



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUMP START YOUR GAME



**WESTFIELD AREA YMCA**

**Fall 2 2017 Session Guide: October 29–December 23**

**PRIORITY REGISTRATION begins 6:00PM Thursday, 10/12 for Full Members**

**OPEN REGISTRATION begins 7:30AM Monday, 10/16 for Basic and Non Members**

# MAIN FACILITY HOURS

**MONDAY-FRIDAY**

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

**SATURDAY**

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

**SUNDAY**

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

» **OPEN 6:00AM-NOON; 11/23 (THANKSGIVING)**  
**CLOSED 3:00PM, 12/24 (CHRISTMAS EVE)**  
**CLOSED 12/25 (CHRISTMAS DAY)**

# TABLE OF CONTENTS

7th Grade Initiative .....Page 20

Adult Group Interest .....Page 9

Aquatics

    Adult Fitness Classes & Instruction.....Page 8

    Youth-Teen Competitive .....Page 15

    Parent/Child, Youth, Teen Instruction .....Page 13-15

    Policies.....Page 15

Child Care Education .....Page 21-23

Community Partnerships .....Page 9

Dance Academy

    Adult.....Page 5

    Youth/Teen.....Page 16

Family .....Page 12

Financial Assistance.....Page 4

Fitness Classes.....Page 5-8

Holiday Events .....Page 11

Hours .....Page 2

Kids Club Babysitting .....Page 3

Membership & General Policies.....Page 3-4

Parties & Celebrations.....Page 12

Personal Training & Nutrition .....Page 5

Special Populations .....Page 10

Sports

    Adult.....Page 5

    Youth/Teen.....Pages 17-20

Teen/Pre-Teen Leadership & Recreation .....Page 20

# FACILITIES

## MAIN FACILITY

**220 Clark Street, Westfield**  
**908-301-YMCA (9622)**

- 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
- Cardio Room (ages 13+): 70 pieces of equipment
- Fitness Express Center (ages 7+; ages 7-9 with parent): hydraulic equipment designed to be used in 30-min. circuit
- Free Weight Room (ages 15+): cable column, squat racks, additional equipment
- Strength Training Room (ages 13+): 30+ pieces of equipment
- Separate men's and women's fitness centers
- Two air-conditioned racquetball courts
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- Showers, lockers and changing facilities
- Wheelchair accessible family locker rooms
- Steam Room (men's locker rooms)
- Whirlpool & Sauna (men's and women's fitness centers)
- School-Age Child Care and classrooms for ages K-5th grade
- Fully accessible entrance for physically-challenged individuals

## ADMINISTRATIVE SUPPORT OFFICES

**111 Ferris Place, Westfield**  
**908-223-8820**

- Human Resources and Finance
- Conference Rooms

## ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

**422 East Broad Street, Westfield**  
**908-317-YMCA (9622)**

- NAEYC-accredited for ages 2 ½-Kindergarten
- Four early learning and one full-day Kindergarten classrooms
- Outdoor playground and gym/multi-purpose room

## EARLY LEARNING CENTER YMCA

**170 Elm Street, Westfield**  
**908-654-8460**

- NAEYC-accredited for ages 6 months-5 years
- Nine early learning classrooms
- Outdoor playground and Indoor Gross Motor Room

## GARWOOD FAMILY CENTER YMCA

**500 East Street, Garwood**  
**908-301-1616**

- Four early learning classrooms for ages 2 ½-5 years
- School-Age Child Care classrooms for grades K-6
- Two outdoor playgrounds, fields and Indoor Gross Motor Room
- Fitness Center (for program use)
- Dance Academy Studio

## CRANFORD COMMUNITY CENTER

**220 Walnut Avenue, Cranford**  
**908-301-9622 x246**

- Adult group exercise classes for Cranford residents only

- Real-time schedules
- Add classes and events to your mobile calendar
- Allow notifications for weather alerts

**DOWNLOAD OUR MOBILE APP**



# REFER-A-FRIEND PROGRAM

In recognition of your friend joining our Y family, we have a \$50 gift card for each of you.

New Full Facility Member must not have been a full facility member of the Westfield Area Y for the last 60 days.



## MEMBERSHIP PRIVILEGES

### FULL MEMBERSHIPS

#### SILVER

- 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 (reservations requested; equipment provided)
- Kids Club (babysitting) for an additional fee
- Fee reduction on classes & programs
- Priority program registration

#### GOLD

- All Silver privileges
- Free group fitness classes
- Free Kids Club (babysitting) for ages 1-11 years (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 MEMBERSHIPS

#### BASIC (YOUTH-PROGRAM)

- Required for access to classes & programs
- Gym & family swim time as indicated on schedules. Parent/guardian (up to 2 adults) must accompany children. \$3 per person

#### PRE-TEEN PLUS

- All Program Membership privileges
- Access to Fitness Express Center
- Access to Racquetball courts Monday-Friday: until 4:45PM; Saturday: 1:00-8:00PM; Sunday: all day

#### 7TH GRADE INITIATIVE

- See page 20 for details

#### BASIC (ADULT-ON THE WAY)

Access to one session of designated programs such as Tae Kwon Do, Dance Academy, Delay the Disease, Adult Swim Lessons and select group exercise classes.

## FREE FOR MEMBERS

### MEMBER APPRECIATION DAYS

Visit us 10/31, 11/15 & 12/13 to receive something special.

### ACTIVTRAX

Get on the road to healthy living with Activtrax, our web-based system that creates customized workouts based on your goals, strength and fitness level. It also has a nutrition tool to help keep your diet on track anywhere. Make your free appointment with a Y Health & Wellness staff member today at the Welcome Center!

**1-HOUR ORIENTATION** with a Y Health & Wellness staff member.

Schedule your appointment at the Welcome Center.

## MEMBERSHIP RATES

### Full Memberships

		Monthly Fee	Joiner's Fee
Family	2 adult Silver	\$88	✓
Family	1 adult Gold/ 1 adult Silver	\$114	✓
Family	2 adult Gold	\$129	✓
Single Parent Family	Silver	\$78	✓
Single Parent Family	Gold	\$110	✓
Adult (age 27+)	Silver	\$59	✓
Adult (age 18+)	Gold	\$86	✓
Senior (age 65+)	Silver	\$44	✓
Senior (age 65+)	Gold	\$65	✓
Senior Family	2 adult Silver	\$66	✓
Senior Family	1 adult Gold/ 1 adult Silver	\$80	✓
Senior Family	2 adult Gold	\$97	✓
Young Adult (age 18-26)	Silver	\$42	--
Teen (age 13-17 or H.S. Student)	Silver	\$23	--

### Limited Memberships

	Age	Fee	
Basic (Program)	up to age 12	\$132 annual	--
Basic (On The Way)	age 18+	\$55	--
Pre-Teen Plus	age 10-12	\$14.50/mo.	--
7th Grade Initiative	7th Grade	FREE	--

- Family memberships: include a maximum of 2 adults and dependents up to age 26 living in the same household (dependents are silver members).
- Senior memberships: all adults must be age 65+
- A one-time \$100 Joiner's Fee is due in full for designated membership categories. You may rejoin within 30 days of expiration 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.

## KIDS CLUB BABYSITTING

**Ages: 4 mos.-9 yrs. (day); 4 mos.-11 yrs. (eve.)**

Enjoy your workout knowing your children are in good hands. Members must be in the building and children preregistered. Visit the Welcome Center for registration form. Register infants in advance for 9:00 & 10:00 time slots. Kids Club can escort your child to/from an activity. Make advance arrangements with Robin Roth at x255 or rroth@westfieldnj.org.

### HOURS

Mon.-Fri: 8:30AM-2:30PM  
Mon.-Thur.: 6:00PM-8:00PM  
Sat.: 8:30AM-12:30PM

AGE	MAX.	HOURLY
4-12 mos.	1 hr.	\$4 FG, \$6 FS
1-2 yrs.	1.5 hrs.	FREE FG, \$5 FS
3-11 yrs.	2 hrs.	FREE FG, \$5 FS



**CONTACT: Senior Director Member Services & Quality Assurance, Janice A. Carthens • 908-301-9622 x227 • jcarthens@westfieldnj.org**



# MEMBERSHIP »

## YOU BELONG AT THE Y.

The Y is for youth development, healthy living and social responsibility.

### PAYMENT OPTIONS

#### Monthly Bank Draft

Membership is paid on the 10th of the month by Electronic Fund Transfer (EFT) from a credit/debit card or a checking/savings account. 30 day written notice is required to cancel this payment method and/or membership. A \$25 fee is required if the payment is denied.

#### Annual Full Payment

Membership is paid in full annually. There are no cancellations or refunds. An annual membership may be extended for medical reasons 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 is required.

### CLASS CREDITS & REFUNDS

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

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

Credits are honored for one year from date of issue.

Camp and Child Care Education deposits are non-refundable. See registration forms for those program policies.

### ONLINE REGISTRATION & PAYMENT

This is available for members for most programs including child care education, 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.

### YMCA RECIPROCITY PROGRAM

When you're away from home, you aren't far away from the Y! Most New Jersey YMCAs and YMCAs throughout the U.S. will accept your valid Westfield Area Y membership for a guest visit at no additional cost. We recommend that you call ahead to the local Y.

### GUESTS

Full members receive a limited amount of free guest passes. Additional passes are \$10 each. Guests must provide a photo ID and sign our guest waiver. Parent/guardian 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 require a Westfield Area Y membership.

### 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.

- Real-time schedules
- Add classes and events to your mobile calendar
- Allow notifications for weather alerts

### DOWNLOAD OUR MOBILE APP



### 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).

### 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.

### CODE OF CONDUCT

We expect staff, members and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others. At the Westfield Area Y, we demonstrate our 4 core values of Caring, Honesty, Respect and Responsibility by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.
- Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment; never carrying illegal firearms or devices.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the use of alcohol on Westfield Area Y premises.

Adherence to the Westfield Area Y Code of Conduct and regulations is essential. Non-compliance may result in suspension or termination of membership privileges.

### PHOTOGRAPHY AND VIDEOTAPING POLICY

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

### EXECUTIVE & SUPPORT STAFF

Mark Elsasser, Chief Executive Officer  
908-301-9622 x224 or [melsasser@westfieldynj.org](mailto:melsasser@westfieldynj.org)

Greg Puchalski, Chief Financial Officer  
908-223-8820 x540 or [gpuchalski@westfieldynj.org](mailto:gpuchalski@westfieldynj.org)

Clark Lagemann, Senior Vice President of Operations  
908-301-9622 x242 or [clagemann@westfieldynj.org](mailto:clagemann@westfieldynj.org)

Susan Morton, Vice President of Operations  
908-301-9622 x228 or [smorton@westfieldynj.org](mailto:smorton@westfieldynj.org)

Janice A. Carthens, Senior Director Member Services & Quality Assurance  
908-301-9622 x227 or [jcarthens@westfieldynj.org](mailto:jcarthens@westfieldynj.org)

Bonnie Cohen, Communications/Development Director  
908-301-9622 x240 or [bcohen@westfieldynj.org](mailto:bcohen@westfieldynj.org)

Kathy Dawson, Director Administrative Services  
908-301-9622 x225 or [kdawson@westfieldynj.org](mailto:kdawson@westfieldynj.org)

Greg Hatzisavvas, Senior Director Wellness and Member Engagement  
908-301-9622 x251 or [ghatzisavvas@westfieldynj.org](mailto:ghatzisavvas@westfieldynj.org)

Marla Itzkin, Director Communications & Marketing  
908-301-9622 x264 or [mitzkin@westfieldynj.org](mailto:mitzkin@westfieldynj.org)

Maureen Martin, Human Resources Director  
908-223-8820 x550 or [mmartin@westfieldynj.org](mailto:mmartin@westfieldynj.org)

Ed Moulton, Assistant Facilities Director  
908-301-9622 x235 or [emoulton@westfieldynj.org](mailto:emoulton@westfieldynj.org)

Michelle Serafin, Assistant Human Resources Director  
908-223-8820 x530 or [mserafin@westfieldynj.org](mailto:mserafin@westfieldynj.org)

Ken Steeber, Director of Technology Management  
908-301-9622 x260 or [ksteeber@westfieldynj.org](mailto:ksteeber@westfieldynj.org)

**CONTACT:** Senior Director Member Services & Quality Assurance, Janice A. Carthens • 908-301-9622 x227 • [jcarthens@westfieldynj.org](mailto:jcarthens@westfieldynj.org)

# » ADULT SPORTS & DANCE ACADEMY

## TAE KWON DO

Gedman's Black Belt Academy of the Westfield Area Y

Ages: 18+



Develop overall physical fitness, strength, flexibility, confidence and self-esteem and apply the lessons learned to maintain personal safety. Each class is led by a team of certified ATA (American Taekwondo Association) instructors under the leadership of 5th degree black belt Chief Instructor Pamela Gedman. Classes are for beginners through 4th degree black belts. There is no annual commitment or contract. Rank advancement ceremonies are held on-site four times a year. Location: Bauer Branch

Day	Time	Fee	Prog. #
Monday	7:30-8:30PM	\$95 FG, \$105 FS	2YPTAEM730
Wednesday	8:00-9:00PM	\$106 FG, \$118 FS	2YPTAEW8
Saturday	8:30-9:30AM	\$106 FG, \$118 FS	2YPTAES830
Unlimited Session		\$160 FG, \$165 FS	2YPTAEUNLIMA

Note: 5% discount for additional family members. No class 11/18 or 12/2 (testing). Basic (OTW) members may register for a single session at Full Silver fee.

## DANCE ACADEMY

Ages: 16+

Ladies and gents, beginner to advanced, are invited to dance the night away, exercise, meet new friends, and most of all have fun! Our fully-renovated new studio is located at the Garwood Family Center YMCA.

Fee: \$145 F (1 class); \$225 F, B (Unlimited)

15-week session: 9/11-12/23 (no class 11/23 for Thanksgiving)

### JAZZ/HIP HOP

This fun and energetic class explores various jazz styles with emphasis on basic technique, including isolations, turns and jumps. Move with ease across the floor to contemporary songs while learning new routines. Sneakers required.

Day/Time: Monday, 7:30-8:30PM Prog. #: 3YPDJHHADC

### BALLET

Train your body with the classical technique. Focus your mind and let the music move you through barre work, center and across the floor combinations. Ballet shoes required.

Day/Time: Tuesday, 8:00-9:00PM Prog. #: 3YDPBALADC

### TAP

Feel the rhythm and challenge your mind-body coordination. Learn and combine basic tap steps to form intricate patterns and rhythms. Tap shoes required.

Day/Time: Thursday, 8:00-9:00PM Prog. #: 3YPTAPADC



» Open Gym Schedules are available at [westfieldynj.org](http://westfieldynj.org) or on our app!

» For Dragonfly Let's Move & Dance, see page 10.

# » HEALTH, WELL-BEING & FITNESS

## PERSONAL TRAINING

Ages: 13+

Our nationally-certified trainers help improve your health and wellness in a safe, effective way. Whether you are jump starting your fitness regimen, need post-rehab conditioning, or want sport-specific training, we work with you to meet your specific needs and goals.

Session	Package	Fee	Prog. #
30 minute	Five	\$165 FG, \$170 FS	1ASPT5(30)
	Ten	\$300 FG, \$310 FS	1ASPT10(30)
	Twenty	\$540 FG, \$570 FS	1ASPT20(30)
45 minute	Five	\$250 FG, \$260 FS	1ASPT5(45)
	Ten	\$455 FG, \$475 FS	1ASPT10(45)
	Twenty	\$820 FG, \$860 FS	1ASPT20(45)
60 minute	Five	\$330 FG, \$340 FS	1ASPT5(60)
	Ten	\$600 FG, \$620 FS	1ASPT10(60)
	Twenty	\$1,080 FG, \$1,140 FS	1ASPT20(60)



## NUTRITION

Learn how to apply sound nutrition principles to positively impact your life!

Clinical Nutritionist, Carolann Salinardo, integrates nutritional science with practical strategies to help members achieve weight loss goals as well as target specific health concerns. Partner with Carolann to address chronic conditions such as blood sugar balance, cardiovascular issues, fatigue and digestive disorders.

Nutrition packages include personalized diet and lifestyle modifications, one on one consultations and pre and post body composition analysis.

Session	Package	Fee	Prog. #
45 minute	Six	\$320 FG, \$335 FS	1ASPT6(45)N
45 minute	Additional	\$45 FG, \$50 FS	1ASPT1(45)N



### INTRO PERSONAL TRAINING SPECIAL

Three individual 45 min. sessions for \$99 ... a \$180 value! Available at the Welcome Center to members who have not purchased training in the past year. Prog. #: 1ASPTNEW2Y

CONTACT: Sports: Director of Physical Programs, Amanda Aguirre • 908-301-9622 x258 • [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org)  
Associate Director of Physical Programs, Xavier Munden • 908-301-9622 x256 • [xmunden@westfieldynj.org](mailto:xmunden@westfieldynj.org)

# ADULT HEALTH, WELL-BEING & FITNESS »

## GROUP FITNESS CLASSES

**AGELESS GRACE** See page 10.

**ARTHRITIS EXERCISE** See page 10.

### BAREFOOT FUSION

Strengthen and tone from the ground up! Cardio, strength, core, balance and flexibility training strengthens foot/ankle muscles and your entire body with this dynamic and challenging workout. Use small weights, resistance bands or weighted balls.

### BODY BARRE

Ballet-based exercises incorporate stretching and deep core work. This challenging workout can be easily modified.

### BODY SCULPT

This full body workout improves muscular strength and joint stability in a variety of fun and exciting ways.

### CARDIO, CORE & STRENGTH INTERVALS

Timed segments of three vital components of physical fitness. Develop strength from the inside out!

### CARDIO/CYCLE & SCULPT

Cardio (on bikes or floor) is followed by body sculpt for this effective workout.

### CARDIO & SCULPT

Get everything done in 55 minutes! Utilize a variety of equipment to perform cardio, sculpt, and abdominal segments.

### CARDIO STRENGTH BLAST

A total body aerobic and strength workout to get it all done in one hour with segments of spin, aerobics and strength training using a variety of equipment.

### CARDIO STRENGTH H.I.I.T.

Take yourself to the next level of fitness with High Intensity Interval Training to get your body strong and sculpted. Nonstop action with cardio and strength intervals using a variety of equipment. Modifications offered so that all can feel challenged and accomplished!

### CYCLE

Simulate outdoor cycling indoors!

### CYCLE/ABS

30-40 minutes of high octane cycling followed by abdominal work and stretching.

**DELAY THE DISEASE** See page 10.

### EXPRESS SPIN

Fast paced interval ride, half the time, double the intensity, all levels welcome!

### EXPRESS STRENGTH AND CORE

Maximize your time with compound, multi-muscle exercises to sculpt and tone the entire body.

### FITNESS DANCE MEDLEY

Line, Broadway, Latin and more! Improve memory, balance, and flexibility. Great for beginners, seniors and anyone who loves to dance.

### GET FIGHT FIT

Cut bodyfat and get fit! Danny Kaltnecker, Y Personal Trainer and Jiu-Jitsu champion, uses TRX, Spinbikes, Bosu trainers, kettlebells, jump ropes, and the principles of productive work-to-rest ratios to push you beyond your comfort zone to get results.

### KICK BUTT INTERVAL

H.I.I.T. (High Intensity Interval Training) meets kickboxing! Boxing and martial arts moves pack a punch into each interval. May use weights or a jump rope.

### OUTDOOR BOOTCAMP

Combine cardio, strength, agility, and balance exercises for a full-package outdoor workout! Mini games and challenges add fun and camaraderie. Bring a mat.

### POWERBOX CIRCUIT

Hands-on circuit style cross training with an emphasis on boxing and kickboxing as tools for fitness. Handwraps required.

### POWERCUT

Use a barbell with light-to-moderate weights to target the body's major muscle groups.

### POWER YOGA

This class is based on power and Vinyasa with options offered for all levels. Some experience is helpful but not required.

**PROJECT HEALTHY BONES** See page 10.

### R.I.P.P.E.D. - THE ONE STOP BODY SHOCK™

This total-body high-intensity class challenges your cardio and endurance levels through resistance, intervals, power, plyometrics and endurance training. Your body never gets used to the changing format!

### SENIOR EXERCISE

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

### STEP

A great cardio workout using the step.

### ZUMBA!®

This Latin inspired dance fitness class works your entire body.

## PILATES & YOGA CLASSES

### BEGINNER YOGA

Tone the body and increase flexibility and strength. Get started on a great journey in a non-judgemental environment. Together we will explore basic poses and sequences with thorough explanation. **Fee:** \$72 FS, B

### GENTLE YOGA

Yoga postures, breathing techniques and meditation without getting down on a mat. Class is done barefoot while sitting in chairs or standing. **Fee:** \$63 FS, B

### PILATES (MAT)

An exercise method that bridges mind and body. Improve core strength and balance, increase flexibility, enhance athletic performance and perform daily tasks with greater ease. **Fee:** \$72 FS, B

### POWER YOGA

This class is based on power and Vinyasa with options offered for all levels. Some experience is helpful but not required.

### YOGA

Appropriate for all levels, blend various styles of yoga breathing, relaxation and postures. **Fee:** \$72 FS, B (Thursday: \$63 FS, B)

**YOGA BUDDIES** See page 12.

### 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. **Fee:** \$63 FS, B

**YOUTH YOGA** See page 18.

## TRX® SUSPENSION TRAINING

**A TRX® Suspension Trainer is an adjustable strap hung overhead from an anchor point. It helps you develop strength, balance, flexibility and joint stability using your body weight and gravity. The constant demand on the core turns every movement into a total body exercise. Increased muscular demand means increased caloric expenditure making it a great weight loss tool.**

**Limited to 12 participants. Registration and cancellation instructions at the Welcome Center). New to TRX®? Contact Jean to arrange a free demo before your first class!**

**Fee:** \$12 FS, \$15 NM (single class); \$80 FS (8 classes); \$140 FS (16 classes to be used within 10 weeks of purchase)

### TRX® BODY BLAST/CIRCUIT (Beg.-Adv.)

Body Blast is a guided strength workout. Circuit includes cardio bursts interspersed with strength segments that may incorporate free weights, Bosu trainers or medicine balls.

### TRX® BOOT CAMP (Interm.-Adv.)

Intense class utilizing additional equipment such as battle ropes, jump ropes, steps, Bosu trainers, and/or weights. Must be experienced with TRX® workout.

### SPIN & TRX® STRENGTH (Interm.-Adv.)

Advanced cardio & strength workout. Must be experienced with spin bikes and TRX® workout.

**CONTACT:** Health & Wellness Director, Jean White • 908-301-9622 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)



# » ADULT HEALTH, WELL-BEING & FITNESS

## GROUP FITNESS, PILATES, YOGA AND TRX®

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Open Cycle</b> Create Your Own Ride 7:15-8:00am Weldon Rm.</p> <p>Yoga 8:10-9:05am Kellogg Rm. 1APYOGASU810</p> <p>Barefoot Fusion 8:15-9:10am Weldon Rm. 1APBFFSU815</p> <p>Body Sculpt 9:15-10:10am Weldon Rm. 1APBODYSU915</p>	<p>Powercut 5:45-6:30am Weldon Rm. 1APPOWERM545</p> <p>Senior Exercise 8:00-8:55am Weldon Rm. 1APSRXEM8</p> <p>Cardio Strength HIIT 9:10-10:05am Weldon Rm. 1APCSHM910</p> <p>Body Sculpt 9:10-10:05am Kellogg Rm. 1APBODYM910</p> <p>Yoga 10:10-11:05am Weldon Rm. 1APYOGAM1010</p> <p>Arthritis Exercise 10:15-11:00am Kellogg Rm. 1 1APPACEM1015</p> <p>Project Healthy Bones 10:15-11:15am Kellogg Rm. 2 1APPHBM1015</p> <p>Senior Exercise 11:15am-12:10pm Weldon Rm. 1APSRXEM1115</p> <p>Ageless Grace 12:30-1:15pm Kellogg Rm. 1 1APGRACEM130</p> <p>TRX® Body Blast/Circuit 12:30-1:30pm Weldon Rm.</p> <p>Cardio &amp; Sculpt 5:00-5:55PM Weldon Rm. 1APCASC5</p> <p>Cardio/Cycle &amp; Sculpt 6:15-7:10PM Weldon Rm. 1APCASC615</p> <p>Delay the Disease 6:15-7:10pm Kellogg Rm. 1APPARKINSM6</p> <p>Body Barre 7:20-8:15pm Weldon Rm. 1APBARREM720</p> <p>Power Yoga 7:20-8:15pm Kellogg Rm. 1APPYOGAM720</p> <p>Powerbox Circuit 8:35-9:35pm Kellogg Rm. 1APPOWBXM835</p>	<p>TRX® &amp; Spin 5:45-6:45am Weldon Rm.</p> <p>Fitness Dance Medley 8:00-8:55am Weldon Rm. 1APLINET8</p> <p>ZUMBA! 9:10-10:05am Weldon Rm. 1APZUMT910</p> <p>Pilates Intermediate 9:10-10:05am Kellogg Rm. 1APPILIT910</p> <p>Body Sculpt 10:10-11:05am Weldon Rm. 1APBODYT1010</p> <p>Power Yoga 11:15am-12:15pm Weldon Rm. 1APPYOGAT11</p> <p>Delay the Disease (advanced level) 2:00-2:45pm Weldon Rm. 1APPARKINAT2</p> <p>ZUMBA! 6:00-6:55pm Weldon Rm. 1APZUMT6</p> <p>Cycle/Abs 7:00-7:55pm Weldon Rm. 1APCYCLET7</p> <p>Yoga 7:00-7:55pm Kellogg Rm. 1APYOGAT7</p> <p>Pilates Mixed Level 8:00-8:55pm Weldon Rm. 1APPILMXT8</p>	<p>Cardio Kickbox 5:45-6:45am Weldon Rm. 1APKICBXW545</p> <p>Senior Exercise 8:00-8:55am Weldon Rm. 1APSRXW8</p> <p>Body Sculpt 8:00-8:55am Kellogg Rm. 1APBODYW8</p> <p>Cardio Strength Blast 9:10-10:05am Weldon Rm. 1APCSBW910</p> <p>Body Sculpt 9:10-10:05am Kellogg Rm. 1APBODYW910</p> <p>Yoga 10:10-11:05am Weldon Rm. 1APYOGAW1010</p> <p>Arthritis Exercise 10:15-11:00am Kellogg Rm. 1APPACEW1015</p> <p>Delay the Disease 11:05am-12:00pm Kellogg Rm. 1APPARKINSON</p> <p>Senior Exercise 11:15am-12:10pm Weldon Rm. 1APSRXW1115</p> <p>TRX® Body Blast/Circuit 12:30-1:30pm Weldon Rm.</p> <p>Cardio, Core &amp; Strength Intervals 5:00-5:50pm Weldon Rm. 1APCCSIW5</p> <p>Cycle/Abs 6:00-6:50pm Weldon Rm. 1APCYCLEW6</p> <p>Body Sculpt &amp; Core 7:00-7:50pm Weldon Rm. 1APSCULCORW7</p> <p>Beginner Yoga 7:15-8:10pm Kellogg Rm. 1 1APYOGABEGW</p> <p>Powerbox Circuit 8:30-9:30pm Kellogg Rm. 1APPOWBXW830</p>	<p>Outdoor BootCamp 6:00-6:45am Ferris Playground 1APBOOTR6</p> <p>Fitness Dance Medley 8:00-8:55am Weldon Rm. 1APLINER8</p> <p>ZUMBA! 9:10-10:05am Kellogg Rm. 1APZUMR910</p> <p>Barefoot Fusion 9:10-10:05am Weldon Rm. 1APBFFR910</p> <p>Body Sculpt 10:10-11:05am Weldon Rm. 1APBODYR1010</p> <p>Project Healthy Bones 10:15-11:15am Kellogg Rm. 1 1APPHBR1015</p> <p>Get Fight Fit 11:15am-12:00pm Weldon Rm. 1ASFIGHTFR</p> <p>Yoga for Stress Relief 11:15am-12:15pm Kellogg Rm. 2 1APYRELIEFR1</p> <p>Barefoot Fusion 6:00-6:55pm Weldon Rm. 1APBFFR600</p> <p>Yoga 7:00-7:55pm Kellogg Rm. 1APYOGAR7</p> <p>Cardio &amp; Sculpt 7:00-7:55pm Weldon Rm. 1APCASC7</p> <p>ZUMBA! 8:00-8:55pm Weldon Rm. 1APZUMR8</p>	<p>Cardio Blast 5:45-6:45am Weldon Rm. 1APBLASTF545</p> <p>Senior Exercise 8:00-8:55am Weldon Rm. 1APSRXEF8</p> <p>Kickbutt Interval 9:10-10:05am Weldon Rm. 1APKBIF910</p> <p>Cardio, Core &amp; Strength Intervals 9:10-10:05am Kellogg Rm. 1APCCSIF910</p> <p>Yoga 10:10-11:05am Weldon Rm. 1APYOGAF1010</p> <p>Arthritis Exercise 10:15-11:00am Kellogg Rm. 1APPACEF1015</p> <p>Delay the Disease 11:05am-12:00pm Kellogg Rm. 1 1APPARKINSON</p> <p>Senior Exercise 11:15am-12:10pm Weldon Rm. 1APSRXEF1115</p> <p>Gentle Yoga 11:15am-12:15pm Rm. 109 1APGENYOGAF (no class 11/24)</p> <p>TRX® Boot Camp 12:30-1:30pm Weldon Rm.</p> <p>Power Yoga 6:30-7:30pm Weldon Rm. 1APPYOGAF630</p>	<p>Pilates Mixed Level 7:00-7:55am Kellogg Rm. 1APPILMXS7</p> <p>Express Spin 7:15-7:45am Weldon Rm. 1APXS715</p> <p>Express Strength &amp; Core 7:45-8:15am Weldon Rm. 1APXS745</p> <p>Cycle 8:15-9:00am Weldon Rm. 1APCYCLES815</p> <p>Power Yoga 8:00-9:15am Kellogg Rm. 1APPYOGAS8</p> <p>Beginner Yoga 9:30-10:25am Kellogg Rm. 1APYOGABEGS</p> <p>Step 9:30-10:20am Weldon Rm. 1APSTEPS930</p> <p>Yoga Buddies 10:30-11:15am Kellogg Rm. 1 1APYOGBDS103</p> <p>R.I.P.P.E.D. 10:30-11:25am Weldon Rm. 1APRIPPEDS</p>

**DOWNLOAD OUR MOBILE APP FOR REAL-TIME SCHEDULES AND MORE!**



» All classes are free for Full Gold Members.

» Yoga, Pilates and TRX® fees on page 6.

» No class 11/23 for Thanksgiving.



**CONTACT:** Health & Wellness Director, Jean White • 908-301-9622 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)

KEY: F=Full (Silver or Gold); FS=Full Silver; FG=Full Gold; B=Basic (Program or OnThe Way); NM=Non-Member

# ADULT AQUATICS »

## WATER FITNESS CLASSES

**Free for Full Members!** Water fitness classes provide cardiovascular and strength training benefits for all ages and fitness levels. Water-based workouts maximize your fitness results while minimizing the stress on joints and muscles. Water resistance = a total body workout! All classes are taught by instructors certified in aquatic exercise.

### AI CHI

This relaxing shallow warm water class helps you improve balance, flexibility, and strength.

### AQUA BOOT CAMP

Push yourself to the limit in this simple yet effective high intensity interval training program, also known as tabata.

### AQUA FIT

Perfect for "land exercisers" looking to cross-train! Challenge yourself with this cardio workout with strength and flexibility components. The "Power" class ups the intensity.

### AQUA LITE

Low intensity, core strength, flexibility, and range of motion exercises in deep water.

### ARTHRITIS AQUATIC EXERCISE

This Aquatic Exercise Association/Arthritis Foundation class focuses on basic functional movement and balance while increasing flexibility and range of motion.

### NEW! SHA-DEEP

Move, strengthen and stretch in this low-intensity warm-water class where you can work in either the shallow or deep end of the pool.

### YO PI CHI

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



TIME	CLASS	PROGRAM #	POOL
<b>MONDAY</b>			
8:00–8:45AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8AM	ROOKE
8:45–9:25AM	AQUA LITE*	1AQLITEM845	ROOKE
9:30–10:25AM	AQUA FIT*	1AQFITM930	WALLACE
10:30–11:15AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH1030	ROOKE
8:00–8:45PM	ARTHRITIS AQ. EX./AQUA LITE*	1AQARTH8PM	ROOKE
8:00–8:55PM	AQUA BOOT CAMP	1AQBOOTM8	WALLACE
<b>TUESDAY</b>			
9:20–10:20AM	AQUA FIT POWER*	1AQFITPT920	WALLACE
10:30–11:25AM	<b>NEW!</b> SHA-DEEP	1AQSHADT1030	ROOKE
11:30–12:15PM	AI CHI	1QAICHIT1130	ROOKE
<b>WEDNESDAY</b>			
8:00–8:45AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8	ROOKE
8:45–9:25AM	AQUA LITE*	1AQLITEW845	ROOKE
9:30–10:25AM	AQUA FIT*	1AQFITW930	WALLACE
10:30–11:15AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH1030	ROOKE
8:00–8:55PM	AQUA BOOT CAMP*	1AQBOOTW8	WALLACE
<b>THURSDAY</b>			
9:20–10:20AM	AQUA FIT POWER (shallow)	1AQFITPR920	WALLACE
10:30–11:25AM	<b>NEW!</b> SHA-DEEP	1AQSHADR1030	ROOKE
11:30AM–12:15PM	YO PI CHI	1AQYOPIR1130	ROOKE
<b>FRIDAY</b>			
8:00–8:45AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH8	ROOKE
8:45–9:25AM	AQUA LITE*	1AQLITEF845	ROOKE
9:30–10:25AM	AQUA FIT*	1AQFITF930	WALLACE
10:30–11:15AM	ARTHRITIS AQUATIC EXERCISE	1AQARTH1030	ROOKE

\* Class is in deep water. Must wear a buoyancy belt (provided) and feel comfortable in deep water.

## ADULT SWIM LESSONS

**Ages: 17+**

**FREE for Full Gold Members! Fee:** \$80 FS, B (\$70 FS, B Thursday) Lessons are 45 min. in the Wallace Pool unless noted (\*=Rooke Pool). Register for one or more classes at your level.

### SWIM BASICS (Beginner)

Develop the personal water safety and basic swimming skills that are recommended for everyone to have around water. Overcome fears and learn the basics at your own pace in a safe non-judgmental environment.

Monday 11:30AM 1AQABM1130  
Tuesday 8:00PM\* 1AQABT8

### SWIM STROKES (Intermediate)

Build stroke technique and additional water safety skills to foster a lifetime of physical activity. Get fit, build endurance and be more efficient in the water.

Wednesday 10:30AM 1AQASW1030  
Thursday 8:00PM 1AQASR8  
Friday 10:30AM 1AQASF1030

### SWIM FIT (Advanced)

Challenge yourself with sets expanding technique, endurance and speed.

Monday 10:30AM 1QAQFM1030  
Wednesday 10:30AM 1QAQFW1030  
Wednesday 9:00PM 1QAQFW9  
Friday 10:30AM 1QAQFF1030

» No class 11/23 for Thanksgiving

**CONTACT:** Aquatics Director, Rob Faggiano • 908-301-9622 x276 • rfaggiano@westfieldynj.org  
Assistant Aquatics Director, Sharon London • 908-301-9622 x253 • slondon@westfieldynj.org



## » ADULT GROUP INTEREST

### **B.Y.O.M. (BRING YOUR OWN MEDS)**

**12:30-1:30PM, Wednesday, October 25**

Are you, or someone you know, on multiple medications? Are you confused about what medications you take, why you take them, and/or their side effects? Come for this presentation to learn how to obtain more affordable medications and tips for safe and effective medication use. Bring ALL of your medication bottles (including over the counter and herbal supplements) and medication list for your one-on-one consultation with a hospital pharmacist. Free and open to the community. Presented by Aummulya Uppala, PharmD. Clinical Pharmacist at Overlook Medical Center.

**Location:** Main Y Facility

**Prog. #:** 1AHMEDS

### **WHAT YOU DON'T KNOW ABOUT MEDICARE**

**12:30-2:00PM, Thursday, November 2**

Hank Segal, licensed and appointed to discuss Medicare and its different components, returns to take the mystery out of Medicare! He will discuss the different types of Medicare Plans A, B, C, D and supplements and how to determine the right plan for you plus common mistakes that can cost you money. Light refreshments. Register by 10/31.

**Fee:** \$3 Member, \$5 Non-Member

**Prog. #:** 1AHMEDICARE

### **NEED A RIDE?**

**12:30-1:30PM, Wednesday, November 15**

Free and open to community! Ryde4Life is a new transportation program for adults 50 years or older which will satisfy transportation needs not met by other programs. No advance reservation or smart phone are required. Ellie Ferrer from EZRIDE will be here to discuss the benefits of the program and answer questions.

**Location:** Main Y Facility

**Prog. #:** 1AHRIDE

### **BRIDGE**

**Instructor:** Robin Gillett, ACBL Ruby Life Master, accredited teacher and tournament director.

### **BASICS OF 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 about defending against declarer's contract. It is intended for newer players, but reviewing it won't hurt more experienced players either. Most players agree that defense is the hardest part of the game; this class gives each student a chance to practice essential defensive techniques and to interactively discuss and analyze many interesting and instructive hands. Optional textbook not included in fee.

**Day/Time:** Monday, 2:00-4:00PM

**Fee:** \$68 Full Member, \$88 Non-Member

**Location:** Main Y Facility

**Prog. #:** 1AHBRIDGEM

### **INTRODUCTION TO BRIDGE**

The "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/Time:** Thursday, 12:30-2:30PM

**Fee:** \$60 Full Member, \$77 Non-Member

**Location:** Main Y Facility

**Prog. #:** 1AHBRIDGER

### **SUPERVISED PLAY PREGAME LESSON**

These eight 30-minute lessons cover topics from previous week's game or as requested by players. Handouts are included in the fee.

**Day/Time:** Friday, 12:30-1:00PM

**Fee:** \$40 Full Member and Non-Member

**Location:** Main Y Facility

**Prog. #:** 1AHBRILESSON

### **SUPERVISED PLAY**

Join us in a relaxed, friendly environment that offers the opportunity to practice your bridge skills. Your instructor is standing by to offer help in bidding or play, whenever you ask for it.

**Day/Time:** Friday, 1:00-3:00PM

**Fee:** \$68 Full Member, \$88 Non-Member

**Location:** Main Y Facility

**Prog. #:** 1AHBRIDGEF

**Drop-in Fee:**

\$11 Full Member, \$14 Non-Member

**Prog. #:** 1AHBRIDGEDIF

**Note:** Drop in fees are paid at the Welcome Center before class.



**See page 11 for Holiday Events!**



## **TOGETHERHOOD**

Volunteers lead service projects to benefit the community and organizations. Current projects include partnering with the Westfield Food Pantry, intergenerational projects through the 7th Grade Initiative, and Here 2 Help (see this page).

### **Join us for the Fall Kickoff!**

7:00PM, Tuesday, October 24, Main Y Facility, Rm. 109

- Help us identify and plan projects and recruit volunteers
- Become a project volunteer
- Become a Partner Group...Do you have a project that could use Togetherhood volunteers?

Contact Bonnie Cohen at 908-301-9622 x240 or [bcohen@westfieldynj.org](mailto:bcohen@westfieldynj.org).

## **HERE 2 HELP**

The mission of this community-based coalition is helping improve awareness and understanding of mental health issues through education, basic skills training and resource information and helping break down barriers that prevent people from seeking care. A resource sheet is available at [www.westfieldynj.org](http://www.westfieldynj.org) and through coalition partners. For more information, contact Bonnie Cohen at 908-301-9622 x240 or [bcohen@westfieldynj.org](mailto:bcohen@westfieldynj.org).

**CONTACT:** Health & Wellness Director, Jean White • 908-301-9622 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)

## » COMMUNITY PARTNERSHIPS

### **STEWARDS OF CHILDREN**

What is more important than protecting our children? This child sexual abuse prevention training teaches you how to recognize, prevent and react responsibly to child sexual abuse.

To schedule an in-person training for any adult group, contact Susan Morton at 908-301-9622 x228.

### **KNOW YOUR NUMBERS: DIABETES EDUCATION**

**10:00AM-Noon, Thursday, November 30**

Free for members and the community! November is Diabetes Awareness Month. Find out what the systolic and diastolic value in your blood pressure really means, discuss basic information about risk factor reduction related to heart disease and taking control of your health. Learn your blood sugar and risk factors for Type II Diabetes with a non-fasting finger stick that gives immediate results. Overlook Medical Center's "Healthy Avenues Van" will provide this free screening. Please register directly with Gabrielle Guider, MS, CHES, Health Educator, Community Health at Atlantic Health System, Overlook Medical Center, at 908-522-2579.

**Location:** Parked outside Main Y Facility.

# SPECIAL POPULATIONS »

## SPECIAL POPULATION PERSONAL TRAINING

Personalized exercise instruction can be very beneficial to individuals dealing with special circumstances such as cancer, Parkinson's disease, arthritis, post-rehabilitation, post-partum, or other situations. We have personal trainers with specialty certifications who can work with you to create an exercise program that fits your particular needs. See page 5 for packages and fees. Contact: Greg Hatzisavvas x251.

## AGELESS GRACE

Use 21 simple exercises designed to be done in a chair in order to develop core muscle strength and flexibility, to stimulate the organs and systems of the body, and to force the brain to figure out how to execute movements that are traditionally done standing up. Join us as we move to the music with confidence, playfulness and ease. See page 7 for schedule. Contact: Jean White, x246.

**Fee:** Free for Full Members, \$40 Non-Members

## ARTHRITIS EXERCISE

"Land" class is conducted in a chair or standing beside a chair and may help reduce the pain, stiffness and fatigue of arthritis. See page 7 for schedule. Contact: Jean White, x246. The "water" class can be found on page 8. Contact: Rob Faggiano x276.



## DRAGONFLY CLASSES

Ages: 18-26 years with special/adaptive needs unless noted. Classes are funded by proceeds from the Westfield Area YMCA 5K Run For Everyone.



## DRAGONFLY LET'S MOVE & DANCE

Learn different dance styles & movement to all kinds of music.

**Day/Time:** Monday, 6:00-6:45PM **Prog. #:** 3DFDANCEM6  
**Fee:** Free for members **Location:** Garwood Family Center YMCA, Dance Studio

## DRAGONFLY CRAFTS

Learn to make & create different crafts, paintings & gifts for yourself, friends & family. All materials are provided. Register for one day/time only.

**Day/Time:** Tuesday, 4:15-5:00PM **Prog. #:** 2DFCR1T415  
**Day/Time:** Tuesday, 5:45-6:30PM **Prog. #:** 2DFCR1T545  
**Fee:** Free for members **Location:** Bauer Branch

## DRAGONFLY STRENGTH & CONDITIONING

Students who are ambulatory learn about muscle development, cardio fitness & group sports.

**Day/Time:** Tuesday, 5:00-5:45PM **Prog. #:** 2DFSTRENT5  
**Fee:** Free for Full Members **Location:** Bauer Branch

## AQUATICS FOR PEOPLE WITH DISABILITIES

Group and individual lessons are designed for adults and children (See page 13) with non-physical or physical disabilities. Contact Rob Faggiano x276.

## PROJECT HEALTHY BONES

This high intensity, low impact exercise program is designed for men and women who have osteoporosis or are at risk of developing it. The program builds strength, and improves posture and balance. See page 7 for schedule. Contact: Jean White x246.

**Fee:** Free for Full Members, Non-Members \$36 (Mon.), \$32 (Thurs.)

## DELAY THE DISEASE: EXERCISE TO FIGHT PARKINSON'S SYMPTOMS

Research has shown that physical exercise has measurable benefits for those living with Parkinson's. This unique program incorporates strength, flexibility, balance, and cardiovascular exercises to help soothe tremors, improve posture, smooth steps and increase overall well-being. Led by Y trainers with specialized certification. Water exercise classes are available and included. See page 7 for schedule. Contact: Jean White x246.

## DRAGONFLY GROUP SOCIAL GAMES

Learn & play different card, board & social games in a relaxed and fun environment with your Dragonfly friends.

**Day/Time:** Wednesday 5:00-5:30PM **Prog. #:** 1DFGPSOCW5  
**Fee:** Free for Full Members **Location:** Main Y, 2nd Floor

## DRAGONFLY YOGA & MOVEMENT

Students who are ambulatory will learn a blend of various styles of yoga, movement, breathing, relaxation & postures.

**Day/Time:** Wednesday 5:30-6:15PM **Prog. #:** 1DFYOGAW530  
**Fee:** Free for Full Members **Location:** Main Y, Kellogg Rm.

## DRAGONFLY BOXING

Danny Kaltnecker, Y Personal Trainer & Jiu-Jitsu Champion, teaches modern boxing techniques including movement/footwork, different types of offense & defensive moves, and discipline while keeping things fun and exciting! Students do not box with each other and there is no sparring.

**Day/Time:** Wednesday 6:15-7:00PM **Prog. #:** 1DFBOXW615  
**Fee:** Free for Full Members **Location:** Main Y, Kellogg Rm.

## DRAGONFLY PERSONAL TRAINING

Work one-on-one with a nationally-certified Y Personal Trainer to develop or enhance your strength, flexibility, cardiovascular endurance, and/or other physical goals.

**Five 30 min. sessions:** \$125 Full Members **Prog. #:** 1ASPTDFLY30  
**Five 45 min. sessions:** \$185 Full Members **Prog. #:** 1ASPTDFLY45

## NEW FOR TEENS! DRAGONFLY LET'S MOVE & DANCE

This program is for teens with special/adaptive needs ages 14-17. We will learn various line-dances and moves to today's top songs. Note: Parent attendance is required.

**Day/Time:** Monday, 5:00-5:45PM **Prog. #:** 3DFDANCEM5  
**Fee:** Free for members  
**Location:** Garwood Family Center YMCA, Dance Studio

**CONTACT:** Health & Wellness Director, Jean White • 908-301-9622 x246 • [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)  
Dragonfly: Special Needs Coordinator/Recreational Therapist, Jill Koerber • 908-301-9622 x417 • [jkoerber@westfieldynj.org](mailto:jkoerber@westfieldynj.org)

## HALLOWEEN COSTUME WATER EX PARTY

**Tuesday, October 31**

9:30 – 10:30AM in Wicked Wallace (deep water class)  
10:30 – 11:30AM in Rickety Rooke (shallow water class)  
Wear a costume that can float! Prizes awarded for best costumes. Enjoy spooky refreshments!

## FREE GUT-BUSTER WATER WORKOUT

**9:30-11:30AM, Wednesday, November 22**

Free and open to the community! 2 hours of continuous water exercise in the Wallace Pool to get you ready for your Thanksgiving feasting.



## Y MEN'S ANNUAL CHRISTMAS TREE SALE

A tradition since 1953. Take home a Christmas tree while supporting the Westfield Area Y and local charities. Beginning Saturday, 11/25.

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

## ANNUAL ACTIVE ADULT APPY HOUR

**12:30-1:30PM, Wednesday, December 13**

Join us for our Holiday Appy Hour! Enjoy light fare and our traditionally festive atmosphere with friends old and new.

**Location:** Main Y Facility **Prog. #:** 1AHAPPY

**Fee:** \$12 Member, \$15 Non-Member (register by 12/8);  
\$15 Member, \$18 Non-Member (after 12/9)

Holiday shop through [smile.amazon.com](https://smile.amazon.com) and designate the YMCA of Westfield, NJ as your charity ... Amazon will donate .5% of your purchase to the Y!



## BE AN ANGEL

Select an angel from the tree located in the Main Lobby 12/1 – 12/21 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.

## \$42 COLLEGE BREAKS MEMBERSHIP SPECIAL

Enjoy the Y for both of your Thanksgiving and Winter breaks for only \$42! Register anytime beginning 11/20 and your membership is valid through 1/31/18. No Joiner's Fee.



## EASY GIFTING

Convenient **Westfield Area Y Gift Cards** are 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.



Give the gift that lasts a lifetime, a **personalized tile** on the wall of the Y! Contact Bonnie Cohen at x240 or [bcohen@westfielddynj.org](mailto:bcohen@westfielddynj.org) for details.



## SWIM WITH SANTA

**1:00-3:00PM, Sunday, December 3**

Celebrate the season with a swim with Santa Claus and his elves! Reserve your 30 minute time slot in the pool, then enjoy a candy cane and a visit with dry Santa for more photos and fun.

\$10/child, proceeds benefit the Annual Support Campaign. Questions? Contact Sharon London at [slondon@westfielddynj.org](mailto:slondon@westfielddynj.org).

**Donation:** \$10/person, \$12 at the door;  
Children under 2 are free



**CONTACT:** Associate Director of Physical Programs, Xavier Munden • 908-301-9622 x256 • [xmunden@westfielddynj.org](mailto:xmunden@westfielddynj.org).



# PARTIES & CELEBRATIONS »

## THE PARTY STARTS HERE!

Your event will be full-service, well-staffed & extraordinary. We deliver the best birthday parties, parties for kids with special needs, and organization events.

The SUPER & SUPREME party packages include up to 15 children who will enjoy 45 min. of supervised activity and 45 min. of celebration with 2-5 Party Leaders. We handle all set up and clean up, provide tableware, candles, and music. With the SUPREME party package, we will decorate the party room, provide & serve pizza, cupcakes, juice boxes and goody bags for each guest.

**SUPER: \$300 F, \$350 P, \$400 NM**      **SUPREME: \$475 F, \$550 P, \$600 NM**

### ACTIVITIES & ADD-ONS

- Pool: \$100
- Obstacle Course: \$100
- Bounce House: \$50
- Caterpillar/Crab: \$75
- Per add'l child: \$10 (Super)  
\$15 (Supreme)



**AWESOME  
pool parties!**



**FOUR  
inflatables!**



Plan your organization or major event with us...contact us for custom pricing and packages.

# FAMILY »

### MUSIC TIME

**Ages: Infants – 4 years (with parent/caregiver)**  
See your child connect and learn through musical play! Children and grown-ups participate with instruments, scarves and parachute play. Everyone on your feet and sing along!  
Contact: Eileen Rooney, x134. **Location:** Main Y Gym

DAY	TIME	FEE	PROG. #
Monday	9:45-10:30AM	\$90/Pair F, \$117/Pair B	1FLMUSICM945
Tuesday	9:45-10:30AM	\$90/Pair F, \$117/Pair B	1FLMUSICT945
Saturday	9:30-10:15AM	\$90/Pair F, \$117/Pair B	1FLMUSICS930

### BOOK, CRAFT & PLAY

**Ages: 18 months-4 years (with parent/caregiver)**  
Big books, puppets and felt stories are used to enhance listening skills. Each class includes a related art project or play. **Location:** Bauer Branch  
Contact: Eileen Rooney, x134.

**Day/Time:** Wednesday, 9:30-10:15AM      **Prog #:** 2FLSTORYW930  
**Fee:** \$90 Pair F, \$117 Pair B

### MESSY ART

**Ages: 2-4 years (with parent/caregiver)**  
Each week you and your child explore new messy and gooey projects.  
Contact: Eileen Rooney, x134. **Location:** Bauer Branch.

**Day/Time:** Monday, 9:45-10:30AM      **Prog. #:** 2FLMESSYM945  
**Fee:** Mon.: \$90 Pair/F, \$117/Pair B

### YOGA BUDDIES

**Ages: 4-7 (with parent/caregiver)**  
Enjoy a fun and energized version of yoga. Postures are taught using references to nature and animals. All are encouraged to make sounds and laugh! Child must have a membership, register and pay class fee. Adults are free, but registration is required. Contact: Jean White, x246.

**Day/Time:** Saturday, 10:30-11:15AM      **Prog. #:** 1APYOGBDS103  
**Fee:** \$78 F, \$117 B      **Location:** Kellogg Rm 1

### PARENT/CHILD SWIM LESSONS (SWIM STARTER)

See page 13 for description.

» Real-time Family Swim and Gym schedules are available at [westfieldnj.org](http://westfieldnj.org) or on our app!

# » YOUTH-TEEN AQUATICS

The Y has been "America's Swim Instructor" for over 100 years. This latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime. Fee: 30 min.: \$103 F, \$173 B; 45 min.: \$129 F, \$191 B; Thursday: 30 min.: \$90 F, \$152 B; 45 min.: \$113 F, \$167 B

## SWIM STARTERS

This parent/child program develops swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies. Child is required to wear a swim-type diaper if not 100% potty-trained. Location: Rooke Pool.

## STAGE A: WATER DISCOVERY

Introduces an infant or toddler to the aquatic environment by encouraging them to explore and enjoy themselves with a parent while learning about the water. 30 min. class.

Day	Time	Prog. #
<b>6 mos.-3 yrs.</b>		
SUNDAY	8:45AM	1AQASU845
MONDAY	10:00AM	1AQAM10
TUESDAY	2:00PM	1AQAT2
THURSDAY	9:30AM	1AQAR930
SATURDAY	7:45AM	1AQAS745
SATURDAY	10:00AM	1AQAS10

## STAGE B: WATER EXPLORATION

Parents work with their child to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills. Student responds to verbal cues and can jump on land. 30 min. class.

Day	Time	Prog. #
<b>Ages: 2-3 yrs.</b>		
SUNDAY	8:15AM	1AQBSU815
	9:15AM	1AQBSU845
MONDAY	10:00AM	1AQB10
	7:30PM	1AQB730
TUESDAY	2:00PM	1AQB2
THURSDAY	10:00AM	1AQB10
SATURDAY	7:45AM	1AQBS745
	10:30AM	1AQB51030

## SWIM BASICS

Develop the personal water safety and basic swimming skills that are recommended for everyone to have around water. Location: Rooke Pool. Exception \*Teen Classes are in Wallace Pool.

### STAGE 1: WATER ACCLIMATION

Student is comfortable in the water and is ready to explore the aquatic environment and develop basic skills with instructor help. Student learns to propel and glide through the water and basic aquatic safety. 30 min. class.

Day	Time	Prog. #
<b>Ages: 3-5 yrs.</b>		
SUNDAY	10:30AM	1AQ1PSU1030
	12:00PM	1AQ1PSU12
MONDAY	1:30PM	1AQ1PM130
	5:00PM	1AQ1PM5
	6:30PM	1AQ1PM630
TUESDAY	9:00AM	1AQ1PT9
	1:30PM	1AQ1PT130
	3:30PM	1AQ1PT330
WEDNESDAY	10:00AM	1AQ1PW10
	1:00PM	1AQ1PW1
	6:30PM	1AQ1PW630
THURSDAY	1:30PM	1AQ1PR130
	3:30PM	1AQ1PR330
	5:30PM	1AQ1PR530
FRIDAY	1:00PM	1AQ1PF1
	5:30PM	1AQ1PF530
	7:00PM	1AQ1PF7
SATURDAY	8:15AM	1AQ1PS815
	8:45AM	1AQ1PS845
	11:00AM	1AQ1PS11
	12:30PM	1AQ1PS1230

### Ages: 6-12 yrs.

SUNDAY	11:30AM	1AQ1YSU1130
MONDAY	5:00PM	1AQ1YM500
	7:00PM	1AQ1YM7
TUESDAY	4:30PM	1AQ1YT430
WEDNESDAY	5:30PM	1AQ1YW530
THURSDAY	4:30PM	1AQ1YR430
FRIDAY	5:00PM	1AQ1YF5
	6:30PM	1AQ1YF630
SATURDAY	11:00AM	1AQ1YS11

### STAGE 2: WATER MOVEMENT

Focus is on body position and control, directional change, and forward movement in the water. Student continues to practice how to safely exit in the event of falling into a body of water. Child can go underwater voluntarily. 30 min. class.

Day	Time	Prog. #
<b>Ages: 3-5 yrs.</b>		
SUNDAY	10:30AM	1AQ2PSU1030
	11:30AM	1AQ2PSU1130
MONDAY	9:30AM	1AQ2PM930
	1:30PM	1AQ2PM130
	5:00PM	1AQ2PM5
	6:30PM	1AQ2PM630
TUESDAY	9:00AM	1AQ2PT9
	1:30PM	1AQ2PT130
	3:30PM	1AQ2PT330
	4:30PM	1AQ2PT430
WEDNESDAY	10:00AM	1AQ2PW10
	1:00PM	1AQ2PW1
	5:00PM	1AQ2PW5
	6:30PM	1AQ2PW630
THURSDAY	9:00AM	1AQ2PR9
	1:30PM	1AQ2PR130
	3:30PM	1AQ2PR330
	4:30PM	1AQ2PR430
FRIDAY	1:00PM	1AQ2PF1
	5:30PM	1AQ2PF530
	7:00PM	1AQ2PF7
SATURDAY	8:15AM	1AQ2PS815
	9:15AM	1AQ2PS915
	11:30AM	1AQ2PS1130
	12:30PM	1AQ2PS1230

### Ages: 6-12 yrs.

SUNDAY	12:00PM	1AQ2YSU12
MONDAY	5:30PM	1AQ2YM530
	7:00PM	1AQ2YM7
TUESDAY	4:30PM	1AQ2YT430
WEDNESDAY	5:30PM	1AQ2YW530
	7:00PM	1AQ2YW7
THURSDAY	5:30PM	1AQ2YR530
FRIDAY	5:00PM	1AQ2YF5
	6:30PM	1AQ2YF630
SATURDAY	11:30AM	1AQ2YS1130

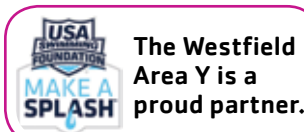
### STAGE 3: WATER STAMINA

Learn how to swim to safety from a longer distance in the event of falling into a body of water. Rhythmic breathing and integrated arm and leg action are introduced. Student can do a front and back float on own and swim about 15 yards. 30 min. class.

Day	Time	Prog. #
<b>Ages: 3-5 yrs.</b>		
SUNDAY	11:00AM	1AQ3PSU11
	12:30PM	1AQ3PSU1230
MONDAY	9:30AM	1AQ3PM930
	1:00PM	1AQ3PM1
	6:00PM	1AQ3PM6
TUESDAY	9:30AM	1AQ3PT930
	4:00PM	1AQ3PT4
WEDNESDAY	9:30AM	1AQ3PW930
	1:00PM	1AQ3PW1
	6:00PM	1AQ3PW6
THURSDAY	1:30PM	1AQ3PR130
	4:00PM	1AQ3PR4
	5:00PM	1AQ3PR5
FRIDAY	1:30PM	1AQ3PF130
	6:00PM	1AQ3PF6
SATURDAY	8:45AM	1AQ3PS845
	9:15AM	1AQ3PS915
	12:00PM	1AQ3PS12

### Ages: 6-12 yrs.

SUNDAY	11:00AM	1AQ3YSU11
	12:30PM	1AQ3YSU1230
MONDAY	6:00PM	1AQ3YM6
TUESDAY	4:00PM	1AQ3YT4
WEDNESDAY	6:00PM	1AQ3YW6
THURSDAY	4:00PM	1AQ3YR4
	5:00PM	1AQ3YR5
FRIDAY	6:00PM	1AQ3YF6
SATURDAY	9:15AM	1AQ3YS915
	12:00PM	1AQ3YS12



**CONTACT:** Aquatics Director, Rob Faggiano • 908-301-9622 x276 • rfaggiano@westfieldynj.org  
Assistant Aquatics Director, Sharon London • 908-301-9622 x253 • slondon@westfieldynj.org

# YOUTH – TEEN AQUATICS »

## SWIM STROKES

Build stroke technique and additional water safety skills to foster a lifetime of physical activity. Location: Rooke Pool unless noted. \*=Wallace Pool

### STAGE 4: STROKE INTRODUCTION

Develop front crawl and back crawl stroke technique and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary back stroke. Student can swim 25 yards on front and back. 30 min. class.

Day	Time	Prog. #
<b>Ages: 3-5 yrs.</b>		
SUNDAY	11:45AM	1AQ4PSU1145
MONDAY	1:00PM	1AQ4PM1
	3:25PM	1AQ4PM325
	5:00PM	1AQ4PM5
TUESDAY	9:30AM	1AQ4PT930
	3:30PM	1AQ4PT330
WEDNESDAY	9:30AM	1AQ4PW930
	1:00PM	1AQ4PW1
	6:15PM	1AQ4PW615
THURSDAY	3:30PM	1AQ4PR330
FRIDAY	1:30PM	1AQ4PF130
	5:45PM	1AQ4PF545
SATURDAY	8:15AM	1AQ4PS815
	11:30AM	1AQ4PS1130
<b>Ages: 6-12 yrs.</b>		
SUNDAY	10:00AM	1AQ4YSU10
	10:30AM	1AQ4YSU1030
MONDAY	3:25PM	1AQ4YM325
	6:15PM	1AQ4YM615
TUESDAY	4:00PM	1AQ4YT4
WEDNESDAY	5:00PM	1AQ4YW5
	5:30PM	1AQ4YW530
THURSDAY	4:00PM	1AQ4YR4
FRIDAY	6:15PM	1AQ4YF615
SATURDAY	8:45AM	1AQ4YS845
	11:00AM	1AQ4YS11
	12:00PM	1AQ4YS1200

### STAGE 1-3: TEEN

Develop the personal water safety and basic swimming skills that are recommended for everyone to have around water. Overcome fears and learn the basics at your own pace in a safe non-judgmental environment.

Day	Time	Prog. #
<b>Ages: 12-16 yrs.</b>		
SATURDAY	5:15PM*	1AQTEENS15

### STAGE 4-6: TEEN

Intermediate level swimmers build stroke technique and additional water safety skills, get fit, build endurance and be more efficient in the water to foster a lifetime of physical activity. More advanced swimmers will be challenged with sets expanding technique, endurance and speed. 45 min. class.

Day	Time	Prog. #
<b>Ages: 12-16 yrs.</b>		
SATURDAY	6:00PM*	1AQTEENS6

### STAGE 5: STROKE DEVELOPMENT

Work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Student can swim 50 yards of front and back crawl. 45 min. class.

Day	Time	Prog. #
<b>Ages: 5-8 yrs.</b>		
SUNDAY	9:00AM*	1AQ5YSU9
	11:00AM	1AQ5YSU11
	12:15PM	1AQ5YSU1215
MONDAY	5:30PM	1AQ5YM530
	6:45PM	1AQ5YM645
WEDNESDAY	5:30PM	1AQ5YW530
	6:45PM	1AQ5YW645
THURSDAY	4:30PM	1AQ5YR430
	5:15PM	1AQ5YR515
FRIDAY	5:00PM	1AQ5YF5
	6:45PM	1AQ5YF645
SATURDAY	10:00AM*	1AQ5YS10
<b>Ages: 8-12 yrs.</b>		
SUNDAY	9:00AM*	1AQ5YSU9
MONDAY	4:00PM*	1AQ5YM4
WEDNESDAY	4:00PM*	1AQ5YW4
FRIDAY	4:00PM*	1AQ5YF4
SATURDAY	10:00AM*	1AQ5YS10

### NEW! ADVANCED STROKE MECHANICS

Use the techniques and knowledge learned through the Group Swim Lesson Curriculum to develop yourself into an advanced swimmer. Continue to build endurance and speed while also experiencing fitness, sports and recreation aspects of swimming such as aqua running, water polo and snorkeling. Completed Stroke Mechanics or equivalent. 45 min. class.

Day	Time	Prog. #
<b>Ages: 8-12 yrs.</b>		
MONDAY	4:00PM*	1AQADVMECM4
WEDNESDAY	4:00PM*	1AQADVMECW4
FRIDAY	4:00PM*	1AQADVMECF4
SATURDAY	10:00AM*	1AQADVMECS10

### SPECIAL NEEDS--RAINBOW FISH

Learn to swim in a group setting with smaller ratios. Swimmers work on skills that are appropriate for their ability level. New participants may request a free skill assessment prior to registration. 30 min. class. Location: Rooke Pool

Day	Time	Prog. #
<b>Ages: 3-12 yrs.</b>		
TUESDAY	5:00PM	1AQRAINT5
	5:30PM	1AQRAINT530
SATURDAY	1:00PM	1AQRAINS1
	1:30PM	1AQRAINS130
	2:00PM	1AQRAINS2
	2:30PM	1AQRAINS230

### STAGE 6: STROKE MECHANICS

Refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle. Student can effectively/efficiently swim 150 yards any stroke or combination of strokes. 45 min. class.

Day	Time	Prog. #
<b>Ages: 6-12 yrs.</b>		
SUNDAY	9:00AM*	1AQ6YSU9
MONDAY	4:00PM*	1AQ6YM4
WEDNESDAY	4:00PM*	1AQ6YW4
FRIDAY	4:00PM*	1AQ6YF4
SATURDAY	10:00AM*	1AQ6YS10
	6:45PM*	1AQ6YS645

### WINTER BREAK MINI-SESSION

December 26-29

On "stay"cation for Winter Break? It's a perfect time for a mini-session of swim lessons or to take a diving lesson!

Fee: \$51 F, \$86 B (30 min.);  
\$64 F, \$95 B (45 min)

CLASS	AGE	TIME
Stage 1	3-5 yrs.	10:00AM
Stage 1	3-5 yrs.	6:30PM
Stage 2	3-5 yrs.	10:00AM
Stage 2	3-5 yrs.	6:30PM
Stage 3	3-5 yrs.	10:30AM
Stage 3	3-5 yrs.	5:30PM
Stage 4	3-5 yrs.	10:30AM
Stage 4	3-5 yrs.	5:30PM
Stage 1	6-12 yrs.	10:30AM
Stage 2	6-12 yrs.	9:30AM
Stage 2	6-12 yrs.	6:00PM
Stage 3	6-12 yrs.	9:30AM
Stage 3	6-12 yrs.	6:00PM
Stage 4	6-12 yrs.	9:30AM
Stage 4	6-12 yrs.	5:30PM
Stage 4	6-12 yrs.	6:00PM
Stage 5	5-8 yrs.	6:30PM
Stage 5	5-8 yrs.	11:15AM*
Stage 5	8-12 yrs.	11:15AM*
Stage 6	6-12 yrs.	11:15AM*

Fee: \$15 F, \$20 B (30 min.)

### LEARN TO DIVE

6+ yrs. 4:00PM, 12/27

### INTERMEDIATE DIVING

6+ yrs. 4:00PM, 12/29

## FREE SAFE AROUND WATER EVENT

4:00-5:00PM, December 2

Learning to be safe around water is a life skill and this program is designed to build confidence and competence. The basic water safety skills that are developed in this program are already a part of the YMCA Swim Lesson curriculum. Activities are in and out of pool -- wear your bathing suit!

**CONTACT:** Aquatics Director, Rob Faggiano • 908-301-9622 x276 • rfaggiano@westfieldynj.org  
Assistant Aquatics Director, Sharon London • 908-301-9622 x253 • slondon@westfieldynj.org



## » YOUTH-TEEN AQUATICS

### CLASS POLICIES

**MAKEUP POLICY:** Makeups are not always available and are only considered with a doctor's note. This is due to class ratios and our commitment to consistency and quality of lessons.

**CLASS LEVEL:** Please select carefully at registration as classes fill quickly. Free swim level assessments are offered; please ask any aquatics staff member. Child must meet listed min. age requirements by first day of class.

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

**BRING/WEAR:** Bring a towel. Students must wear a properly-fitting bathing suit. Goggles are suggested, and strongly recommended for Stage 2 level and higher. Students with long hair should tie hair back or use a swim cap. Children who are not toilet trained, or newly toilet trained, are required to wear a swim diaper.

### DIVING LESSONS

**Fee:** \$15 F, \$20 B (30 min.); \$30 F, \$40 B (45 min.) **Location:** Wallace Pool

#### Learn To Dive (Ages 6+)

For the first-time diver who has either never tried diving or needs to develop the skill of entering the pool hands first.

#### Intermediate Diving (Ages 6+)

For the swimmer who can do a basic dive and wants to improve form and learn to use the starting block.

#### Starts And Turns (Ages 8+)

Improve diving starts and quick turns off the wall. Prerequisites: Shark level or above, dive correctly off starting block, front roll in the water.

### INDIVIDUAL & DUAL SWIM LESSONS

**Ages:** 5 Years-Adult **Class time:** 30 minutes

**Fee: Individual 4 classes:** \$170 F, \$195 B, \$255 NM;

**Dual 4 classes:** \$220 F, \$250 B, \$300 NM

Intended for children or adults looking to practice or refine a skill, or to reach a specific goal. These lessons are intended to supplement, not replace, a group lesson. For information, contact Rob Faggiano.

### Y LIFEGUARD CERTIFICATION COURSE

Gain the knowledge, skills and certification to be a lifeguard and professional rescuer! This comprehensive course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool maintenance basics, and information on how to get a job as a lifeguard. Learn how to anticipate and prevent problems before they occur and take action to help those in danger in pool, lake, river, surf, and waterpark environments.

This Course also includes the American Safety and Health Institute (ASHI) Basic Life Support (BLS), First Aid, and Emergency Oxygen Administration Certification. Passing a physical skills test is required before registering for Course. Contact Rob to schedule. Physical Skills Test must be completed by 12/23.

**Course:** 12/27, 28, 29 **Time:** 9:00AM-4:00PM **Prog. # (session: 2017):** 1AQLGWINTER

**Physical Skills Test Fee:** \$20 Full Member, Non-Member **Course Fee:** \$325 Full Member, \$375, Non-Member

100% attendance is required. Must be at least 16 years of age by the last day of the course. All fees are non-refundable. Register at the Welcome Center. Questions? Contact Rob Faggiano at rfaggiano@westfieldynj.org

**WAIT LIST:** If a class is full, please ask the Welcome Center to add your child to the wait list as a spot may become available. A child cannot be on a wait list and registered for the same level class at another time simultaneously unless you intend to take both classes.

**LIGHTNING POLICY:** Pools close in the event of thunder and/or lightning and will reopen 30 minutes after the last event. If a closure occurs during a class, safety skills are taught outside the pool area for the remainder of the lesson.

**WATER QUALITY POLICY:** In the event of contamination, the pool will be closed for up to 24 hours. Please have your child use the bathroom before entering the pool area to help prevent this occurrence.

	Learn to Dive 5:30-6:00PM	Intermediate Diving 6:00-6:30PM	Starts and Turns 5:45-6:30PM
10/29	1AQLEARN1029	1AQINTERM1029	
11/5			1AQSTART115
11/12	1AQLEARN1112	1AQINTERM1112	
11/19			1AQSTART1119
12/3	1AQLEARN123	1AQINTERM123	
12/10			1AQSTART1210
12/17	1AQLEARN1217	1AQINTERM1217	

**Note:** See page 14 for Winter Break Diving Classes!

### NEW! AQUATICS LEADER

**Ages 12-15**

Learn first aid skills and how to recognize and assist in emergencies in and around the water. This leadership program has both classroom and water time and develops communication and leadership skills. Aquatics Leaders receive 10% off a future Lifeguard Certification Course.

**Course:** 11/5, 11/12 and 11/19

**Time:** 3:00-5:00PM

**Fee:** \$150 F, \$180 B

**Prog. #:** 1AQLEADERNOV

## » COMPETITIVE AQUATICS

### WATER POLO

**Ages:** 10-18

Players work intensively on passing, shooting, basic game play and game situations. Must be an intermediate to advanced swimmer proficient in all four strokes and have some knowledge of competitive swim or water polo. Season is September-February.

### DEVELOPMENTAL PROGRAMS

**Ages:** 6 - 8 years

This pre-competitive program is designed for stroke development. Swimmers have the opportunity to participate in the Devilfish Classic. Swimmers must know 3 of 4 strokes and be able to swim 4 continuous laps. Season is September-February. For more information, visit [www.wydevilfish.org](http://www.wydevilfish.org).

### DEVILFISH SWIM TEAM

**Ages:** 6 - 18 years

This competitive team competes in USA Swimming and YMCA Swimming in dual and invitational meets. Swimmers who meet qualifying standards have the option of participating in regional and national meets. Team is composed of approx. 230 swimmers: girls teams and boys teams. Practice is 4-6 times/week. Parent involvement is expected. Season is September-February. For more information, visit [www.wydevilfish.org](http://www.wydevilfish.org).

**Devilfish Classic is Sunday, 10/15**

**Note:** The Wallace Pool and the Gym are closed.

**CONTACT:** Aquatics Director, Rob Faggiano • 908-301-9622 x276 • rfaggiano@westfieldynj.org

Assistant Aquatics Director, Sharon London • 908-301-9622 x253 • slondon@westfieldynj.org

Competitive: Greg Hatzisavvas, Senior Director Wellness and Member Engagement • x251 • ghatzisavvas@westfieldynj.org

# YOUTH-TEEN DANCE »

## DANCE ACADEMY

Our experienced dance instructors teach students of all abilities and skill levels ages 3 years through adult to embrace the art of dance in a warm and nurturing environment. Our students develop creativity and technique while becoming well-rounded and confident dancers.

Our fully-renovated, approximately 1,700 square foot dance studio space is located at the Garwood Family Center YMCA, 500 East Street. The studio features a Marley floor, height-adjustable dance bars, mirrored walls, new lighting, and a professional sound system. There is also a separate seated viewing area for parents and caregivers with a floor-to-ceiling glass wall.

With the exception of Little Movers (see below) Dance Academy classes are a 15 week session: 9/11-12/23 (no class 11/23 for Thanksgiving or 11/25)

Fee: \$185 F, \$260 B (1 class/wk.); \$295 F, \$400 B (2 classes/wk.); \$388 F, \$530 B (3 classes/wk.)

### LITTLE MOVERS

Prerequisite for beginner students ages 3-5.

Be introduced to the wonders of dance through creative movement. Explore ways the body can move in space by incorporating props, levels & exciting themes. Learn to stretch and perform basic dance terminology while moving to the beat of the music. Comfortable clothes are required. Ballet shoes or bare feet.

Fee: 7-week session: 11/4-12/23 (no class 11/25) \$70 F, \$105 B



### MINI BALLET & TAP

Proper ballet technique such as feet, leg, and arm positions as well as basic terminology is introduced. In Tap, learn to develop rhythm and patterns with your feet. Ballet, 30 min. Tap, 30 min. Ballet and tap shoes are required.

### MINI JAZZ & HIP HOP

The elements of Jazz such as balance, flexibility, and coordination are introduced. In Hip Hop, learn high-energy and fun choreography to age-appropriate music. Jazz, 30 min. Hip Hop, 30 min. Jazz shoes and clean sneakers are required.

### BALLET & MODERN NOVICE

The student is engaged in classical ballet by learning terminology, barre work, adagio and across the floor exercises. Horton, Limón, Graham, and Taylor techniques are introduced in Modern. Ballet, 35 min. Modern, 35 min. Ballet shoes, leotard, and tights are required.



### JAZZ & HIP HOP NOVICE

Get engaged in today's high-energy, popular and technically-based choreography! Learn proper stretching, progressions of across-the-floor skills, and Hip Hop techniques. Jazz, 35 min. Hip Hop, 35 min. Jazz shoes and clean sneakers are required.

### TAP NOVICE/INTERMEDIATE

The elements of Tap such as rhythm, style and sound are introduced and developed. Students learn a variety of tap styles from Broadway to Rhythm Tap. Exercises focus on building flexibility of the knee and ankles, coordination, intricate sounds, and speed of movement. Comfortable clothes and tap shoes are required.

### BALLET & MODERN INTERMEDIATE

The student further develops their classical ballet knowledge by learning more advanced barre work, adagio, and across the floor exercises that incorporate intricate feet, leg, and arm technique. In Modern, creative expression, contemporary music, and the use of one's own body weight are explored. The modern techniques of Horton, Limon, Graham, and Taylor are further developed. Ballet, 35 min. Modern, 35 min. Ballet shoes, leotard, and convertible tights are required.

### JAZZ & HIP HOP INTERMEDIATE

The student further develops proper stretching technique, across the floor progressions, and hip hop techniques such as popping, locking, and breaking. This is a high-energy, technically-based class inspired by today's hottest choreographers, music videos, and TV shows! Jazz, 35 min. Hip Hop, 35 min. Jazz shoes and clean sneakers are required.

### MUSICAL THEATRE INTERMEDIATE

Expand your stage presence and performance techniques through singing, acting, and dancing. Learn classical vocal techniques, reenact scenes and learn choreography from multiple theatrical performances and Broadway shows while improving improv skills. Comfortable clothes and sneakers are required.

» For Adult Classes, see page 5.

» For Dragonfly Let's Move and Dance for Young Adults, see page 10.

Class	Age	Day	Time	Prog. #
<b>LITTLE MOVERS</b>				
	3-5 years	Saturday	8:30-9:15AM	3YDPLMS830
	3-5 years	Saturday	9:15-10:00AM	3YDPLMS915
<b>MINI BALLET &amp; TAP</b>				
	4-6 years	Tuesday	4:30-5:30PM	3YDPMBTT430
	4-6 years	Wednesday	5:00-6:00PM	3YDPMBTTW5
	4-6 years	Saturday	10:00-11:00AM	3YDPMBTS10
<b>MINI JAZZ &amp; HIP HOP</b>				
	4-6 years	Thursday	5:00-6:00PM	3YDPMJHR5
	4-6 years	Saturday	11:00-Noon	3YDPMJHS11
<b>BALLET AND MODERN</b>				
Novice	6-8 years	Tuesday	5:30-6:45PM	3YDPMNT530
Intermediate	9-13 years	Tuesday	6:45-8:00PM	3YDPMIR645
<b>TAP</b>				
Novice/Intermediate	7-13 years	Thursday	6:00-7:00PM	3YDPTAPR6
<b>JAZZ AND HIP HOP</b>				
Novice	6-8 years	Wednesday	6:00-7:15PM	3YPDJHNSW6
Novice	6-8 years	Saturday	12:00-1:15PM	3YPDJHNS12
Intermediate	9-13 years	Wednesday	7:15-8:30PM	3YPDJHIW715
<b>MUSICAL THEATRE</b>				
Intermediate	8-13 years	Thursday	7:00-8:00PM	3YDPMTIR7

CONTACT: Director of Physical Programs, Amanda Aguirre • 908-301-9622 x258 • dance@westfieldynj.org

## SPORT DEVELOPMENT PROGRAMS

Your child has the opportunity to progress at their own pace within a sport. We emphasize teamwork, individual development, and most of all...fun! We focus on the life lessons to be learned from sports, and coaches strive to instill positive self-image in each player.

**Fee:** \$68 F, \$113 B (30 min.); \$85 F, \$130 B (45 min.)  
Thurs.: \$60 F, \$100 B (30 min.); \$75 F, \$115 B (45 min.)

**Note:** Children age 9 and under must be signed in/out. For classes age 3+, children must be 100% potty-trained and age 3 by first class.

### Rookie (ages: 3-5)

Learn the basic eye/hand/foot skills to prepare you for the sport. No experience necessary!

### Junior (ages: 3-5)

Build upon the skills learned in "Rookie" or in our sports leagues. By instructor recommendation.

### Developmental (ages: 6-8)

Children with little or no experience in the sport. Skills are developed and game situations are introduced.

### All Star (ages: 6-8)

Build on skills learned in "Developmental." Strategy is implemented in game situations. By instructor recommendation.



### FENCING

**Ages:** 7-13 years

Referred to as "physical chess," fencing improves hand-eye coordination, flexibility, and overall fitness. Equipment is provided. Advancement is by instructor recommendation.

**Fee:** \$90 F, \$170 B

**Location:**  
Bauer Branch

Level	Day	Time	Prog. #
Beginner/Interm.	Friday	4:00-5:00PM	2YFENCEB14
Interm./Advanced	Friday	5:00-6:00PM	2YFENCEIA5

Class	Day	Time	Prog. #	Location
<b>TENNIS</b>				
Developmental	Tuesday	4:00-4:45PM	1YPTENNISDVT	Main Y Gym
<b>SPORTS SAMPLER</b> (explore a variety of sports weekly)				
Rookie	Thursday	10:30-11:00AM	2YPSPORTRKW	Main Y Gym
Rookie	Thursday	2:35-3:20PM	2YPTSPORTRKR	Bauer Branch
<b>T-BALL</b>				
Rookie	Tuesday	2:35-3:20PM	2YPTBALLRKT	Bauer Branch
Rookie	Saturday	9:35-10:20AM	1YPTBALLRKS	Main Y Gym
Junior	Saturday	9:35-10:20AM	1YPTBALLJRS	Main Y Gym
<b>SOCCER</b>				
Rookie	Wednesday	2:35-3:20PM	2YPSOCRKW	Bauer Branch
Rookie	Saturday	8:45-9:30AM	1YPSOCRKS	Main Y Gym
Junior	Saturday	8:45-9:30AM	1YPSOCJRS	Main Y Gym
Developmental	Thursday	4:00-4:45PM	1YPSOCDVR	Main Y Gym
<b>BASKETBALL</b>				
Rookie	Saturday	10:30-11:15AM	1YPPBALLRKS	Main Y Gym
Junior	Saturday	10:30-11:15AM	1YPPBALLJRS	Main Y Gym
Developmental	Monday	4:00-4:45PM	1YPPBALLDVM	Main Y Gym
Developmental	Saturday	11:15-Noon	1YPPBALLDVS	Main Y Gym
All Star	Monday	4:45-5:30PM	1YPPBALLASM	Main Y Gym
All Star	Saturday	11:15-Noon	1YPPBALLALS	Main Y Gym
<b>NEW! SILLY GAMES</b> (Get moving with games like tag & relays)				
Rookie	Thursday	10:00-10:30AM	1YPSILLYRKR	Main Y Gym

## TAE KWON DO – GEDMAN'S BLACK BELT ACADEMY OF THE WESTFIELD AREA YMCA

**Ages:** 4-17 years (for ages 18+, see page 5)

This martial art focuses on physical and personal development. Students develop strength, flexibility, confidence and self-esteem while developing overall physical fitness. Tae Kwon Do instills discipline, honor, self-control, respect, courtesy and perseverance. Students of all ages can apply the lessons learned to maintaining their personal safety.

Each class is led by a team of certified ATA (American Taekwondo Association) instructors, under the leadership of 5th degree black belt Chief Instructor Pamela Gedman.

Classes are available for beginners through 4th degree black belts. Beginner students are required to attend the Intro class before beginning rank-specific training. Uniform is not required for the Intro class. No annual commitment or contract is required. Rank advancement ceremonies are held on-site four times a year.

**Location:** Bauer Branch **Note:** No class 11/18 or 12/2 (testing).

**Fee:** Intro: \$73 F, \$118 B; (1 class/week): \$113 F, \$170 B  
Unlimited Session (belt level plus Protech): \$160 F, \$225 B

**Note:** 5% discount for additional family members

BELT/CLASS	DAY	TIME	PROG. #
Intro	Saturday	9:30-10:00AM	2YPTAEINTROS
White-Yellow	Wednesday	5:15-6:00PM	2YPTAEW515
White-Yellow	Saturday	10:00-10:45AM	2YPTAES10
Camo-Blue	Wednesday	6:00-7:00PM	2YPTAEW6
Camo-Blue	Saturday	10:45-11:45AM	2YPTAES1045
Red-Brown	Wednesday	7:00-8:00PM	2YPTAEW7
Brown-Black	Saturday	11:45AM-12:45PM	2YPTAES1145
Black	Thursday	6:30-7:30PM	2YPTAER630
Protech Training	Monday	6:45-7:30PM	2YPTAEUNLIM

**CONTACT:** Director of Physical Programs, Amanda Aguirre • 908-301-9622 x258 • [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org)



# YOUTH-TEEN SPORTS & FITNESS »

## SPEED SCHOOL

**Ages: 7-14 years**

Athletes can improve agility and coordination while gaining speed and power through these age-appropriate elite training methods. Skills gained in the Speed School will transfer into all sports!

**Fee:** \$100 F, \$140 B      **Location:** Bauer Branch

Level	Day	Time	Prog. #
Beginner	Tuesday	6:00-7:00PM	2YPSPEED6
Advanced	Tuesday	7:00-8:00PM	2YPSPEED7

## YOUTH YOGA

**Ages: 8-14 years**

Be empowered and inspired. Together with friends gain flexibility and strength while improving mindfulness. Join us for laughter, sharing and discovery!

**Day/Time:** Saturday, 11:30AM-12:15PM      **Prog. #:** 1APYOUYOGAS  
**Fee:** \$78 S, \$117 P      **Location:** Kellogg Rm.

## CLIMBING

Develop body strength, decision-making, communication skills and confidence by climbing our indoor rock wall. Sneakers required.

**Fee:** \$80 F, \$120 B

**Location:** Main Y Gym

Age	Day	Time	Prog. #
4-6 years	Friday	4:00-4:45PM	1YPCLIMBF400
7-10 years	Friday	4:45-5:30PM	1YPCLIMBF445

## INTRO TO STRENGTH TRAINING

**Ages: 10-14 years**

Young athletes are educated in proper lifting form, as well as foundational strength exercises, light aerobics, and injury prevention techniques. Register for one or two days per week.

**Fee:** \$50 F, \$80 B (1 day); \$80 F, \$145 B (2 days)

**Location:** Main Y Gym

Day	Time	Prog. #
Monday	4:45-5:45PM	1ASINTROM445
Tuesday	4:00-5:00PM	1ASINTROT400
Wednesday	4:45-5:45PM	1ASINTROW445
Thursday	4:00-5:00PM	1ASINTROR400

» **PRIVATE LESSONS!** Our experienced, dedicated coaches work one-on-one to improve skills and confidence in various sports including Tennis, Basketball and more! Contact Amanda for details.

## FLYERS TRACK CLUB

### FLYERS TRACK CLUB

The Westfield Area Y Flyers Track Club is a year-round track & field and cross-country team offering USATF-certified coaching and specific event technique instruction for over 700 athletes in grades 2-8. The Flyers is a USATF-certified club with developmental and competitive programs in Westfield and Cranford that provides a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitor.

### FLYERS OFF-SEASON CONDITIONING

**Ages 7-14**

Be stronger and faster for the upcoming season! Work with Flyers coaches and Y personal trainers. Contact Xavier Munden for details.

### FLYERS PRIVATE LESSONS

USATF-certified coaches train athletes one-on-one to excel in any event. The focus is on individual needs and goals emphasizing skill development, precise form & mechanics and personal conditioning. Video analysis is used to analyze details and progress for success! Parents must stay for entire private lesson and are encouraged to stay for small group lessons (also available). 60 min. sessions.

Package	Fee	Prog. #
Five	\$275	1SLTRACKPR5
Ten	\$500	1SLTRACPR10



**CONTACT:** Director of Physical Programs, Amanda Aguirre • 908-301-9622 x258 • [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org)

**Flyers:** Associate Director of Physical Programs, Xavier Munden • 908-301-9622 x256 • [xmunden@westfieldynj.org](mailto:xmunden@westfieldynj.org)

## PRESEASON BASKETBALL CLINICS

**Session 2: 10/22, 10/29, 11/5**

This 3-week clinic prepares young athletes for our Winter Basketball Leagues! Y staff teaches and builds on fundamental skills that are then used in guided game-play situations. Clinic participants receive 10% off Winter Basketball League. Max. of 25 players/clinic.

**Location:** Main Y Gym

### Ages 4-5

No experience necessary. Focus on the basic skills of dribbling, shooting, passing and conditioning.

**Prog. #:** 1SLBCLINIC452

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

**Fee:** \$55 F, \$75 B

### Ages 6-7

30 minutes of skill development at various stations including dribbling, shooting, passing and conditioning plus 30 minutes of guided scrimmage.

**Prog. #:** 1SLBCLINIC672

**Time:** 11:30AM-12:30PM

**Fee:** \$65 F, \$85 B

### Ages 8-9

30 minutes of skill development and offensive strategies such as "setting a pick" plus 30 minutes of guided scrimmage.

**Prog. #:** 1SLBCLINIC892

**Time:** 12:45-1:45PM

**Fee:** \$65 F, \$85 B

### Ages 10-14

30 minutes of skill development and offensive strategies such as "setting a pick" plus 30 minutes of guided scrimmage.

**Prog. #:** 1SLBCLINIC102

**Time:** 2:00-3:00PM

**Fee:** \$65 F, \$85 B

## WINTER BASKETBALL LEAGUES

Volunteer coaches teach basic skills and game play in this co-ed instructional league. Schedules are available once registration ends. Register online or at the Welcome Center. Interested volunteer coaches should contact Amanda Aguirre.

### KINDERGARTEN-1ST GRADE LEAGUES

Everyone plays in these instructional leagues grouped by grade. Boys and girls learn basketball skills, team play and sportsmanship. Registration closes 11/20 or when maximum capacity is reached. No leagues 12/24-1/1.

AGE/GRADE	DESCRIPTION	TIME FRAME	LOCATION	BEGINS	FEE	PROG. #
Kindergarten	25 min. practice, 35 min. game	Sun., 12:30-7:30PM	Bauer Branch	12/10	\$95 F, \$120 B, \$145 NM	1SLBBKF
1st Grade	40 min. practice, 1 hour game	Sat., 1:15-7:15PM or Sun 9:30am-12:30pm Tues., Wed., or Thurs., 6:00 or 7:00PM	Bauer Branch Main Y Facility	12/10	\$115 F, \$135 B, \$155 NM	1SLBB1

### 2ND GRADE LEAGUE

Guidelines have been updated to add structure to team play so athletes better learn the flow of a basketball game. Teams will execute man-to-man and zone defenses. Athlete evaluations in the skill areas of shooting, passing and dribbling will be held between 6:00-8:00PM -- Boys on 11/21, Girls on 11/28. Teams will be formed after evaluations.



This league is 40 min. practice on Saturday between 2:00-4:00PM and a 1 hr. game between 5:00-7:00PM on Tues., Wed. or Thurs. at the Main Y. Practices begins 12/9, Games begin 12/12. Coaches are asked to attend the Coaches Clinic (see below) to prepare for evaluations and new league guidelines.

**Fee:** \$110 F, \$130 B, \$150 NM

**Prog. #:** 1SLBB2B (Boys) 1SLBB2G (Girls)

### 3RD & 4TH GRADE MINI-TRAVEL LEAGUE

This co-ed league practices Monday between 5:45-7:30PM and/or Friday between 6:00-7:30PM at the Main Y Facility. Games and playoffs are full-court play with certified officials at the Westfield Area Y, the Fanwood-Scotch Plains Y and the JCC in Scotch Plains on Sunday afternoons. Schedules will be given out at beginning of season. Register by 11/13. Practice begin 11/20. Games begin 12/10.

**Fee:** \$115 F, \$135 B, \$170 NM

**Prog. #:** 1SLBB3&4

### WINTER TRAVEL BASKETBALL

**Ages:** 10-14

**Tryouts: 2:00-4:00PM, Saturday 10/14. Bring a copy of the player's birth certificate for the Y to keep.**

NJ Travel Basketball League is a competitive full-court play league with certified referees.

Games are primarily on the weekends with Friday night home games. Practice schedules are available after tryouts. Season is November-March and ends with a double elimination tournament.

Each team will have no more than a 12 person roster. 12 & Under team players must be born on or after 9/1/05. 14 & Under team players must be born on or after 9/1/03. Y membership required prior to tryout. No credits or refunds. Team jersey included.

**Fee:** \$300/player

### VOLUNTEER COACH CLINICS

**Kindergarten-1st Grade: 6:00-7:30PM, 11/29 in Main Y Gym • 2nd Grade: 6:00-7:30PM, 11/20 in Rm. 109**

Volunteers who give time and talent as youth sports coaches have a positive impact on our young athletes and help them develop relationships and a sense of achievement. This free clinic will get you ready to coach for success! No registration required.

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

## YOUTH-TEEN SPORTS & FITNESS »

### FREE 7<sup>TH</sup> GRADE INITIATIVE

The Westfield Area Y, in partnership with UnitedHealthcare, offers all 7th graders in our service area of Cranford, Garwood, Mountainside & Westfield FREE physical, nutritional, and educational opportunities, and a complimentary Westfield Area Y limited pre-teen program plus membership for the school year. The program includes:

- Free membership with use of exercise equipment, open swim and gym time
- Five one-on-one orientations with a strength trainer — complete all five and get a free shirt!
- Pre and post-fitness testing (call to schedule)
- Access to Friday night teen nights
- Family fitness lectures and events
- Free classes including, Intro to Strength Training and Fencing
- Togetherhood projects (community service)
- Access to more classes & programs at member rates

The goal of this program is to increase the awareness and role of exercise and nutrition in students' lives. More than 400 students participated this past school year. Register at the Main Y Welcome Center. See our website for details and events.

**Kick-Off Event!**

**6:30PM  
October 26  
Main Y Gym**

## PRE-TEEN/TEEN LEADERSHIP & RECREATION »

### LEADERSHIP

#### LEADERS CLUB

Grades 6-12

This club is for teens committed to making a difference, both locally and globally. Leaders volunteer at the Y and in the community.

Leaders Club subscribes to these tenets: Personal Challenge, Social Development, Leadership Skill Acquisition and Service to the Community. Fee is for the school year and includes shirt and snacks.

**Day/Time:** Alt. Tues., 7:00-8:00PM

**Location:** Main Y Facility

**Fee:** \$25 F

**Prog. #:** 1TNLEADERS



### YOUTH AND GOVERNMENT

Grades 9-12

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 April 2018. Registration is held at the high schools.

### ACHIEVERS PROGRAM

Grades 9-12

This free program includes Math and English tutoring prep for the SAT and ACT tests, volunteer & community service projects and weekly skills development workshops. Available to all Union County students in collaboration with the Plainfield YMCA and the Fanwood-Scotch Plains YMCA.

Contact: Janice A. Carthens at x 227 or [jcarthens@westfieldynj.org](mailto:jcarthens@westfieldynj.org).

### RECREATION

#### 5<sup>TH</sup> GRADE DANCE PARTIES

Hang out with friends or mix with new ones! Our DJ team will spin great music, run games, and have plenty of giveaways. A 5th Grade Event Form with parent signature required (one form is valid for school year).

**Dates:** 10/20, 11/3, 12/15

**Time:** 7:30-9:30PM

**Location:** Bauer Branch

**Fee:** \$8 in advance (by 3:30PM) or

\$10 at door.

Drinks/snacks available, \$1 each

#### FRIDAY TEEN NIGHTS

Grades 6-12

Enjoy a night of sports, swimming and other activities supervised and encouraged by Y staff. Teen Night is not offered on Teen Dance or special event nights or when school is closed. Begins 10/13.

**Day/Time:** Friday, 8:20-10:20PM

**Location:** Main Y Facility

**Fee:** Free F, \$3 B, \$5 NM

### TRIPS

Ski/Snowboard trips to be announced for the January-March season at Montage, Camelback, Belleayre and Blue Mountains. Families are welcome! Fee includes lift ticket, coach bus and chaperones.



**CONTACT:** Camp & Youth/Teen Director, Marty Collett • 908-301-9622 x405 • [mcollett@westfieldynj.org](mailto:mcollett@westfieldynj.org)



We believe the values and skills learned early on are vital building blocks for life. When our young people feel safe and secure they make smarter life choices in the future. They begin to explore unique talents and interests, and grow into independent, self-confident, inquisitive and enthusiastic learners. This makes for confident kids today and contributing and engaged adults tomorrow.

## Creative Curriculum®

All child care education follow this nationally-recognized framework rooted in educational philosophy and theory as well as in practice. The Curriculum is composed of six core learning areas and takes into account individual interests, how each child personally develops and the learning environment.

Our infant through full-day kindergarten programs at our Westfield locations are accredited by the National Association for the Education of Young Children. To learn more, visit our website or [naeyc.org](http://naeyc.org).



## EARLY LEARNING

These programs strengthen families and boost youth development by offering infants, toddlers, preschoolers, and their families a safe and healthy place to learn foundational skills, develop relationships and build self-reliance through character development and a structured curriculum.

Children need to have time to play, make choices, problem solve and have fun. With so many demands on today's families, the Y recognizes that our parents, guardians and caregivers need a reliable high-quality program in which they can be confident that their child is realizing their full potential. And, children need an environment that responds to individual needs and development while maintaining a safe and healthy atmosphere. Our programs are led by experienced and caring staff and we encourage parent involvement.



## FULL DAY CHILD CARE

### INFANT (ages 6-17 mos.) and TODDLER (ages 18-29 mos.)

- Our day: centers (including floor activities with manipulative, art and sensory experiences), breakfast/snacks/lunch, nap, indoor/outdoor physical time, circle time.
- Learning areas: infants develop sense of self, learn basic skills and how to socialize. Toddlers learn self-help skills, engage in active and quiet activities, sharing, caring and using language to express wants and needs.

#### Programs:

7:00AM-6:00PM (or 6:30PM)

2-5 days/week at Early Learning Center



## FULL DAY CHILD CARE and HALF DAY and FULL DAY PRESCHOOL (ages 2 ½ - 5 yrs.)

- Our day: balance of active and quiet times with minimum transitions, centers (including exploration and hands-on learning with art, dramatic play, building, nature and quiet areas), small-group theme-based activities, snack, story, music and movement (indoor/outdoor).
- Learning areas: children become active and creative explorers while developing good habits and positive attitudes. Curriculum areas include literacy, math, science, arts, technology and social/moral/spiritual development.

<b>Twos, Threes, Fours:</b>	7:00AM-6:00PM (or 6:30PM)	2-5 days/week at Early Learning Center and Garwood Family Center Y
<b>Twos, Threes, Fours:</b>	8:30-11:30AM or 12:00-2:30PM*	2-5 days/week at Bauer Branch
<b>Threes &amp; Fours:</b>	8:45-11:15AM or 8:45AM-2:30PM	3 or 5 days/week at Garwood Family Center Y

**\*NEW! Lower rates for afternoon preschool classes.**



## PRESCHOOL ENRICHMENTS

Each of our early learning program locations offer additional opportunities for kids to grow and thrive (varies by location).

- Lunch-time enrichments: one hour of exciting and fun activities
- Extended enrichments: opportunities for a budding scientist, artist, tumbler, dancer or chef, to explore!—playground/gym and snack time included.
- Swim, sport and play: the Main Y facility offers opportunities throughout this program guide!

Located at Early Learning Center and Bauer Branch

## KINDERGARTEN FULL DAY AND WRAPAROUND

Our programs follow the public school calendar and expand upon the incorporated public school curriculum.

- Our day: daily interactive experiences with math, literacy, science and social studies using the Creative Curriculum®, Handwriting Without Tears® and Everyday Mathematics® program. Through both large and small group lessons, students develop new skills, express thoughts and ideas, ask questions, solve problems and make discoveries. Specials include gym, music, art, Spanish and/or a 30-minute swim lesson (varies by location).
- Learning areas: language arts, science, social studies, gym, art, music, technology, Spanish and math.

Full Day Kindergarten:  
8:30AM-2:30PM (or 3:05PM) 5 days/week at Bauer Branch

Kindergarten Wraparound:  
7:00AM-12:25PM 5 days/week at Main Y



## SCHOOL AGE CHILD CARE

### Ages: Kindergarten-Grade 8

Our provide a fun, active and nurturing learning environment for students before and after school. Our structured program provide parents with the convenience and peace-of-mind of knowing their child is learning, safe and supervised.

- Our day: free choice, homework time, small group & individual activities, project time, large group, indoor/outdoor activity and a healthy snack.
- Learning areas: arts & humanities, character development, health, wellness & fitness, homework assistance, literacy, science & technology, service learning and social competence & conflict resolution.
- In Club Mid, Middle School student have further opportunity for personal development, to progress academically and to develop independence. Students take walking trips to town and participate in team building and student-initiated service learning projects.



<b>Kindergarten Wraparound</b>	7:00AM-12:35PM	3 or 5 days/week at Main Y
<b>Kindergarten-Grade 5:</b>	7:00-8:45AM & 3:00-6:00/6:30PM	2-5 days/week at Garwood Family Center Y
<b>Kindergarten-Grade 5:</b>	7:15-8:20AM and/or 3:00-5:00/6:00PM	2-5 days/week or drop-in at Mountainside Schools
<b>Grade 1-5:</b>	7:00-8:45AM & 3:00-6:00/6:30PM	2-5 days/week at Main Y & Westfield Schools
<b>Grade 6-8 (Club Mid):</b>	3:00-6:00PM	2-5 days/week at Roosevelt School

## FLEXIBLE CARE

### SCHOOL VACATION DAYS and INCLEMENT WEATHER PLANS

Students in Kindergarten-Grade 5 currently enrolled in our programs have the option of registering to join us when school is closed.

### DROP-IN

Preregister for this unique, dependable, and flexible program and your child ages 2½-5 years can enjoy a fun and stimulating environment while you run errands or just enjoy a little "me" time! Program includes Kindergarten-Grade 5 when Garwood Schools are closed. Participants enjoy social interaction, free play, art, music, group games, independent center time and physical activities to engage spirit, mind and body. Available by the hour or day 7:00AM-6:00PM weekdays at the Garwood Family Center Y.

### KIDS CLUB BABYSITTING

Enjoy your workout knowing your child is in good hands and engaged in fun and learning! See page 3 for details.

## LOCATIONS AND CONTACTS

### ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

#### HALF-DAY PRESCHOOL, FULL-DAY KINDERGARTEN, ENRICHMENTS

422 E. Broad St., Westfield

Maria Nierstedt, Site Director • 908-317-9622 x423 • mnierstedt@westfieldynj.org

### EARLY LEARNING CENTER YMCA

#### FULL-DAY CHILD CARE

170 Elm St., Westfield

Eileen Rooney, Director • 908-654-8460 • erooney@westfieldynj.org

### MAIN FACILITY

220 Clark St., Westfield

### SCHOOL AGE CHILD CARE

#### (K-GRADE 5, WESTFIELD)

Carolyn White Bartolick, Director • 908-301-9622 x248 • cwhite@westfieldynj.org

Melinda McHale, Assoc. Director • 908-301-9622 x273 • mmchale@westfieldynj.org

### SCHOOL AGE CHILD CARE

#### (GRADES 6-8, WESTFIELD, and K-GRADE 5, MOUNTAINSIDE)

Marty Collett, Director • 908-317-9622 x405 • mcollett@westfieldynj.org

### GARWOOD FAMILY CENTER YMCA

#### FULL-DAY CHILD CARE, FULL-DAY AND HALF-DAY PRESCHOOL,

#### SCHOOL-AGE CHILD CARE, DROP IN

500 East St., Garwood

Shannon McGillis Jackson, Director • 908-301-1616 • smcgillis@westfieldynj.org



Healthy U is a collaborative partnership between the New Jersey YMCA State Alliance and the

Horizon Foundation for New Jersey with the goal of combating childhood obesity through nutrition education, physical education and family involvement. The Westfield Area Y is proud to incorporate Healthy U in school age and preschool programs.

### Diversity & Inclusion Policy

The Y is made up of diverse people working side by side to strengthen our communities. Together, we work to ensure everyone, regardless of race; creed; color; national origin; ancestry; age; marital, civil union or domestic partner status; gender, gender identity, sexual orientation or expression; disability; income; genetic trait or other unique personal characteristics, has the opportunity to live life to its fullest.



# WESTFIELD AREA YMCA

220 Clark Street  
Westfield, NJ 07090  
908-301-9622  
www.westfieldynj.org



westfieldareay



westfieldareaymca

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

## OUR MISSION

The Westfield Area YMCA 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.



Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923. Financial assistance is available.



The Westfield Area YMCA is a member agency of the Westfield United Fund.

**FREE** and open to the community!

# WELLNESS WEDNESDAYS

Every Wednesday 11/22-12/20.

For schedule of free group exercise classes, TRX® classes, water exercise classes, and open gym/swim/racquetball times, contact the Welcome Center or visit [www.westfieldynj.org](http://www.westfieldynj.org)



## **\$42** **COLLEGE BREAKS** **MEMBERSHIP** **SPECIAL**

Enjoy the Y for both of your Thanksgiving and Winter breaks for only \$42! Register anytime beginning 11/20 and your membership is valid through 1/31/18. No Joiner's Fee.

