



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WHERE YOU BELONG THIS SUMMER

**Westfield Area YMCA
Summer Session Guide • June 24 – August 25**

PRIORITY REGISTRATION: begins 6:00PM Thursday, 6/7 for Full Members

OPEN REGISTRATION: begins 7:30AM Monday, 6/11 for Basic and Non Members

FACILITIES

MAIN FACILITY

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

MONDAY-FRIDAY 5:00AM - 10:30PM

SATURDAY 6:00AM - 8:00PM

SUNDAY 7:00AM - 8:00PM

CLOSED: WEDNESDAY, JULY 4 (INDEPENDENCE DAY)

ADMINISTRATIVE SUPPORT OFFICES

111 Ferris Place, Westfield • 908-223-8820

ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

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

EARLY LEARNING CENTER YMCA

170 Elm Street, Westfield • 908-654-8460

GARWOOD FAMILY CENTER YMCA

500 East Street, Garwood • 908-301-1616

MEMBERSHIP

FULL MEMBERSHIP PRIVILEGES

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 free group fitness classes and water fitness classes
- Racquetball (reservations requested; equipment provided)
- Kids Club (babysitting) for an additional fee. See pg. 11.
- Fee reduction on classes & programs
- Priority program registration
- 1-hour orientation with a Y Health & Wellness Staff Member

GOLD

- All Silver privileges
- All group fitness classes including Yoga, Pilates and TRX®
- Free Kids Club (babysitting) for ages 1-11 yrs. (fee for infants).
- Includes Men's & Women's Fitness Centers with additional cardio and strength training equipment, towel service, limited laundry service, whirlpool, and sauna - Men's also has steam room.

LIMITED MEMBERSHIP PRIVILEGES

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. \$5 per person.

PRE-TEEN PLUS

- All Program Membership privileges
- Access to Fitness Express Center and racquetball courts.

7TH GRADE INITIATIVE

- Free for school year. See Fall 2018 session guide for details.

BASIC (ADULT)

- Access to one session of designated classes or programs.

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.

MEMBERSHIP and PROGRAM POLICIES

All policies are available in the member handbook, on our website, and at the Welcome Center.

CONTACT: Senior Director Member Services & Quality Assurance, Janice A. Carthens • x227 • jcarthens@westfieldynj.org



SUMMER MEMBERSHIP SPECIALS!

PLUS no Joiner's Fee\$100 value!

Whole Summer, Whole Familyonly \$350
 Whole Summer, Individual Adultonly \$250
 Whole Summer, College Studentsonly \$99

Must not have been a full facility member for the last 60 days.
 Summer memberships end 9/2.

FEES

Full Memberships		Monthly Fee	Joiner's Fee
Family	2 adult Silver	\$90	✓
Family	1 adult Gold/ 1 adult Silver	\$116	✓
Family	2 adult Gold	\$133	✓
Single Parent Family	Silver	\$80	✓
Single Parent Family	Gold	\$112	✓
Adult (age 27+)	Silver	\$61	✓
Adult (age 18+)	Gold	\$89	✓
Senior (age 65+)	Silver	\$46	✓
Senior (age 65+)	Gold	\$68	✓
Senior Family	2 adult Silver	\$69	✓
Senior Family	1 adult Gold/ 1 adult Silver	\$82	✓
Senior Family	2 adult Gold	\$101	✓
Young Adult (age 18-26)	Silver	\$44	--
Teen (age 13-17 or H.S. Student)	Silver	\$25	--

Limited Memberships	Age	Fee	
Basic (Program)	up to age 12	\$135 annual	--
Basic (On The Way)	age 18+	\$60 (session)	--
Pre-Teen Plus	age 10-12	\$15	--
7th Grade Initiative	7th Grade	FREE	--

MEMBER APPRECIATION DAYS

Visit us 7/11 and 8/15 to receive something special.

DOWNLOAD OUR MOBILE APP



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

POOL CLOSINGS: One pool will remain open during annual maintenance beginning Sunday, 8/19 and will reopen Tuesday, 9/4.

For the latest information, visit www.westfieldynj.org or call (908) 301-9622.

ADULT SPORTS & DANCE | HEALTH, WELL-BEING & FITNESS

ADULT SPORTS & DANCE

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 4 times a year.

Location: Bauer Branch

Fee: Unlimited Session: \$170 FG; \$180 FS; **1 Class:** \$120 FG, \$125 FS

Day	Time
Monday	8:30-9:30PM
Wednesday	8:30-9:30PM

Note: 5% discount for additional family members. No class 6/23 or 8/26 (testing). Basic members may register for a single session at Full Silver fee.

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
30 minute	Five	\$170 FG \$175 FS
	Ten	\$305 FG \$315 FS
	Twenty	\$550 FG \$580 FS
45 minute	Five	\$255 FG \$265 FS
	Ten	\$460 FG \$480 FS
	Twenty	\$830 FG \$870 FS
60 minute	Five	\$335 FG \$345 FS
	Ten	\$605 FG \$625 FS
	Twenty	\$1,090 FG \$1,150 FS

TRX® SUSPENSION TRAINING CLASSES

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.

Registration and cancellation instructions at the Welcome Center. New to TRX®? Contact Jean to arrange a free demo!

Fee: \$12 FS, \$15 NM (single class); \$80 FS (8 classes); \$140 FS (16 classes)



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 calendar year.

SUMMER SIZZLER PERSONAL TRAINING SPECIAL

One free personal training session with package of 10, three free sessions with package of 20! Special is valid for new purchases of 45 or 60 minute sessions 7/1-8/31.

DANCE ACADEMY

Ages: 16+

Location: Garwood Family Center YMCA Dance Studio



Next dance session begins in the fall. For class information and schedule, contact Amanda at dance@westfieldynj.org

PILATES & YOGA CLASSES

BEGINNER YOGA

Tone the body and increase flexibility and strength. Explore basic poses and sequences with thorough explanation.
Fee: \$72 FS, B (Wed.) \$81 FS, B (Sat.)

PILATES (MAT)

Improve core strength and balance, increase flexibility, enhance athletic performance and perform daily tasks with greater ease.
Fee: \$81 FS, B (T, AM); \$54 FS, B (PM)

POWER YOGA

Build strength & stamina with flowing yoga poses. Yoga experience is recommended.

YOGA

Appropriate for all levels, blend various styles of yoga breathing, relaxation and postures.
Fee: \$81 FS, B (Wed.: \$72 FS, B.; Sun. \$54 FS, B)



CONTACT: Sports & Dance: Director of Physical Programs, Amanda Aguirre • x258 • aaguirre@westfieldynj.org or dance@westfieldynj.org
Personal Training/Nutrition: Associate Director of Physical Programs, Xavier Munden • x256 • xmunden@westfieldynj.org
TRX®, Pilates & Yoga: Health & Wellness Director, Jean White • x246 • jwhite@westfieldynj.org

ADULT HEALTH, WELL-BEING & FITNESS

ADULT HEALTH, WELL-BEING & FITNESS

GROUP FITNESS CLASSES

ARTHRITIS EXERCISE See page 6.

BAREFOOT FUSION

Strengthen and tone from the ground up! Cardio, strength, core, balance and flexibility training strengthens foot/ankle muscles and your entire body.

BODY BARRE

Ballet-based exercises incorporate stretching and deep core work.

BODY SCULPT

Full body workout improves strength and joint stability using functional moves.

CARDIO, CORE & STRENGTH INTERVALS

Timed segments of these vital fitness elements 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

The best of cardio & strength.

CARDIO BLAST

Cycle, run and jump...Get your heart rate up!

CARDIO STRENGTH H.I.I.T.

High Intensity Interval Training to get your body strong and sculpted.

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 6.

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... Improve memory, balance, and flexibility. Great for beginners, seniors and anyone who loves to dance.

GROUP BOXING

Boxing and martial arts moves pack a punch into each interval.

POUND

Feel like a rock star in this cardio jam session inspired by playing the drums. This full body workout that can be modified for any fitness level.

POWERBOX CIRCUIT

Circuit style training using boxing and kickboxing skills. Handwraps required.

POWERCUT

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

PROJECT HEALTHY BONES See page 6.

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

Challenge your cardio and endurance levels through resistance, intervals, power, plyometrics and endurance training.

SENIOR EXERCISE

Improve cardiovascular endurance, muscular strength, balance and coordination. Also appropriate for new or returning exercisers.


STEP

A great cardio workout using the step.

ZUMBA!®

This Latin inspired dance fitness party works your entire body.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OPEN CYCLE Create Your Own Ride 7:15-8:00AM	POWERCUT 5:45-6:30AM	TRX® & SPIN 5:45-6:45AM	CARDIO KICKBOX 5:45-6:45AM	FITNESS DANCE MEDLEY 8:00-8:55AM	CARDIO BLAST 5:45-6:45AM	EXPRESS SPIN 7:15-7:45AM	
YOGA 8:10-9:05AM ENDS 7/29	SENIOR EXERCISE 8:00-8:55AM CARDIO STRENGTH HIIT 9:10-10:05AM	FITNESS DANCE MEDLEY 8:00-8:55AM ZUMBA! 9:10-10:05AM	SENIOR EXERCISE 8:00-8:55AM BODY SCULPT 8:00-8:55AM	ZUMBA! 9:10-10:05AM BAREFOOT FUSION 9:10-10:05AM	SENIOR EXERCISE 8:00-8:55AM GROUP BOXING 9:10-10:05AM	EXPRESS STRENGTH & CORE 7:45-8:15AM CYCLE 8:15-9:00AM	
BAREFOOT FUSION 8:15-9:10AM	BODY SCULPT 9:10-10:05AM	PILATES INTERMEDIATE 9:10-10:05AM	CARDIO BLAST 9:10-10:05AM	BODY SCULPT 10:10-11:05AM	CARDIO, CORE & STRENGTH INTERVALS 9:10-10:05AM	POWER YOGA 8:00-9:15AM	
BODY SCULPT 9:15-10:10AM	YOGA 10:10-11:05AM ARTHRITIS EXERCISE 10:15-11:00AM	BODY SCULPT 10:10-11:05AM POWER YOGA 11:15AM-12:15PM	BODY SCULPT 9:10-10:05AM YOGA 10:10-11:05AM	PROJECT HEALTHY BONES 10:15-11:15AM 6/28-7/26	YOGA 10:10-11:05AM ARTHRITIS EXERCISE 10:15-11:00AM	BEGINNER YOGA 9:30-10:25AM STEP 9:30-10:20AM R.I.P.P.E.D. 10:30-11:25AM	
DOWNLOAD OUR MOBILE APP FOR REAL-TIME SCHEDULES AND MORE! 	SENIOR EXERCISE 11:15AM-12:10PM TRX® BODY BLAST/CIRCUIT 12:30-1:30PM	ZUMBA! 6:05-6:55PM CYCLE/ABS 7:00-7:55PM	ARTHRITIS EXERCISE 10:15-11:00AM DELAY THE DISEASE 11:05AM-12:00PM	BAREFOOT FUSION 6:00-6:55PM YOGA 7:00-7:55PM	DELAY THE DISEASE 11:05AM-12:00PM SENIOR EXERCISE 11:15AM-12:10PM	TRX® BOOT CAMP 12:30-1:30PM POWER YOGA 6:30-7:30PM	
	CARDIO/CYCLE & SCULPT 6:10-7:05PM DELAY THE DISEASE 6:15-7:10PM	YOGA 7:00-7:55PM PILATES MIXED LEVEL 8:00-8:55PM ENDS 7/31	TRX® BODY BLAST/CIRCUIT 12:30-1:30PM	SENIOR EXERCISE 11:15AM-12:10PM	CARDIO & SCULPT 7:00-7:55PM ZUMBA! 8:00-8:55PM		
	BODY BARRE 7:10-8:05PM		CYCLE/ABS 6:00-6:50PM	BODY SCULPT & CORE 7:00-7:45PM			
	POWER YOGA 7:20-8:15PM POWERBOX CIRCUIT 8:35-9:35PM		POUND 7:45-8:15PM BEGINS 7/11	BEGINNER YOGA 7:15-8:10PM POWERBOX CIRCUIT 8:30-9:30PM			

Note: All classes are free for Full Gold Members. Yoga, Pilates and TRX® fees on page 3.

Key: orange = Weldon Room, red = Kellogg Room

CONTACT: Health & Wellness Director, Jean White • x246 • jwhite@westfieldynj.org

WATER FITNESS CLASSES

Free for Full Members

Water fitness classes provide strength training and cardiovascular benefits for all ages and fitness levels while minimizing stress on joints and muscles. Instructors are all certified in aquatic exercise.

AI CHI

Improve balance, flexibility, and strength in relaxing shallow warm water.

AQUA BOOT CAMP

High intensity interval training, also known as tabata.

AQUA FIT

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

AQUA LITE

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

ARTHRITIS AQUATIC EXERCISE

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

SHA-DEEP

Move, strengthen and stretch in this low-intensity warm-water class. Work in the shallow or deep end of the pool.



ADULT GROUP INTEREST

BRIDGE

Instructor: Robin Gillett, ACBL Ruby Life Master, accredited teacher and tournament director.
Location: Main Y Facility

COMPETITIVE BIDDING

Experienced students incorporate modern techniques and the thinking of today's expert bridge players. Learn the agreements common in the modern game, practice these conventions, and discuss and analyze interesting hands. Optional textbook not included in fee.

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

Fee: \$86 F, \$108 NM

INTRODUCTION TO BRIDGE

The "Cards on the Table" teaching method has you playing from the very first lesson! Optional textbook not included in fee.

Day/Time: Thursday, 12:30-2:30PM

Fee: \$86 F, \$108 NM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ARTHRITIS AQUATIC EXERCISE 8:00-8:45AM	AQUA FIT POWER* 9:20-10:20AM	ARTHRITIS AQUATIC EXERCISE 8:00-8:45AM	AQUA FIT POWER (SHALLOW) 9:20-10:20AM	ARTHRITIS AQUATIC EXERCISE 8:00-8:45AM
AQUA LITE* 8:45-9:25AM	SHA-DEEP 10:30-11:25AM	AQUA LITE* 8:45-9:25AM	SHA-DEEP 10:30-11:25AM	AQUA LITE* 8:45-9:25AM
AQUA FIT* 9:30-10:25AM	AI CHI 11:30-12:15PM	AQUA FIT* 9:30-10:25AM		AQUA FIT* 9:30-10:25AM
ARTHRITIS AQUATIC EXERCISE 10:30-11:15AM		ARTHRITIS AQUATIC EXERCISE 10:30-11:15AM		ARTHRITIS AQUATIC EXERCISE 10:30-11:15AM
		AQUA BOOT CAMP* 8:00-8:55PM		

Key: orange = Rooke; red = Wallace
***Must wear a buoyancy belt (provided) & feel comfortable in deep water.**

ADULT SWIM LESSONS

Ages: 17+

FREE for Full Gold Members

Lessons are 45 min. in the Wallace Pool unless noted. Register for one or more classes at your level.

Fee: \$80 FS, B

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.

Tuesday 8:00PM (Rooke)

Thursday 8:00PM (Rooke)

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 9:00PM

Thursday 8:00PM

SWIM FIT (Advanced)

Challenge yourself with sets expanding technique, endurance and speed.

Tuesday 5:15AM

Wednesday 9:00PM

COMMUNITY PARTNERSHIPS

OVERLOOK MEDICAL CENTER HEALTHY AVENUES VAN

Free for members and the community!

Register directly with Gabrielle Guider at Atlantic Health System, Overlook Medical Center, at (908) 522-2579.

Location: Parked outside Main Y Facility

10:00AM-Noon, Thursday, June 19

Men's health education, and bone density screening.

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 and through coalition partners.

Contact: Bonnie Cohen at x240 or bcohen@westfieldynj.org.

TOGETHERHOOD

Volunteers lead service projects to benefit the community and organizations. Contact Bonnie Cohen at x240 or bcohen@westfieldynj.org.

STEWARDS OF 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 x228 or smorton@westfieldynj.org.

CONTACT: Aquatics Director, Rob Faggiano • x276 • rfaggiano@westfieldynj.org

Assistant Aquatics Director, Sharon London • x253 • slondon@westfieldynj.org

Adult Group Interest: Health & Wellness Director, Jean White • x246 • jwhite@westfieldynj.org

SPECIAL POPULATIONS

SPECIAL POPULATIONS

DRAGONFLY PERSONAL TRAINING

Develop or enhance your strength, flexibility, endurance, and/or other physical goals.

Fee: Five 30 min.: \$130 F, Five 45 min.: \$190 F

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. Personal trainers with specialty certifications work with you to create an exercise program that fits your particular needs. See page 3 for packages and fees. **Contact:** Xavier Munden x256.

ARTHRITIS EXERCISE



"Land" class is conducted in or with a chair and may help reduce the pain, stiffness and fatigue of arthritis. See page 4 for schedule. **Contact:** Jean White, x246. The "water" class can be found on page 5. **Contact:** Rob Faggiano x276.

PROJECT HEALTHY BONES

This low impact class is designed for those with osteoporosis or who are at risk of developing it. Build strength, and improve posture and balance. See page 4 for schedule. **Contact:** Jean White x246. **Fee:** Free for Full Members; \$22 NM

AQUATICS FOR PEOPLE WITH DISABILITIES

Group and individual lessons designed for adults and children with non-physical or physical disabilities. **Contact:** Rob Faggiano x276.

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 4 for schedule. **Contact:** Jean White x246.

For Rainbow Fish Swim Lessons, see page 8.

DRAGONFLY CLASSES

Classes are for individuals with special/adaptive needs and are funded by proceeds from the Westfield Area YMCA 5K Run For Everyone. Free for members unless noted.

DRAGONFLY OUTSIDE GAMES & ACTIVITIES

Play & learn fun summertime activities and games in a relaxed environment. Activities such as beach ball volleyball, frisbee volleyball, bocce, frisbee golf & lawn toss will be included!

DRAGONFLY MORE FOR CORE

Feel stronger, increase flexibility and improve posture through exercises designed to strengthen abdomen & back muscles.

DRAGONFLY SOCIAL GAMES

Learn new games and play old favorites in a relaxed environment with new and old friends.

NEW! DRAGONFLY GARDEN ACTIVITIES & HEALTHY LIVING

Learn how to grow and take care of an outside garden while learning to live a healthy life. Class is for participants who are ambulatory.

NEW! DRAGONFLY RHYTHM & MOVEMENT

Delightfully designed to inspire creativity and self-expression, social skills and coordination. Movement and music are introduced in an entertaining format exploring movement quality, levels and rhythms.

DRAGONFLY BOXING

Learn modern boxing techniques, footwork and conditioning skills while having fun in a group setting. Students do not box with each other and no sparring is allowed.

DAY/CLASS	TIME	LOCATION
MONDAY		
Dragonfly Outside Games & Activities	5:00-6:15PM	Garwood Family Center Y
TUESDAY		
Dragonfly More For Core	5:00-5:45PM	Bauer Branch
Dragonfly Social Games	5:45-6:30PM	Bauer Branch
NEW! Dragonfly Garden Activities & Healthy Living	6:30-7:00PM	Bauer Branch
WEDNESDAY		
New! Dragonfly Rhythm & Movement	5:00-5:45PM	Main Y
Dragonfly Social Games	5:45-6:15PM	Main Y
Dragonfly Boxing	6:15-7:00PM	Main Y

NOTE: Classes end 8/11. No class 7/4, 16, 17, and 18



CONTACT: Dragonfly: Special Needs Coordinator/Recreational Therapist, Jill Koerber • x417 • jkoerber@westfieldynj.org

INFANT-TEEN AQUATICS

The YMCA has been "America's Swim Instructor" for over 100 years. Y Swim Lessons accommodate 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: 9 week: \$118 F, \$198 B (30 min.); \$148 F, \$218 B (45 min); 8 week: \$106 F, \$176 B (30 min.); \$132 F, \$194 B (45 min.); 1 week (Monday-Thursday): \$53 F, \$88 B (30 min.) \$66 F, \$97 (45 min.)

Note: No class 7/4. No class 8/25 (Wallace Pool only). **Location:** Rooke Pool unless noted (* = Wallace Pool).

We offer various options for Summer lessons to fit any schedule! Take a class once a week for the summer session, or register by the week for a Monday-Thursday session.

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.

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
Ages: 6 mos.-3 yrs.	
SUNDAY	8:00AM
TUESDAY	9:00AM
THURSDAY	6:30PM
SATURDAY	10:00AM

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
Ages: 2-3 yrs.	
SUNDAY	8:30AM
THURSDAY	9:00AM
THURSDAY	6:30PM
SATURDAY	10:30AM

Free swim level assessments available.



The Westfield Area Y is a proud partner.

RULES

- 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.
- Bring a towel. Students must wear a properly-fitting bathing suit. Goggles are strongly recommended. 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.
- All membership and program policies are available on our website or at the Welcome Center.

SWIM BASICS

Develop the personal water safety and basic swimming skills that are recommended for everyone to have around water.

STAGE 1: WATER ACCLIMATION

Child is still new to the pool. Purpose of class is to increase comfort with underwater exploration and introduce basic self-rescue skills with instructor's assistance. 30 min. class.

DAY	TIME
Ages: 3-5 yrs.	
SUNDAY	9:00AM
MONDAY	7:00PM
WEDNESDAY	6:30PM
THURSDAY	1:00PM
FRIDAY	10:00AM
SATURDAY	8:15AM
	8:45AM
	11:00AM
MONDAY-THURSDAY	9:30AM
	5:00PM
Ages: 6-12 yrs.	
SUNDAY	10:30PM
THURSDAY	2:00PM
SATURDAY	11:00AM
MONDAY-THURSDAY	5:00PM

STAGE 2: WATER MOVEMENT

Child can submerge independently. The focus is on body position, forward underwater movement, directional change, and basic self-rescue skills performed independently. 30 min. class.

DAY	TIME
Ages: 3-5 yrs.	
SUNDAY	9:30AM
MONDAY	6:00PM
WEDNESDAY	7:00PM
THURSDAY	1:00PM
FRIDAY	10:00AM
SATURDAY	8:15AM
	8:45AM
	11:30AM
MONDAY-THURSDAY	9:30AM
	5:00PM
Ages: 6-12 yrs.	
SUNDAY	10:30PM
THURSDAY	2:00PM
SATURDAY	11:30AM
MONDAY-THURSDAY	5:00PM

STAGE 3: WATER STAMINA

Child can swim, float, swim 5 yds. (ages: 3-5 yrs.) or 10 yds. (ages 6-12 yrs.). The student continues to focus on self-rescue skills while learning to swim longer distances and tread water longer. 30 min. class.

DAY	TIME
Ages: 3-5 yrs.	
SUNDAY	9:30AM
MONDAY	6:30PM
WEDNESDAY	6:00PM
THURSDAY	1:30PM
FRIDAY	10:00AM
SATURDAY	9:15AM
MONDAY-THURSDAY	10:00AM
	5:30PM
Ages: 6-12 yrs.	
SUNDAY	10:00aM
MONDAY	6:30PM
WEDNESDAY	6:00PM
THURSDAY	1:30PM
SATURDAY	9:15AM
	12:00PM
MONDAY-THURSDAY	10:00AM
	5:30PM

SWIM STROKES

Build stroke technique and additional water safety skills to foster a lifetime of physical activity.

STAGE 4: STROKE INTRODUCTION

Child can swim, float, swim length of pool. Develop proper front crawl, back crawl, breaststroke kick, and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. 30 min. class.

STAGE 5: STROKE DEVELOPMENT

Child can swim 50 yds. each of proper front crawl, back crawl, breaststroke kick, and butterfly kick. Improve upon all major competitive strokes. Water safety continues to be reinforced through treading water and sidestroke. 45 min. class.

STAGE 6: STROKE MECHANICS

Child can effectively and efficiently swim 100 yds. of any stroke or combination of strokes. The student will refine stroke technique and develop endurance of all major competitive strokes, learn flip turns, and enhance all previously learned skills. 45 min. class.

DAY	TIME
Ages: 3-5 yrs.	
SUNDAY	10:00AM
MONDAY	7:00PM
WEDNESDAY	7:00PM
THURSDAY	2:00PM
FRIDAY	10:00AM
SATURDAY	8:15AM
	11:30AM
MONDAY-THURSDAY	10:00AM
	5:00PM
Ages: 6-12 yrs.	
SUNDAY	9:00PM
MONDAY	6:00PM
WEDNESDAY	6:30PM
THURSDAY	1:30PM
SATURDAY	8:45AM
	9:15AM
	11:00AM
MONDAY-THURSDAY	9:30AM
	5:00PM

DAY	TIME
Ages: 5-8 yrs.	
SUNDAY	10:30AM
MONDAY	6:00PM
WEDNESDAY	6:45PM
SATURDAY	10:00AM*
MONDAY-THURSDAY	5:00PM*
Ages: 8-12 yrs.	
SUNDAY	8:00AM*
MONDAY	7:15PM*
THURSDAY	7:15PM*
SATURDAY	10:00AM*

DAY	TIME
Ages: 5-8 yrs.	
SUNDAY	10:30AM
MONDAY	6:45PM
WEDNESDAY	6:00PM
SATURDAY	10:00AM*
Ages: 8-12 yrs.	
SUNDAY	8:00AM*
MONDAY	7:15PM*
THURSDAY	7:15PM*
SATURDAY	10:00AM*



CONTACT: Aquatics Director, Rob Faggiano • x276 • rfaggiano@westfieldynj.org
Assistant Aquatics Director, Sharon London • x253 • slondon@westfieldynj.org

YOUTH AQUATICS

INDIVIDUAL & DUAL SWIM LESSONS

Ages: 5 yrs.-adult

Class time: 30 minutes

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

Fee (4 classes):

Individual: \$170 F, \$200 B, \$255 NM

Dual: \$220 F, \$250 B, \$300 NM

Teen group swim lessons return this Fall!

SPECIAL NEEDS RAINBOW FISH

Ages: 3-12 yrs.

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
TUESDAY	6:00PM
THURSDAY	6:00PM
SATURDAY	12:30PM
	1:00PM
	1:30PM

DIVING LESSONS

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

Location: Wallace Pool

Learn To Dive (Ages 5+)

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

Time: 7:00-7:30PM

Dates: 7/10, 7/24, or 8/7

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.

Time: 7:30-8:00PM

Dates: 7/10, 7/24, or 8/7

Starts And Turns (Ages 8+)

For competitive swimmers looking to improve diving starts and quick turns off the wall.

Prerequisites: Stage 6 or above.

Time: 7:00-7:45PM

Dates: 7/17, 7/31, or 8/14

AQUATICS CONDITIONING

Ages: 8-12 yrs.

Child has completed the group swim lesson program (through Stage 6) and can effectively and efficiently swim 150 yds. of any combination of strokes. Build endurance, refine all major competitive strokes, and improve starts and turns. This class encourages swimming as part of a healthy lifestyle. 45 min. class. **Location:** Wallace Pool

DAY	TIME
MONDAY	7:15PM
THURSDAY	7:15PM
SATURDAY	9:15AM

COMPETITIVE AQUATICS

Programs for swimmers ages 6-18 include Water Polo, Developmental, and Competitive Swim Teams.

Contact: Greg Hatzisavvas at x251 or ghatzisavvas@westfieldnj.org for more information.

TRYOUTS ANNOUNCED FOR NEXT SEASON!

TIME	6/26 + 7/17	6/27 + 7/18
4:00-5:00PM	8 & Under Boys	8 & Under Girls
5:00-6:00PM	9-10 Girls	9-10 Boys
6:00-7:00PM	11-12 Boys + Girls	13 & Over Boys + Girls



SUMMER DAY CAMP

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

- Camps for a week or a summer for ages 3-15
- Full-day, half-day and extended day available
- Indoor and outdoor programs
- Camp locations based in Garwood, Mountainside and Westfield!



S.T.E.A.M. Camps

(science, technology, engineering, arts, and math)

NEW! Brick City Engineers

Bricks 4 Girlz

Coding with Kids

Dance Starz

Drama

Fashion Design

Hands on Art

Mysteries of Magic

NEW! Robotics

Skill Sharpeners

NEW! Stage Production

NEW! Star Wars® S.T.E.A.M.

NEW! Transformation Creations

Young Scientists

Traditional Camps

Blue Sky

Discovery

Explorer

NEW! Fun 4 Summer

Inclusion Camp Programs

Last Blast

Little Explorer

Puddle Jumpers

Sunshine

Sports Camps

All Sports

Basketball

Fencing

Soccer

Tennis

Ultimate Frisbee

Leadership & Travel Camps

Counselors in Training (CIT)

Leaders in Training (LIT)

Travelers

MULTI CHILD DISCOUNT: Receive a 5% discount for all additional children in the same family registered for the same week(s) of any traditional camps. Discount is applied to the camper(s) with the lower camp fee.



CONTACT: Aquatics Director, Rob Faggiano • x276 • rfaggiano@westfieldnj.org

Assistant Aquatics Director, Sharon London • x253 • slondon@westfieldnj.org

Youth, Teen & Camp Services Director, Marty Collett • x405 • mcollett@westfieldnj.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.

Note: Age 9 and under must be signed in/out. For Rookie & Junior, must be age 3 and 100% potty-trained 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.

MVP (ages: 9-12)

Take your game to the next level. Perfect for any player.

Unless noted in class description, location is Main Y and fees are: \$79 F, \$130 B (30 min.); \$101 F, \$152 B (45 min.)

CLASS	DAY	TIME
SOCCER		
Rookie	Saturday	8:45-9:30AM
Junior	Saturday	8:45-9:30AM
T-BALL		
Rookie	Saturday	9:35-10:20AM
Junior	Saturday	9:35-10:20AM
BASKETBALL		
Rookie	Saturday	10:30-11:15AM
Junior	Saturday	10:30-11:15AM
Developmental	Saturday	11:15AM-12:00PM
All Star	Saturday	11:15AM-12:00PM

DANCE ACADEMY



Our experienced dance instructors teach students of all abilities and skill levels ages 3 yrs. 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.

Location: Garwood Family Center YMCA, 500 East St.

Next dance session begins in the fall. For class information and schedule, contact Amanda at dance@westfieldynj.org

TAE KWON DO

Gedman's Black Belt Academy of the Westfield Area YMCA
Ages: 4-17 yrs. (for ages 18+, see page 3)

Students develop strength, flexibility, confidence and self-esteem while developing overall physical fitness. This martial art 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.

Beginner students are required to attend the Intro class before rank-specific training. Uniform is not required for Intro class. No annual commitment or contract is required. Rank advancement ceremonies are held on-site four times a year.

Location: Bauer Branch

Fee: Intro: \$75 F, \$120 B; **1 class/week:** \$120 F, \$180 B;

Unlimited Session (belt level plus Protech): \$170 F, \$235 B

Note: 5% discount for additional family members, no class 6/23 and 8/26 (testing).

BELT/CLASS	DAY	TIME
White-Yellow	Monday	5:45-6:30PM
White-Yellow	Wednesday	5:45-6:30PM
Camo-Blue	Monday	6:30-7:30PM
Camo-Blue	Wednesday	6:30-7:30PM
Brown-Black	Monday	7:30-8:30PM
Brown-Black	Wednesday	7:30-8:30PM
Black	Thursday	6:30-7:30PM



INDIVIDUAL LESSONS!

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

FLYERS TRACK CLUB

FLYERS TRACK & FIELD

Grades 2-9

USATF-certified coaches lead Developmental and Competitive Team athletes in running and track & field event techniques. Athletes learn proper technique and build endurance in small groups based on both age and skill-level. Developmental Team athletes have the option of attending one developmental youth track meet. The Competitive athletes train and condition for desired events and are encouraged to attend scheduled meets. Season is 5/30 - 7/18. **Location:** Kehler Stadium through approximately 6/6 then Union Catholic H.S.

Developmental: Monday & Wednesday 6:00PM-7:15PM

Fee: \$135 F, \$170 B, \$195 NM

Competitive: Monday, Wednesday, and Friday 6:15PM-7:45PM

Fee: \$160 F, \$195 B



FLYERS INDIVIDUAL 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 minute sessions.

Fee: Five \$275; Ten \$500

CONTACT: Sports: Director of Physical Programs, Amanda Aguirre • x258 • aaguirre@westfieldynj.org

Flyers: Sr. Director Member Wellness & Engagement, Greg Hatzisavvas • x251 • gatzisavvas@westfieldynj.org

PARTIES

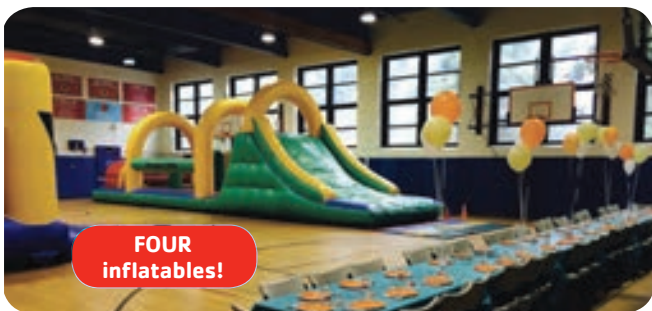
THE PARTY STARTS HERE!

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

Your party includes up to 15 children who will enjoy 45 minutes of supervised activities and 45 minutes 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 & goody bags for each guest.

Additional party options include: climbing, swimming or one of our four inflatables!

Contact: Tori Moots at x126 or tmoots@westfieldynj.org.



**FOUR
inflatables!**

CHILD CARE EDUCATION

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.

EARLY LEARNING

(ages 6 mos.-Kindergarten)

These programs offer 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 and guardians need a reliable high-quality program in which they can be confident that their child is realizing their full potential. Our programs are led by experienced and caring staff, and we encourage parent involvement.

FULL DAY CHILD CARE

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

Infant (6-17 mos.) and Toddler (18-29 mos.): 2-5 days/week at Early Learning Center

Twos, Threes, and Fours: 2-5 days/week at Early Learning Center and Garwood Family Center YMCA



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.

FAMILY

Fee for family classes includes the required parent or caregiver. The child is registered for the class and requires membership.

MUSIC TIME

Ages: Infants – 4 yrs.

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

Day/Time: Saturday, 11:30AM-12:15PM

Fee: \$101 F, \$131 B

Location: Main Y Facility (Rm. 109)

MESSY ART

Ages: 2-4 yrs.

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

Contact: Eileen Rooney, x134

Day/Time: Wed., 10:30AM - 11:15AM

Fee: \$101 F, \$131 B

Location: Bauer Branch

PARENT/CHILD SWIM LESSONS (SWIM STARTERS)

See page 7 for description.



HALF DAY and FULL DAY PRESCHOOL

Twos, Threes, and Fours: 8:30-11:30AM or 12:00-2:30PM
2-5 days/week at Bauer Branch

Threes and Fours: 8:45-11:15AM or 8:45AM-2:30PM
3 or 5 days/week at Garwood Family Center YMCA

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!

Creative Curriculum®

All our child care education programs 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.

CHILD CARE EDUCATION

KINDERGARTEN

FULL DAY AND WRAPAROUND

Our programs follow the public school calendar and expand upon the incorporated public school curriculum. Learning areas include language arts, science, social studies, gym, art, music, technology, Spanish and math. We utilize Creative Curriculum®, Handwriting Without Tears® and the Everyday Mathematics® programs. Through individual attention and large/small group lessons, students develop new skills, express thoughts and ideas, ask questions, solve problems and make discoveries. A 30-minute swim lesson session is included in the Full-Day program.

Learning areas include language arts, science, social studies, gym, art, music, technology, Spanish and math.

FULL DAY KINDERGARTEN:
8:30AM-2:30/3:05PM
5 days/week at Bauer Branch

KINDERGARTEN WRAPAROUND:
7:00AM-12:25PM
5 days/week at Main Facility



SCHOOL AGE CHILD CARE

Ages: Kindergarten-Grade 8

This fun, active and nurturing learning environment for students before and after school provides parents with the peace-of-mind of knowing their child is learning, safe and supervised. Our day includes: free choice, homework time, small group & individual activities, project time, large group, indoor/outdoor activity and a healthy snack in the learning areas of: arts & humanities, character development, health, wellness & fitness, homework assistance, literacy, science & technology, service learning and social competence & conflict resolution. Students in Kindergarten-Grade 5 enrolled in our programs also have the option of registering to join us when school is closed.

In Club Mid, Middle School students 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.

KINDERGARTEN WRAPAROUND:
7:00AM-12:35PM
5 days/week at Main Facility

KINDERGARTEN-GRADE 5:
7:00-8:45AM & 3:00-6:00/6:30PM
2-5 days/week at Garwood Family Center Y

KINDERGARTEN-GRADE 5:
7:15-8:20AM & 3:00-5:00/6:00PM
2-5 days/week or drop-in at Mountainside Schools

KINDERGARTEN-GRADE 5:
7:00-8:45AM & 3:00-6:00/6:30PM
2-5 days/week at Main Facility & Westfield Schools

GRADE 6-8 (CLUB MID):
3:00-6:00PM
2-5 days/week at Roosevelt School

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

GARWOOD FAMILY CENTER YMCA FULL-DAY CHILD CARE FULL-DAY/HALF-DAY PRESCHOOL SCHOOL-AGE CHILD CARE DROP IN

500 East St., Garwood
Shannon McGillis Jackson, Director
908-301-1616
smcgillis@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, K-GRADE 5, MOUNTAINSIDE)

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

DROP-IN

Preregister for this unique, dependable, and flexible program! Program is for ages 2½ -5 yrs. and 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. As available by the hour or day 7:00AM through 6:00PM weekdays at the Garwood Family Center Y.

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.

Contact: Robin Roth at x255 or rroth@westfieldynj.org.

HOURS (through 7/1)

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

HOURS (7/2-8/26)

Mon.-Fri.: 8:30AM - 1:00PM

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



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.

WESTFIELD AREA YMCA

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



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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.



Real-time Family Swim and Gym schedules are available on our website: www.westfieldynj.org, or scan this code to download our mobile app!



SUMMER MEMBERSHIP SPECIALS!

PLUS no Joiner's Fee\$100 value!

- Whole Summer, Whole Familyonly \$350
- Whole Summer, Individual Adultonly \$250
- Whole Summer, College Studentsonly \$99

Must not have been a full facility member for the last 60 days. Summer memberships end 9/2.

SUMMER SIZZLER PERSONAL TRAINING SPECIAL

One free personal training session with package of 10, three free sessions with package of 20! Special is valid for new purchases of 45 or 60 minute sessions 7/1-8/31.