



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWER YOURSELF

WESTFIELD AREA YMCA PROGRAM GUIDE

Winter Session: January 2 – February 24

Registration begins for Full Members
Thursday, 12/7 at 6:00PM

Registration begins for Basic and Non Members
Monday, 12/11 at 7:30AM

OPEN NEW YEAR'S DAY 10:00AM-4:00PM

- First 500 members & guests receive a FREE gift
- FREE TRX® class at Noon (limited to 12 participants)
- Try the Y!
- Personal Training Special



PERSONAL TRAINING SPECIALS

(limit one per member)

25% off

all packages of 5 or more sessions
January 1 & 6

- Purchase 10-package, **get 1 session free**
- Purchase 20-package, **get 3 sessions free**

January 2-31 (not valid 1/6)

FACILITIES

MAIN FACILITY

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

5:00AM-10:30PM MONDAY-FRIDAY
6:00AM-8:00PM SATURDAY
7:00AM-9:00PM SUNDAY

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



OPEN HOUSES SATURDAY, JANUARY 6

Main Y Facility

- Try the Y--all classes and the facilities
- Camp Open House: 10:30AM-Noon (early bird registration opens!)
- Free Safety Around Water Event: 4:00-5:00PM

Garwood Family Center YMCA

- Child Care Programs Open House: 9:00-10:30AM
- Camp Open House: 9:00-10:30AM (early bird registration opens!)
- Dance Academy Open House: 8:30AM-1:15PM

Bauer Branch and Early Learning Center

- Child Care Programs Open House: 10:00AM-Noon
- Tae Kwon Do free adult Intro class 8:30-9:30AM, free youth/teen Intro class 9:30-10:00AM



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 free group fitness classes and water fitness classes
- Racquetball (reservations requested; equipment provided)
- Kids Club (babysitting) for an additional fee. See pg. 15.
- 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 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. \$5 per person.

PRE-TEEN PLUS

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

7TH GRADE INITIATIVE

- See page 12 for details

BASIC (ADULT)

Access to one session of designated classes or programs.

MEMBERSHIP RATES (as of 1/1/18)

| 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 | -- |

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 on our website and at the Welcome Center.

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

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: ANNUAL: \$890 FG, \$940 FS; UNLIMITED SESSION: \$170 FG; \$180 FS; 1 CLASS: \$115 FG, \$125 FS

| Day | Time |
|-----------|-------------|
| Monday | 7:30-8:30PM |
| Wednesday | 8:00-9:00PM |
| Saturday | 8:30-9:30AM |

Note: 5% discount for additional family members. No class 2/24 (testing). Basic members may register for a single session at Full Silver fee.



VOLLEYBALL LEAGUES

Play is Tuesday between 6:00-10:00PM League is 3/6-5/8 including playoffs. In-person registration at Welcome Center. Individual fees are only required when placed on a team, as available. Register by 2/27. **Location:** Main Y Facility **Fee:** \$320 (team of 4); \$80 (individual)

DANCE ACADEMY

Ages: 16+
Location: Garwood Family Center YMCA Dance Studio
Session: 24-weeks: 1/2-6/23 (no class 3/30-4/6)
Fee: \$240 F (1 class); \$375 F, B (unlimited)

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

BALLET

Train your body with the classical technique through barre work, center and across the floor combinations. Ballet shoes required.
Day/Time: Tuesday, 8:00-9:00PM

TAP

Learn and combine basic tap steps to form intricate patterns and rhythms. Tap shoes required.
Day/Time: Thursday, 8:00-9:00PM

For Dragonfly Let's Move & Dance, see page 6.

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 |

NUTRITION

Clinical Nutritionist Carolann Salinaro integrates nutritional science with practical strategies to help members achieve weight loss goals as well as target specific health concerns or 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.

Available in 45 min. sessions. See Personal Training for fees.

Open Gym Schedules are available at westfieldynj.org or on our mobile app.

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)

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

GENTLE YOGA
 Enjoy yoga postures, breathing techniques and meditation while sitting in chairs or standing. **Fee:** \$72 FS, B

PILATES (MAT)
 Improve core strength and balance, increase flexibility, enhance athletic performance and perform daily tasks with greater ease.
Fee: \$72 FS, B

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: \$72 FS, B (Sun. & Mon.: \$63 FS, B)

YOGA BUDDIES See page 7.

YOGA FOR STRESS RELIEF
 Learn how to use breath to focus and quiet your mind allowing your body to renew and relax. **Fee:** \$72 FS, B

YOUTH YOGA See page 10.

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.

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

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.

GET FIGHT FIT

TRX, kettlebells, and the principles of productive work-to-rest ratios to gain stamina & strength.

NEW! GROUP BOXING

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

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 | PILATES MIXED LEVEL 7:00-7:55AM |
| YOGA 8:10-9:05AM | SENIOR EXERCISE 8:00-8:55AM | FITNESS DANCE MEDLEY 8:00-8:55AM | SENIOR EXERCISE 8:00-8:55AM | ZUMBA! 9:10-10:05AM | SENIOR EXERCISE 8:00-8:55AM | EXPRESS SPIN 7:15-7:45AM |
| BAREFOOT FUSION 8:15-9:10AM | CARDIO STRENGTH HIIT 9:10-10:05AM | ZUMBA! 9:10-10:05AM | BODY SCULPT 8:00-8:55AM | BAREFOOT FUSION 9:10-10:05AM | NEW! GROUP BOXING 9:10-10:00AM | EXPRESS STRENGTH & CORE 7:45-8:15AM |
| BODY SCULPT 9:15-10:10AM | 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 | CYCLE 8:15-9:00AM |
| | YOGA 10:10-11:05AM | BODY SCULPT 10:10-11:05AM | BODY SCULPT 9:10-10:05AM | PROJECT HEALTHY BONES 10:15-11:15AM | YOGA 10:10-11:05AM | POWER YOGA 8:00-9:15AM |
| | ARTHRITIS EXERCISE 10:15-11:00AM | POWER YOGA 11:15AM-12:15PM | YOGA 10:10-11:05AM | GET FIGHT FIT 11:15AM-12:00PM | ARTHRITIS EXERCISE 10:15-11:00AM | BEGINNER YOGA 9:30-10:25AM |
| | PROJECT HEALTHY BONES 10:15-11:15AM | ZUMBA! 6:00-6:55PM | ARTHRITIS EXERCISE 10:15-11:00AM | YOGA FOR STRESS RELIEF 11:15AM-12:15PM | DELAY THE DISEASE 11:05AM-12:00PM | STEP 9:30-10:20AM |
| | SENIOR EXERCISE 11:15AM-12:10PM | CYCLE/ABS 7:00-7:55PM | DELAY THE DISEASE 11:05AM-12:00PM | BAREFOOT FUSION 6:00-6:55PM | SENIOR EXERCISE 11:15AM-12:10PM | YOGA BUDDIES 10:30-11:15AM |
| DOWNLOAD OUR MOBILE APP FOR REAL-TIME SCHEDULES AND MORE! | TRX® BODY BLAST/CIRCUIT 12:30-1:30PM | YOGA 7:00-7:55PM | SENIOR EXERCISE 11:15AM-12:10PM | YOGA 7:00-7:55PM | GENTLE YOGA 11:15AM-12:15PM | R.I.P.P.E.D. 10:30-11:25AM |
| | CARDIO & SCULPT 5:00-5:55PM | PILATES MIXED LEVEL 8:00-8:55PM | TRX® BODY BLAST/CIRCUIT 12:30-1:30PM | CARDIO & SCULPT 7:00-7:55PM | TRX® BOOT CAMP 12:30-1:30PM | |
| | CARDIO/CYCLE & SCULPT 6:15-7:10PM | | CARDIO, CORE & STRENGTH INTERVALS 5:00-5:50PM | ZUMBA! 8:00-8:55PM | POWER YOGA 6:30-7:30PM | |
| | DELAY THE DISEASE 6:15-7:10PM | | CYCLE/ABS 6:00-6:50PM | | | |
| | BODY BARRE 7:20-8:15PM | | BODY SCULPT & CORE 7:00-7:50PM | | | |
| | POWER YOGA 7:20-8:15PM | | BEGINNER YOGA 7:15-8:10PM | | | |
| | POWERBOX CIRCUIT 8:35-9:35PM | | POWERBOX CIRCUIT 8:30-9:30PM | | | |

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

Key: purple = Weldon Room, dark blue = Kellogg Room, pink = Rm. 109

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

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WATER FITNESS CLASSES

Water fitness classes provide strength training and cardiovascular benefits for all ages and fitness levels and minimize 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.

YO PI CHI Fusion of Yoga, Pilates and Ai Chi in shallow warm water.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| ARTHRITIS AQUATIC EXERCISE 8:00-8:45AM AQUA LITE* 8:45-9:25AM AQUA FIT* 9:30-10:25AM | AQUA FIT POWER* 9:20-10:20AM NEW! SHA-DEEP 10:30-11:25AM AI CHI 11:30-12:15PM | ARTHRITIS AQUATIC EXERCISE 8:00-8:45AM AQUA LITE* 8:45-9:25AM AQUA FIT* 9:30-10:25AM ARTHRITIS AQUATIC EXERCISE 10:30-11:15AM AQUA BOOT CAMP* 8:00-8:55PM | AQUA FIT POWER (SHALLOW) 9:20-10:20AM NEW! SHA-DEEP 10:30-11:25AM YO PI CHI 11:30Am-12:15PM | ARTHRITIS AQUATIC EXERCISE 8:00-8:45AM AQUA LITE* 8:45-9:25AM AQUA FIT* 9:30-10:25AM ARTHRITIS AQUATIC EXERCISE 10:30-11:15AM |
| ARTHRITIS AQUATIC EXERCISE 10:30-11:15AM ARTHRITIS AQ. EX./AQUA LITE* 8:00-8:45PM AQUA BOOT CAMP 8:00-8:55PM | | | | |

All classes are free for Full Members

*Must wear a buoyancy belt (provided) & feel comfortable in deep water.

Key: purple = Rooke; blue = Wallace

ADULT SWIM LESSONS

Ages: 17+ FREE for Full Gold Members Fee: \$80 FS, B

Lessons are 45 min. in the Wallace Pool unless noted. 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.

Tuesday 8:00PM (Rooke)
Wednesday 11:30AM

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
Wednesday 9:00PM
Thursday 8:00PM
Friday 10:30AM

SWIM FIT (Advanced)

Challenge yourself with sets expanding technique, endurance and speed.

Wednesday 10:30AM
Wednesday 9:00PM
Friday 10:30AM

ADULT GROUP INTEREST

LUNCHTIME LECTURES & TRIPS

Location: Main Y Facility

ANNUAL ACTIVE ADULT APPY HOUR

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

Enjoy light fare and our traditionally festive atmosphere with friends old and new.

Fee: \$12 M, \$15 NM (register by 12/8); \$15 M, \$18 NM (after 12/9)

SENIORS ON THE MOVE

12:30-1:30PM, Wednesday, January 17

Free and open to community! Focus on the importance of moving pain-free. Without movement, one may develop conditions such as pneumonia, high-blood pressure, heart conditions, etc. Presented by a Licensed Physical Therapist from AmeriCare Physical Therapy. Also learn how a physical therapist, trained in Pelvic Floor Physical Therapy, can help with pelvic-related health issues for men or women! Register by 1/16.

READING, WRITING, AND REFLECTING TO EXPLORE GRACEFUL AGING

12:30-1:30PM, Wednesday, January 24

Free and open to community! Session participants will read a selection; extract its literary, intellectual and emotional elements; and write about what is important as one ages gracefully. The group will then reflect on and discuss the themes expressed. Moderated by Nancy Gross, MA, MMH. Register by 1/23.

ARE WE THERE YET?

12:30-1:30PM, Wednesday, February 14

Free and open to community! Join your travel guides, Jean White and Donna Peart (from the F-SP YMCA), to plan our trips for 2018! Sit a spell and enjoy sharing travel ideas and light refreshments in the new Glasser Foundation Lounge. All ideas and trip information are welcomed! Register by 2/13.

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

Location: Main Y Facility

ESSENTIAL BIDDING CONVENTIONS

Intermediate and experienced players review Standard American bidding conventions and the most commonly used modern competitive bridge conventions. Practical treatments to solve common partnership bidding problems and to create bidding problems for the opponents are presented. Students practice, discuss and analyze hands.

Day/Time: Monday, 2:00-4:00PM
Fee: \$67 F, \$84 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: \$76 F, \$96 NM

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: \$76 F, \$96 NM; Drop-in: \$12 F, \$15 NM

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



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 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 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;
NM \$32 (Mon.), \$36 (Thurs.)

AQUATICS FOR PEOPLE WITH DISABILITIES

Group and individual lessons are 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.

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, Monday, January 29

Cervical health and physical activity/fitness education; BMI screenings

10:00AM-Noon, Thursday, February 15

Heart health awareness and blood pressure/glucose screenings

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. No class 4/2-4/4.

| CLASS | AGE | DAY | TIME | LOCATION |
|---|--|-----------|--|----------------------|
| NEW! DRAGONFLY MOVEMENT & MUSIC (For Teens!) | 14-17 yrs. | Monday | 5:00-5:45PM | Garwood Dance Studio |
| DRAGONFLY LET'S MOVE & DANCE | 18-26 yrs. | Monday | 6:00-6:45PM | Garwood Dance Studio |
| NEW! DRAGONFLY LIFE SKILLS | Life skill areas of practical learning include meal preparation, housekeeping, safety, personal care and interacting in the community. Appropriate for students with the goal of independent living. Session is 1/2-6/19 (no class 4/3). | | | |
| DRAGONFLY CRAFTS | 18-26 yrs. | Tuesday | 3:30-4:15PM | Bauer Branch |
| DRAGONFLY STRENGTH & CONDITIONING (recommended for ambulatory participants) | 18-26 yrs. | Tuesday | 4:15-5:00PM or 5:45-6:30PM (register for one time only) | Bauer Branch |
| DRAGONFLY GROUP SOCIAL GAMES | 18-26 yrs. | Tuesday | 5:00-5:45PM | Main Y Facility |
| DRAGONFLY YOGA & MOVEMENT | 18-26 yrs. | Wednesday | 5:30-6:15PM | Main Y Facility |
| DRAGONFLY BOXING | Boxing techniques, movement, footwork and drills keep the fun in fitness. | | | |
| | 18-26 yrs. | Wednesday | 6:15-7:00PM | Main Y Facility |

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

**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. For more information, 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: Dragonfly: Special Needs Coordinator/Recreational Therapist, Jill Koerber • x417 • jkoerber@westfieldynj.org

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FAMILY

MUSIC TIME

Ages: Infants – 4 yrs.
(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.
Day/Time: Monday, 9:45-10:30AM;
Tuesday, 9:45-10:30AM;
or Saturday, 9:30-10:15AM
Fee: \$90/Pair F, \$117/Pair B
Location: Main Y Gym (Sat.: Rm. 109)

BOOK, CRAFT & PLAY

Ages: 18 months-4 yrs.
(with parent/caregiver)

Big books, puppets and felt stories are used to enhance listening skills. Each class includes a related art project or play.
Contact: Eileen Rooney, x134.
Day/Time: Wednesday, 9:30-10:15AM
Fee: \$90 Pair F, \$117 Pair B
Location: Bauer Branch

MY PLAYROOM

Ages: Walkers – 4 yrs.
(with parent/caregiver)

It's cold outside! Come and play in our large indoor gym with age-appropriate toys. Children run and play while everyone can meet new friends.
Contact: Eileen Rooney, x134.
Day/Time: Friday, 10:00-10:30AM
Fee: \$90 Pair/F, \$117 Pair B
Location: Bauer Branch

MESSY ART

Ages: 2-4 yrs.
(with parent/caregiver)

Each week you and your child explore new messy and gooey projects.
Contact: Eileen Rooney, x134.
Day/Time: Monday, 9:45-10:30AM
Fee: \$90 Pair/F, \$117/Pair B
Location: Bauer Branch

YOGA BUDDIES

Ages: 4-7 yrs.
(with parent/caregiver)

Enjoy a fun and energetic version of yoga with your child. Postures are taught using references to nature and animals. Child must have a membership, register and pay class fee. Adults are free and must register.
Contact: Jean White, x246.
Day/Time: Saturday, 10:30-11:15AM
Fee: \$78 F, \$117 B
Location: Kellogg Rm. 1



Real-time Family Swim and Gym schedules are available at westfieldynj.org or on our mobile app!

PARTIES

THE PARTY STARTS HERE!



FOUR inflatables!



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 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.



Additional party options include: climbing, swimming or one of our four inflatables! Contact: Tori Moots at x126 or tmoots@westfieldynj.org.

The Y has been "America's Swim Instructor" for over 100 yrs.. 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.: \$106 F, \$176 B; 45 min.: \$132 F, \$194 B; Sunday or Monday: 30 min.: \$93 F, \$154 B; 45 min.: \$116 F, \$170 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 |
|----------------------|-------------------|
| 6 mos.-3 yrs. | |
| SUNDAY | 8:45AM |
| MONDAY | 10:00AM 7:30PM |
| TUESDAY | 2:00PM |
| THURSDAY | 9:30AM |
| SATURDAY | 7:45AM 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 | 8:15AM 9:15AM |
| MONDAY | 10:00AM 7:30PM |
| TUESDAY | 2:00PM |
| THURSDAY | 10:00AM |
| SATURDAY | 7:45AM 10:30AM |



SWIM BASICS

Develop the personal water safety and basic swimming skills that are recommended for everyone to have around water. Location: Rooke Pool. *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 |
|------------------------|--|
| Ages: 3-5 yrs. | |
| SUNDAY | 10:00AM 12:00PM |
| MONDAY | 1:30PM 5:00PM |
| TUESDAY | 9:00AM 1:30PM 3:30PM |
| WEDNESDAY | 10:00AM 1:00PM 7:00PM |
| THURSDAY | 1:30PM 3:30PM 5:30PM |
| FRIDAY | 1:00PM 7:00PM |
| SATURDAY | 8:15AM 8:45AM 11:00AM 12:30PM |
| Ages: 6-12 yrs. | |
| SUNDAY | 11:30AM |
| WEDNESDAY | 7:00PM |
| FRIDAY | 5:45PM |
| SATURDAY | 11:00AM |

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 |
|------------------------|--|
| Ages: 3-5 yrs. | |
| SUNDAY | 10:00AM 10:30AM |
| MONDAY | 9:30AM 1:30PM 5:00PM 6:30PM |
| TUESDAY | 9:00AM 1:30PM 3:30PM 4:30PM |
| WEDNESDAY | 10:00AM 1:00PM 5:00PM |
| THURSDAY | 9:00AM 1:30PM 3:30PM 4:30PM |
| FRIDAY | 1:00PM 6:30PM |
| SATURDAY | 8:15AM 9:15AM 11:30AM 12:30PM |
| Ages: 6-12 yrs. | |
| SUNDAY | 11:30AM |
| MONDAY | 7:00PM |
| TUESDAY | 4:30PM |
| WEDNESDAY | 5:30PM |
| THURSDAY | 5:30PM |
| FRIDAY | 5:00PM |
| SATURDAY | 11:30AM |

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 |
|------------------------|-----------------------------|
| Ages: 3-5 yrs. | |
| SUNDAY | 10:30AM 12:00PM |
| MONDAY | 9:30AM 1:00PM 6:00PM |
| TUESDAY | 9:30AM 4:00PM |
| WEDNESDAY | 9:30AM 1:00PM 5:30PM |
| THURSDAY | 1:30PM 4:00PM 5:00PM |
| FRIDAY | 1:30PM 6:00PM 6:45PM |
| SATURDAY | 8:45AM 9:15AM 12:00PM |
| Ages: 6-12 yrs. | |
| SUNDAY | 11:00AM 12:30PM |
| MONDAY | 5:30PM |
| TUESDAY | 4:00PM |
| WEDNESDAY | 6:30PM |
| THURSDAY | 4:00PM 5:00PM |
| FRIDAY | 5:30PM |
| SATURDAY | 9:15AM 12:00PM |

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 |
|-------------------------|---------|
| Ages: 12-16 yrs. | |
| SATURDAY | 5:15PM* |

- 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.

INDIVIDUAL & DUAL SWIM LESSONS

Ages: 5 Yrs.-Adult
Class time: 30 minutes
Fee: Individual 4 classes: \$170 F, \$200 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.

FREE SAFETY AROUND WATER EVENT

4:00-5:00PM, February 24
 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!

Free swim level assessments available.



The Westfield Area Y is a proud partner.

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

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 |
|-----------------------|----------------------------|
| Ages: 3-5 yrs. | |
| SUNDAY | 11:00AM |
| MONDAY | 1:00PM 3:25PM 5:00PM |
| TUESDAY | 9:30AM 3:30PM |
| WEDNESDAY | 9:30AM 1:00PM 6:00PM |
| THURSDAY | 4:30PM |
| FRIDAY | 1:30PM 5:45PM |
| SATURDAY | 8:15AM 11:30AM |

Ages: 6-12 yrs.

| | |
|-----------|---|
| SUNDAY | 10:00AM 12:00PM |
| MONDAY | 3:25PM 6:15PM |
| TUESDAY | 4:00PM 4:30PM |
| WEDNESDAY | 5:00PM 7:00PM |
| THURSDAY | 3:30PM 4:00PM 5:30PM |
| FRIDAY | 6:15PM |
| SATURDAY | 8:45AM 11:00AM 12:00PM 12:30PM |

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 |
|------------------------|--------------------------------------|
| Ages: 3-12 yrs. | |
| TUESDAY | 5:00PM 5:30PM |
| SATURDAY | 1:00PM 1:30PM 2:00PM 2:30PM |

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 |
|------------------------|--------------------|
| Ages: 5-8 yrs. | |
| SUNDAY | 9:00AM* 10:30AM |
| MONDAY | 5:30PM |
| WEDNESDAY | 6:15PM |
| THURSDAY | 4:30PM |
| FRIDAY | 5:00PM |
| SATURDAY | 10:00AM* |
| Ages: 8-12 yrs. | |
| SUNDAY | 9:00AM* |
| MONDAY | 4:00PM* |
| WEDNESDAY | 4:00PM* |
| FRIDAY | 4:00PM* |
| SATURDAY | 10:00AM* |

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

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 |
|------------------------|---------------------|
| Ages: 5-8 yrs. | |
| SUNDAY | 11:15AM |
| MONDAY | 6:45PM |
| WEDNESDAY | 5:30PM |
| THURSDAY | 5:15PM |
| FRIDAY | 6:45PM |
| Ages: 8-12 yrs. | |
| SUNDAY | 9:00AM* |
| MONDAY | 4:00PM* |
| WEDNESDAY | 4:00PM* |
| FRIDAY | 4:00PM* |
| SATURDAY | 10:00AM* 6:45PM* |

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 |
|-------------------------|---------|
| Ages: 12-16 yrs. | |
| SATURDAY | 6:00PM* |

Y LIFEGUARD CERTIFICATION COURSE

Gain the knowledge, skills and certification to be a lifeguard and professional rescuer!

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 one week prior to course.

100% attendance is required. Must be at least 16 yrs. 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@westfieldnj.org

Dec. Course: 12/27, 28, 29
Time: 9:00AM-4:00PM

Jan./Feb. Course: 1/28, 2/4, 2/11
Time: 1:00-8:00PM

Physical Skills Test Fee: \$20 M, NM
Course Fee: \$325 M, \$375 NM

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 Stage 6 or equivalent. 45 min. class.

| DAY | TIME |
|------------------------|----------|
| Ages: 8-12 yrs. | |
| MONDAY | 4:00PM* |
| WEDNESDAY | 4:00PM* |
| FRIDAY | 4:00PM* |
| SATURDAY | 10:00AM* |

NEW! AQUATICS LEADER

Ages: 12-15 yrs.

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: 1/7, 1/14 and 1/21
Time: 3:00-5:00PM **Fee:** \$150 F, \$180 B

COMPETITIVE AQUATICS

Programs for swimmers ages 6-18 include Water Polo and Developmental/Competitive Swim Teams. For more information, Greg Hatzisavvas, x251 ghatzisavvas@westfieldnj.org

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: 5:30-6:00PM

Dates: 12/17, 1/14, 1/28, 2/11

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: 6:00-6:30PM

Dates: 12/17, 1/14, 1/28, 2/11

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: 5:45-6:30PM

Dates: 12/10, 1/7, 1/21, 2/4 or 2/18

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

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

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.

With the exception of Little Movers, Dance Academy classes are a 24 week session: 1/2-6/23 (no class 3/30-4/6) Fee: \$320 F, \$440 B (1 class/wk.); \$475 F, \$640 B (2 classes/wk.); \$625 F, \$850 B (3 classes/wk.) **NEW!** Draft option available for 2-3 classes/wk.

Location: Garwood Family Center YMCA, 500 East Street

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. Comfortable clothes are required. Ballet shoes or bare feet. 8-week session: 1/6-2/24. Fee: \$75 F, \$110 B

MINI BALLET & TAP

Proper ballet technique such as positions and basic terminology are introduced. In Tap, learn to develop rhythm and patterns with your feet. 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 shoes and clean sneakers are required.

BALLET & MODERN

Learn classical terminology, barre work, adagio and across the floor exercises. Horton, Limón, Graham, and Taylor techniques are introduced in Modern. Ballet shoes, leotard, and convertible tights are required.

JAZZ & HIP HOP

Get engaged in today's popular music and choreography! Learn jazz stretches, progressions and Hip Hop techniques. Jazz shoes and clean sneakers are required.

TAP

Develop rhythm, style & sound while training in Broadway and Rhythm Tap. Gain flexibility, coordination, syncopation, and speed. Comfortable clothes and tap shoes are required.

MUSICAL THEATRE

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

NEW! BOYS DANCE SAMPLER

Just for boys! Develop musicality, coordination, flexibility, stamina and strength in a fun and nurturing environment. Jazz, Hip Hop, Ballet and Modern genres are explored. Comfortable clothing and sneakers required. Ballet/jazz shoes are optional.



For Adult classes, see page 3.
For Dragonfly classes, see page 6.

| CLASS | AGE | DAY | TIME |
|--------------------------------|-----------|-----------|---------------|
| LITTLE MOVERS | | | |
| | 3-5 yrs. | Saturday | 8:30-9:15AM |
| | 3-5 yrs. | Saturday | 9:15-10:00AM |
| MINI BALLET & TAP | | | |
| | 4-6 yrs. | Tuesday | 4:30-5:30PM |
| | 4-6 yrs. | Saturday | 10:00-11:00AM |
| MINI JAZZ & HIP HOP | | | |
| | 4-6 yrs. | Wednesday | 5:00-6:00PM |
| | 4-6 yrs. | Saturday | 11:00AM-Noon |
| BALLET AND MODERN | | | |
| Novice | 6-8 yrs. | Tuesday | 5:30-6:45PM |
| Intermediate | 9-13 yrs. | Tuesday | 6:45-8:00PM |
| TAP | | | |
| Novice/Intermediate | 7-13 yrs. | Thursday | 5:30-6:30PM |
| JAZZ AND HIP HOP | | | |
| Novice | 6-8 yrs. | Wednesday | 6:00-7:15PM |
| Novice | 6-8 yrs. | Saturday | 12:00-1:15PM |
| Intermediate | 9-13 yrs. | Wednesday | 7:15-8:30PM |
| MUSICAL THEATRE | | | |
| Intermediate | 8-13 yrs. | Thursday | 6:45-8:00PM |
| NEW! BOYS DANCE SAMPLER | | | |
| Novice | 6-9 yrs. | Saturday | 1:30-2:30PM |

SPORTS & FITNESS

SPEED SCHOOL

Ages: 7-14 yrs.

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: \$105 F, \$145 B
Location: Bauer Branch



| Level | Day | Time |
|----------|---------|-------------|
| Beginner | Tuesday | 6:00-7:00PM |
| Advanced | Tuesday | 7:00-8:00PM |



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 |
|-----------|--------|-------------|
| 4-6 yrs. | Friday | 4:00-4:45PM |
| 7-10 yrs. | Friday | 4:45-5:30PM |

YOUTH YOGA

Ages: 8-14 yrs.

Be empowered and inspired! Improve flexibility, strength and mindfulness.

Day/Time: Saturday, 11:30AM-12:15PM
Fee: \$78 F, \$117 B Location: Kellogg Rm.

INTRO TO STRENGTH TRAINING

Ages: 10-14 yrs.

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: \$55 F, \$85 B (1 day); \$85 F, \$150 B (2 days)
Location: Main Y

| Day | Time |
|-----------|-------------|
| Monday | 4:45-5:45PM |
| Tuesday | 4:00-5:00PM |
| Wednesday | 4:45-5:45PM |
| Thursday | 4:00-5:00PM |

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

WESTFIELD AREA YMCA • 908-301-9622 • WWW.WESTFIELDYNJ.ORG • FINANCIAL ASSISTANCE IS AVAILABLE

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: Children age 9 and under must be signed in/out. For Rookie & Junior, must be age 3 and 100% potty-trained by first class.

Fee: \$70 F, \$115 B (30 min.);
\$90 F, \$135 B (45 min.)
Mon.: \$79 F, \$118 B (45 min.)

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.

| CLASS | DAY | TIME |
|--|-----------|---------------|
| TENNIS | | |
| Rookie | Thursday | 1:00-1:30PM |
| Developmental | Tuesday | 4:00-4:45PM |
| SPORTS SAMPLER (variety of sports weekly) | | |
| Rookie | Tuesday | 12:45-1:15PM |
| Rookie | Thursday | 10:00-10:30AM |
| T-BALL | | |
| Rookie | Saturday | 9:35-10:20AM |
| Junior | Saturday | 9:35-10:20AM |
| SOCCER | | |
| Rookie | Wednesday | 1:45-2:15PM |
| Rookie | Saturday | 8:45-9:30AM |
| Junior | Saturday | 8:45-9:30AM |
| Developmental | Thursday | 4:00-4:45PM |
| BASKETBALL | | |
| Rookie | Saturday | 10:30-11:15AM |
| Junior | Saturday | 10:30-11:15AM |
| Developmental | Monday | 4:00-4:45PM |
| Developmental | Saturday | 11:15-Noon |
| All Star | Monday | 4:45-5:30PM |
| All Star | Saturday | 11:15-Noon |
| NEW! SILLY GAMES | | |
| (Get moving with games like tag & relays) | | |
| | Thursday | 10:30-11:00AM |



FENCING

Ages: 7-13 yrs.

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 |
|------------------|--------|-------------|
| Beginner/Interm. | Friday | 4:00-5:00PM |
| Interm./Advanced | Friday | 5:00-6:00PM |

INDIVIDUAL 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



This year-round track & field and cross-country team offers 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. **Registration for Spring Track & Field opens February 1.**

FLYERS WINTER CONDITIONING

Ages 7-14

Stay in shape over the winter and prepare for your upcoming track and field season by working with Flyers coaches and personal trainers. Athletes will do core work, cardiovascular drills, plyometrics, and strength work. Training will be focused specific to their event preferences.

Location (Monday): Garwood Family Center Y.
Location (Friday): Bauer Branch (1/12 & 2/2 at Garwood Family Center Y).

Fee: \$105 F, \$145 B (1-day);
\$155 F, \$195 B (2-day)

| AGE | DAY | TIME |
|------------|--------|-------------|
| 7-10 yrs. | Monday | 6:00-7:00PM |
| 7-10 yrs. | Friday | 6:15-7:15PM |
| 11-14 yrs. | Monday | 7:00-8:00PM |
| 11-14 yrs. | Friday | 7:15-8:15PM |



TAE KWON DO

Gedman's Black Belt Academy of the Westfield Area YMCA

Ages: 4-17 yrs. (for ages 18+, see page 3)

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 2/24.

Fee: INTRO: \$75 F, \$120 B;
1 CLASS/WEEK: \$120 F, \$180 B;
UNLIMITED SESSION (BELT LEVEL PLUS PROTECH):
\$170 F, \$235 B
ANNUAL: \$970 F, \$1,360 B

Note: 5% discount for additional family members

| BELT/CLASS | DAY | TIME |
|------------------|-----------|-----------------|
| Intro | Saturday | 9:30-10:00AM |
| White-Yellow | Wednesday | 5:15-6:00PM |
| White-Yellow | Saturday | 10:00-10:45AM |
| Camo-Blue | Wednesday | 6:00-7:00PM |
| Camo-Blue | Saturday | 10:45-11:45AM |
| Red-Brown | Wednesday | 7:00-8:00PM |
| Brown-Black | Saturday | 11:45AM-12:45PM |
| Black | Thursday | 6:30-7:30PM |
| Protech Training | Monday | 6:45-7:30PM |

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

Flyers: Associate Director of Physical Programs, Xavier Munden • x256 • xmunden@westfieldynj.org

INDOOR SOCCER LEAGUES

Volunteer coaches teach basic soccer skills and game play in this co-ed instructional league. Teams meet for one hour on Sunday for 25 minute of practice followed by a 35 min. game. Rookie (ages 4-5 yrs.) meets between 12:30-4:30PM at Bauer Branch. Developmental (ages 6-8 yrs.) meets between 10:30AM-12:30PM at Bauer. League is 2/25-4/15. Registration ends 2/14 or as soon as maximum capacity is reached. Schedules available once registration ends. Register in person or online. Volunteer coaches needed.

Fee: \$100 F, \$125 B, \$150 NM

**FREE Kids Expo**

Saturday, February 24

1:00-4:00PM • Main Y Facility

Sports classes, arts & crafts & more!

4:00-5:00PM FREE Safety Around Water

Event (see page 8 for details)

PRE-TEEN/TEEN LEADERSHIP & RECREATION**FREE 7TH 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. Contact: Amanda Aguirre at aaguirre@westfieldynj.org or x258.

SKI/SNOWBOARD TRIPS

Families are welcome! Fee includes lift ticket, coach bus and chaparones. Friday trips leave from Edison & Roosevelt Schools at 3:00PM and return at midnight. Weekend trips leave at 6:00AM and return at 7:00PM.

| Mountain | Day | Fee |
|---------------|------|-------|
| Montage | 1/20 | \$100 |
| Camelback | 1/26 | \$80 |
| Blue Mountain | 2/9 | \$80 |
| Hunter | 2/24 | \$110 |
| Windham | 3/4 | \$110 |

**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.

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

Location: Main Y Facility **Fee:** \$25 F

JR. YOUTH AND GOVERNMENT

Grades 7-8

Develop your passion for debate and State law! Learn the process of creating, debating and passing laws alongside our high school Youth and Government participants in the State House in Trenton. Program begins 2/8 and meets 6:30-7:30PM every other Wednesday at the Main Y leading up to the 3-day overnight conference in Trenton. Register by 2/6.

Fee: \$300 deposit; total fee determined by number of participants.

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.

**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.

RECREATION**5TH 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: 12/15, 1/12, 2/2 & 3/6

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 special event nights or when school is closed.

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

Location: Main Y Facility

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

CONTACT: Youth, Teen & Camp Services Director, Marty Collett • x405 • mcollett@westfieldynj.org

WESTFIELD AREA YMCA • 908-301-9622 • WWW.WESTFIELDYNJ.ORG • FINANCIAL ASSISTANCE IS AVAILABLE

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



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

Traditional Camps

- Blue Sky
- Discovery
- Explorer
- Last Blast
- Little Explorer
- Puddle Jumpers
- Sunshine
- Travelers

Sports Camps

- All Sports
- Basketball
- Fencing
- Soccer
- Tennis
- Ultimate Frisbee

Specialty Camps

- NEW!** Brick City Engineers
- Bricks 4 Girlz
- Drama
- Hands on Art
- Mysteries of Magic
- Skill Sharpeners
- NEW!** Stage Production
- NEW!** Transformation Creation
- Young Scientists

Leadership Camps

- (CIT) Counselors in Training
- (LIT) Leaders in Training



**CAMP
OPEN
HOUSES**

January 6
10:30AM-Noon

Main Y Facility &
Garwood Family
Center Y

**EARLY
BIRD
SPECIAL**

January 6-30

Pay in full and
receive a
10% discount
(does not include extended care)

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.



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.

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

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

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

2-5 days/week at Early Learning Center

FULL DAY CHILD CARE

HALF DAY and FULL DAY PRESCHOOL

TWOS, THREES, FOURS: 7:00AM-6:00/6:30PM

2-5 days/week at Early Learning Center and Garwood Family Center YMCA

TWOS, THREES, FOURS: 8:30-11:30AM or 12:00-2:30PM

2-5 days/week at Bauer Branch

THREES & FOURS: 8:45-11:15AM or 8:45AM-2:30PM

3 or 5 days/week at Garwood Family Center YMCA



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.



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!

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



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.

DROP-IN

Preregister for this unique, dependable, and flexible program! Program is for ages 2 1/2-5 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-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

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 |

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.

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.

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

KINDERGARTEN WRAPAROUND: 7:00AM-12:35PM
3 or 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 and/or 3:00-5:00/6:00PM
2-5 days/week or drop-in at Mountainside Schools

GRADE 1-5: 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

CHILD CARE EDUCATION AND CAMP OPEN HOUSES

SATURDAY, JANUARY 6

Camp..... Garwood Family Center Y... 9:00-10:30AM
Camp..... Main Facility..... 10:30AM-Noon
Preschool and Kindergarten ... Bauer Branch 10:00AM-Noon
Full-Day Child Care..... Early Learning Center 10:00AM-Noon

SATURDAY, JANUARY 13

Kindergarten Wrap Around ... Main Facility ... 9:00-10:30AM



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, K-GRADE 5, MOUNTAINSIDE)
Marty Collett, Director
908-317-9622 x405
mcollett@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

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.

MEMBERSHIP SPECIAL

You can join anywhere, but you **BELONG** at the Y!

No Joiner's Fee
12/22-1/6
(\$100 value!)

Then "pay the day" Joiner's Fee thru 1/31
(\$7 on 1/7,
\$8 on 1/8...
and so on!)



Don't Forget Winter Break!

- Register for a mini-session of swim or diving lessons 12/26-29
- Get certified! Take the Y Lifeguard Certification course 12/27-29.



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

DOWNLOAD OUR MOBILE APP

