



# CRANFORD YMCA



## FALL 1 2024 SESSION GUIDE

September 3 - October 26  
REGISTRATION OPEN NOW



# BE WELL & BELONG

More than just a gym, a pool, or a place for fitness, members experience a sense of belonging that can't be found anywhere else. The Cranford YMCA is where you can be, belong, and become.

## OUR ADDRESS

401 Centennial Ave,  
Cranford, NJ

📞 908-709-7260

🌐 [westfielddynj.org/cranford-ymca](http://westfielddynj.org/cranford-ymca)

## HOURS

Mon-Fri: 5am-9pm

Saturday: 6am-4pm

Sunday: 7am-3pm

## MEMBERSHIP

Rates vary based on membership category. Cranford Residents receive a discounted rate on memberships.

### FAMILY | \$62-\$87.50/mo

- 1-2 adults with children up to age 26 living in same household

### INDIVIDUAL | \$12.50-\$71/mo

- Youth Program
- Teen/Young Adult
- Adult

### SENIOR | \$27.25-\$52.25/mo

- Individual
- Family



SCAN &  
**JOIN NOW!**



## 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.

**Questions?** Contact Susan Morton at [smorton@westfielddynj.org](mailto:smorton@westfielddynj.org) or 908-301-9622 x228.

## NATIONWIDE MEMBERSHIP

Members can visit any participating Y in the United States and Puerto Rico at no additional cost. View our website for more details.

Note: The Westfield Area YMCA is not available.

## PROGRAMS/AMENITIES

- Fitness Center
- Multipurpose Space
- Indoor Pool
- Strength/Cardio Equipment
- Free Weight Equipment
- Personal Training
- Adult Water Exercise
- Youth Swim Lessons
- Adult Swim Lessons
- Art & Enrichment Programs
- Lap & Family Swim
- Birthday Parties
- Basic Life Support (CPR) & First Aid Training
- Fitness Clinics
- Chair Yoga

Questions about Membership? Contact Olivia London at [olondon@westfielddynj.org](mailto:olondon@westfielddynj.org).

# UPCOMING COMMUNITY EVENTS

FREE and open to the community! Visit our website for more details.

### Blood Drive

with New Jersey Blood Services

Thursday, August 29  
1:00-7:00pm



SIGN UP

### Fall Prevention

with Cranford Park Care

Tuesday, September 10  
10:30-11:30am

### Financial Planning from Start to Finish

with Transamerica Financial Planning

Friday, September 27  
12:00-2:00pm

### Diabetes Awareness

with Cranford Park Care

Tuesday, October 8  
10:30-11:30am

### OPEN HOUSE

Sunday  
September 15  
1:00-3:00pm

DETAILS ON  
BACK COVER

# HEALTH & WELLNESS

## Chair Yoga

**FREE with Membership!**

16+ yr | Thursday, 10:00-10:45am

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.

## Weight Training

10-15 yr | Monday, 4:00-5:00pm

16+ yr | Monday, 6:00-6:45pm

Build your foundation in fitness and discover your strength! Supervised by Y trainers, clinics consist of a 45 minute class each week that blends cardio, weights and strength equipment into a comprehensive 4-week program.

Fees range from \$113-\$153 per session.

## Athletic Conditioning

10-15 yr | Monday, 5:00-5:45pm

13-15 yr | Saturday, 10:00am-10:45am

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

Fees range from \$113-\$175 per session.

## New Member Fitness Center Orientation

**FREE with Membership!**

15+ yr

New to the Y? 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 your questions.

## Personal Training

15+ yr

Our nationally certified personal trainers are 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!**

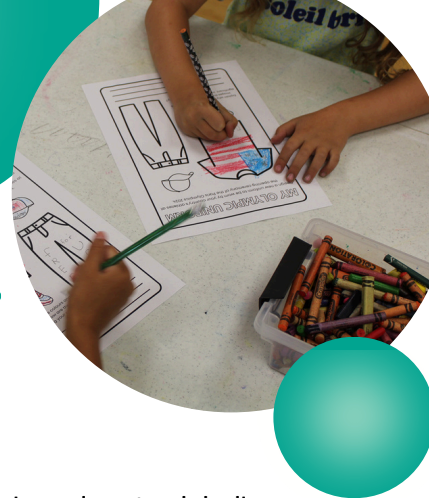
Visit the Member Services desk or fill out the interest form on our website to get started.



VIEW FEES  
& REGISTER:



# ART & ENRICHMENT



## Drawing Fundamentals

10-15 yr | Tuesday, 5:00-6:15pm

16+ yr | Tuesday, 6:30-8:00pm

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

Fees range from \$180-\$235 per session.

## 2D Drawing

10-15 yr | Thursday, 5:00-6:15pm

16+ yr | Thursday, 6:30-8:00pm

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

Fees range from \$180-\$235 per session.

## Creative Expression

6-9 yr | Tuesday, 4:00-5:00pm

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

Fees range from \$185-\$225 per session.

## Creating the Cartoon

7-10 yr | Friday, 5:00-6:00pm

10-12 yr | 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. Design your own cartoon characters, create comic book-style scenes, and voice your new characters in a final presentation for an audience.

Fees range from \$185-\$225 per session.

## Creative Collaboration

10-15 yr | Friday, 7:30-8:30pm

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

Fees range from \$185-\$225 per session

## Intro to Chess

6-9 yr | Friday, 4:00-4:45pm

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

Fees range from \$175-\$215 per session.

## Online SAT Prep Course

Tuesday, 6:00-7:00pm

September 3, 10, 17, 24

This 4-week course is offered to rising juniors and seniors. Classes are virtual and cover strategies for both the math and reading & components. Fee: \$150



# YOUTH SWIM LESSONS

Fees range from \$138-\$272 per session.

## Stage A & B: Water Exploration

6-35 mo (Parent/Child)

Parents work with their children to explore the aquatic environment through body positions, floating, blowing bubbles, and fundamental safety. Children are encouraged to enjoy themselves while learning about the water.

**Required:** The child must wear a swim diaper if not 100% potty trained. Goggles are recommended for ages 24-36 months.

## Stage 1: Water Acclimation

2.5-3.5 yr

Students further develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation for a student's future progress in swimming.

**Required:** Child must have taken Stage A or B and be able to sit on pool edge independently for 30 min.

## Stage 2: Water Movement

3-6, 6-12, 10-15 yr

Students focus on body position and control, directional change, and forward movement in the water while continuing to practice safely exiting in the event of falling into a body of water. Best for non-swimmers or children who still require a floatation aid.



## Dive Class | 7+ yr

This class is recommended for competitive swimmers who are looking to perfect their diving technique.

## Stage 3: Water Stamina

3-6, 6-12 yr

Students learn how to swim safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Required:** The child must be able to swim for a distance of 15 feet on front and back without a floatation aid.

## Stage 4: Stroke Introduction

3-6, 6-12 yr

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**Required:** Child must be able to swim a lap of proper freestyle and backstroke for 25 yards.

## Stage 5: Stroke Development

5-8, 8-12 yr

Students work on stroke technique and improve upon all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**Required:** Child must be able to swim 50 yards of each proper front and back crawl, breaststroke kick and butterfly kick.

## Stage 6: Stroke Mechanics

5-8, 8-12 yr

Students are introduced to competitive swim skills while refining technique on all major strokes.

**Required:** The child must be able to swim for a distance of 15 feet on front and back without a floatation aid.

## MONDAY

9:30am  
Stage A & B  
6-35 mo

10:00am  
Stage 1 & 2  
2.5-3.5 yr

10:30am  
Stage 3  
3-6 yr

11:00am  
Aqua Yoga  
16+ yr

11:00am  
Adult Beginner  
15+ yr

12:00pm  
Let's HIIT It!  
16+ yr

2:00pm  
Stage 2  
3-6 yr

2:30pm  
Stage 3  
3-6 yr

3:30pm  
Stage 2  
3-6 yr

4:00pm  
Stage 3  
3-6 yr

4:30pm  
Stage 5  
5-8 yr

5:30pm  
Stage 2  
3-6 yr

6:00pm  
Stage 4  
3-6 yr

6:30pm  
Stage 3  
6-12 yr

7:00pm  
Stage 2  
6-12 yr

## TUESDAY

7:00am  
Adult Master  
15+ yr

9:15am  
Aqua Fit Shallow  
16+ yr

2:00pm  
Stage 2  
3-6 yr

2:30pm  
Stage 3  
3-6 yr

3:30pm  
Stage 2  
3-6 yr

4:00pm  
Stage 3  
3-6 yr

4:30pm  
Stage 5  
5-8 yr

5:00pm  
Stage 2  
6-12 yr

5:30pm  
Stage 4  
3-6 yr

6:00pm  
Stage 3  
3-6 yr

6:30pm  
Stage 2  
3-6 yr

7:00pm  
Adult Beginner  
15+ yr

7:30pm  
Adult Intermediate  
15+ yr

## WEDNESDAY

12:00pm  
Aqua Fit Deep  
16+ yr

3:30pm  
Dive Class  
7+ yr

4:00pm  
Stage 5 & 6  
8-12 yr

4:30pm  
Stage 2  
3-6 yr

5:00pm  
Stage 3  
3-6 yr

5:30pm  
Stage A & B  
6-35 mo

6:00pm  
Stage 2  
6-12 yr

Don't see a class time that works for you?

Let us know and we will do our best to accommodate you!

All swim instructors are trained under the YMCA of the USA guidelines and certified in Basic Life Support (CPR), Emergency Oxygen Administration, and Basic First Aid.



VIEW FEES & REGISTER:



## THURSDAY

9:15am  
Heart Smart  
16+ yr

2:00pm  
Stage 2  
3-6 yr

2:30pm  
Stage 3  
3-6 yr

3:00pm  
Stage 2  
3-6 yr

3:30pm  
Stage 4  
5-8 yr

4:00pm  
Stage 3  
3-6 yr

4:30pm  
Stage 2  
3-6 yr

5:00pm  
Stage 4  
5-12 yr

5:30pm  
Stage 5  
5-8 yr

6:00pm  
Stage 6  
5-8 yr

6:30pm  
Stage 3  
6-12 yr

7:00pm  
Adult Beginner  
15+ yr

7:30pm  
Adult Intermediate  
15+ yr

## FRIDAY

9:30am  
Stage A & B  
6-35 mo

10:00am  
Stage 1 & 2  
2.5-3.5 yr

10:30am  
Stage 3  
3-6 yr

11:30am  
Heart Smart  
16+ yr

SCAN TO VIEW  
LIVE POOL  
SCHEDULE



## SATURDAY

7:00 am  
Adult Master  
15+ yr

8:30am  
Stage A & B  
6-35 mo

## SUNDAY

9:00am  
Stage 2  
3-6 yr

9:30am  
Stage 4  
3-6 yr

10:00am  
Stage 2  
3-6 yr

10:30am  
Stage 2  
3-6 yr

11:00am  
Stage 3  
3-6 yr

11:30am  
Stage 6  
5-8 yr

12:00pm  
Stage 2  
3-6 yr

12:30pm  
Stage 5  
5-8 yr

1:00pm  
Stage 2  
3-6 yr

# WATER EXERCISE

16+ yr

**FREE with Membership!**

All classes are 45 min.

### 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 this deep water class.

### Aqua Fit Shallow

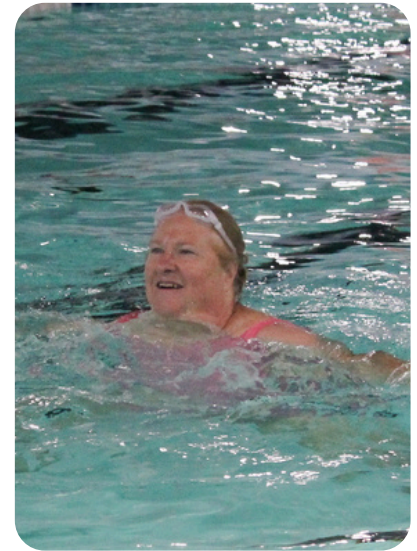
This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

### Aqua Deep

Full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment provided.

### Heart Smart: Heart Pumping Cardio

High-intensity class involves intervals and water resistance for full-body workouts, boosting heart rate and overall health.



# ADULT SWIM CLASSES

15+ yr

Fees range from \$54-\$115 per session.

VIEW FEES  
& REGISTER:



### Beginner (30 min.)

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

Beginner classes are also available for teens.

### Intermediate (30 min.)

Develop and build endurance on all 4 strokes.

### Master (60 min.)

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.

**Questions?** Contact Kim Koza-Baird at [kkoza@westfieldynj.org](mailto:kkoza@westfieldynj.org).

# INDIVIDUAL SWIM LESSONS

Available in packages of 5, 10, or 15 30-minute sessions

For children and adults looking to practice, refine a skill, or reach a specific goal. Lessons are intended to supplement, not replace, a group lesson. Also available to individuals with non-physical or physical disabilities.

Lessons must be scheduled prior to payment.



the



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXTRAORDINARY BIRTHDAY PARTIES



Have your next celebration at the Cranford YMCA! Enjoy a fun-filled pool party or make use of our versatile multipurpose space, ideal for dining and additional activities. Whether you're celebrating a special occasion or simply looking for a place to gather, the Cranford YMCA will accommodate your needs and make your event memorable!

Contact Kim Koza at [kkoza@westfieldnj.org](mailto:kkoza@westfieldnj.org) to reserve your party date!



## OPEN HOUSE

Sunday, September 15  
1:00-3:00pm

**Come experience a sense of community and belonging that can't be found anywhere else!**

- FREE Family & Lap Swim
- Tours of the facility
- Class demos
- Family-friendly activities
- Giveaways, prizes & MORE!



# THE BETTER YOU BELONGS HERE!

**CRANFORD YMCA**  
401 Centennial Avenue  
Cranford, NJ 07090

908.709.7260

[www.westfieldnj.org/cranford-ymca](http://www.westfieldnj.org/cranford-ymca)