





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y'S WORDS

Fall/Winter 2019 Issue

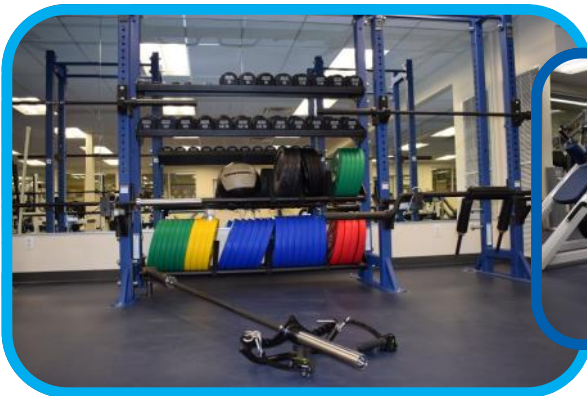
Newsletter for members, volunteers, and friends of the Westfield Area YMCA. Serving Cranford, Garwood, Mountainside and Westfield since 1923. WESTFIELD AREA YMCA · 220 Clark St., Westfield, New Jersey 07090 · 908-301-YMCA (9622) · westfieldynj.org ·  
Editor: Marla Itzkin, Director Communications and Marketing, mitzkin@westfieldynj.org.

NEW FREE WEIGHT ROOM IS OPEN AT MAIN Y FACILITY

A fully renovated and updated new Free Weight Room opened to members on November 21.

The new Free Weight Room has all new lighting, flooring and mirrors and features new versions of past equipment and brand new pieces: competition benches and dedicated incline bench, cable column, heavier kettlebells, bumper plates, squat racks, rogue bars, prime handles/grips, and more!

The Free Weight Room is now in its permanent home in the space previously occupied by the racquetball courts. Two new ADA-compliant racquetball courts opened on the first floor in November, 2018. The previous lower-level space was renovated and used as a temporary space for the first floor Cardio and Strength Training Rooms while they each underwent renovation. Both projects were completed earlier this year. The previous Free Weight Room space will be part of the next stage of capital improvements. *See page 3 for details.*



STRENGTH TRAINING ROOM AND CARDIO ROOM RECEIVE EQUIPMENT UPGRADES



The recently renovated Strength Training Room received upgrades in November including a dedicated TRX space, new weights/weight storage system, a new assisted chin-up and dip machine, low row machine, and the two cable columns pictured left.



New spin bikes, arc trainers and treadmills were installed in November in the recently renovated Cardio Room, pictured left.



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5K RUN FOR EVERYONE SUPPORTS SPECIAL NEEDS PROGRAMS AT THE WESTFIELD AREA YMCA

The Westfield Area YMCA 5K Run for Everyone was held on Sunday, September 15. This year's proceeds continue to support the Dragonfly and inclusion camp programs.

Thank you to the approximately 500 5K runners/walkers/rollers, 200 volunteers, 130 Kids Run participants and all the enthusiastic spectators for participating. The Y also thanks the 2019 sponsors:

Gold Level:

Coldwell Banker Residential Brokerage Westfield West

Silver Level:

Atlantic Health Systems; Kings; Marano & Sons Auto Sales, Inc.; Spencer Savings Bank; TAPinto; The Grinis Family; Westfield Area Y Men's Club

Bronze Level:

American Identity Group; Ambeli Greek Taverna; Attain Wellness; Best Western Westfield Inn; Coastal Air Conditioning; D.S.G.K. Drywall; Dan Swayze & Son, Inc.; Family Chiropractic of Clark; Forefront Designs; Architecture; Gargiulo Produce; Limani Seafood Grill; Mathusek Incorporated; Orthopedics of Summit Medical Group; Pfister Roofing; The Portasoft Company; PSE&G; ShopRite Wines & Spirits; Agnes & Carlos Silva; SOS Gases Inc; Twin Boro Physical Therapy; Wells Fargo Advisors; Westfield Audio Visual, Inc.; Westfield Pediatric Dental Group; Williams Nursery

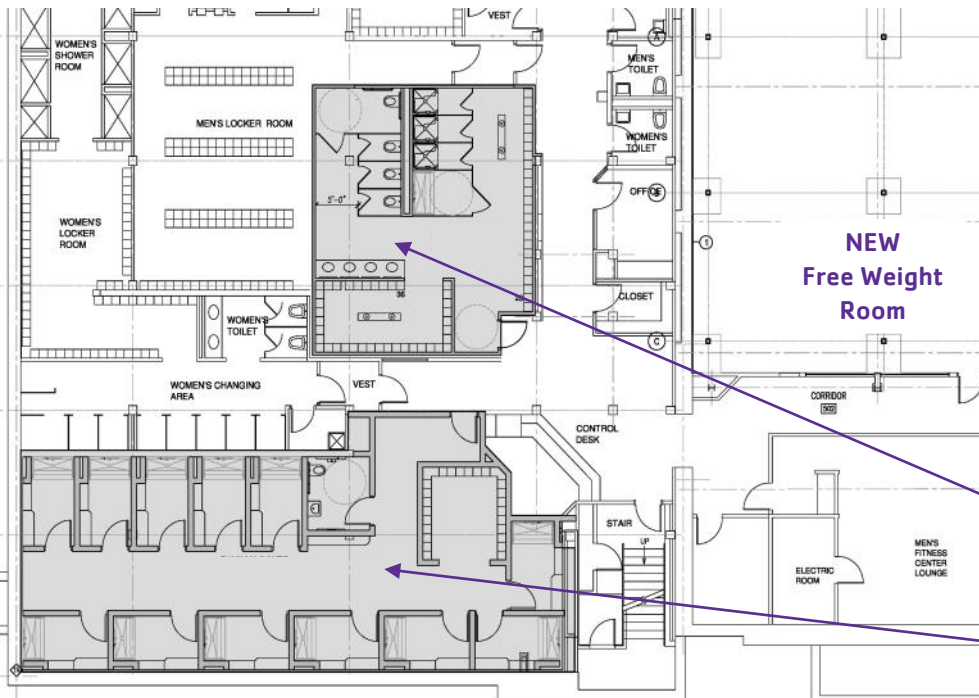
Businesses that donated in-kind gifts for refreshments, awards and prizes:

Bagel Chateau; Baron's Drug Store; Casa di Pizza; Ciao Bello Restaurant; Escapology; Ferraro's; Kilkeny House Restaurant & Pub; Rudy's Ristorante & Pizzeria; Shop Rite of Garwood; Trader Joe's; Warby Parker

For more information visit westfieldynj.org or contact Greg Hatzisavvas at gatzisavvas@westfieldynj.org or x251.



CAPITAL IMPROVEMENTS CONTINUE AT MAIN Y FACILITY



Modernization of the Main Y Lobby will be the next capital improvement slated for completion in spring 2020.

Also in the planning stage are new Family Locker Rooms which will double the Y's capacity to serve families and those with special needs. This new space will be located in the former Free Weight Room and be underway by late fall.

The previous Family Locker Room will be renovated into a new Girls Locker Room. This project will begin in late 2020.

**NEW
Free Weight
Room**

New Girls Locker Room
(former family locker room location)

New Family Locker Room
(former Free Weight Room location)



THIS IS MY Y Ethan & Zach Hom

We joined the Y when we were 3 years old. We took our first swim lessons here, played t-ball, Ultimate, and went to camp. Now, we get to have an impact on the next generation.

The instructors who taught us as children also trained us to be aquatics staff, and they continue to be our mentors and co-workers.

We chose the Y as our first jobs because the staff are passionate about what they do, there is a strong sense of community, and the Y has high standards.

Join our staff! Visit www.westfieldynj.org/about/job-opportunities/ to learn more.

“ We learned to swim here, but the Y has played an even bigger role in our lives. ”

SEASON OF GIVING

This season is a good time to reflect on the past months and what you have accomplished, and set goals for what you would like to achieve in the future. The end of the year is also when many people make their decisions about annual charitable giving. Here are several end of year ideas that will help others in the community:

- 1 **Give to the Y.** The Westfield Area YMCA is a charitable, nonprofit 501 (c) 3 organization. We are for youth development, healthy living and social responsibility with a mission of providing programs and services to meet the needs of those in our community.
- 2 **Angel tree.** Ensure a gift is waiting for a less fortunate child on Christmas morning by choosing an angel and fulfilling one of the many wishes on our angel tree.
- 3 **Food drive.** Help eliminate hunger by donating nonperishable items. Westfield Food pantry drop-off boxes are located at each Y location.
- 4 **Tree lot.** Purchase your Christmas tree at the Westfield Area Y Men's Tree Lot located at the Elm Street field and help support a variety of local charities.
- 5 **Capital tile wall.** Commemorate what the YMCA means to you, your family or your friends with a personalized wall tile permanently installed at the Main Y Facility. Proceeds benefit the capital campaign.



UNPLUG TO FIND CONNECTION

The holidays are all about spending quality time with family and friends in your community, but technology and screen time can get in the way. At the Y, members like you – of all ages, backgrounds and walks of life – can set the virtual world aside to make lasting, meaningful connections in real life.



HERE ARE A FEW IDEAS FOR MAKING DEEPER CONNECTIONS THIS HOLIDAY SEASON:

Try something new: Consider trying a new sport or fitness program at your Y. A new experience can help you and your family connect with each other, meet new people and stay active!

Volunteer: The Y is a volunteer-led organization that benefits communities with many opportunities to make a difference. Ask the front desk about ways to give back alongside your neighbors.

Make friends: Have you thought about striking up a conversation with someone new in the lobby of your Y or after a great class but weren't sure how to begin? Chances are, you're not alone. Try these conversation starters and you'll be making connections in no time:

- What's your favorite holiday tradition?
- What was your favorite volunteer experience?
- Were you a Y kid growing up?



The Y. For a better us.

GEDMAN'S BLACK BELT ACADEMY OF THE WESTFIELD AREA YMCA

Gedman's Black Belt Academy is located at the Bauer Branch and offers programs for adults, teens and children beginning at age 4. Classes are taught by a team of certified ATA (American Taekwondo Association) black belt instructors.

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.

Classes for beginners through 6th degree black belts are available. Beginner students are required to attend the Intro class (no uniform required) before beginning rank-specific training.

There is no annual commitment or contract required to participate. Rank advancement ceremonies are held on site four times a year.

For more information visit westfieldynj.org or contact Amanda Aguirre at aaguirre@westfieldynj.org or x258.



Pictured: Students from Gedman's Black Belt Academy demonstrated their martial arts skills at the Westfield Cultural Fair held at Mindowaskin Park in September.

DANCE ACADEMY

Experienced dance instructors teach students of all abilities and skill levels ages 3 years through adult to embrace the art of dance in a warm and nurturing environment.

With the exception of the Little Movers introductory class, Dance Academy is a program that registers for two seasons.

The September-December season wraps with a Winter Demonstration. Registration is open now for the January 6-June 20 season which culminates with the June Showcase.

All classes are held at the Dance Academy Studio at the Garwood Family Center YMCA with the exception of Musical Theater, held at the Main Y Facility.

For more information visit westfieldynj.org or contact Director of Arts, Marianna Tsartolia at x617 or mtsartolia@westfieldynj.org.



The Dance Company of the Westfield Area YMCA Dance Academy is a performance group for dancers ages 10-15 of higher level abilities. The group was asked to perform at this year's Town of Garwood Tree Lighting Event.



DEVILFISH HOSTS ANNUAL CLASSIC

The Westfield Area YMCA Devilfish is a developmental and competitive year-round program providing a high level of training and professional instruction for swimmers ages 6-18. It is designed to motivate and challenge swimmers to reach individual goals while enjoying the benefits of a team sport.

For more information visit wydevilfish.org or contact Chris Cipolla at ccipolla@westfieldynj.org or x263.

Pictured: The Devilfish swim team hosted the 24th annual Devilfish Classic Invitational Swim Meet in October. Over 600 swimmers from all over the state had an opportunity to swim in this short course meet. Of the 240 Devilfish swimmers who attended, many achieved personal best times.



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FLYERS TRACK CLUB COMPLETES CROSS COUNTRY SEASON

Two hundred Flyers athletes enjoyed a fun and challenging season taking part in weekly training and competing in four regular season meets held at Greystone Park in Morris County as well the USATF New Jersey Junior Olympic Cross Country Championships. To cap off the season, the team participated in the Foot Locker Northeast Region Championships in Van Cortlandt Park in the Bronx which featured some of the best high school athletes in the country.



Pictured: Westfield Area YMCA Flyers compete at Greystone Park, NJ.

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

For more information visit westfieldynj.org or contact Will Smith at wsmith@westfieldynj.org or x279.

CALENDAR OF EVENTS

DECEMBER

Westfield Area Y Men's Club Tree Sale.....	thru 12/23
Overlook Medical Center Healthy Avenues Van ..	12/12
Winter Session Priority Registration.....	12/12
5th Grade Dance Party.....	12/13
Achievers Fundraiser at Alex & Ani.....	12/15
Winter Session Open Registration.....	12/16
Member Appreciation Day.....	12/18
Holiday Early Closing @3:00PM.....	12/24
Holiday Closing.....	12/25
Y Lifeguard Certification Course.....	12/27-29
Holiday Early Closing @6:00PM.....	12/31

JANUARY

Open New Year's Day 10:00AM-4:00PM.....	1/1
Camp and Child Care Education Open Houses.....	1/4
Ski/Snowboard Trip.....	1/10
Care Education Open Houses.....	1/11
Lunchtime Lecture: Tech Talk.....	1/14
Overlook Medical Center Healthy Avenues Van ..	1/16
5th Grade Dance Party.....	1/17
Holiday JUMP.....	1/20
Free Lunchtime Lecture: All About Arthritis.....	1/22
Ski/Snowboard Trip.....	1/24

FEBRUARY

Ski/Snowboard Trip.....	2/7
Overlook Medical Center Healthy Avenues Van ..	2/13
Member Appreciation Day.....	2/14
Free Brains and Balance Demo Class.....	2/14
Holiday JUMP.....	2/17
Free Lunchtime Lecture: Healthy Brain Aging.....	2/19
Ski/Snowboard Trip.....	2/21
Free Kids Expo.....	2/22
Camp Open House.....	2/22

For times, details and the most up-to-date information, visit www.westfieldynj.org.

BE CONNECTED WITH YOUR Y

Download the Westfield Area Y App!

- Allow notifications for weather-related alerts
- Real-time group exercise, gym and pool schedules
- Add classes and events to your mobile device calendar

