



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WESTFIELD AREA YMCA

# Fall 1 2024 Session Guide

September 3–October 26



Priority Registration for Full Members  
begins 9:00am Thursday, August 15

Registration for Basic & Non-Members  
begins 9:00am Monday, August 19

At the Westfield Area YMCA, people of every age, ability and life stage have the opportunity to improve their health, build relationships and grow in a supportive community.

## Main Y Facility

- 25-yd. indoor lap pool (approx. 81°)
- 20-yd. indoor recreational/instructional pool (approx. 88°)
- Air-conditioned double basketball gym with 6 hoops
- Cardio Room with natural lighting and 50 pieces of equipment (age 13+)
- Fitness Express Center with hydraulic equipment designed to be used in a 30-min. circuit (age 7+, age 7-9 with parent)
- Free Weight Room with perimeter racks, cable column, benches & more (age 15+)
- Strength Training Room with natural lighting and 30+ pieces of equipment (age 13+)
- Men's and Women's Fitness Centers each with fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers and permanent kit lockers upon request (ages 18+)
- Steam room in men's locker room
- Two air-conditioned racquetball courts (one currently used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylight
- **NEW** handicapped-accessible family locker room with 12 individualized changing spaces, each with a shower, grab bar and bench
- ADA accessible facility

## Classes, Programs and Services

- All land and water fitness classes included
- Open lap swim, basketball, racquetball & pickleball
- Open family swim & gym

## Membership

Amenities may be based on membership category, ask at the Welcome Center!

### MEMBERSHIP CATEGORIES

#### Family

One or two adults with children up to age 26 living in same household

#### Individual

Youth, Teen, College, Young Adult, Adult, Senior

#### Senior

Individual, Family

## NATIONWIDE MEMBERSHIP

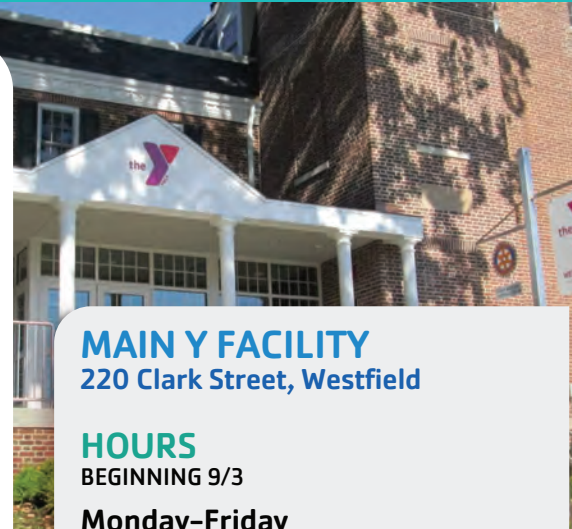
Enjoy access to participating YMCAs across the United States!

## Financial Assistance

We believe in serving the needs of all members of our community including those suffering a bona fide financial hardship that cannot pay the full cost of membership or programs. Applications are available online and at all Westfield Area YMCA facilities. **Questions?** Contact Susan Morton at [smorton@westfieldynj.org](mailto:smorton@westfieldynj.org) or x228.

## Questions about Membership?

Contact Amanda Aguirre at [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org) or x258



## MAIN Y FACILITY

220 Clark Street, Westfield

## HOURS

BEGINNING 9/3

**Monday-Friday**  
5:00am-10:00pm

**Saturday**  
6:00am-8:00pm

**Sunday**  
7:00am-6:00pm

## HOLIDAY HOURS

CLOSED MONDAY, SEPTEMBER 2

## ADMINISTRATIVE SUPPORT OFFICES

111 Ferris Pl., Westfield

## ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

422 East Broad St., Westfield

## EARLY LEARNING CENTER YMCA

170 Elm St., Westfield

## CRANFORD YMCA

401 Centennial Avenue, Cranford

View pages 18 & 19 for more about the Cranford YMCA

DOWNLOAD OUR APP FOR SCHEDULES, EVENTS AND MORE!







### Hours:

**Mon-Fri**  
8:45am-1:30pm

**Sat**  
8:45am-12:30pm

Learn more at  
[westfieldynj.org/kids-club](http://westfieldynj.org/kids-club)

- Complete registration form at Welcome Center before first visit
- Present child's birth certificate first time attending
- Parent/guardian must be a member and remain in the building
- Nut free snacks & drinks are permitted
- FREE for Gold members; fee for Silver
- 2 hour max. for ages 2yr+ and 1.5 hour max. for 18mo.- 2yr

## Personal Training

Packages of five, ten, or twenty sessions for 30, 45, or 60 min.

Our skilled and supportive personal trainers are excited to get you in shape and feeling great! We're here help you to 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.

**INTRO SPECIAL: 3 individual 45 min. sessions for \$119!**

Available to members who have not purchased training in the past calendar year.



## Membership Promotions

### Buddy Up!

Refer a friend and get a FREE month of membership after they join the Y!

### Offer for Horizon Members

Horizon Blue Cross Blue Shield of New Jersey members are eligible to receive a monthly discount on membership and a waived joiner's fee.

Present your Horizon ID Card at the Welcome Center to apply discount and/or waived initiation fee.

[Visit our website for more details.](#)



## Extraordinary Parties

There are TWO choices at the Y for event planning! The Complete Package is just that...we handle everything so you can enjoy your own 90-minute party including set up, clean up, tableware, candles, and music—not to mention we will decorate and provide & serve pizza, cupcakes, and juice boxes for each guest. Our staff will run and supervise a game, organized sport, or craft of your choice and we include our basic inflatables. Popular add ons include our largest inflatables or a wim party! The DIY Package includes a game, organized sport in our gym, or craft of your choice managed and supervised by our staff. Pool parties are also available!

Contact Dylan Hirtler at [dhirtler@westfieldynj.org](mailto:dhirtler@westfieldynj.org) or x248 for more information and to reserve your party date!



# WORK AT THE Y

## Turn your passion for strengthening community into a great job or career!

We offer full-time, part-time and seasonal positions, so you can find a role and schedule that works best for you. Working at the Westfield Area YMCA is so much more than a job. It's an opportunity to make a lasting difference in the lives of those around you.

- Teacher
- Assistant Teacher
- Before/After School Counselors
- Swim Instructor
- Lifeguard
- Personal Trainer
- Sports Instructor
- Basketball Coach

## EVENTS

### Movie Night

With Spencer Savings Bank

Friday, September 13

(Rain date: 9/15)

Start time: Dusk

Location: Elm Street Field  
(across from Stop & Shop)



Popcorn and refreshments for sale will benefit the Strong Kids+ Annual Support Campaign  
**FREE AND OPEN TO THE COMMUNITY!**

### Free Hearing Screenings

With Hearing Life of Westfield

Wednesday, October 9

10am-2pm

Contact Jean White at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org) or 908-301-9622 x246 to schedule your 15-minute session!

## NEW! CREATIVE ARTS

### Creating the Cartoons

Youth (Age 7-10): Saturday, 9-10am

Youth (Age 10-12): Saturday, 10:15-11:15am

Main Y Facility

Dive into the world of cartoon V.O. (voice over), using scripts from popular cartoons to learn how to bring characters to life. Students will design their own cartoon characters, create comic book-style scenes, and voice their new characters in a final presentation for an audience.

### Creative Collaboration

Teen (Age 10-15): Saturday, 11:30am-12:30pm

Main Y Facility

Learn the different roles in making a theatrical production (actors, writer, director, stage manager, props, costumes, and more. Groups will explore different roles each week and put short pieces together.

### Artist's Way

Adult (Age 18+): Thursday, 7:45-8:45pm

Main Y Facility

Join us for a journey through the book, "The Artist's Way!" Participants find a safe and supportive space to work through the book together, exploring their creativity and sharing insights. In group meetings, discuss discoveries, share artist date locations, and support one another. Perfect for anyone looking to unlock their artistic potential!

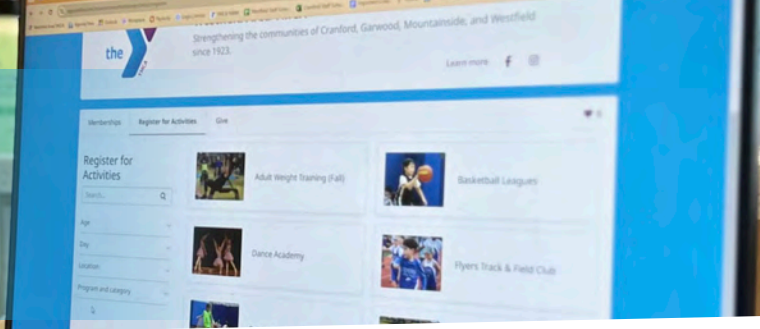
\*Participants are required to purchase the book.

#### Questions about Creative Arts Programs?

Contact Greg Hatzisavvas at [gatzisavvas@westfieldynj.org](mailto:gatzisavvas@westfieldynj.org) or x251



# Improved online connections with the Y are here!



We've been working behind the scenes to significantly improve the member experience, making navigation smoother and the registration process easier and faster!

## NEW REGISTRATION SYSTEM

### Improvements include...

- Easily explore, register and pay for classes and programs
- See your/your family's schedule at-a-glance
- Update any account information, including credit card(s)
- View each family member's activities, memberships and billings including past payments and payments due

### Registration on Amilia SmartRec begins with the Fall 1 Session

- Priority registration begins Thursday, August 15 at 9am
- Open registration begins Monday, August 19 at 9am

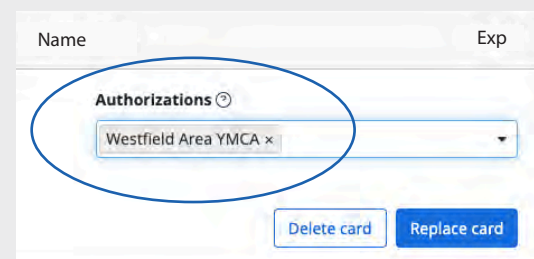
In order to register for classes and programs, or to make any payments, you will need to activate your account. Check your email for an invitation link from support@amilia.com. Click the link to activate your account!

**Don't have the link?** No problem— visit the Welcome Center, call 908-301-9622 or email us at membership@westfieldynj.org to have a new link sent to your email.

## BE READY FOR REGISTRATION DAY!

To ensure you have a seamless experience when registration begins, follow these steps:

- **Create your account using the activation link sent to your email address**  
Your login email must match the one associated with your YMCA membership/account. Not sure which email to use? Contact us.
- **Once logged in, verify your account information and make changes if needed**
- **Sign membership forms**
- **Set up your Wallet**  
Add a credit card to your account for online payments.




**Note:** When adding a card, you must select "Westfield Area YMCA" the under authorizations dropdown. Not permitting authorization may result in declined payments.

- **Take a new photo for your account at the Welcome Center**
- **Browse for programs and add classes to your "Wishlist"**

## FRESH LOOK!

We've made some changes to our website to simplify your experience and help you find what you need quickly and easily!

Still located at [www.westfieldynj.org](http://www.westfieldynj.org)



# HEALTH & WELLNESS

## FITNESS CLASSES

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time online.

### SUNDAY

8:15-9am  
**NEW! Body Weight  
Tabata**  
Alex

9:30-10:25am  
**Total Body Strength**  
Kate

10:45-12pm  
**Power Flow Yoga**  
Karim

### MONDAY

6-6:45am  
**Total Body Strength**  
Heidi

9-9:50am  
**Cardio/Strength/Core  
Intervals**  
Jean

10:10-11am  
**Yoga**  
Liz

11:15am-12:05pm  
**Functional Strength,  
Balance & Basic TRX®**  
Jean

12:30-1:25pm  
**TRX®**  
Jean

6-6:50pm  
**Total Body Strength**  
Jackie

7-7:55pm  
**Cycle & Strength**  
Erin

### TUESDAY

6-6:45am  
**Cycle & Strength**  
Heidi

8-8:50am  
**Lite Total Body Fitness**  
Lilian

9-10am  
**Cycle, Strength & Abs**  
Jackie

10:30-11:15am  
**Pilates**  
Jean

11:30am-12:45pm  
**NEW! Arthritis Exercise •**  
Patti

11:30am-12:20pm  
**Delay The Disease Sit  
'N Be Fit!**  
Jean

5:45-6:40pm  
**Circuit Training**  
Michelle

7:20-8:10pm  
**Yoga •**  
Sandeep

### ADULT TAEKWONDO

See page 11 for info  
about Gedman's Black  
Belt Academy of the  
Westfield Area YMCA.

### WEDNESDAY

6-6:45am  
**NEW! Boot Camp**  
Ellery

8-8:50am  
**Total Body Strength**  
Jean

9-9:50am  
**Cardio & Strength**  
Natalie

9:10-10am  
**Chair Yoga •**  
Madeline

10:10-11am  
**Yoga**  
Madeline

11:15am-12:05pm  
**Lite Cardio, Strength  
& Balance**  
Stacy/Chrissy

12:30-1:25pm  
**TRX®**  
Jenny

5-5:50pm  
**NEW! Stretch & Roll**  
Chrissy

6:15-7pm  
**Spin**  
Andy

7:10-7:40pm  
**Rumble®/Kickboxing**  
7:40-8:10pm  
**& Strength**  
Jenny

### THURSDAY

6-6:45am  
**Cycle & Strength**  
Heidi

8-8:50am  
**Lite Total Body Fitness**  
Lilian

9-9:50am  
**Strength & TRX®**  
Jean

10:10-11am  
**Core Stretch & Roll**  
Chrissy

11:15am-12:05pm  
**Delay The Disease Sit  
'N Be Fit!**  
Jean

11:30-12:20pm  
**Bone Smart •**  
Myriam

6-6:55pm  
**Cycle & Strength**  
Stew

7:35-8:35pm  
**Ballet**  
Marianna

### FRIDAY

9-9:50am  
**Kickboxing**  
Natalie

9-9:50am  
**NEW! Total Body  
Strength Circuits •**  
Kerry

10:10-11am  
**Yoga**  
Heather

11:15am-12:05pm  
**Lite Cardio, Strength  
& Balance**  
Jenny

6:15-7:10pm  
**Yoga**  
Ranji

### SATURDAY

7:45-8:45am  
**Cycle & Strength**  
Stew

9-9:50am  
**Power Flow Yoga**  
Heather

10-11am  
**R.I.P.P.E.D.®**  
Jenny

11:15-12:15pm  
**Barre**  
Jolene

Classes are in  
Weldon Room  
unless noted:

• = Kellogg Room



Scan to join the  
Group Fitness  
Email List and  
view classes with  
zoom options

### Questions about Fitness Classes?

Contact Jenny Stanley at [jstanley@westfieldynj.org](mailto:jstanley@westfieldynj.org) or x256

## LITE/LOW IMPACT

### NEW! Arthritis Exercise

Helps reduce the pain, stiffness and fatigue associated with arthritis. Class can be done standing or seated.

### Ballet

Build strength, stamina, and posture through a mix of barre and center work exercises. Great for both beginners and those with more experience. Ballet slippers or cotton socks required.

### Barre

Improve strength, flexibility, and balance through ballet inspired moves, light weights, and other equipment. Cotton socks are recommended.

### Bone Smart

Stimulate and strengthen your bones with an interdisciplinary workout.

### Delay the Disease: Sit N' Be Fit!

Address issues associated with Parkinson's. Studies show that movement and exercise help to alleviate symptoms. Use light weights and props to maintain and improve strength, flexibility, and balance. Class can be done seated or standing with modifications based on individual needs.

### Functional Strength, Balance and Basic TRX®

Basic functional movements, TRX, weights, and other props are used to improve strength, flexibility, and balance.

### Lite Cardio, Strength & Balance

Low-impact cardio paired with strength and balance movements. Good for anyone beginning an exercise routine.

### Lite Total Body Fitness

Improve heart health and maintain overall strength with gentler movements, light weight training, easy core exercises, and other equipment.

## NEW! Introduction to Weight Training Age 18+

September 3, 10, 17 & 24  
12:45-1:30pm

Build your foundation in fitness and discover your strength! Supervised by Y trainers, clinics consist of a 45-minute classes that blend weights and strength equipment into one comprehensive 4-week program. Registration required.

## CARDIO

### Cycle & Strength

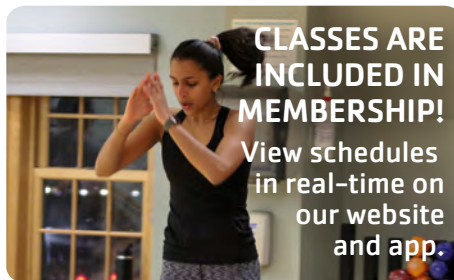
30-40 min. of cycle followed by a focus on strength and abs all in one great class!

### Kickboxing

High-energy workout builds strength and stamina by blending basic punching and kicking combinations with core conditioning.

### Spin

Focus on strength, speed, and endurance. An energizing workout sure to raise your heart rate! Choreographed to great music!



## MIND & BODY

### Chair Yoga

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system.

### Pilates

Improve core strength and balance, increase flexibility and enhance athletic performance.

### Power Flow Yoga

(Saturday Class): Vinyasa inspired practice is a flow of poses that links breath to movement through dynamic and challenging sequences designed to build strength, increase stamina, and flexibility.

(Sunday Class): 50 min. of moderate to advanced Ashtanga sequences and flow asanas that relax the body, mind and soul.

### Yoga

Breathing, relaxation and postures.

### NEW! Stretch & Roll

Stretching techniques and the use of foam rollers are combined to help alleviate pain and tension in the muscles and fascia (myofascial release).

## STRENGTH

### TRX®

Develop strength, balance, flexibility, and joint stability using body weight and a TRX Suspension Trainer hung from an overhead anchor point.

### Total Body Strength

Improve balance, core, and muscle strength with weights, resistance tubing, and other props.

### NEW! Total Body Strength Circuits

Designed to target various muscle groups as you work your way through a series of stations or exercises each with a specific strength focus. Various types of resistance will be used.

## COMBO/HYBRID

### NEW! Body Weight Tabata

Tabata intervals (20 sec. work, 10 sec. rest) focus on exercises that build strength and cardiovascular endurance. Intensity may be increased by adding weights.

### NEW! Boot Camp

High intensity, full body workout designed to build strength, endurance and agility. Inspired by military training, class involves a combination of cardio, strength and bodyweight exercises done in quick succession to maximize fitness benefits.

### Cardio & Strength

High Intensity Interval Training (HIIT) format class moves swiftly between cardio, strength, and core exercises.

### Cardio/Strength/Core Intervals

Enhance cardio endurance and muscular/core strength with timed segments of these 3 vital components of fitness.

### Circuit Training

Circuit-style class blends high-intensity cardio, endurance and resistance training for a full-body workout.

### R.I.P.P.E.D.®

Resistance, Intervals, Power, Plyometrics and Endurance training are used to challenge cardio and endurance levels.

### Rumble®/Kickboxing & Strength

30 min. of Rumble (cardio martial arts by the makers of R.I.P.P.E.D.®) or kickboxing followed by 30 min. of strength. Come for one segment or both!

## NEW! Walk-A-Marathon Outdoor Challenge

Thursday, 6:00pm

View page 8 for details.

### Questions about Fitness Classes?

Contact Jenny Stanley at [jstanley@westfieldynj.org](mailto:jstanley@westfieldynj.org) or x256



# FITNESS CHALLENGES

## Hit your Stride! Challenge

September 3–October 26

Hit your stride this Step-tember by joining us for a fall walking challenge. Earn minutes by walking outdoors, on a treadmill, or even in the pool! It all counts toward your fall "Feet-ness" goal! Weekly emails will include shoutouts to leaders and tickets can be earned throughout the session for a chance to win a private swim lesson with Mr. Rob, a small group private water fitness class with Beth, or a free personal training session!

- Free to participate
- Registration required
- Prizes awarded to the top striders
- Record your minutes in 10 min. increments at the Welcome Center
- Open to Westfield Area YMCA & Cranford YMCA members of all ages and abilities

## NEW! Walk-A-Marathon Outdoor Challenge

6pm, Thursday

Lace up your sneakers and walk a marathon over the 9-week session! This program breaks down the iconic 26.2-mile distance into 3-mile outdoor walks. Registration required.

- Walks will take place across our service area of Cranford, Garwood, Mountainside and Westfield. Participants are responsible for their own transportation to each location.
- First walking session is Thursday, September 5. Class will meet and depart from the Main Y Facility.
- Participants under the age of 18 must be accompanied by an adult.

Adapt-Ability Friendly!



## Swim the States September-June

View page 9 for details.

# ADAPT-ABILITY

Physical, recreational and social programs for young adults age 18+ with special/adaptive needs

## Cooking

Monday, 5:30-6:30pm

Try out some delicious and nutritious recipes for snacks and simple dishes using ingredients that are grown in gardens.

Located at the Bauer Branch.

## Game Night

Monday, 6:45pm-7:30pm

Catch up with friends and share some laughs playing the game of the night. Each week will highlight a different game: Trivia, Uno, Trouble, and BINGO are all on the list. Located at the Bauer Branch.

## Group Exercise

Wednesday, 6-6:45pm

Led by a Y instructor and inclusion assistants, this low-impact fitness class ensures that everyone can participate at their own pace in a comfortable and supportive group setting. Located at the Main Y.

## SPECIAL EVENT! Pop-Up Fitness Class

Wednesday, August 14, 6-6:45pm

Main Y Facility, Kellogg Room

**Open to the community:** Enjoy fun, low impact movements, light weight training, and core exercises. In a circuit fitness format, rotate through timed segments of exercises that target cardio, strength, and core to foster overall, general fitness. Class is led by Y Fitness Staff with the help of Inclusion Assistants, with the goal of providing a safe and successful opportunity for all!

## Interested in Adapt-Ability?

Contact Carly Kaplan, Inclusion Coordinator prior to registering to ensure that we are able to accommodate the needs of the participant in the class at [ckaplan@westfieldynj.org](mailto:ckaplan@westfieldynj.org).



# ADULT AQUATICS

## WATER EXERCISE

All classes are 40 min. in Rooke Pool unless noted: • = Wallace Pool, 50 min.

### SUNDAY

4pm Aqua Fit •

### MONDAY

8am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Let's HIIT It! •

10:30am Strength, Flexibility & Balance

6pm Cardio, Strength & Core

### TUESDAY

10:30am Ai Chi

11:20am Hit Your Stride

### WEDNESDAY

8am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Aqua Fit •

9:30am Arthritis Aquatic Exercise

10:30am Heart Smart

### THURSDAY

10:30am Cardio, Strength & Core •

11:30am Aqua Yoga

7:30pm Cardio, Strength & Core

### FRIDAY

8am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Cardio Core •

9:30am Arthritis Aquatic Exercise

10:30am Aqua Fit Shallow

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time on our app and online!



### Ai Chi

Enhance balance, flexibility, and strength through breathing and slow, continuous movements in warm water. Combines Tai Chi, Qigong, and Watsu techniques.

### Arthritis Aquatic Exercise

This AEA Arthritis Foundation shallow water class incorporates gentle exercises for improved mobility, balance, flexibility and range of motion.

### Aqua Lite

Light/moderate full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment provided.

### Aqua Fit Shallow/Deep

This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

### Aqua Yoga

Unite body, mind, and spirit with breath work, movement, and meditation in shallow water, enhancing nervous system regulation and resilience.

### Let's HIIT It!

Push yourself to the max with Tabata and other heart pumping intervals. Buoyancy belt provided for deep water classes.

### Cardio, Strength & Core

Experience a full-body strength and conditioning workout, using provided equipment like noodles, drag bells, and hand buoys to enhance strength gains.

### Heart Smart

Higher-intensity shallow water cardio class uses intervals and the resistance of the water to get the heart rate up with total body moves that improve overall fitness.

### Cardio Core

Challenging mix of cardiovascular endurance work and core strengthening & stabilizing exercises. Buoyancy belt provided to assist with proper alignment.

### Strength, Flexibility & Balance

This shallow water class works to improve balance by increasing overall strength & flexibility. Includes a variety of moves enhance range of motion and improve overall mobility as well as light to moderate cardio.

### NEW! Hit Your Stride

Get your steps in...in the pool! Challenge your muscles and improve cardiovascular help in an environment that is easy on the joints and fun for everyone. Bring a friend and enjoy the socialization as you walk your way to a healthier you!

## SWIM LESSONS

Age 17+. Lower fee for Gold members.

### Swim Basics

Learn essential water safety and basic swimming skills at your own pace in a judgment-freezone. Overcome fears and become water-confident

Wed 7:45-8:30pm (Rooke)

### Stroke Development

Develop and build endurance on all four strokes. Set and accomplish goals with your instructor.

Tue 7-7:45pm (Wallace)



From September to June, make waves and swim the distance it takes to cross the U.S.! Track your progress, engage in some friendly competition with fellow pool-mates, and earn prizes for reaching milestones along the way. Register to get started on the coast-to-coast challenge.

### Questions about Adult Aquatics?

Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kayla Spinelli at kspinelli@westfieldynj.org or x253



# YOUTH/TEEN PROGRAMS

## MIDDLE SCHOOL INITIATIVE

This program for grades 6–8 focuses on fostering healthy habits and behaviors as middle schoolers begin to navigate the shift from childhood to adolescence. We offer program opportunities that help aid the physical, cognitive, social and emotional development that takes place during these pivotal years.

Registered Middle School Initiative participants receive select teen programs for **FREE**, such as Leaders Club, Friday Night Special Events & Pop-Up Fitness Classes.

### REGISTER NOW AT THE MAIN Y!

Proof confirming middle school status (report card, school ID, etc.) required at time of registration.

## TEEN TRIPS

Grades 6–12

### Fright Fest at Six Flags

Thursday, October 3, 3:45pm–12am  
(rain date: 10/25)

Join us for one of the most anticipated Halloween events of the season! The trip will feature themed shows and attractions, extreme thrills and all of the usual rides that Six Flags Great Adventure has to offer! Fee includes admission, transportation and in-park chaperones. Open to non-Y members.

### Aquatopia Indoor Waterpark

Thursday, November 7

Throw it back to summer during the cold of November! Make a splash at Camelback Resort's famous indoor (and heated!) waterpark. Open to non-Y members. More details available soon.

### Questions about Youth & Teen Programs?

Contact Dylan Hirtler at [dhirtler@westfielddynj.org](mailto:dhirtler@westfielddynj.org) or x248

## ACADEMIC & LEADERSHIP

### Leaders Club

Grades 6–12

A leadership-development community service program that helps teens discover their full potential while making a difference. Club members volunteer at the Y and in the community. \$30 fee for the school year includes shirts and snacks (FREE for Middle School Initiative Participants). Meets Wednesday 7–8pm at the Main Y.

**KICKOFF MEETING:** Wednesday, September 25, 7–8pm

### Achievers

Grades 6–12

This college readiness, career development, life skills, leadership and mentoring program is offered at no cost for diverse middle and high school students in Union County. A teen membership is included. Meets alternate Mondays at the Main Y.

**KICKOFF MEETING FOR STUDENTS & PARENTS/GUARDIANS:**

Monday, September 16, 6:30–7:30pm

Questions? Contact Erica Smith at [esmith@westfielddynj.org](mailto:esmith@westfielddynj.org)

### Model UN

Grades 9–12

An academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of their assigned country. Runs in conjunction with Westfield HS and Cranford HS. Interested students should contact their high school advisors in early September.

## FRIDAY NIGHT TEEN EVENTS

Grades 6–12

A fun night for teens (non-Y members included) featuring various activities. Events take place from 7:45–9:45pm in the Main Y Gym unless noted. Registration and waiver are required ahead of time. \$10 to participate (FREE for Middle School Initiative Participants).

**Pickleball Doubles:** Friday, September 27



# CHILD CARE EDUCATION

## EARLY LEARNING

Programs for children ages 6 months–5 years provide a caring, safe and healthy place to learn foundational skills, develop healthy trusting relationships and build self-confidence and self-reliance. Children develop gross and fine motor, cognitive, social/emotional and language skills. All programs follow the Creative Curriculum, a nationally recognized framework rooted in educational philosophy and theory as well as in practice. Full and half-day programs are available year-round or for the school year.

### WESTFIELD

Early Learning Center YMCA (Child Care)

Contact: Eileen Rooney  
erooney@westfieldynj.org or x134

Bauer Family Branch YMCA (Preschool)

Contact: Tracy McSweeney  
tmcsweneey@westfieldynj.org or x423



## KINDERGARTEN WRAPAROUND

A stimulating and enriching 5-day/week theme-based morning program for children who attend afternoon half-day kindergarten in Westfield and Cranford. The curriculum enhances a half-day program by developing educational and social skills through arts & crafts, learning centers, music, games, physical education, special events, use of the outdoor play area and more. Children are transported to public school for their afternoon program.

### WESTFIELD

Main Y Facility

Contact: Melinda McHale  
mmchale@westfieldynj.org or x273

### CRANFORD

Cranford Community Center

Contact: Shannon McGillis Jackson  
smcgillis@westfieldynj.org or x268



## FULL DAY KINDERGARTEN

The Kindergarten curriculum prepares children for first grade and includes Everyday Math, Handwriting without Tears, Creative Curriculum and Healthy U. Kindergarten follows the Westfield Public school calendar and is 8:30am–2:30pm. Before care starting at 7:30am and aftercare until 6:00pm is available for an additional fee.

### WESTFIELD

Bauer Family Branch YMCA

Contact: Tracy McSweeney  
tmcsweneey@westfieldynj.org or x423



## SCHOOL AGE CHILD CARE

Programs are offered after school for grades K–5. Students receive homework support, enjoy arts & crafts, play games and participate in recreational and physical activities both indoors and outdoors.

### WESTFIELD

Contact: Melinda McHale  
mmchale@westfieldynj.org or x273

### MOUNTAINSIDE

Contact: Amanda McCaskill  
amccaskill@westfieldynj.org or x265

### GARWOOD

Contact: Shannon McGillis Jackson  
smcgillis@westfieldynj.org or x268

# YOUTH AQUATICS



## SWIM LESSONS

Swim lessons accommodate varying abilities to help foster a sense of achievement as swimmers progress. This approach allows advanced swimmers to 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. Free swim level assessments are available.

Classes are 30 min. in Rooke Pool unless noted:  
 • = 40 min., Rooke Pool    » = 40 min., Wallace Pool

### Parent/Child: Stage A (6m-2 yr)

Instructors use songs and games to encourage students and parents to learn skills, explore the environment and equipment used in swim lessons, and learn how to be safe in and around water. Child is required to wear a swim-type diaper if not 100% potty-trained.

SUN	8:35am	
TUE	9:30am	2pm
SAT	8:05am	

### Parent/Child: Stage B (2-3 yr)

Introduces and enhances understanding of the aquatic environment. Instructors guide students through a variety of skills including floating, the progression of going underwater, using swim equipment, forward underwater movement, arm and leg movements, and the fundamentals of self-rescue and water safety.

SUN	8am	9:10am	12:40pm
TUE	5:50pm		
THU	9:30am		
SAT	7:30am	8:35am	

### Stage 1: Water Acclimation (3-6 yr)

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

TUE	4:05pm
WED	1:30pm
FRI	6:35pm
SAT	11:35am

### Stage 2: Water Movement (3-12 yr)

Child can independently submerge underwater and swim a few feet with or without flotation. The focus is on body position, front/back float, forward underwater movement, rolling from front to back, directional change, and basic self-rescue skills. 3-6 yr unless noted.

SUN	9:45am	10:20am	11:30am (6-12)	
MON	9:30am	1:30pm		
TUE	10am	1:30pm	3:30pm	5:15pm
WED	1:30pm	4:05pm	4:40pm	5:15pm (6-12)
THU	9am	4:40pm		
FRI	2pm	3:30pm	6:35pm	
SAT	9:15am	9:50am	10:25am	12:45pm

### Stage 3: Water Stamina (3-12 yr)

Child can swim, roll to a float and return to swim width of the pool (20 feet). Continues to focus on self-rescue skills while learning to swim longer distances, tread water, and retrieve an object from the bottom of the shallow end. 3-6 yr unless noted.

SUN	10:20am	10:55pm	11:30am (6-12)		
MON	10am	2pm			
TUE	9am	4:05pm	5:15pm		
WED	2pm	3:30pm	3:30pm (6-12)	4:40pm	5:15pm (6-12)
THU	3:30pm	5:15pm			
FRI	1:30pm	3:30pm	4:05pm (6-12)		
SAT	9:15am	9:50am	11am (6-12)	12:10pm	

### Stage 4 Stroke Introduction (3-12 yr)

Child can swim/float/swim the length of the pool (60 feet). Student develops proper front crawl including rudimentary rotary breathing, back crawl, breaststroke kick and butterfly kick. The water safety conversation continues and is reinforced through skills like treading water and elementary backstroke. 3-6 yr unless noted.

SUN	9:45am	10:55am	12:05pm (6-12)	
MON	3:40pm	4:15pm (6-12)		
TUE	3:30pm (6-12)			
WED	2pm	4:05pm	6:25pm	6:25pm (6-12)
THU	3:30pm	4:05pm (6-12)	4:40pm	
FRI	4:05pm (6-12)	6pm	6pm (6-12)	
SAT	11am (6-12)	12:10pm		

### Questions about Youth Aquatics?

Contact Rob Faggiano at [rfaggiano@westfieldynj.org](mailto:rfaggiano@westfieldynj.org) or x276 or Kayla Spinelli at [kspinelli@westfieldynj.org](mailto:kspinelli@westfieldynj.org) or x253



### Stage 5: Stroke Development (5-12 yr)

Child can swim 50 yards each of proper front crawl, back crawl, breaststroke kick and butterfly kick. Improve upon all major competitive strokes. The water safety conversation continues and is reinforced through treading water and sidestroke.

SUN	9:00am » (8-12)	12:05pm * (5-8)	
MON	5:25pm * (5-8)	5:25pm * (8-12)	
WED	5:50pm * (5-8)		
THU	5:15pm * (5-8)		
FRI	5:15pm (5-8)	5:15pm (8-12)	
SAT	10:25am * (5-8)	11:35am * (8-12)	6pm » (8-12)

\*= 30 min., Rooke Pool

### Stage 6: Stroke Mechanics (5-12 yr)

Child can effectively and efficiently swim 100 yards of any or combined strokes. Student refines stroke technique, develops endurance for competitive and non-competitive strokes and learns flip turns.

SUN	9am » (8-12)	
MON	4:50pm * (5-8)	4:50pm * (8-12)
WED	5:50pm * (5-8)	
THU	5:50pm (5-8)	5:50pm (8-12)
SAT	12:45pm * (5-8)	6pm (8-12)

\*= 30 min., Rooke Pool

### Aquatic Conditioning (6-15 yr)

Child has completed the group swim lesson program (through Stage 6) and can effectively and efficiently swim 150 yards of any combination of strokes. Student builds endurance, refines competitive strokes and improves starts and turns. Great for those who want a competitive workout without team commitment.

SUN	9:45am » (6-10) (10-15)
MON	6:45pm (6-10)

## TEEN SWIM LESSONS

### Age 12-16

Lessons are 40 min. in Rooke Pool.

#### Swim Basics

Wednesday, 7pm

Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone. Overcome fears and become water-confident.

#### Stroke Development

Wednesday, 7pm

Develop and build endurance on all four strokes.

## RAINBOW FISH

### Lessons for children age 3-12 with special/adaptive needs

Swimmers work on skills that are appropriate for their ability level. New students receive a free skill assessment prior to registration.

Tuesday

4:40pm (Rooke)

Saturday

1:20pm, 1:50pm, 2:20pm (Rooke)

### Questions about Youth Aquatics?

Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kayla Spinelli at kspinelli@westfieldynj.org or x253

## LEARN TO DIVE

Perfect for first time divers ages 5+ and Stage 4+ who have either never tried diving or need to develop the skill of entering the pool hands first. Offered on select Sundays at 10:30am in Wallace Pool.

Register for one or more dates:

9/15, 9/22, 9/29, 10/6, 10/13



## DEVILFISH COMPETITIVE SWIM TEAM

This year-round developmental and competitive program provides 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!

- 3 competitive seasons throughout the year across 5 pools
- 11 different practice groups and 2 pre-team programs geared toward the swimmer's ability
- Swimming practice is paired with training and conditioning performed outside of the pool

Our program boasts two Olympic Trial qualifiers, four YMCA National Champions, multiple National top 10 teams and individual finishes, and a YMCA National Championship title.



Questions about Devilfish Competitive Swim Team?  
Contact Meghan Myers at mmyers@westfieldynj.org or x263

# YOUTH SPORTS



## SPORTS CLASSES

In addition to enhancing physical health, youth sports classes at the Westfield Area YMCA foster a spirit of healthy competition, collaborative teamwork, and personal growth, all while ensuring the experience remains enjoyable for all!

### MONDAY

4-4:45pm	Junior Sports Sampler	4-5 yr
5-5:45pm	Kickball	6-9 yr

### TUESDAY

4-4:45pm	1st Grade Basketball	6-7 yr
5-5:45pm	Girls Basketball	6-9 yr

### WEDNESDAY

4-4:45pm	Developmental Basketball	6-8 yr
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### FRIDAY

4-4:45pm	MVP Soccer	5-7 yr
5-5:45pm	2nd & 3rd Grade Boys Basketball	7-9 yr

### SATURDAY

9-9:45am	Rookie Sports Sampler	3-5 yr
10-10:45am	Rookie Soccer	3-5 yr
10-10:45am	Rookie Basketball	3-5 yr
11-11:45am	Rookie Basketball	3-5 yr
11-11:45am	Junior Basketball	4-5 yr
12-12:45pm	Junior Basketball	4-5 yr

### Junior Sports Sampler

Learn fundamentals of soccer, basketball, football, and more in this sports-filled session.

### 1st Grade Basketball

Players learn the basics of the sport through fun drills.

### Girls Basketball

Prepare for future league play in this informative, skill building program.

### Developmental Basketball

Develop basketball skills through drills. Game play introduced.

### MVP Soccer

Focus on improving the skills necessary to start game play through teamwork drills and sportsmanship.

### 2nd & 3rd Grade Boys Basketball

Prepare for future league play in this informative, skill building program.

### Rookie Sports Sampler

Learn fundamentals of soccer, basketball, football and more in this sports-filled session.

### Rookie Soccer

Learn the basic eye, hand, and foot skills to prepare for playing soccer in a positive nurturing environment.

### Rookie Basketball

Smaller basketballs and lower hoops are used to learn shooting, passing and dribbling through fun engaging activities in preparation for league play.

### Junior Basketball

Further work on dribbling, passing and shooting skills in preparation for league play.

### Kickball

Get ready to learn about the fun and exciting sport of kickball. Similar to baseball, this sport will have excitement, fun drills and friendly competition.

## NEW! CHESS

### Age 6-10

Taught by Director of Sports Programs Nick Morelli, whose Chess Elo rating topped at 2000. Located in the Racquetball Court.

### Intro to Chess

Thursday, 4-4:45pm

Looking for a fun hobby? This program is perfect for kids interested in developing a new skill!

### Beginner Chess

Tuesday, 4-4:45pm and 5-5:45pm

A level up for children who have already completed Intro to Chess, allowing players to further expand their knowledge of the game.

## FALL TRAVEL BASKETBALL

Practices are held weekly in the Main Y Gym. Home and away games are played on weekends in a league of YMCAs and other youth programs. Games are four 8-minute quarters with substitutions every four minutes. [Season is September–November.](#)

### BOYS

Grades 3-4

Practice on Tuesday  
6:15-7:30pm

Grades 5-6

Practice on Wednesday  
6:15-7:30pm

### GIRLS

Grades 3-5

Practice on Wednesday  
5-6:15pm



### Questions about Youth Sports Classes, Travel Basketball or Chess?

Contact Nick Morelli at [nmorelli@westfieldynj.org](mailto:nmorelli@westfieldynj.org) or x227.



# TAEKWONDO

## Gedman's Black Belt Academy of the Westfield Area YMCA

Develop overall physical fitness, strength, flexibility, confidence and self-esteem and apply lessons to maintain personal safety. Our program is led by a team of certified ATA instructors with classes for ages 5 years-adult, from beginners through 5th degree black belts. Program is under the leadership program of Master Instructor Pamela Gedman. Located at the Bauer Branch.

**NO CLASS:**  
Saturday, 9/21

### MONDAY

6:30-7:30pm **Protech**

7:30-8:30pm **Adult**

### WEDNESDAY

5:15-6:15pm **White-Yellow**

6:15-7:15pm **Camo-Blue**

7:15-8pm **Brown-Red/Black**

8-9pm **Adult**

### THURSDAY

6:30-7:30pm **Black**

7:30-8:30pm **Legacy/Leadership**

### SATURDAY

8:30-9:30am **Adult**

9:30-10am **Intro**

10-10:45am **Camo-Blue**

10:45-11:30am **Brown-Red/Black**

11:30am-12:30pm **White-Yellow**

12:30-1:30pm **Black**

- No annual commitment or contract required
- Uniform is not required for the Intro class
- Beginners are required to attend 8-week Intro class before beginning rank-specific training
- Participants taking more than one class per week should choose the unlimited option



### Questions about Taekwondo?

Contact Nick Morelli at [nmorelli@westfieldynj.org](mailto:nmorelli@westfieldynj.org) or x227.



## FLYERS TRACK CLUB

This year-round track & field and cross country team offers USATF-certified coaching and specific event technique instruction for athletes ages 7-15. Our goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitor.

### FALL CROSS COUNTRY

Athletes learn proper distance running technique. Cardiovascular endurance is built through interval training, games and drills in small groups based on both age and skill level. Practices are held Monday & Friday at Oak Ridge Park.

Season is Sept 9-Nov 1

Time	Event	Age
4:45-5:45pm	Distance	7-10
6-7pm	Distance Blue	9-12
6-7pm	Distance White	11-15
6-7pm	Distance PLUS*	10-15

\* There is an additional practice on Wednesday at 5:30-7pm. Coach recommendation is required.

## NEW! Athletic Speed & Agility Clinic

### Age 10-15

Thursday, September 5, 12, 19 and 26, 5-5:45pm

Unlock your full potential in your sport and elevate your athletic performance! Under the guidance of Y personal trainers, this clinic features drills that will challenge and enhance your agility and speed, helping you achieve your goals. Located at the Main Y.

### Questions about Flyers Track Club or Speed & Agility Clinic?

Contact Michelle Almeida at [malmeida@westfieldynj.org](mailto:malmeida@westfieldynj.org) or x279.

## FALL T-BALL LEAGUE

### Age 4-6

Take me out to the ball game! In this exciting outdoor league, players learn the basics of throwing, base running, and fielding. Practice is 6-7pm one night per week with a game on Saturday morning (times will vary). Located at Nomahegan Park in Cranford.

### Questions about T-Ball?

Contact Adrian Sanchez at [asanchez@westfieldynj.org](mailto:asanchez@westfieldynj.org) or x239

# DANCE ACADEMY

The Westfield Area YMCA teaches a variety of dance styles to students of all ages and levels. Our classes develop skilled, well-rounded dancers! Dance Academy is under the direction of Marianna Tsartolia since 2018. Marianna is an alumni of RIOULT DANCE NY and graduated from Merce Cunningham Studio. She has performed in the US and Europe and has worked as a teaching artist since 2000.

## Dance With Me!

Children and their caregivers delve into dance and creative movement using props and themes for exploration.

## Little Movers

Children explore dance through creative movement and enhance motor skills with props and themes. Students are required to complete this class before Mini-level.

## Ballet and Tap

Proper ballet technique and alignment are learned with musicality and terminology. In tap, develop coordination, rhythm, and basic tap vocabulary.

## Ballet and Jazz

Learn ballet with proper technique and alignment. Musicality and terminology are introduced. Explore jazz styles with a focus on basic techniques like isolations, turns, and jumps.

## Jazz and Tap

Explore jazz styles with a focus on basic techniques like isolations, turns, and jumps. In tap, develop coordination, rhythm, and basic tap vocabulary.

## Jazz and Hip Hop

Explore different jazz styles and techniques such as isolations, turns, and jumps. In Hip-Hop, develop a unique style while learning the fundamental moves.

## Musical Theater

Enhance stage presence and performance with singing, acting, and dancing. Learn classical vocal methods, build improvisational skills, and Broadway choreography.

## Hip Hop/Commercial Dance

Commercial dance, also known as "new style," is the type of hip hop seen in music videos, TV, and films. Blends elements from jazz, hip hop, street dance, and musical theater.

## Ballet and Modern

Learn terminology and strengthen technique through barre and center work. Modern dance elements such as contractions, skips, and leaps are explored and tailored to each level.

## Acro

Unique choreography and acrobatic elements are combined with classical dance techniques. Enhances flexibility, balance, strength, control, and discipline within a dance framework.

## Questions about Dance Academy?

Contact Marianna Tsartolia at [mtsartolia@westfieldynj.org](mailto:mtsartolia@westfieldynj.org).

## TUESDAY

4:15-5pm	Acro 1	4-6 yr
5:15-6pm	Jazz/Tap 1/2	6-9 yr
6:10-7:10pm	Musical Theater	8-13 yr

## THURSDAY

11:30am-12pm	Dance With Me!	2-3 yr
12:15-1pm	Little Movers	3-5 yr
1:15-2pm	Ballet/Tap 1	4-5 yr
4:15-5pm	Jazz/Hip Hop 1	4-6 yr
4:15-5pm	Ballet/Tap 1	4-6 yr
5:10-6:10pm	Ballet/Tap 2	6-8 yr
5:10-6:10pm	Hip Hop/Commercial Dance	9-13 yr
6:20-7:20pm	Ballet & Modern	9-12 yr
6:20-7:20pm	Ballet/Tap 3	8-9 yr

## SATURDAY

8:15-9am	Little Movers	3-5 yr
8:30-9am	Dance With Me!	2-3 yr
9:10-9:55am	Jazz/Hip Hop 1	4-6 yr
9:10-9:55am	Ballet/Tap 1	4-6 yr
10:05-11:05am	Jazz/Hip Hop 2	6-8 yr
11:15am-12:15pm	Jazz/Hip Hop Novice	9-12 yr

All classes are in the Kellogg Room.





# AVAILABLE PROGRAMS & SERVICES BY AGE

PROGRAM	DETAILS	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	
Sports Leagues	Basketball, T-Ball				X	X	X	X	X	X	X	X	X	X	X						
Open Gym	Family, Youth, Teen, Adult Basketball					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Open Swim	Family, Youth, Teen, Adult	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
School-Age Child Care	Before & After Care						X	X	X	X	X	X	X	X	X						
Sports Classes	T-Ball, Soccer, Basketball				X	X	X	X	X	X	X	X	X	X	X						
Dance Classes	Ballet, Tap, Jazz, Acro, Hip Hop		X	X	X	X	X	X	X	X	X	X	X	X	X						
Early Learning	Full Day, Preschool, Kindergarten, KWA	X	X	X	X	X	X														
Flyers Track Club	Developmental and Competitive								X	X	X	X	X	X	X	X	X	X	X	X	
Lifeguard Training	Includes CPR and First Aid																	X	X	X	
Racquetball	By Reservation											X	X	X	X	X	X	X	X	X	
Fitness Facilities	Cardio, Strength (min. age varies/room)								X	X	X	X	X	X	X	X	X	X	X	X	
Fitness Facilities	Free Weight (min. age varies/room)																	X	X	X	
Swim Lessons	Group Classes	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Swim Lessons	Individual Classes	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Devilfish Swim Team	Taekwondo Intro-5th degree							X	X	X	X	X	X	X	X	X	X	X	X	X	
Gedman's Black Belt Academy	Personal Training						X	X	X	X	X	X	X	X	X	X	X	X	X	X	
Personal Training	Individual Sessions								X	X	X	X	X	X	X	X	X	X	X	X	
Kids Club	Facility Babysitting			X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Summer Day Camp	Traditional, Sports, Speciality, Leadership				X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Water Fitness	Lap Swim, Group Exercise Classes																				
Group Fitness	Yoga, Pilates, Cardio, Strength															X	X	X	X	X	X

# CRANFORD YMCA



401 Centennial Ave, Cranford  
908-709-7260  
www.westfielddynj.org/cranford-ymca

**HOURS**  
(Effective 9/3)  
Mon-Fri: 5am-9pm  
Saturday: 6am-4pm  
Sunday: 7am-3pm

## Membership

We are committed to helping every individual tap into their potential, discover their purpose and connect to a community that supports their health and wellness goals.

### MEMBERSHIP CATEGORIES

#### Family

One or two adults with children up to age 26 living in same household

#### Individual

Adult  
Teen/Young Adult  
Youth Program

#### Senior

Individual, Family

A separate membership is required for the Cranford YMCA and to register for programs, which does not permit access to other Westfield Area YMCA locations.

A joint Cranford-YMCA & Westfield Area YMCA membership is offered at a discounted rate. Memberships must be in the same category at both facilities to receive discount. For more details, visit the Member Services desk.

## Financial Assistance

We believe in serving the needs of all members of our community including those suffering a bona fide financial hardship that cannot pay the full cost of membership or programs. Applications are available online and at the Cranford YMCA.

## Health & Wellness

### Personal Training

Our personal trainers are all nationally certified and ready to create an individualized program that will meet your specific needs and goals, whether you are getting ready for a triathlon, need post-injury rehabilitation, or you just need the motivation to get your exercise program on track.

### INTRO SPECIAL

3 Individual 45-minute sessions for \$119!

Visit the Member Services desk or our website to fill out the interest form.

### Chair Yoga

Thursday, 10-10:45am

Age 16+

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system.

## NEW!

## Art & Enrichment

### Creative Expression

Youth (Age 6-9): Tuesday, 4-5pm

Let your creativity shine and explore new ways to use materials such as pencils, crayons, modeling clay, and more while nurturing creativity.

### Drawing Fundamentals

Teen (Age 10-15): Tuesday, 5pm-6:15pm

Adult (Age 16+): Tuesday, 6:30-8pm

This class covers the fundamentals of drawing, focusing on layout and shading techniques. Develop a solid foundation to improve your drawing skills from composition to detailed shading.

### 2D Drawing

Teen (Age 10-15): Thursday, 5pm-6:15pm

Adult (Age 16+): Thursday, 6:30-8pm

Discover the basic elements of 2D design in this introductory class. Perfect for those eager to develop their foundational art skills.

### Intro to Chess

Youth (Age 6-9): Friday, 4-4:45pm

Perfect for kids interested in developing a new hobby or skill. Taught by Director of Sports Programs Nick Morelli, whose chess Elo rating topped 2000.

### Creating the Cartoons

Age 7-10: Friday, 5-6pm

Age 10-12: Friday, 6:15-7:15pm

Dive into the world of cartoon V.O. (voice over), using scripts from popular cartoons to learn how to bring characters to life with their voices. They'll design their own cartoon characters, create comic book-style scenes, and voice their new characters in a final presentation for an audience.

### Creative Collaboration

Age 10-15: Friday, 7:30-8:30pm

Learn the different roles in making a theatrical production (actors, writer, director, stage manager, props, costumes, and more. Groups will explore different roles each week and put short pieces together.





# AQUATICS

## Youth Swim Lessons

**Stage A & B (6-35 mo.)**

Mon	Fri	Sat
9:30am	9:30am	8:30am

**Stage 1 & 2 (2.5-3.5 yr)**

Mon	Fri
10am	10am

**Stage 2 (3-6 yr) (6-12 yr)**

Age 3-6 unless noted. \* = 6-12 yr

Sun	Mon	Tue	Thu
9:30am	2pm	2pm	2pm
10am	3:30pm	3:30pm	3pm
10:30am	5:30pm	5pm *	4:30pm
12pm	7pm *	6:30pm	
1pm			

**Stage 3 (3-6 yr) (6-12 yr)**

Age 3-6 unless noted. \* = 6-12 yr

Sun	Mon	Tue	Thu	Fri
11am	10:30am	2:30pm	2:30pm	10:30am
	2:30pm	4pm	4pm	
	4pm	6pm	6:30pm*	
	6:30pm*			

**Stage 4 (3-6 yr) (6-12 yr)**

Age 3-6 unless noted. \* = 6-12 yr

Sun	Mon	Tue	Thu
9:30am	6pm	5:30pm	3:30pm *
			5pm *

**Stage 5 (5-8 yr) (8-12 yr)**

Age 5-8 unless noted. \* = 8-12 yr

Sun	Mon	Tue	Wed	Thu
12:30pm	4:30pm	4:30pm	4pm *	5:30pm

**Stage 6 (5-8 yr) (8-12 yr)**

Age 3-6 unless noted. \* = 8-12 yr

Sun	Wed	Thu
11:30am	4pm *	6pm

## Individual Swim Lessons

5, 10, or 15 sessions (30 min.)

Lessons should be scheduled prior to payment. 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. Also for children and adults with nonphysical or physical disabilities.

**Questions about Cranford YMCA Programs?**

Contact Kim Koza-Baird at [kkoza@westfieldnj.org](mailto:kkoza@westfieldnj.org)

## Adult Swim Classes

**Beginner**

Overcome fears and become water-confident! Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone.

Monday 11:30am Tuesday 6:30pm Thursday 7pm

**Intermediate**

Develop and build endurance on all four strokes.

Tuesday 7pm Thursday 7:30pm

**Master**

Challenge yourself with sets that expand on technique, endurance, and speed. Great for triathlon or competitive-type swim. Taught by US master coach Sally Kleeman.

Tuesday 7am Saturday 7am

SCAN TO VIEW  
POOL SCHEDULE



## Adult Water Exercise

**Aqua Yoga**

Monday 11am

**Aqua Fit Shallow**

Tuesday 9:15am

**Heart Smart: Heart Pumping Cardio**

Thursday 9:15am  
Friday 11:30am

**Let's HIIT It!**

Monday 12pm

**Aqua Fit Deep**

Wednesday 12pm



## Fitness Center

The renovated Fitness Center includes over 50 pieces of cutting-edge cardio/strength equipment, free weights and a designated stretching area for a comprehensive wellness experience.

**New Member Fitness Center Orientation**

New to the gym? This 30-minute session led by our strength trainers will introduce you to the various exercise equipment in our fitness center and provide answers to any questions or concerns you may have.

Monday  
7:30am

Wednesday  
9am, 7pm

Friday  
10am

Saturday  
9am

# WESTFIELD AREA YMCA

220 Clark Street

Westfield, NJ 07090

908-301-YMCA (9622)

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 for YMCA programs and memberships.



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

The Main Y is a drop-off location for the Westfield Food Pantry. Thank you for your generosity.

### Support Strong Kids+ This School Year!

mabel's labels  
FUNDRAISING



When you shop with Mabel's Labels and select the Westfield Area YMCA as your fundraiser, 20% of your purchase goes back to the Y's



Strong Kids+ Annual Support Campaign, which helps enable children to attend the Y's Early Learning, School Age and Summer Camp programs.

