELLNESS

**CONTACT:** Health & Wellness Director, Jean White • 908-233-2700 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)

Associate Director Health & Wellness/Membership, Lynne Applebaum • 908-233-2700 x239 • [lapplebaum@westfieldynj.org](mailto:lapplebaum@westfieldynj.org)

### PERSONAL TRAINING

Work with our nationally-certified trainers to help improve your health and wellness in a safe, effective way. Whether you are jump starting your fitness regime, need post-rehab conditioning, or want to train for a sport, our Y trainers will work with you to meet your specific needs and goals.

Individual Training	Prog#	Fee
One 30 min. session	1ASPT30	\$38G/\$42S
Five 30 min. sessions	1ASPT5(30)	\$160G/\$170S
Ten 30 min. sessions	1ASPT10(30)	\$275G/\$290S
One 45 min. session	1ASPT45	\$55G/\$60S
Five 45 min. sessions	1ASPT5(45)	\$240G/\$250S
Ten 45 min. sessions	1ASPT10(45)	\$445G/\$460S
One 60 min. session	1ASPT60	\$65G/\$70S
Five 60 min. sessions	1ASPT5(60)	\$290G/\$300S
Ten 60 min. sessions	1ASPT10(60)	\$550G/\$580S

### Small Group Training

Gather a group of 4-7 people or let us find a group for you. Fill out a Small Group Training Registration Form (available online or at the Welcome Center) and we'll do the rest! Fee: \$20/person, per session.

### NEW! MMA Small Group Training

Y Personal Trainer and award-winning JiuJitsu fighter Danny Kaltnecker will train you using mixed martial arts moves, exercises and tactics to get you in the shape of a competitive fighter, even if you don't compete. 4-7 participants per group. \$20/person, per session.

### Kickoff Package

Includes one Fitness Evaluation on the Polar Body Age Computer and two 30 minute personal training sessions.

Prog#: 1ASKICKOFF Fee: \$130G/S

### NEXT 12 WEEKS TO A HEALTHIER YOU

Only available to past participants of 12 WEEKS TO A HEALTHIER YOU. Continue on your road to a healthy lifestyle by learning how to use more of our facilities under the guidance of your trainer and a support group of like-minded exercisers. Register at the Welcome Center.

Fee: \$150

## OVERLOOK HOSPITAL AT THE WESTFIELD AREA Y

The Westfield Area Y is proud to partner with Overlook Hospital to offer health education and screenings to the community. Participants need to register at 1-800-247-9580. FREE unless otherwise noted.

Location: Main Y Facility, Conference Room 1

Wednesday, January 4, 10:00AM-Noon: **Bone Density Screening** (\$10)

Wednesday, January 18, 5:00-7:00PM: **Diabetes Screening**

Wednesday, February 1, 10:00AM-Noon: **Cholesterol** (\$10)

Wednesday, February 15, 5:00-7:00PM: **Blood Pressure & BMI**

## GENETIC EFFECTS ON HEART DISEASE

FREE Healthy Hearts Month Lecture

Tuesday, February 7 at 7:00PM

Dr. Robert Fishberg, a cardiologist with Associates in Cardiovascular Disease located in Springfield will give a lecture about "Genetic Effects on Heart Disease." Free to Y members and the community. Register by February 2.

Prog.#: 1AHEARTLECT

### MASSAGE THERAPY

In the body, everything is connected and related. Massage increases the circulation and blood flow to muscles, facilitates healing, and restores normal function.

Table Massage	Fee	Chair Massage	Fee
Intro rate (60 min.)	\$60	One 10 min. session	\$10
One 60 min. massage	\$70	Six 10 min. sessions	\$50
Five 60 min. massages	\$325		

### INDIVIDUAL/SMALL GROUP PILATES AND YOGA

60 min. sessions. Call for packages for 5-10 people.

Fee: 1 Person, \$65; 2 People, \$45/person; 3 People, \$35/person

### NUTRITION/WEIGHT MANAGEMENT

Y staff nutritionist Susan Greeley, MS, RD provides the support and options you'll need to learn how to plan and eat healthier meals, assess your diet, health and lifestyle, and develop a program that will make the transition to healthy eating easier and attainable.

### Individual Nutrition Consultations

	Prog#	Fee
One 60 min. session	1ASNUTRITION	\$65G/\$70S
Five 60 min. sessions	1A55(60)NUT	\$290G/\$300S
Ten 60 min. sessions	1A510(60)NUT	\$550G/\$580S
30 min. followup session	1ASNUTFLWUP	\$33G/\$35S

### Small Group Nutrition Counseling (3-6 people)

	Prog#	Fee
One 60 min. session	1ASNUTGROUP1	\$20/person
Six 60 min. sessions	1ASNUTGROUP2	\$100/person

### 2 Week Challenge

Jump start your weight loss program with a structured, healthy food plan to get you started feeling better, lighter and more energetic. After two weeks, you'll be set up for fat & weight loss success. A realistic approach teaches you how to eat to maximize your weight loss efforts. Includes 3 meetings with Susan Greeley. Fee: \$100G/S



# HEALTHY LIVING

The Y is for improving the nation's health and well-being.

## ADULT AQUATICS

### WATER FITNESS CLASS SCHEDULE

**FREE FOR ADULT MEMBERS**

#### Monday

TIME	CLASS	PROGRAM #	POOL
8:00-8:45AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8AM	ROOKE
8:45-9:25AM	AQUA LITE*	1AQLITEM845	ROOKE
8:45-9:25AM	<b>NEW!</b> WATER WALKING	1AQWALKM845	ROOKE
9:30-10:25AM	AQUA RUNNING*	1AQRUNM930	WALLACE
10:30-11:15AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH1030	ROOKE
10:45-11:45AM	SHALLOW WATER EXERCISE	1AQSHALM1045	WALLACE
8:00-8:45PM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8PM	ROOKE

#### Tuesday

9:30-10:25AM	AQUA BOOT CAMP*	1AQBOOTT930	WALLACE
9:30-10:25AM	<b>NEW!</b> WATER WALKING	1AQWALKT 930	WALLACE
10:30-11:00AM	<b>NEW!</b> AQUA ZUMBA	1AQZUMBA1030	WALLACE
10:30-11:25AM	SHALLOW WATER EXERCISE	1AQSHALT1030	ROOKE
11:30-12:15PM	AI CHI	1QAICHIT1130	ROOKE
8:00-9:00PM	AQUA TRIO*	1AQTRIO8	WALLACE

#### Wednesday

8:00-8:45AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8	ROOKE
8:45-9:25AM	AQUA LITE*	1AQLITEW845	ROOKE
8:45-9:25AM	<b>NEW!</b> WATER WALKING	1AQWALKW845	ROOKE
9:30-10:25AM	HORIZONTAL/VERTICAL CROSSOVER*	1AQCROSSW930	WALLACE
10:30-11:15AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH1030	ROOKE
10:45-11:30AM	AQUA ABS & SCULPT*	1AQSCULPTW1045	WALLACE

#### Thursday

9:30-10:25AM	DOING IT DEEP*	1AQDEEPR930	WALLACE
9:30-10:25AM	<b>NEW!</b> WATER WALKING	1AQWALKR 930	WALLACE
10:30-11:25AM	SHALLOW WATER EXERCISE	1AQSHALR1030	ROOKE
11:30-12:15PM	YO PI CHI	1AQYOPIR1130	ROOKE

#### Friday

8:00-8:45AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8	ROOKE
8:45-9:25AM	AQUA LITE*	1AQLITEF845	ROOKE
8:45-9:25AM	<b>NEW!</b> WATER WALKING	1AQWALKF845	ROOKE
10:00-10:45AM	WATER WORKOUT*	1AQWRKOTF10	WALLACE
10:30-11:15AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH1030	ROOKE

\*Classes held in deep water. Participants are required to wear a buoyancy belt and should feel comfortable in deep water.

#### AI CHI

This shallow warm water program will help you improve balance, flexibility, and strength in a relaxing format.

#### AQUA ABS & SCULPT

A shallow and deep water class that conditions your abs, strengthens your core, increases your flexibility and works your muscles using resistance equipment.

#### AQUA BOOT CAMP

Interval training designed for the active person willing to push themselves to the max.

#### AQUA CARDIO BLAST

A high energy workout designed to pump up your heart rate and burn calories.

#### AQUA LITE

A low intensity deep water exercise class.

#### AQUA RUNNING

Strive to increase endurance and meet your personal goals through deep water running.

#### AQUA TRIO

Short on time but want an effective total body workout? This 60 minute aquatic exercise class combines 20 minutes of cardio drills, 20 minutes of strength/toning exercises, and 20 minutes of flexibility and balance work.

#### **NEW!** AQUA ZUMBA®

A Latin-inspired dance fitness class that will work your entire body. Class is in shallow end.

#### ARTHRITIS AQUATIC EXERCISE

The Arthritis Foundation Aquatic Program includes exercises to increase flexibility and range of motion.

#### DOING IT DEEP

Learn how to workout in deep water. Class combines cardio, strength and flexibility exercises.

#### SCUBA

Enjoy the underwater world with the internationally affiliated Y Scuba program. Includes 6 academic and pool sessions. At the completion of the course, students will be given a referral for their open water dives.

Students may take their open water dives with Treasure Cove Watersports for no additional instructional fees. For more info, contact Patti Cassiba at x223.

#### SMALL GROUP WATER FITNESS TRAINING

A personalized, goal oriented, intensive workout, great for the performance athlete or someone new to fitness. For more info contact Sharon at slondon@westfieldynj.org.

#### BEGINNER SWIM LESSONS

This class is designed for adults with fear of the water, limited swimming skills, or those who are comfortable in the water but cannot complete 25 yards in the Wallace Pool. Skills taught: basic swim skills, front and back float and endurance. Fee: Free G/\$805

Tuesday	11:45-12:30PM
1AQADULT114	Wallace Pool
Thursday	8:00-8:45PM
1AQADULR8	Rooke Pool

#### INTERMEDIATE AND ADVANCED SWIM LESSONS

Prerequisite: Beginner Swim Lesson class or proficient in swimming 50 yards of front crawl or breaststroke. Skills are taught at the individual and group level. Swimmer will communicate to instructor(s) his or her goals for participating in the class. Fee: Free G/\$805

Tuesday	11:00-11:45AM
1AQADULT11	Wallace Pool
Thursday	8:45-9:30PM
1AQADULR845	Wallace Pool

#### HORIZONTAL/VERTICAL CROSSOVER

Participants will combine lap swimming with a variety of vertical water exercise movements.

#### SHALLOW WATER EXERCISE

This class consists of low impact aerobic exercise, strength training and stretching.

#### **NEW!** WATER WALKING

An easy, effective low-impact workout. Since water provides 12 times the resistance of air, you strengthen and build muscle as you walk. This self-guided workout is in the shallow end.

#### WATER WORKOUT

Geared for participants who are looking for a guided workout. Must be able to swim laps.

#### YOGA – PILATES – AI CHI (YO PI CHI)

This is a fusion class that combines Yoga, Pilates, and Ai Chi in shallow warm water.

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## AQUATICS

**CONTACT:** Aquatics Services Director, Patti Cassiba • 908-233-2700 x223 • [pcassiba@westfieldynj.org](mailto:pcassiba@westfieldynj.org)  
Assistant Aquatics Director, Rob Faggiano • 908-233-2700 x276 • [rfaggiano@westfieldynj.org](mailto:rfaggiano@westfieldynj.org)

**LESSON FEES:** 30 min. \$87S/\$155P (Sunday \$76S/\$135P); 45 min. \$90S/\$160P (Sunday \$79S/\$140P)

### PARENT/CHILD

Instructors guide the parent in introducing a child to the water and encouraging a love and healthy respect for the water. Class time: 30 minutes

#### PARENT/CHILD 1

Ages: 6 months–2 years

Skill focus: Water orientation, safely entering and exiting the pool, and holding a child to encourage independent swimming while wearing a bubble.

#### PARENT/CHILD 2

Ages: 2–3 1/2 years

Skill focus: Water orientation, safely entering and exiting the pool, running legs, scooping hands, and blowing bubbles.

### SUNNIES

This advanced parent/child 2 class is by staff recommendation only. Class is 15 minutes child/instructor and 15 minutes child/instructor/parent. Child must be in yellow or red bubble.

### PRESCHOOL SWIM LESSONS

**AGES: 3–5 YEARS OLD; CLASS TIME: 30 MINUTES**

Children must be 3 before the first class. The following classes are taught without parent.

#### PIKE

For children with NO swimming experience.

#### PIKE 1

For children with little swimming experience.

#### PIKE 2

For children who splash their feet in limited flotation.

#### EEL

Prerequisite: must be able to swim 10 yards without a flotation device.

#### ELECTRIC EEL

Prerequisite: must be able to swim 15 yards on front and back and must be comfortable swimming underwater.

#### RAYS

Prerequisite: must be able to swim 20 yards on front and back without a flotation device with rhythmic breathing.

#### STINGRAY

Ages 4 & 5 only. Prerequisite: must be able to swim 20 yards of front crawl and back crawl.

### YOUTH SWIM LESSONS

**AGES: 6–12 YEARS; CLASS TIME: 30 MINUTES**

#### POLLIWOG 1

For the beginner who cannot swim 15 yards without a flotation device.

#### POLLIWOG 2

Prerequisite: must be able to swim 15 yards and float on back.

### GUPPY

Prerequisite: must be able to swim 25 yards of rudimentary front crawl and back crawl.

### STARFISH

Ages: 6–8 years. Prerequisite: must be able to swim 25 yards of front crawl, sidestroke and back crawl.

**AGES: 6–12 YEARS; CLASS TIME: 45 MINUTES**

### MINNOW\*

Prerequisite: must be able to swim 50 yards each of front crawl and back crawl and 25 yards of sidestroke.

### FISH\*

Prerequisite: must be able to swim 50 yards each of front crawl and back crawl and 25 yards of sidestroke and basic breaststroke.

### FLYING FISH\*

Prerequisite: must be able to swim 75 yards of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and dolphin kick.

### SHARK\*

Prerequisite: must be able to swim 100 yards of butterfly, backstroke, breaststroke, front crawl, elementary backstroke and sidestroke.

\* Flippers are recommended at these levels. Flippers can be purchased at Treasure Cove Dive Shop at a discount.

### RAINBOW FISH

Group lessons designed for children of any age with non-physical disabilities. For more information, contact Rob at x276.

### PRE-TEEN & TEEN SWIM LESSONS

**AGES: 11–16 YEARS; CLASS TIME: 45 MINUTES**

Beginners through advanced beginners will learn the basics of swimming, how to be safe around water and how to enhance their abilities. Intermediate through advanced participants will learn how to make their strokes more efficient and how to make swimming a fun way to exercise.

### TEEN WATER WORKOUT

**AGES: 10–15 YEARS; CLASS TIME: 45 MINUTES**

Designed for those who would like to continue swimming without the commitment of joining a team.

### INDIVIDUALIZED SWIM LESSONS

**AGES: 6 YEARS–ADULT; CLASS TIME: 30 MINUTES**

Available for individuals with disabilities or for swimmers who need help reaching a specific goal. For more info or to schedule, contact Rob at x276.

## AQUATIC POLICIES

**MAKEUP POLICY:** Due to class ratios and consistency of class structure, we cannot always arrange for a makeup session for a missed class. Makeups are at the discretion of the aquatics directors. A doctor's note is required.

**CLASS LEVEL:** Please be careful in selecting your child's swim level. Class changes may not be possible as classes fill quickly. If you would like to have your child tested for swim level, please ask an aquatics staff member.

**MINIMUM ENROLLMENT:** Classes that do not meet a minimum enrollment will be cancelled. An alternate class will be offered if available.

**WAIT LIST:** If a class is full, please contact the Welcome Center to be added to the wait list. Limited spots may become available as we do try to add classes to accommodate members. Please note: you cannot simultaneously be on a wait list and registered for the same class on another day/time.

**SWIM DIAPERS:** Required for all children who are not toilet trained and for children who are newly trained.

**LIGHTNING POLICY:** In the event of a severe storm with thunder/lightning, the pools will be cleared. Swimming will not resume until 30 minutes have passed since the last thunderclap is heard. If a storm occurs during a scheduled swim class, safety skills will be taught outside the pool area for the remainder of the lesson. Aquatic staff will make every effort to schedule make-up classes for unscheduled closings and will contact you directly.

**WATER QUALITY POLICY:** In the event of water contamination of the pool, the pool will be closed for up to 24 hours. To protect against this occurrence, please ensure that your child has gone to the bathroom before entering the pool.

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## Parent/Child, Preschool, Youth & Teen Swim Class Schedule

CLASS	MON	TUE	WED	THURS	FRI	SAT	SUN
PARENT CHILD 1				9:30AM 1AQP/C1R930		7:45AM 1AQP/C1S745	9:15AM 1AQP/C1SU915
PARENT CHILD 2	10:00AM 1AQP/C2M10 7:00PM 1AQP/C2M7	2:00PM 1AQP/C2T200		10:00AM 1AQP/C2R10		8:15AM 1AQP/C2S815 10:30AM 1AQP/C2S1030	8:45AM 1AQP/C2SU845 9:45AM 1AQP/C2SU945
SUNNIES	7:30PM 1AQSUNM730						12:30PM 1AQSUNSU123
PIKE		9:00AM 1AQPIKT9	1:30PM 1AQPIKW130			11:30AM 1AQPIKS1130	
PIKE 1	1:00PM 1AQPIK1M1 5:00PM 1AQPIK1M5 6:30PM 1AQPIK1M630	10:00AM 1AQPIK1T10 1:00PM 1AQPIK1T1 4:30PM 1AQPIK1T430	2:00PM 1AQPIK1W2 5:00PM 1AQPIK1W5 7:00PM 1AQPIK1W7	1:00PM 1AQPIK1R1 2:00PM 1AQPIK1R2 3:30PM 1AQPIK1R330 4:00PM 1AQPIK1R4	10:00AM 1AQPIK1F10 1:00PM 1AQPIK1F1 6:00PM 1AQPIK1F6	8:45AM 1AQPIK1S845 9:15AM 1AQPIK1S915 12:00PM 1AQPIK1S12 12:30PM 1AQPIK1S1230	10:30AM 1AQPIK1SU103
	2:00PM 1AQPIK2M2 5:00PM 1AQPIK2M5 6:00PM 1AQPIK2M6	9:00AM 1AQPIK1T9 10:00AM 1AQPIK2T10 1:00PM 1AQPIK2T1 3:30PM 1AQPIK2T330	10:00AM 1AQPIK2W10 1:30PM 1AQPIK2W13 5:00PM 1AQPIK2W5	9:00AM 1AQPIK2R9 1:00PM 1AQPIK2R1 4:00PM 1AQPIK2R4 5:30PM 1AQPIK2R530	10:00AM 1AQPIK2F10 1:00PM 1AQPIK2F1 2:00PM 1AQPIK2F2 5:30PM 1AQPIK2F6	8:45AM 1AQPIK2S845 11:00AM 1AQPIK2S11 12:30PM 1AQPIK2S1230	10:30AM 1AQPIK2SU103 11:00AM 1AQPIK2SU11
	1:00PM 1AQEELSM1 5:30PM 1AQEELSM530 6:30PM 1AQEELSM630	9:30AM 1AQEELST930 1:30PM 1AQEELST130 3:30PM 1AQEELST330	10:00AM 1AQEELSW10 1:30PM 1AQEELSW13 6:00PM 1AQEELSW6 7:00PM 1AQEELSW7	9:00AM 1AQEELSR9 1:30PM 1AQEELSR130 3:30PM 1AQEELSR330 5:00PM 1AQEELSR5	1:30PM 1AQEELSF130	8:45AM 1AQEELSS845 11:00AM 1AQEELSS11 12:30PM 1AQEELSS1230	11:00AM 1AQEELSSU11 11:30AM 1AQEELSSU113
ELECTRIC EELS	2:00PM 1AQEELSM2 6:00PM 1AQEELSM6	4:30PM 1AQEELST430	2:00PM 1AQEELSW2 3:30PM 1AQEELSW330 6:30PM 1AQEELSW630	1:30PM 1AQEELSR130 4:00PM 1AQEELSR4 5:30PM 1AQEELSR530	1:30PM 1AQEELSF130	9:15AM 1AQEELSS915	11:30AM 1AQEELSSU11
RAYS	1:00PM 1AQRAYSM1	9:30AM 1AQRAYST930 1:30PM 1AQRAYST130 3:30PM 1AQRAYST330	5:30PM 1AQRAYSW530 6:00PM 1AQRAYSW6	2:00PM 1AQRAYSR200 5:00PM 1AQRAYSR500	2:00PM 1AQRAYSF2	11:00AM 1AQRAYSS11	11:30AM 1AQRAYSSU113
STINGRAYS	5:00PM 1AQSTINGM5		2:00PM 1AQSTINGW2	3:30PM 1AQSTINGR330		9:15AM 1AQSTINGS915	
POLLIWOG 1	6:00PM 1AQPOL1M6	4:00PM 1AQPOL1T4	5:00PM 1AQPOL1W5	4:30PM 1AQPOL1R430	6:30PM 1AQPOL1F630	11:30AM 1AQPOL1S1130	11:00AM 1AQPOL1SU11
POLLIWOG 2	5:30PM 1AQPOL2M530	4:00PM 1AQPOL2T4	3:30PM 1AQPOL2W330 5:30PM 1AQPOL2W530	4:30PM 1AQPOL2R430	3:30PM 1AQPOL2F330 6:30PM 1AQPOL2F63	11:30AM 1AQPOL2S1130 12:00PM 1AQPOL2S12	12:00PM 1AQPOL2SU12
GUPPY	3:30PM 1AQGUPM330 6:30PM 1AQGUPM630	4:00PM 1AQGUPT4	3:30PM 1AQGUPW330 6:30PM 1AQGUPW630	4:30PM 1AQGUPR430 5:30PM 1AQGUPR530	3:30PM 1AQGUPF330 7:00PM 1AQGUPF7	12:00PM 1AQGUPS12	10:30AM 1AQGUPSU1030 12:00PM 1AQGUPSU12
STARFISH	3:30PM 1AQSTARM330 5:30PM 1AQSTARM53	4:30PM 1AQSTART430	6:00PM 1AQSTARW6 7:00PM 1AQSTARW7	5:00PM 1AQSTARR5	3:30PM 1AQSTARF330	10:45AM* 1AQSTARS1045	12:00PM 1AQSTARSU12 12:30PM 1AQSTARSU123
MINNOW	4:00PM* 1AQMINM4		4:00PM* 1AQMINW4		4:00PM* 1AQMINF4	10:00AM* 1AQMINS10	9:00AM* 1AQMINSU9
FISH	4:00PM* 1AQFISHM4		4:00PM* 1AQFISHW4			10:00AM* 1AQFISHS10	
FLYING FISH	4:00PM* 1AQFFM4				4:00PM* 1AQFFF4	10:00AM* 1AQFFS10	
SHARK			4:00PM* 1AQSHARKW4		4:00PM* 1AQSHARKF4	10:00AM* 1AQSHARKS10	
PRETEEN/TEEN SWIM LESSONS						5:00PM (BEG.)* 1AQTEENB55 5:45PM (INT.)* 1AQTEENI5545	
RAINBOW FISH						1:00PM 1AQRAINS1 1:30PM 1AQRAINS130	
TEEN WATER WORKOUT	3:30PM* 1AQTWRKOTM33						

**Winter Break Mini-Session  
registering now!  
See page 13 for details**

KEY: \*= Wallace Pool. All other classes in Rooke Pool

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## COMPETITIVE AQUATICS

**CONTACT:** Competitive Aquatics Director, Brian Guidera • 908-233-2700 x263 • bguidera@westfieldynj.org

### SWIM TEAM

#### DEVILFISH SWIM TEAM

The Westfield Area Y has a competitive swim team, the Devilfish. For information, go to <http://devilfish.westfieldynj.org>.

### SYNCHRONIZED SWIMMING

#### AQUADUCKS PRE-TEAM

Learn the basic skills needed to participate in this beautiful sport and develop a routine to music. The Pre-Team will get you ready to join the nationally ranked Westfield Area Y Aquaducks participate in local competitions this season. Season is December - May.  
**Day/Time:** Tues. & Thurs. 6:00-7:00PM and Sat. 7:30-9:00AM  
**Fee:** \$423 G/S, \$648P

#### AQUADUCKS CLASS

**Prerequisite:** Fish level  
Learn synchronized swimming skills and enjoy creative water movements. This is a great sampler for those thinking about trying the sport before making a commitment to the Westfield Area Y nationally ranked Aquaducks.  
**Day/Time:** Tuesday 5:00-5:45PM  
**Location:** Rooke Pool  
**Prog#:** 1AQSNT5 **Fee:** \$905/\$160P

## AQUATICS

**CONTACT:** Aquatics Services Director, Patti Cassiba • 908-233-2700 x223 • pcassiba@westfieldynj.org  
Assistant Aquatics Director, Rob Faggiano • 908-233-2700 x276 • rfaggiano@westfieldynj.org

### SCHOOL IS OUT, SWIM LESSONS ARE IN!

#### Winter Break Mini-Session 12/26-12/29

Include swim lessons at the Y as part of your winter "stay-cation!" Spots are limited—register now online or at the Welcome Center!

**MONDAY— THURSDAY**  
**Fee:** 30 min.: \$43F/\$76P;  
45 min.: \$45F/\$79P

**MONDAY & WEDNESDAY**  
**Fee:** \$22F/\$38P

9:30-10:00AM (Rooke Pool):  
Pike 1 1AQMWP1K1930  
Pike 2 1AQMWP1K2930  
Electric Eels 1AQMWEEL930

6:00-6:30PM (Rooke Pool):  
Polliwog 1 1AQMWPOL16  
Polliwog 2 1AQMWPOL26  
Guppy 1AQMWGUP6

10:00-10:30AM (Rooke Pool):  
Eels 1AQMWEEL10  
Rays 1AQMWRAYS10  
Polliwog 2 1AQMWPOL210

6:30-7:00PM (Rooke Pool):  
Pike 1 1AQMWP1K163  
Pike 2 1AQMWP1K263  
Eels 1AQMWEEL63

10:45-11:30AM (Wallace Pool):  
\*Minnow 1AQMWMIN104  
\*Fish 1AQMWFISH104  
\*Flying Fish 1AQMFFF104  
\*Shark 1AQMWSHAR104

7:00-7:30PM (Rooke Pool):  
Starfish 1AQMWSTAR7  
Rays 1AQMWRAYS7  
Electric Eels 1AQMWEEL7

11:30AM-Noon (Wallace Pool):  
Starfish 1AQMWSTAR113  
Guppy 1AQMWGUP113

**Session code:** 11FA2

### NEW! TEEN WATER RUNNING

Get ready for all your spring sports! Build endurance and muscle strength. Class consists of long distance running in the deep end and running drills in the shallow end. Must be comfortable in deep water and have at least basic swimming skills. Water running buoyancy equipment provided.

**Age:** 10-15 (must be at least 4'8" tall) **Session:** 1/8-3/4 (no class 2/19)  
**Fee:** \$905/\$160P **Prog#:** 1AQTRUNS1  
**Day/Time:** Sunday 1:00-1:45PM **Location:** Wallace Pool

### DIVING LESSONS

**Prerequisites:** Must be comfortable in deep water and be able to swim one-length of pool. For Advanced class, must know how to dive from the side of the pool.  
**Fee:** \$155/\$20P for one Sunday class

#### BEGINNER DIVING:

Participants focus on safe kneeling and/or standing dives from the side of the pool. Ages 6+.  
1/8 9:00AM 1AQDVBJAN9  
2/12 6:30PM 1AQDVBFBEB63

#### ADVANCED DIVING:

Perform proper and safe starts from the starting blocks. Ages 8+.  
1/15 9:00AM 1AQDVCJAN9  
2/19 6:30PM 1AQDVCFBEB63

## PARTIES

Gym, Art, Science, Pool, Tea, Dance...or build your own!

**Basic Party** 45 min. of activity and 45 min. in party room. Bring and enjoy your own refreshments.  
**Fee:** \$255 G/S, \$300 P, \$325 NM Each additional child: \$10

**Plus Party** 45 min. of activity and 45 min. in party room. Includes paper products, one slice pizza/child, juice, cake, and goody bags.  
**Fee:** \$390 G/S, \$435 P, \$460 NM Each additional child: \$15

**Party Add-Ons** Ask about our inflatable caterpillar (for our younger party guests), moon bounce, and obstacle course; character appearances, rock wall, face painting, and more!

Fees include 15 children and your own dedicated Y party host. Call about pricing for large events including Sweet 16 and Scout events. To book your party contact Jean Cruz at 908-233-2700 x417 or [birthdays@westfieldynj.org](mailto:birthdays@westfieldynj.org).



# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## SPORTS

**CONTACT:** Assistant Physical Director, Amanda Aguirre • 908-233-2700 x258 • [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org)  
Physical Director, Greg Hatzisavvas • 908-233-2700 x251 • [ghatzisavvas@westfieldynj.org](mailto:ghatzisavvas@westfieldynj.org)

## SPORTS CLASSES

**Note:** Parents/caregivers are invited to attend the FIRST and LAST class of the session only. Children age 9 and under must be signed in/out each class. For classes age 3+, children must be 100% potty-trained and age 3 by beginning of session.

### BALLET

The fundamentals of ballet skills, creative movement, as well as vocabulary and etiquette are taught by an experienced dancer.

### BALLET 2

By teacher recommendation only.

### BASKETBALL

Beginners will learn basic instructional skills through fun games and activities.

### CLIMBING

Your child will develop body strength while developing decision-making, communication and self-trust skills by climbing on our indoor rock wall. Sneakers required.

### FENCING

Commonly referred to as "physical chess," and also known as a martial art, fencing improves hand-eye coordination, flexibility, and overall physical fitness.

### NEW! FLAG FOOTBALL

This introduction to football includes basic passing, receiving and running skill development. Friendly games emphasize teamwork.

### NEW! FUSION DANCE

Mix all of your favorite dance styles such as Ballet, Jazz, Hip Hop, Modern, and African to create fun free flowing dances.

### GOLF

Experienced instructors teach the fundamentals of the swing, proper stance and how to hold a club. Class will develop hand-eye coordination and a sense of touch. Class is taught in the gym with putting mats, foam balls and real clubs.

### KIDS QUEST

This class incorporates a variety of sports, use of gym equipment, and arts & crafts.

### PARENT/CHILD FUN JUNCTION

A full gym is devoted to your kids being active, engaged and having a blast. Perfect for siblings up to age 5! These classes have age-appropriate equipment and run simultaneously. Your kids, along with a parent or caregiver, will enjoy discovery, growth and fun under the guidance of our nurturing and enthusiastic Y staff.

2-3 days/week \$85G/S; \$120P 1YPJUNCTION

Additional sibling fee: \$15/session one day/week 1YPSIBLING  
\$30/session 2-3 days/week 1YPSIBLING2

### TOT JUNCTION:

Soft-play equipment your tot will love to tackle! The program is tailored for social and physical development in the company of new friends.  
Ages: 9-18 months

### TODDLER JUNCTION:

Your child can climb, make music, and navigate the obstacle course to develop their gross-motor skills and balance in a fun and social environment.  
Ages: 18 months -3 years

### KID JUNCTION:

Your preschooler will grow strong and develop coordination all while learning teamwork and cooperation. They will climb, tunnel and balance on our soft equipment and have fun in fitness and sports activities. Ages: 3-5 years

### PARENT/CHILD SOCCER

Parents will act as a partner and supporter to their child as they participate in fun drills and games.

### NEW! PHYS. ED FUN

Play "Phys. Ed favorites" such as kickball, steal the bacon, Indian pin and more. These classic games are not only fun, but develop hand/eye coordination, motor skills and teamwork.

### RACQUETBALL INSTRUCTIONAL CLASS

This 8-week, 1 hour class is a great introduction to basic racquetball skills, maneuvers, and strategies.

### SOCCER (INDOOR)

Dribbling, trapping, passing & proper shooting techniques and skills are taught.

### NEW! SPORT SPECIFIC CONDITIONING

Ages: 10-14

No matter what your sport, you need strength, speed, and agility to perform at your best. Y certified personal trainers will design and guide you through workouts that will help you excel. The class will use the gymnasium, fitness rooms and a variety of cardio and strength equipment. Class meets Monday and Thursday.

### SPORTS SAMPLER

Experience a wide range of sports in this terrific, interactive class.

### TENNIS

Great for beginners, this class is taught by an experienced tennis instructor. Your child will learn proper tennis etiquette and skills while having fun.

### TENNIS 2

Take tennis to the next level and further develop skills.

### TAE KWON DO

Develop self confidence, self discipline, self defense, flexibility, agility, and overall physical fitness. Beginner to advanced levels. 10% discount is offered for each additional sibling. Note: Belt testing will be held during class once per session.

### TAE KWON DO - INTRO:

Learn the basic forms, skills and philosophy of Tae Kwon Do. Required for new participants. No uniform is required for this intro class.

### TAE KWON DO—UNLIMITED:

Attend up to 3 days/week. Includes classes at your belt level and the new Protech training class.

Fee: Adult: \$125G/\$130S (2YPUNLIMITA); Youth: \$140S/\$195P (2YPUNLIMIT)

### NEW! TAE KWON DO—PROTECH TRAINING:

Learn how to use various Tae Kwon Do implements at your belt level.

**Prerequisite:** currently enrolled as an "unlimited" participant—no additional fee.

### T-BALL

The first half of the session will focus on hitting, catching, throwing and running bases. The second half will concentrate on putting it all together in game play.

### TUMBLING

Children will work at their own pace on basic tumbling skills including cartwheels, handstands, forward and backward rolls. The class focuses on stretching, flexibility and balance and will improve coordination through leaps, turns and jumps. Socks required.

### YOUTH BEGINNING CONDITIONING

This class provides young athletes with an education in proper lifting form, as well as foundational strength exercises, light aerobics, and injury prevention techniques. Two class options: Monday & Wednesday or Tuesday & Thursday.

### ZUMBATOMIC

This class will fuse Zumba's exciting formula with the psychology and physiology relevant to teaching children. Instructors modify Zumba moves so children have a blast and get fit. Sneakers required.

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## SPORTS

**CONTACT:** Assistant Physical Director, Amanda Aguirre • 908-233-2700 x258 • [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org)

Physical Director, Greg Hatzisavvas • 908-233-2700 x251 • [ghatzisavvas@westfieldynj.org](mailto:ghatzisavvas@westfieldynj.org)

### CLASS SCHEDULE

TIME	CLASS	PROGRAM #	AGE	FEE	LOCATION
<b>Monday</b>					
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (TOT)	1YPTOTJUNCM	9 MOS-18 MOS	\$50S/\$75P	MAIN Y GYM
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (TOD)	1YPTODJUNCM	18 MOS - 3 YRS	\$50S/\$75P	MAIN Y GYM
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (KID)	1YPKIDJUNCM	3-5 YRS	\$50S/\$75P	MAIN Y GYM
3:10-3:40PM	<b>NEW!</b> PHYS. ED. FUN	2YPPHYSEDM	3-5 YRS	\$50S/\$90P	BAUER
3:45-4:15PM	T-BALL	2YPTBALLM345	3-5 YRS	\$50S/\$90P	BAUER
4:00-4:45PM	<b>NEW!</b> FLAG FOOTBALL	1YPFLAGM4	7-10 YRS	\$60S/\$90P	MAIN Y GYM
4:45-5:30PM	SOCCER	1YPSOCM445	6-8 YRS	\$60S/\$90P	MAIN Y GYM
4:45-5:45PM	YOUTH BEGINNING CONDITIONING	1ASYOUTH445	10-14 YRS	\$70S/\$135P	MAIN Y
5:00-6:00PM	<b>NEW!</b> SPORT SPECIFIC CONDITIONING	1ASSPORTCOND	10-14 YRS	\$70S/\$135P	BAUER
6:30-7:15PM	<b>NEW!</b> TAE KWON DO- PROTECH TRAINING	2YPUNLIMIT	WHITE-BLACK	UNLIMITED*	BAUER
7:30-8:30PM	TAE KWON DO	2YPTAEM730	ADULT	\$85G/\$90S	BAUER
<b>Tuesday</b>					
9:30-10:30AM	KIDS QUEST	1YPKIDST930	3-6 YRS	\$50S/\$75P	MAIN Y GYM
9:30-10:15AM	BEGINNING GOLF	1YPPGOLF930	3-5 YRS	\$60S/\$100P	MAIN Y GYM
11:15AM-NOON	CLIMBING	1YPClimBT11	3-6 YRS	\$70S/\$110P	MAIN Y GYM
2:15-3:00PM	GOLF	1YPGOLF145	4-6 YRS	\$60S/\$100P	MAIN Y GYM
3:10-3:40PM	SOCCER	2YPSOCT310	3-5 YRS	\$50S/\$90P	BAUER
4:00-4:45PM	GOLF	2YPGOLFT4	6-10 YRS	\$60S/\$100P	BAUER
4:00-4:45PM	CLIMBING	1YPClimBT4	6-10 YRS	\$70S/\$110P	MAIN Y GYM
4:00-5:00PM	YOUTH BEGINNING CONDITIONING	1ASYOUTH4	10-14 YRS	\$70S/\$135P	MAIN Y
4:00-5:00PM	RACQUETBALL	1YPRACBT4	10-13 YRS	\$50S/\$100P	MAIN Y
5:00-6:00PM	FENCING	2YPFENCET5	7-8 YRS	\$75S/\$145P	BAUER
5:00-6:00PM	RACQUETBALL	1YPRACBT5	14-17 YRS	\$50S/\$100P	MAIN Y
6:00-7:00PM	FENCING	2YPFENCET6	9-12 YRS	\$75S/\$145P	BAUER
7:00-8:00PM	FENCING	2YPFENCET7	13 & Up	\$75S/\$145P	BAUER
<b>Wednesday</b>					
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (TOT)	1YPTOTJUNCW	9 MOS - 18 MOS	\$50S/\$75P	MAIN Y GYM
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (TOD)	1YPTODJUNCW	18 MOS - 3 YRS	\$50S/\$75P	MAIN Y GYM
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (KID)	1YPKIDJUNCW	3-5 YRS	\$50S/\$75P	MAIN Y GYM
10:45-11:15AM	TENNIS 1	1TENW1045	4-6 YRS	\$55S/\$95P	MAIN Y GYM
3:10-3:45PM	SPORTS SAMPLER	2YPSPORTW310	3-5 YRS	\$50S/\$90P	BAUER
3:45-4:15PM	BASKETBALL	1YPBASKW345	3-5 YRS	\$50S/\$90P	MAIN Y GYM
4:15-5:00PM	BASKETBALL	1YPBASKW415	6-8 YRS	\$60S/\$100P	MAIN Y GYM
4:45-5:30PM	ZUMBATOMIC	1YPZUMBAW445	7-12 YRS	\$60S/\$100P	MAIN Y RBALL CT.
4:45-5:45PM	YOUTH BEGINNING CONDITIONING	1ASYOUTH445	10-13 YRS	See Monday	MAIN Y
5:00-6:00PM	TAE KWON DO	2YPTAEW5	4-12 YRS WH-YLW	\$85S/\$125P	BAUER
6:00-7:00PM	TAE KWON DO	2YPTAEW6	CAMO-BLUE	\$85S/\$125P	BAUER
7:00-8:00PM	TAE KWON DO	2YPTAEW7	BROWN-BLACK	\$85S/\$125P	BAUER
8:00-9:00PM	TAE KWON DO	2YPTAEW8	ADULT	\$85G/\$90S	BAUER

### INDIVIDUAL GOLF, TENNIS & RACQUETBALL LESSONS FOR CHILDREN AND ADULTS

Golf: \$50/lesson, \$180/4-pack, \$320/8-pack

Racquetball/Tennis: \$35/lesson, \$150/5-pack • Small group lessons also available.

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## SPORTS

**CONTACT:** Assistant Physical Director, Amanda Aguirre • 908-233-2700 x258 • [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org)  
Physical Director, Greg Hatzisavvas • 908-233-2700 x251 • [gatzisavvas@westfieldynj.org](mailto:gatzisavvas@westfieldynj.org)

### CLASS SCHEDULE

TIME	CLASS	PROGRAM #	AGE	FEE	LOCATION
<b>Thursday</b>					
9:30-10:30AM	KIDS QUEST	1YPKIDSR930	3-5 YRS	\$50S/\$75P	MAIN Y GYM
9:30-10:00AM	SOCCER	1YPSOCR930	4-5 YRS	\$50S/\$90P	MAIN Y GYM
10:00-10:30AM	SPORTS SAMPLER	1YPSPORR10	3-5 YRS	\$50S/\$90P	MAIN Y GYM
10:30-11:00AM	T-BALL	1YPTBALR1030	3-5 YRS	\$50S/\$90P	MAIN Y GYM
10:45-11:15AM	TENNIS 2	1YPTENR1045	4-6 YRS	\$55S/\$95P	MAIN Y GYM
3:10-3:40PM	BASKETBALL	2YPBBR310	3-5 YRS	\$50S/\$90P	BAUER
3:45-4:30PM	BALLET	2YPBALR345	3-5 YRS	\$65S/\$100P	BAUER
4:00-4:30PM	TUMBLING	1YPTUMBLER4	4-6 YRS	\$50S/\$90P	MAIN Y GYM
4:00-5:00PM	YOUTH BEGINNING CONDITIONING	1ASYOUTH4	10-14 YRS	See Tuesday	MAIN Y
4:45-5:30PM	CLIMBING	1YPCIMBR5	6-8 YRS	\$70S/\$110P	MAIN Y GYM
5:00-6:00PM	<b>NEW!</b> SPORT SPECIFIC CONDITIONING	1ASSPORTCOND	10-14 YRS	See Monday	MAIN Y GYM
<b>Friday</b>					
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (TOT)	1YPTOTJUNCF	9 MOS - 18 MOS	\$50S/\$75P	MAIN Y GYM
9:30-10:30AM	PARENT/CHILD FUN JUNCTION (TOD)	1YPTODJUNCF	18 MOS - 3 YRS	\$50S/\$75P	MAIN Y GYM
9:30-10:00AM	T-BALL	1YPTBALLF930	3-5 YRS	\$50S/\$90P	MAIN Y GYM
10:00-10:30AM	BASKETBALL	1YPBASKF10	4-5 YRS	\$50S/\$90P	MAIN Y GYM
3:15-4:00PM	TENNIS	1YPTENF315	6-9 YRS	\$55S/\$95P	MAIN Y GYM
4:15-5:00PM	CLIMBING	1YPCIMBF415	4-10 YRS	\$70S/\$110P	MAIN Y GYM
4:30-5:15PM	YOGA FOR KIDS	1APYOGKDF430	8-12 YRS	\$78S/\$117P	MAIN Y WELDON
5:30-6:15PM	TEEN YOGA	1APYOGTNF530	12-16 YRS	\$78S/\$117P	MAIN Y WELDON
<b>Saturday</b>					
8:45-9:30AM	SOCCER	1YPSOCS845	3-4 YRS	\$60S/\$100P	MAIN Y GYM
8:30-9:30AM	TAE KWON DO	2YPTAES830	ADULT	\$85G/\$90S	BAUER
9:30-10:00AM	INTRO TO TAE KWON DO	2YPTNINTROS	4-12 YRS	\$50S/\$90P	BAUER
9:30-10:15AM	T-BALL	1YPTBALS930	3-4 YRS	\$60S/\$100P	MAIN Y GYM
10:00-10:45AM	TAE KWON DO	2YPTAES1015	WHITE-YELLOW	\$85S/\$125P	BAUER
10:30-11:15AM	BASKETBALL	1YPBASKS1030	5-7 YRS	\$60S/\$100P	MAIN Y GYM
10:30-11:15AM	TENNIS	1YPTENS1030	7-9 YRS	\$60S/\$100P	MAIN Y GYM
10:30-11:15AM	YOGA BUDDIES	1APYOGBDS103	4-7 YRS	\$78S/\$117P	MAIN Y KELLOGG
10:45-11:45AM	TAE KWON DO	2YPTAES1115	CAMO-BLUE	\$85S/\$125P	BAUER
11:45-12:45PM	TAE KWON DO	2YPTAES1145	BROWN-BLACK	\$85S/\$125P	BAUER
11:15-12:00PM	SOCCER	1YPSOCS1115	5-7 YRS	\$60S/\$100P	MAIN Y GYM
12:10-12:40PM	BALLET 1	1YPBALS1210	3-4 YRS	\$60S/\$100P	MAIN Y WELDON
12:45-1:30PM	<b>NEW!</b> BALLET 2	1YPBAL2S1245	5-6 YRS	\$65S/\$100P	MAIN Y WELDON
1:35-2:20PM	<b>NEW!</b> FUSION DANCE	1YFPDANCES135	7-10 YRS	\$65S/\$100P	MAIN Y WELDON

## YOUTH INDOOR SOCCER LEAGUES

**CONTACT:** Sports League Coordinator, Steve Kralovich • 908-233-2700 x258 • [skralovich@westfieldynj.org](mailto:skralovich@westfieldynj.org)

Register in person at the Welcome Center. Printable registration forms available at [www.westfieldynj.org](http://www.westfieldynj.org). Volunteer coaches needed. Leagues are approximately 8 weeks.

### 4-6 YEARS OLD

Everyone plays and everyone wins in this instructional league for boys and girls. Teams meet Sunday for one hour between 12:30-4:30PM at the Bauer Branch. 25 minutes of practice are followed by a game. Register by February 29. League begins early March.

Fee: \$75S/\$100P/\$130NM Prog # 1LSOCCK

### 1ST & 2ND GRADES

This instructional league for boys and girls means everyone plays and everyone wins. 40 minute practices are Saturday between 2:00-4:00PM and one hour games Thursday between 6:00-8:00PM at the Main Y Facility. Register by February 22. League begins early March.

Fee: \$80S/\$100P/\$130NM Prog # 1LSOCC1



# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## YOUTH, TEEN & FAMILY

"Like us" on  
facebook!

**CONTACT:** Camp & Youth/Teen Director, Marty Collett • 908-233-2700 x405 • mcollett@westfieldynj.org

### FRIDAY TEEN NIGHTS

6th-12th grade

Fridays, 7:30-10:20PM

Teens enjoy a night of sports and other activities at the Main Y supervised and encouraged by Y staff. This program is not offered when Teen Dances or Special Events are held or when schools are closed.

Fee: FREE S, \$3 P, \$5 NM

### TEEN DANCES

6th-8th grade

Enjoy a fun night out with your friends to the sounds of a DJ at the Bauer Branch. Admission includes 1 free soda.

**Upcoming dances:** January 13 & February 10

**Time:** 7:30-10:00PM

**Fee:** \$7 in advance (register before 6:00PM) or \$10 at door

### YOUTH AND GOVERNMENT

9th - 12th grade

This club, modeled after the state government, is run in conjunction with the Westfield and Cranford High Schools and gives students a voice to debate and express their concerns. Delegates are expected to research various government policies and current state issues and initiate legislation for their annual 3 day conference at the State House in Trenton in March 2012. Registration will be held at Westfield and Cranford High Schools.

### LEADERS CLUB

6th-12th grade

Leaders Club is a group of teens who are responsible and committed to making a difference, both locally and globally. Meetings are held Tuesdays, 7:00-8:00PM at the Bauer Branch. In addition to meetings, Leaders volunteer at the Westfield Area Y and in the community. Leaders Club is founded upon following tenets: Personal Challenge, Social Development, Leadership Skill Acquisition, Service to the Community

Fee: Program, Teen or Family membership, plus \$20 club dues

### BLACK ACHIEVER'S PROGRAM

5th-12th grade

This program is available to students from throughout Union County. Activities include: Career Development, Community Service, Tours, Character Building, Field Trips and more! Meetings are held every other Wednesday evening at the Main Y Facility.

7:00-8:00PM Middle School Students

8:15-9:15PM High School Students

Contact: Janice A. Carthens at x227 or jcarthens@westfieldynj.org

### ADVENTURE GUIDES

Dads and children ages 5-9

Friends Forever! Small groups of fathers & children called Circle Communities meet once a month to create arts & crafts, participate in nature activities, learn about history and more.

**Prog#:** 1FLADVGD

**Fee:** \$85/pair, \$40/add'l child

### REAL GIRLS

Real Girls are more than just sugar, spice and everything nice... Real Girls are strong, smart, brave, funny and creative! Weekly meetings are built around themes and activities to foster relationships, build self-esteem and promote community service. Thursdays at the Bauer Branch. Facilitator - Meghan Walsh. Contact: Eileen Rooney at x423 or erooney@westfieldynj.org.

**Grades:** K-2

**Time:** 4:00-5:00PM

**Prog #:** 2FLREALGIRL1

**Fee:** \$40 G/S; \$85 P

**Grades:** 3-5

**Time:** 5:15-6:45PM

**Prog #:** 2FLREALGIRL2

**Fee:** \$60 G/S; \$125P

### SKATEBOARDING

Age 9 and up

New obstacles! Most Fridays, weather permitting, ramps are set up in the Bauer Branch parking lot from 3:30-5:30PM. Pay as you come, just \$5 per time. Completed registration form and waiver must be on file before participating. Helmet required. Call Marty x405 if the weather is questionable.

### SKI TRIPS

Join us this winter for some fantastic ski/snowboard day trips to a few of our local mountains. Price includes transportation via coach bus, lift ticket and chaperones. Rental and lesson packages are available for an additional fee. All ski trips subject to cancellation based on the weather and/or conditions at the mountain. Y membership not required. For more information contact Marty Collett. Please also check our website for the latest info.

**January 8:** Camelback

**January 21:** Hunter Mountain

**February 5:** Blue Mountain

## 7TH GRADE INITIATIVE

The Westfield Area Y, in partnership with United Healthcare, offers 7th graders in our service area FREE physical, nutritional, and educational opportunities, and a complimentary Westfield Area Y limited pre-teen plus membership for the school year.

This goal of this program is to increase the awareness and role of exercise and nutrition in students' lives.

The program includes: free Y membership; use of exercise equipment, pool, gym; pre and post-fitness testing; access to Friday night teen nights; family fitness lectures, events and open swim and gym time for the entire family; free classes including youth conditioning, fencing, spring track and field; free family activities including volleyball nights, nutrition lectures, fitness testing, rock climbing.

Registration is required. Register at the Main Y Welcome Center or contact Amanda at aaguirre@westfieldynj.org for more information.

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## DAY CAMP

**CONTACT:** Youth, Teen & Camp Services Director, Marty Collett • 908-233-2700 x405 • mcollett@westfieldynj.org  
Associate Director of SACC and Camp, Shannon McGillis • 908-233-2700 x273 • smcgillis@westfieldynj.org

Your child can have a blast this summer – be creative, make lasting friendships, and try new activities in a safe, vibrant and “kid-approved” environment!

- Camps for a week or a summer for ages 3-15
- Traditional, Sport, Specialty, Travel and Teen
- Full-day, half-day and extended day available
- Indoor and outdoor programs



Camp locations in Cranford, Garwood and Mountainside too!

Westfield-based locations.



### Traditional Camps

Afternoon Adventures  
Blue Sky  
(CIT) Counselors in Training  
Discovery  
Last Blast  
(LIT) Leaders in Training  
Pre-K Puddle Jumpers  
Sunshine

### Sports Camps

All Sports  
Around the World Skatepark  
Basketball  
Fencing  
Golf  
Lacrosse  
UK Elite Soccer

### Specialty Camps

Art Adventures  
Classic Thyme Cooking  
Cyber Explorer  
Dance  
Drama  
Explosion Art  
Imagineering  
Robot  
Rockets  
Science Exploration  
Y Travelers



## Learn more at a Camp Open House:

**January 18:** 5:00–6:30PM at the Main Y Facility  
**April 28:** Healthy Kids Day 1:00–4:00PM at the Main Y Facility  
**May 10:** 6:30–7:30PM at the Bauer Branch

**January Early Bird Special:**  
**Pay in full and receive 10% discount**  
(Includes extended care options!)

## PARENT/CHILD

**CONTACT:** Preschool/Family Services Director, Eileen Rooney • 908-233-2700 x423 • erooney@westfieldynj.org

**FEE:** \$70 Pair G/S; \$90 Pair P

### MUSIC TIME

**Age:** Infants – 4 years

Come sing, dance and play! Watch your child connect with other children while they learn through musical play. Children and grown-ups will participate in class with instruments, scarves and parachute play. Songs are chosen to get everyone on their feet and singing along!

**Day/Time:** Monday 9:30–10:15AM

**Location:** Bauer **Prog#:** 2FLMUSICM930

**Day/Time:** Tuesday 9:15–10:00AM

**Location:** Main Y **Prog#:** 1FLMUSICT915

**Day/Time:** Tuesday 10:15–11:00AM

**Location:** Main Y **Prog#:** 1FLMUSICT1015

**Day/Time:** Wednesday 9:30–10:15AM

**Location:** Bauer **Prog#:** 2FLMUSICW930

### BOOK, CRAFT & PLAY

**Age:** 18 months– 4 years

Instructors will use big books, puppets and felt stories to enhance listening skills. Each class will include a related art project or play.

**Day/Time:** Tuesday 9:45–10:30AM

**Location:** Bauer **Prog#:** 2FLSTORYT945

### SCIENCE AND NATURE

**Age:** 2–4 years

Each week children and adults will explore nature and science by reading stories, creating projects or experiments.

**Day/Time:** Thursday 9:45–10:30AM

**Location:** Bauer **Prog#:** 2FLSCIENCER945

### MESSY ART

**Age:** 2–4 years

Each week you and your child will explore new messy and gooey projects.

**Day/Time:** Thursday 9:15–10:00AM

**Location:** Main Y **Prog#:** 1FLMESSY915

**Day/Time:** Thursday 10:15–10:45AM

**Location:** Main Y **Prog#:** 1FLMESSY1045

**Day/Time:** Saturday 9:00–9:45AM

**Location:** Bauer **Prog#:** 2FLMESSYS900

**Day/Time:** Saturday 10:00–10:45AM

**Location:** Bauer **Prog#:** 2FLMESSYS10

**FOR MORE PARENT/CHILD CLASSES,  
SEE AQUATICS & SPORTS**

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## CHILD CARE

Note: Membership is required to participate in Y Child Care programs. Deposits are due at time of registration. If your deposit is not received, your spot will be forfeited! Deposits are non-refundable.

### Y CHILD CARE CENTER 170 Elm St., Westfield

CONTACT: Child Care Director, Karen Theiss • 908-654-8460 • ktheiss@westfieldynj.org

#### FULL DAY CHILD CARE

NAEYC accredited • Ages: 6 months–5 years

Monday– Friday 7:20AM– 6:00PM • After care available 6:00–6:30PM

A well-balanced blend of social interaction and self-discovery through free play, art, music and learning centers. Enrichment programs such as sports, gymnastics, tae kwon do, computers and dance are available.

#### FULL DAY KINDERGARTEN

The Westfield Area Y's NAEYC accredited full day kindergarten (9:00AM–3:00PM) follows the Westfield public school curriculum and calendar. Before care beginning at 7:20AM is included. After care is available until 6:00PM for an additional fee.

2012-2013 School Year Monthly Fees	5 days	4 days	3 days	2 days
Tiny Teddies 6-17 months (6 months by 9/1/12)	\$1,240 F; \$1,340 P	\$1,074 F; \$1,173 P	\$927 F; \$1,012 P	\$618 F; \$675 P
Little Lambs 18-24 months (17 months by 9/1/12)	\$1,200 F; \$1,300 P	\$1,023 F; \$1,117 P	\$843 F; \$918 P	\$556 F; \$620 P
Tumbling Turtles 2-2 1/2 years (2 1/2 years by 9/1/12)	\$1,033 F; \$1,130 P	\$905 F; \$1008 P	\$752 F; \$822 P	\$510 F; \$592 P
Darling Ducks/Grasshoppers 3 years old (3 years old by 10/1/12)	\$965 F; \$1,065 P	\$856 F; \$956 P	\$710 F; \$776 P	\$475 F; \$557 P
Butterflies/Bookworms/Friendly Frogs 4 years old (4 years old by 10/1/12)	\$965 F; \$1,065 P	\$856 F; \$956 P	\$710 F; \$776 P	\$475 F; \$557 P
Kindergarten 9:00AM-3:00PM (5 years old by 10/1/12)	\$7,420 F; \$7,780 P	N/A	N/A	N/A
Kindergarten After Care 3:00-6:00PM	\$3,000 F \$3,150 P	\$2,720 F \$2,856 P	\$2,200 F \$2,310 P	N/A

**OPEN HOUSE  
SATURDAY  
JANUARY 21  
9:00AM-1:00PM**

### ROBERT & VIRGINIA BAUER FAMILY BRANCH 422 E. Broad St., Westfield

CONTACT: Preschool/Family Services Director, Eileen Rooney • 908-233-2700 x423 • erooney@westfieldynj.org

#### HALF DAY PRESCHOOL

NAEYC accredited

##### TIME FOR TWO'S

Age: must be 2½ by 9/1/12

Day: T/Th Time: 8:30-11:00AM

##### ALMOST THREE'S

Age: must be 3 by 1/31/13

Day: T/Th Time: 8:30-11:00AM or 12:30-3:00PM

##### WEE THREE'S

Age: must be 3 by 10/1/12 and potty trained

Day: M/W/F Time: 8:30-11:00AM or 12:30-3:00PM

##### ALMOST FOUR'S

Age: must be 4 by 1/31/13

Day: M/W/F Time: 8:30-11:00AM

Day: M/W/Th/F Time: 12:30-3:00PM

##### FUN FOR FOUR'S

Age: must be 4 by 10/1/12

Day: M/W/F Time: 8:30-11:00AM

Day: M/T/Th/F Time: 12:30-3:00PM

Day: T/W/Th Time: T/Th: 8:30-11:00AM; W: 12:30-3:00PM

##### MORE FOR FOUR'S

Age: must be 4½ by 10/1/12

Day: M-F Time: 8:30-11:30AM or 12:00-3:00PM

#### NEW! FULL DAY KINDERGARTEN

Age: must be 5 by 10/1/12

Day: M-F Time: 8:30AM-2:30PM

Extended care available until 3:05PM

**OPEN HOUSE  
SATURDAY  
JANUARY 14  
10:00AM-NOON**



#### 2012-2013 School Year Fees

Class	Fee
Time for Two's	\$1,950 F, \$2,110 P
Almost Three's (2 days)	\$1,950 F, \$2,110 P
Wee Three's (3 days)	\$2,400 F, \$2,650 P
Almost Four's (am- 3 days)	\$2,400 F, \$2,650 P
Almost Four's (pm- 4 days)	\$3,000 F, \$3,300 P
Fun for Four's (3 days)	\$2,400 F, \$2,650 P
Fun for Four's (pm- 4 days)	\$3,000 F, \$3,300 P
More for Four's (5 days)	\$3,900 F, \$4,080 P
Kindergarten	\$7,420 F; \$7,780 P

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## CHILD CARE

### CRANFORD COMMUNITY CENTER 220 Walnut Ave., Cranford

FOR CRANFORD RESIDENTS ONLY

**CONTACT:** Preschool/Family Services Director, Eileen Rooney • 908-233-2700 x423 • [erooney@westfieldynj.org](mailto:erooney@westfieldynj.org)

#### HALF DAY PRESCHOOL

Experienced and loving staff members lead our program in a classroom designed for exploration and hands-on learning. The class schedule offers a balance of active and quiet times with minimal transitions. Room centers include art, dramatic play, building, nature and quiet areas. Small group activities bring learning themes alive. Group time includes snack, story, music and movement.

Our program follows the Cranford public school curriculum and calendar.

#### WEE THREE'S

Age: must be 3 by 10/1/12  
Day: T/Th Time: 9:00-11:30AM  
2012-2013 School Year Fee: \$1630

#### FUN FOR FOUR'S

Age: must be 4 by 10/1/12  
Day: M/W/F Time: 9:00-11:30AM  
2012-2013 School Year Fee: \$2160

**OPEN HOUSE  
SATURDAY  
JANUARY 14  
12:30-1:30PM**

### Y CHILD CARE IN GARWOOD

#### 211 Center St., Garwood

**CONTACT:** Garwood Child Care Director, Melinda McHale  
908-301-1616 • [mmchale@westfieldynj.org](mailto:mmchale@westfieldynj.org)

Age: 2½-5 years. Year round, full and half-day child care  
Full day Child Care Monday- Friday 7:00AM-6:00PM  
Before care beginning at 7:00AM and extended care until 6:30PM.  
After school care for Cranford and Garwood students grades K-5

#### Full day and Preschool

We offer a balanced blend of social interaction and self-discovery through free play, art, music and learning centers. Year-round Full Day Child Care and Half Day Preschool are offered Monday-Friday for children ages 2 ½ to 5 years. There are two, three, four or five day program options. Half Day Preschool is 9:00-11:30am. Full day child care is 7:00am-6:00pm with extended care available until 6:30pm.

#### School Age

We provide a fun and safe before and after school experience for Cranford (transportation available from Livingston and Walnut Ave. school) and Garwood students in grades K-5 with transportation provided. The After School program includes sports, recreation, arts & crafts and homework time. Our program begins immediately after school and runs until 6:00pm and is available two, three, four or five days a week.

Before School Care is available beginning at 7:00am until the start of the school day. Extended care is available until 6:30pm for an additional fee. Kindergarten Wrap Around is available for Walnut Ave. school in Cranford for AM and PM sessions.

Call for 2012-2013 rates!

**OPEN HOUSE  
SATURDAY  
FEBRUARY 28  
5:30-7:00PM**



### FINISH YOUR HOLIDAY SHOPPING! Y DROP-IN CHILD CARE

**Attention busy parents!** While you run errands or polish off some holiday shopping, your children can "drop in" on the fun at the Y!

Kids Club Drop-In is available all day or for just a few hours during winter break!

\$9/hour or  
\$60/day.

24 hour advance  
registration required.

Contact: Melinda McHale, Y Child Care in Garwood,  
908-301-1616, [mmchale@westfieldynj.org](mailto:mmchale@westfieldynj.org).



#### HOLIDAY SPECIAL Hurry! Offer ends 12/29!

- ONE FREE HOUR
- \$50 REGISTRATION FEE WAIVED
- LIMITED Y PROGRAM MEMBERSHIP INCLUDED (through 3/1/12)

#### NEW! EXPANDED AGES & HOURS!

- 2½ year olds-5th grade
- 7:00AM-6:30PM weekdays

# YOUTH DEVELOPMENT

The Y is for Youth Development, nurturing the potential of every child and teen.

## SCHOOL AGE CHILD CARE

### MAIN Y FACILITY 220 Clark St., Westfield and Westfield Public Schools

**CONTACT:** School Age Child Care Director, Carolyn White • 908-233-2700 x248 • [cwhite@westfieldynj.org](mailto:cwhite@westfieldynj.org)  
Associate Director of SACC and Camp, Shannon McGillis • 908-233-2700 x273 • [smcgillis@westfieldynj.org](mailto:smcgillis@westfieldynj.org)

### SCHOOL AGE

School Age Child Care (SACC) programs provide children with a fun and safe learning environment before and after school with an extensive array of services to parents to ensure that their child care needs are fully met, including transportation to and from school. Vacation and snow day programs are available for an additional fee.

### CLUB MID

#### Edison & Roosevelt

6th - 8th grades

Available 2-5 days/week 3:00-6:00PM

For more information, contact: Marty Collett at x405 or [mcollett@westfieldynj.org](mailto:mcollett@westfieldynj.org)

### 2012-2013 SCHOOL YEAR OPEN REGISTRATION DAY

9:00AM-NOON, MARCH 10 AT THE MAIN Y

#### 2012-13 School Year Monthly Fees

	5 days	4 days	3 days	2 days
Before School (Grade 1-5) 7:00-8:45AM (Main Y)	\$230 F; \$250 P	\$210 F; \$227 P	\$175 F; \$186 P	\$120 F; \$130 P
Before School (Kindergarten) 7:00-8:45AM (Main Y)	\$210 F; \$228 P	\$188 F; \$204 P	\$155 F; \$168 P	\$110 F; \$116 P
Wrap Around (Kindergarten) 8:45AM-12:25PM or 11:45AM-3:20PM (Main Y)	\$480 F; \$525 P	N/A	\$355 F; \$385 P	\$260 F; \$279 P
After School KEY (Kids Enjoy the Y) (Grade 1-5) 3:05-6:00PM (Main Y)	\$410 F; \$440 P	\$389 F; \$418 P	\$322 F; \$348 P	\$246 F; \$267 P
After School KEY (Kids Enjoy the Y) (Grade 1-5) 3:05-6:00PM (at the Schools*)	\$370 F; \$399 P	\$330 F; \$353 P	\$280 F; \$299 P	\$210 F; \$225 P
After School KEY (Kindergarten) 3:20-6:00PM (Main Y or at Lincoln School, Westfield)	\$370 F; \$399 P	\$330 F; \$353 P	\$280 F; \$299 P	\$210 F; \$225 P
Extended Care KEY (Kids Enjoy the Y) (Grade 1-5) 6:00-6:30PM (Main Y)	\$66 F; \$70 P	N/A	N/A	N/A

\* McKinley, Tamaques, Jefferson, Wilson and Washington Schools in Westfield

Fees cover regularly scheduled school days September - June. June deposits as well as the registration fee are non-refundable and non-transferable. Children enrolling in any child care program must have a family or program membership to the Westfield Area Y.

## NEW! Y SCHOOL AGE CHILD CARE IN MOUNTAINSIDE FOR MOUNTAINSIDE RESIDENTS ONLY

**CONTACT:** Child Care Director, Karen Theiss • 908-654-8460 • [ktheiss@westfieldynj.org](mailto:ktheiss@westfieldynj.org)

A fun and safe before and after school experience for Mountainside students in grades K-5 at the Deerfield and Beechwood schools: Before School, After School, Drop-in, Vacation & Half-Days! Summer Day Camp too!



#### 2012-2013 School Year Monthly Fees

	5 days	4 days	3 days	2 days
<b>After School</b>				
3:00-5:00PM	\$296	\$239	\$183	\$124
3:00-6:00PM	\$395	\$323	\$248	\$171
<b>Before School</b>	\$165	\$134	\$102	\$70

**Drop-In** \$9.50/hour. Minimum of 2 hours per day. Student must be registered and have paid the registration fee. 24 hour notice required, subject to availability.

### OPEN HOUSE

**FEBRUARY 27**

4:00-6:00PM at Beechwood School

**FEBRUARY 28**

4:00-6:00PM at Deerfield School

Registration fee and non-refundable 2-week deposit due at registration. Deposit will be used as June payment.

# SOCIAL RESPONSIBILITY

The Y is for social responsibility, giving back and providing support to our neighbors.

## ACTIVE ADULT

**CONTACT:** Associate Director of Health & Wellness/Membership, Lynne Applebaum • 908-233-2700 x239 • lapplebaum@westfieldynj.org

## BRIDGE

**Instructor:** Robin Gillett, ACBL accredited bridge instructor and ACBL Tournament Director.

**Location:** Main Y Facility

### INTRODUCTION TO BRIDGE

The revolutionary "Cards on the Table" teaching method has you playing from the very first lesson! This class is intended for students with little or no bridge experience. Optional textbook not included in fee.

**Day:** Monday

**Time:** 10:00AM–12:00PM

**Fee:** \$65 G/S, \$85 NM

**Program#:** IAHRIDGEM10

### INTERMEDIATE BRIDGE – INTRODUCTION TO DUPLICATE

This is intended for intermediate players who want to learn the basic strategies and rules for playing duplicate bridge. Duplicate bridge removes much of the "luck" associated with other forms of bridge scoring, where the partnership with the greater number of high cards usually wins. In duplicate bridge, each partnership has an equal chance to win (or lose) each board, regardless of the number of "points" they hold! \$20 materials fee will be collected by the instructor to cover the cost of preparing the course handbook of lessons and hand records.

**Day:** Monday

**Time:** 12:30–2:30PM

**Fee:** \$65 G/S, \$85 NM

**Program#:** IAHRIDGEM12

### INTERMEDIATE BRIDGE – DEFENDING A BRIDGE HAND

This class presents the basics of defending a bridge hand, not by giving you a lot of "rules," but by explaining how to think. It is intended for newer players, but will help more experienced players too. Each student will have a chance to practice essential defensive techniques and to interactively discuss and analyze many interesting and instructive hands.

**Day:** Friday

**Time:** 10:30AM–12:30PM

**Fee:** \$65 G/S, \$85 NM

**Program#:** IAHRIDGEF10

### INTERMEDIATE BRIDGE TOPICS

Class participants will determine the topics—review from previous courses and/or discuss new subjects. Each week, the instructor will poll the class, prepare notes, and provide copies for the next week. The first three lessons will be "It Pays To Count:" THE most important skill for an advancing bridge player to master.

**Day:** Friday

**Time:** 1:00PM–3:00PM

**Fee:** \$65G/S, \$85NM or \$10G/S, \$12NM **Program#:** IAHRIDGEF1

**Payment per visit paid at the Welcome Center before class.**

## CLASSES

### NEW! KNITTING FOR BEGINNERS

Create hand-crafted items for yourself or as gifts for others! The class is perfect for those brand new to the craft, as well as those who could use a review of the basics. Finish the course with a completed project. Bring basic materials to first class: size 8 straight needles and 1 skein (at least 100 yds) worsted or medium weight yarn.

**Day:** Monday

**Time:** 12:30–1:30PM

**Fee:** \$40 G/S, \$56 NM

**Prog#:** IAHKNT

### NEW! CROCHET CLUB FOR BEGINNERS

Come and learn the art of crocheting. This class will focus on easy projects using basic stitches. Please bring your own yarn and crochet hook (size G or H). Bring a friend and make new ones!

**Day:** Thursday

**Time:** 12:30 – 1:30PM

**Fee:** \$35 G/S, \$49 NM

**Prog#:** 1AHCROCHET

### NEW! GREAT GAME DAYS

We'll provide the games and coffee, you provide the camaraderie! Play popular board games, card games, dominoes and dice with friends, old and new. Call x239 24 hours ahead to make reservations.

**Day:** 1st and 3rd Monday of month

**Time:** 12:30–2:00PM

**Drop In Fee:** \$1 G/S, \$3 NM

**Prog#:** 1AHGAMES

## ACTIVE ADULT HOLIDAY PARTY

**Wednesday, December 21 Noon–2:30PM**

Come join friends and staff for food, fun and fellowship.

Register by December 16.

**Fee:** \$7 G/S, \$10/NM **Prog#:** 1AHHOLIDAY

## LUNCH AND LEARN

**CONTACT:** Associate Director of Health & Wellness/Membership, Lynne Applebaum • 908-233-2700 x239 • lapplebaum@westfieldynj.org

Bring your own bag lunch and join us for these informative speakers! **Fee:** Free/Members, \$5/Non-Members **Location:** Main Y Facility.

**Wednesday, January 18, 12:30–1:30PM Pain Management and Relaxation** Lynn R. Parker–McBride, a Board Certified Nurse Practitioner and Natural Therapist at CareOne at The Highlands and owner of HeavenSent Medical Services LLC will discuss Pain Management and Relaxation through conventional and natural/holistic therapies for both the patient and caregivers. A full range of natural therapies will be covered: Reiki, reflexology, Music therapy, Aromatherapy, Massage Therapy and prescription Medicines. Lunch is included. **Fee:** \$3 G/S, \$5 NM **Prog#:** 1LLALTMED

**Wednesday, February 15, 12:30–1:30PM Healthy Hearts Lunch** Catch up with your friends and Y staff as you enjoy a heart-healthy, delicious lunch. **Fee:** \$3 G/S, \$5 NM **Prog#:** 1LLHEART

# SOCIAL RESPONSIBILITY

The Y is for social responsibility, giving back and providing support to our neighbors.

## HEALTHY HEARTS CAFÉ

**President's Day Family Nutrition Event**  
Monday, February 20 Noon-1:30PM

Join our Y nutrition staff for a cooking demo, games, stories and crafts. Learn how to create dishes featuring foods that are healthy and delicious, and have a great time doing it!

Fee: \$12/family, members and non-members welcome.  
Register by February 13. **Location:** Kellogg Room.  
**Prog.#:** 1ASHHCAFE

## HOOP WIZARD SHOW

Don't miss this interactive family-friendly show filled with basketball tricks and skits!

5:30 - 7:00PM  
FRIDAY, DECEMBER 16  
Visit our website for details!



## ZUMBA FEST

**Benefiting the Strong Kids Campaign**  
Saturday, January 28  
4:00-6:00PM

Bring a friend and ZUMBA with the best! Join the fitness party that will strengthen our community. Members and non-members are welcome.

## SAVE THE DATE!

**Sunday February 26**  
**World Yoga Day Event**

Celebrate the practice of Yoga while supporting the Strong Kids Campaign.



## BE AN ANGEL

### The Giving Tree

Select an angel from the Giving Tree located in the Main Lobby December 1st-22nd to spread some cheer and help a community member in need.

Make a difference and be a part of the Westfield Area Y's commitment to foster social responsibility.

## Y's MEN'S ANNUAL CHRISTMAS TREE SALE

A tradition since 1953. Take home a Christmas tree while supporting the Westfield Area Y and local charities. Tree lot open through December 22.

**Day/Time:** Weekdays: 4:00-9:00PM  
Weekends: 9:00AM-6:00PM

**Location:** Elm Street Field (between Orchard St. and Walnut St.)

## LUNCH WITH SANTA

Ho, Ho, Ho! Enjoy lunch and have your photo taken with Santa. Sing Christmas Carols & have fun with your family. Proceeds benefit the Strong Kids Campaign.

**Date:** Sunday, December 11 **Time:** 12:30-2:00PM

**Location:** Main Facility

**Fee:** \$8 per person/ \$10 at the door; Children under 2 are free.



# WESTFIELD AREA Y

220 Clark Street  
Westfield, NJ 07090  
908-233-2700  
www.westfielddynj.org

NON-PROFIT  
ORG.  
U.S. POSTAGE  
**PAID**  
RAHWAY, NJ  
PERMIT NO. 619

Serving Cranford, Garwood, Mountainside and Westfield since 1923.  
Financial Assistance is available.



The Westfield Area Y is a member agency of the Westfield United Fund and United Way of Greater Union County.

## NEW AT THE Y!



ActivTrax is a web-based fitness and nutrition tool that creates customized workouts around your goals, strength and fitness experience level as well as an online weight management tool to help you keep your diet on track while at the Y or anywhere. Schedule your free orientation!  
Contact: Greg Hatzisavvas at x251 or ghatzisavvas@westfielddynj.org.

## Open New Year's Day 10:00AM-4:00PM

Start your year of healthy living with a visit to the Y!

- First 500 visitors receive a FREE gift!
- FREE TRX® Demo Classes 11:00-11:30AM & Noon-12:30PM (each session limited to first 12 participants)



## EASY GIFTING Westfield Area Y Gift Cards

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