



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WESTFIELD AREA YMCA

# Fall 2 2024

## Session Guide

October 27-December 21



Priority Registration for Full Members  
begins 9:00am Thursday, October 10

Registration for Basic & Non-Members  
begins 9:00am Monday, October 14

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 (age 18+)
- Steam room in men's locker room
- Two air conditioned racquetball courts (one currently being used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- 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

1-2 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! Visit our website for more details.

## Questions about Membership?

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

## 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@westfielddynj.org](mailto:smorton@westfielddynj.org) or x228.

## Main Y Facility 220 Clark Street, Westfield

### Hours

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

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

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

**WE'RE OPEN ON  
THANKSGIVING DAY!**  
6:00am-12:00pm



## 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 Ave., Cranford

View pages 18 & 19 for more about the Cranford YMCA.

## 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.

View our website for more details.

## Kids Club

Enjoy your workout knowing your child is having an amazing time in the same building!

### Hours

**Monday-Friday**  
8:45am-1:30pm

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



- 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 snack/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

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 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.



Available in packages of five, ten, or twenty sessions for 30, 45, or 60 minutes.

## NEW! Introduction to Weight Training

**Age 18+**

**Thursday, 10/31, 11/7, 11/14 & 11/21**

**12:45-1:30pm**

**Location: Main Y**

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.

## 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 swim 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 details or to reserve your party date!

# HEALTH & WELLNESS

## FITNESS CLASSES

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time online.

### SUNDAY

8:30-9:15am

**NEW! Body Weight Tabata**

Alex

9:30-10:25am

**Total Body Strength**

Kate

10:45-12:00pm

**Power Flow Yoga**

Karim

### MONDAY

6:00-6:45am

**Total Body Strength**

Heidi

9:00-9:50am

**Cardio/Strength/Core intervals**

Jean

10:10-11:00am

**Yoga**

Liz

11:15am-12:05pm

**Functional Strength, Balance & Basic TRX®**

Jean

12:30-1:25pm

**TRX®**

Jean

6:00-6:50pm

**Total Body Strength**

Jackie

7:00-7:55pm

**Cycle & Strength**

Erin

### TUESDAY

6:00-6:45am

**Cycle & Strength**

Heidi

8:00-8:50am

**Lite Total Body Fitness**

Lilian

9:00-10:00am

**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

**NEW! Boot Camp**

Ellery

7:20-8:10pm

**Yoga •**

Sandeep

7:00-7:50pm

**TRX®**

Chrissy

### ADULT TAEKWONDO

See page 11 for info about Gedman's Black Belt Academy.

### WEDNESDAY

6:00-6:45am

**NEW! Boot Camp**

Ellery

8:00-8:50am

**Total Body Strength**

Jean

9:00-9:50am

**Cardio & Strength**

Natalie

9:10-10:00am

**Chair Yoga •**

Madeline

10:10-11:00am

**Yoga**

Madeline

11:15am-12:05pm

**Lite Cardio, Strength & Balance**

Stacy

12:30-1:25pm

**TRX®**

Jenny

5:00-5:50pm

**NEW! Stretch & Roll**

Chrissy

6:15-7:00pm

**Spin**

Andy

7:10-7:40pm

**Rumble@/Kickboxing**

7:40-8:10pm

**& Strength**

Jenny

### THURSDAY

6:00-6:45am

**Cycle & Strength**

Heidi

8:00-8:50am

**Lite Total Body Fitness**

Lilian

9:00-9:50am

**Strength & TRX®**

Jean

10:10-11:00am

**Core Stretch & Roll**

Chrissy

11:15am-12:05pm

**Delay The Disease Sit 'N Be Fit**

Jean

11:30am-12:20pm

**Bone Smart •**

Kent

6:00-6:55pm

**Cycle & Strength**

Stew

7:35-8:35pm

**Ballet**

Marianna

Classes are in

Weldon Room

unless noted:

• Kellogg Room

### FRIDAY

9:00-9:50am

**Kickboxing**

Natalie

9:00-9:50am

**NEW! Total Body Strength Circuits •**

Kerry

10:10-11:00am

**Yoga**

Heather

11:15am-12:05pm

**Lite Cardio, Strength & Balance**

Jenny

6:15-7:10pm

**Yoga**

Ranji

### SATURDAY

8:00-8:55am

**Cycle & Strength**

Stew

9:10-10:00am

**Power Flow Yoga**

Heather

10:10-11:10am

**R.I.P.E.D. ®**

Jenny

11:20-12:20pm

**Barre**

Jolene



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.



## 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 are used.

## 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):** 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).

**CLASSES ARE INCLUDED IN MEMBERSHIP!**  
View schedules in real-time on our website.

## 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!

## 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.

### 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!

**Questions about Fitness Classes?**

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

# Free Community Events

## Hearing Screenings

Wednesday, October 9  
10:00am-2:00pm

Location: Main Y Facility

Hearing Life of Westfield will be offering 15-minute hearing screenings to the community. An appointment is required.

Contact Jean White at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org) or x246 to schedule your appointment.

## Bring Your Device For Some Free Advice

Monday, October 14  
10:45am-12:45pm

Location: Main Y Facility

Whether you need assistance with your cell phone, laptop, iPad or other device, the tech savvy members of Westfield High School's Senior Tech Buddies Club are here to help! Just bring your device and questions.

## Fall Prevention

Tuesday, November 12  
12:45-1:45pm

Location: Main Y Facility

This presentation on balance and flexibility practice will help you learn new exercises, discover ways to prevent injury, lower risk factors and emphasize stability. Walk away with a new outlook, establishing the framework for an enhanced quality of life!

## Aqua Turkey Trot

Monday, November 25  
12:00-12:55pm

Location: Cranford YMCA

Wednesday, November 27  
9:30-10:25am

Location: Main Y Facility

Dash with us before you dine in this fun twist on a Thanksgiving tradition! Dive into the pool for aqua jogging with a side of trivia fun, with your choice of shallow or deep water. Registration required.

# Strong Kids+ Campaign Events

Proceeds from these events benefit the Strong Kids+ Annual Support Campaign, which ensures that no one experiencing a bona fide financial hardship that lives or works in Westfield, Cranford, Garwood or Mountainside is turned away for inability to pay. The majority of awards enable participation in the Y's early learning, school age and summer day camp programs.

## Clothing Drive

Wednesday, October 23

Drop off Hours: 7:30am-3:30pm

Location: Bauer Branch Parking Lot

Accepted items: Clothes, shoes (must be bagged separately), belts, handbags, comforters, towels, sheets, bedding, curtains, stuffed animals, small toys and strollers.

No items will be accepted before or after the drop-off window.

## Paint & Donate

Friday, November 8

12:00-2:00pm

Location: Main Y Facility

Show your appreciation through creation and paint a canvas in honor of Veteran's Day. All artwork will be donated to brighten the lives of those who have served.

Open to the community.  
\$10/participant.

## Evalyn Dunn Gallery Event

Thursday, November 14

5:00-8:00pm

Location: Evalyn Dunn Gallery, Westfield

Evalyn Dunn Gallery graciously hosts an adult-only evening to kick off a season of gift giving and a season of philanthropy. Enjoy light apps and beverages with friends and browse the artwork and unique gifts at this Westfield gem of a store.

10% of any purchase this evening and through 12/31/24 will be donated to the Westfield Area YMCA financial assistance program if you mention the Y!

RSVP welcome, but not required, to Marla Itzkin at [mitzkin@westfieldynj.org](mailto:mitzkin@westfieldynj.org).



## Holiday Splash Bash

Sunday, December 15, 2:00-3:30pm

Location: Main Y Facility

Dive into the holiday spirit with a reserved 30-minute session of splashing around in the festive North Pole Pool! Santa will keep an eye on the fun from his throne, ready to meet swimmers after their session ends.

Parent/guardian must accompany children in the pool if they are under age 6 or unable to swim independently. \$25/child benefits the Strong Kids+ Annual Support Campaign.

Westfield Area Y Men's Club

## Christmas Tree Sale

Opens November 30

Sat-Sun: 9am-6pm

Mon-Fri: 5-9pm

Location: Elm St. Field, Westfield

SUPPORT A CAUSE AS YOU DECK THE HALLS!

Proceeds benefit the Westfield Area YMCA and other local charities.



## Angel Tree

Brighten a child's holiday by bringing Christmas cheer to a family in need!

Each angel represents a child's Christmas wish. Select one from the tree and return your gift (unwrapped) to the tree by December 19.

Gift cards to supermarkets & department stores are especially appreciated!



# 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 and Friday Night Teen Events.

### 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

Y membership not required

### 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. Trip will depart from the Main Y Facility at 8:30am and return around 5:30pm. Fee includes admission, lunch, transportation and Y chaperones (\$170).

Registration and completed waiver required by October 30.

## 5TH GRADE DANCE PARTIES

Hang out with friends and dance with new ones. 7:30–9:30pm at the Bauer Branch. \$10 admission. Drinks and snacks for sale up to \$2. Registration in advance is required.

Haunted Hoedown :October 25

Pumpkin Palooza :November 22

Holiday Hoopla :December 13

### Questions about Youth & Teen Programs?

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

## ACADEMIC & LEADERSHIP

### Leaders Club

Grades 6–12

Wednesday, 7:00–8:00pm

Location: Main Y Facility

This 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.

### Achievers

Grades 6–12

Every other Monday, 6:30–7:30pm

Location: Main Y Facility

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.

Contact Erica Smith at [esmith@westfieldynj.org](mailto:esmith@westfieldynj.org) for more details.

## SAT PREP COURSE

Grades 11–12

### Session 1:

Tuesday, October 1, 8, 15 & 22

Fee \$150.

### Session 2:

Tuesday November 5, 12, 19 & 26

Fee \$150.

6:00–7:00pm

Classes are virtual one hour sessions to cover strategies for both the MATH and READING & WRITING components.

Students are required to use their own device (laptop or tablet).

## FRIDAY NIGHT TEEN EVENTS

Grades 6–12

Y membership not required

One Friday a month, 7:45–9:45pm

A fun night for teens featuring different activities! Registration and waiver are required ahead of time. \$10 to participate.

3–on–3 Basketball: October 18

Dodgeball Tournament: November 15

Pickup Soccer: December 20

# ADAPT-ABILITY

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

## Cooking

Monday, 5:30-6:30pm

Location: Bauer Branch

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

## Game Night

Monday, 6:45-7:30pm

Location: Bauer Branch

Catch up with some 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.

## Group Exercise

Wednesday, 6-6:45pm

Location: Main Y Facility

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.

## 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).

# NEW! CREATIVE ARTS

## Artist's Way

Age 18+: Thursday, 7:45-8:45pm

Location: Main Y Facility

Unlock your creative potential with "The Artist's Way," a book that guides you through a journey of self-discovery and artistic growth.

Using a combination of writing exercises, mindfulness practices and artistic exploration, you'll work through the book with others in a supportive space while sharing insights with one another.

Participants are required to purchase their own book.

## Creating the Cartoons

Age 7-10: Saturday, 9-10am

Age 10-12: Saturday, 10:15-11:15am

Location: Main Y Facility

Explore the exciting world of cartoon voice acting by using scripts from popular shows to bring characters to life with your voice.

Design and draw your own original cartoon characters, create comic book-style scenes, and showcase your new creations in a final presentation for an audience!

## Creative Collaboration

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

Location: Main Y Facility

Discover the roles involved in bringing a theatrical production to life, from actors and writers to directors, stage managers, set and costume designers. Each week, groups are given a new challenge while exploring different roles and collaborating to create short skits and performances.

## Questions about Creative Arts Programs?

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

# TRAINING COURSES

## Basic Life Support (CPR) & First Aid Training

Open to the Community Age 15+

Gain or improve your knowledge and skill proficiency in high quality CPR and first aid skills for the adult, child and infant.

Course requires the completion of the online training portion prior to an in-person practical skills session:

Cranford YMCA  
12:00-1:30pm

10/9

11/6

12/4

Registration at least 2 weeks prior to the in person session is recommended.

Main Y Facility  
7:00-8:30pm

10/17

11/14

12/12

Contact Rob Faggiano at [rfaggiano@westfieldynj.org](mailto:rfaggiano@westfieldynj.org) or x276 for access to the online training course.

## American Red Cross Lifeguard Training

Open to the Community Age 15+

This blended learning course provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Course Date:

December 28 & 29  
8:00am-4:00pm

Location: Main Y Facility

Participants are required to pass a free physical skills test prior to attending the training dates.

Contact Kayla Spinelli at [kspinelli@westfieldynj.org](mailto:kspinelli@westfieldynj.org) or x253 to register for the physical skills test.

# ADULT AQUATICS

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time online.



## WATER FITNESS

### 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 is 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 and 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!

All classes are 45 min. unless noted:

• = Wallace Pool ➤ = 40 min.

### SUNDAY

4:00pm Aqua Fit •

### MONDAY

8:00am Arthritis Aquatic Exercise ➤

8:45am Aqua Lite Dual Depth

9:30am Let's HIIT It! •

10:30am Strength, Flexibility & Balance

6:00pm Strength, Flexibility & Balance

### TUESDAY

6:00am Let's HIIT It! •

10:30am Ai Chi

11:20am **NEW!** Hit Your Stride ➤

### WEDNESDAY

8:00am Arthritis Aquatic Exercise ➤

8:45am Aqua Lite

9:30am Aqua Fit •

9:40am Arthritis Aquatic Exercise ➤

10:30am Heart Smart

### THURSDAY

10:00am Cardio, Strength & Core •

11:30am Aqua Yoga

7:30pm Heart Smart

### FRIDAY

8:00am Arthritis Aquatic Exercise ➤

8:45am Aqua Lite

9:30am Cardio Core •

9:40am Arthritis Aquatic Exercise ➤

10:30am Aqua Fit Shallow

## 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-free zone. Overcome fears and become water-confident

Tue 9:45-10:30am (Wallace)

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

### Stroke Development

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

Tue 10:30-11:15am (Wallace)

Tue 7:00-7:45pm (Wallace)

Fri 10:30-11:15am (Wallace)

### Questions about Adult Aquatics?

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

## SWIM THE STATES POOL CHALLENGE



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.

### American Red Cross Lifeguard Training Course

December 28 & 29

8:00am-4:00pm

See page 5 for details.

# 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.

### Parent/Child: Stage A

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 diaper if not 100% potty-trained.

### Parent/Child: Stage B

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.

### Stage 1: Water Acclimation

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.

### Questions about Youth Aquatics?

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

| SUNDAY  |                       |           |
|---------|-----------------------|-----------|
| 8am     | Parent/Child: Stage B | 2-3 yr    |
| 8:35am  | Parent/Child: Stage A | 6 mo-2 yr |
| 9am     | Stage 5 »             | 8-12 yr   |
|         | Stage 6 »             |           |
| 9:10am  | Parent/Child: Stage B | 2-3 yr    |
| 9:45am  | Aquatic Conditioning» | 6-10 yr   |
|         |                       | 6-15 yr   |
|         | Stage 2               | 3-6 yr    |
| Stage 4 |                       |           |
| 10:20am | Stage 2               | 3-6 yr    |
|         | Stage 3               |           |
| 10:55am | Stage 3               | 3-6 yr    |
|         | Stage 4               |           |
| 11:30am | Stage 2               | 6-12 yr   |
|         | Stage 3               |           |
| 12:00pm | Stage 4               | 6-12 yr   |
|         | Stage 5               | 5-8 yr    |

### Stage 2: Water Movement

Child can independently submerge underwater and swim a few feet with or without floatation. Focuses on body position, front/back float, forward underwater movement, rolling from front to back, directional change, and basic self-rescue skills.

### Stage 3: Water Stamina

Child can swim, roll to a float and return to swim width of the pool (20 ft). 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.

| MONDAY |                       |         |
|--------|-----------------------|---------|
| 9:30am | Stage 2               | 3-6 yr  |
|        | Stage 3               |         |
| 10am   | Parent/Child: Stage B | 3-6 yr  |
|        |                       | 2-3 yr  |
| 1:30pm | Stage 2               | 3-6 yr  |
| 2pm    | Stage 3               | 3-6 yr  |
|        | Stage 2               |         |
| 3:40pm | Stage 4               | 3-6 yr  |
| 4:15pm | Stage 4               | 6-12 yr |
| 4:50pm | Stage 6               | 5-8 yr  |
|        | Stage 6               | 8-12 yr |
| 5:25pm | Stage 5               | 5-8 yr  |
|        | Stage 5               | 8-12 yr |
| 6:45pm | Aquatic Conditioning» | 6-10 yr |

Lessons are 30 min. in Rooke Pool unless noted:

• = 40 min., Rooke » = 40 min., Wallace

No classes on 10/31 after 3:00pm and on 11/28

| TUESDAY |                       |           |
|---------|-----------------------|-----------|
| 9am     | Stage 3               | 3-6 yr    |
| 9:30am  | Parent/Child: Stage A | 6 mo-2 yr |
| 10am    | Stage 1               | 3-6 yr    |
|         | Stage 2               |           |
| 3:30pm  | Stage 2               | 3-6 yr    |
|         | Stage 4               | 6-12 yr   |
| 4:05pm  | Stage 1               | 3-6 yr    |
|         | Stage 3               |           |
| 4:40pm  | Rainbow Fish          | 3-12 yr   |
| 5:15pm  | Stage 2               | 3-6 yr    |
|         | Stage 3               |           |
| 5:50pm  | Parent/Child: Stage B | 2-3 yr    |

### Stage 4: Stroke Introduction

Child can swim/float the length of the pool (60 ft). 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.

### Stage 5: Stroke Development

Child can swim 50 yds. of each 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.

### Stage 6: Stroke Mechanics

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

### Aquatic Conditioning

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.

# LEARN TO DIVE

10/27, 12/1, 12/22

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 above Sundays at 10:30am in Wallace Pool.

# 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.

# COMPETITIVE STARTS

11/3, 11/17, 12/8, 12/15

For competitive swimmers looking to improve diving starts off the block.

Prerequisites: Stage 6 or above

| WEDNESDAY |                         |          |
|-----------|-------------------------|----------|
| 1pm       | Stage 1                 | 3-6 yr   |
|           | Stage 2                 |          |
| 1:30pm    | Stage 3                 | 3-6 yr   |
|           | Stage 4                 |          |
| 3:30pm    | Stage 3                 | 3-6 yr   |
|           | Stage 3                 | 6-12 yr  |
| 4:05pm    | Stage 2                 | 3-6 yr   |
|           | Stage 4                 |          |
| 4:40pm    | Stage 2                 | 3-6 yr   |
|           | Stage 3                 |          |
| 5:15pm    | Stage 2                 | 6-12 yr  |
|           | Stage 3                 |          |
| 5:50pm    | Stage 5                 | 5-8 yr   |
|           | Stage 6                 |          |
| 6:25pm    | Stage 4                 | 3-6 yr   |
|           | Stage 4                 | 6-12 yr  |
| 7pm       | Teen Swim Basics        | 12-16 yr |
|           | Teen Stroke Development |          |

| THURSDAY |                       |         |
|----------|-----------------------|---------|
| 9am      | Stage 2               | 3-6 yr  |
| 9:30am   | Parent/Child: Stage B | 2-3 yr  |
| 3:30pm   | Stage 3               | 3-6 yr  |
|          | Stage 5               | 5-8 yr  |
| 4:05pm   | Stage 2               | 3-6 yr  |
|          | Stage 4               | 6-12 yr |
| 4:40pm   | Stage 2               | 3-6 yr  |
|          | Stage 4               |         |
| 5:15pm   | Stage 3               | 3-6 yr  |
|          | Stage 5               | 5-8 yr  |
| 5:50pm   | Stage 6               | 5-8 yr  |
|          | Stage 6               | 8-12 yr |
|          | Stage 3               | 3-6 yr  |

| FRIDAY |         |         |
|--------|---------|---------|
| 1:30pm | Stage 3 | 3-6 yr  |
| 2pm    | Stage 2 | 3-6 yr  |
| 3:30pm | Stage 2 | 3-6 yr  |
|        | Stage 3 |         |
| 4:05pm | Stage 3 | 6-12 yr |
|        | Stage 4 |         |
| 5:15pm | Stage 5 | 5-8 yr  |
|        | Stage 5 | 8-12 yr |
| 5:50pm | Stage 4 | 3-6 yr  |
|        | Stage 4 | 6-12 yr |
| 6:25pm | Stage 1 | 3-6 yr  |
|        | Stage 2 |         |

| SATURDAY |                       |           |
|----------|-----------------------|-----------|
| 7:30am   | Parent/Child: Stage B | 2-3 yr    |
| 8:05pm   | Parent/Child: Stage A | 6 mo-2 yr |
| 8:35am   | Parent/Child: Stage B | 2-3 yr    |
| 9:15am   | Stage 2               | 3-6 yr    |
|          | Stage 3               |           |
| 9:50am   | Stage 2               | 3-6 yr    |
|          | Stage 3               |           |
| 10:25am  | Stage 2               | 3-6 yr    |
|          | Stage 5               | 5-8 yr    |
| 11am     | Stage 3               | 6-12 yr   |
|          | Stage 4               |           |
| 11:35am  | Stage 1               | 3-6 yr    |
|          | Stage 5               | 8-12 yr   |
| 12:10pm  | Stage 3               | 3-6 yr    |
|          | Stage 4               |           |
| 12:45pm  | Stage 2               | 3-6 yr    |
|          | Stage 6               | 5-8 yr    |
| 1:20pm   | Rainbow Fish•         | 12-16 yr  |
| 2pm      | Rainbow Fish          | 3-12 yr   |
| 2:30pm   | Rainbow Fish          | 3-12 yr   |
| 6:15pm   | Stage 5 »             | 8-12 yr   |
|          | Stage 6 »             |           |

# TEEN SWIM LESSONS

Age 12-16

Lessons are 40 min. in Rooke Pool.

## Swim Basics

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

Develop and build endurance on all four strokes.



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

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](mailto:mmyers@westfieldynj.org) or x263

# 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.

### Early Learning Center YMCA (Child Care)

Contact: Eileen Rooney  
erooney@westfieldynj.org or x134

### Bauer Family Branch YMCA (Preschool)

Contact: Tracy McSweeney  
tcsweeney@westfieldynj.org or x423



## 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  
tcsweeney@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.

### Cranford

#### Cranford Community Center

Contact: Tarajee Russell  
trussell@westfieldynj.org or x271

### Westfield

#### Main Y Facility

Contact: Melinda McHale  
mmchale@westfieldynj.org or x273

## 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 273

### Mountainside

Contact: Amanda McCaskill  
amccaskill@westfieldynj.org or x265

### Garwood

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

## SUPPORT STRONG KIDS WITH MABEL'S LABELS!

The Y  
gets 20%  
back!

When you shop with Mabel's Labels and select the Westfield Area YMCA as your fundraiser, 20% of your purchase goes back to the Strong Kids+ Annual Support Campaign.

Mabel's Labels are personalized, durable, waterproof labels great for everything from shoes, clothing tags, water bottles, backpacks, and more!



SCAN TO  
SHOP

# YOUTH SPORTS

## 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 of Master Instructor Pamela Gedman. Location: Bauer Branch

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

**NO CLASS: Saturday, 11/16 (Tournament)**

#### MONDAY

6:30-7:30pm Protech

7:30-8:30pm Adult

#### WEDNESDAY

5:15-6:15pm White-Yellow

6:15-7:15pm Camo-Blue

7:15-8:00pm Brown-Red/Black

8:00-9:00pm Adult

#### THURSDAY

6:30-7:30pm Black

7:30-8:30pm Legacy/Leadership

#### SATURDAY

8:30-9:30am Adult

9:30-10:00am Intro

10:00-10:45am Camo-Blue

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

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

12:30-1:30pm Black

#### 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.

### Extended Cross Country Distance Training

Age 9-15

November 4-20

Location: Oak Ridge Park

Athletes learn the fundamentals of distance running and techniques unique to off-track running. Athletes with more experience build on the fundamental skills through conditioning and in-depth training.

Distance & Distance Plus\*

Monday, Wednesday, 4:00-5:00pm

\* Distance Plus group has additional Friday practices on 11/15 and 11/18 from 4:30-6:00pm.

### Winter Conditioning

Age 7-10, 11-15

December 2-23

Location: Main Y Gym

Prepare for the track and field season with off-season training led by Flyers coaches and personal trainers. Engage in core exercises, cardio drills, plyometrics and strength training.

Age 7-10

Monday, Friday, 5:30-6:15pm

Age 11-15

Monday, Friday, 6:20-7:20pm

#### Questions about Flyers Track Club?

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



# 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

4:00-4:45pm **Junior Sports Sampler** 4-5 yr

5:00-5:45pm **All Star Sports Sampler** 6-9 yr

### TUESDAY

4:00-4:45pm **1st Grade Basketball** 6-7 yr

5:00-5:45pm **Girls Basketball** 6-9 yr

### WEDNESDAY

4:00-4:45pm **Developmental Basketball** 6-8 yr

### FRIDAY

4:00-4:45pm **MVP Soccer** 5-7 yr

5:00-5:45pm **2nd & 3rd Grade Boys Basketball** 7-9 yr

### SATURDAY

9:00-9:45am **Rookie Sports Sampler** 3-5 yr

10:00-10:45am **Rookie Soccer** 3-5 yr

10:00-10:45am **Rookie Basketball** 3-5 yr

11:00-11:45am **Rookie Basketball** 3-5 yr

11:00-11:45am **Junior Basketball** 4-5 yr

12:00-12:45pm **Junior Basketball** 4-5 yr

### Junior Sports Sampler

This fun-filled class introduces athletes to the fundamentals of football, basketball, and other popular sports, emphasizing growth, sportsmanship, and teamwork.

### All Star Sports Sampler

Take your love of sports to an all-star level! This advanced session challenges athletes with drills in popular sports like soccer, basketball and kickball. Learn the core values of sports, have a blast, and grow on and off the field!

### 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.

### 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.



## CHESS

Age 6-10

### Intro to Chess

Thursday, 4:00-4:45pm

Location: Room 201/202

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

Led by Director of Sports Programs Nick Morelli, whose Chess Elo rating topped at 2000.

### Beginner Chess

Tuesday, 4:00-4:45pm

Location: Room 201/202

Tuesday, 5:00-5:45pm

Location: Room 201/202

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

### Questions about Youth Sports Classes?

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

### Questions about Chess?

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

# BASKETBALL CLINICS

Prepare for our Winter Basketball Leagues by building on fundamental skills that are then used in guided game-play situations.

| Program             | Clinic Date | Day/Time                 | Location |
|---------------------|-------------|--------------------------|----------|
| Kindergarten Co-ed  | 10/27-11/17 | Sunday, 1:00-4:00pm *    | Bauer    |
| 1st Grade Co-ed     | 10/27-11/17 | Sunday, 10:00am-1:00pm * | Bauer    |
| 2nd Grade Co-ed     | 10/29-11/19 | Tuesday, 6:15-7:00pm     | Main Y   |
| 3rd-4th Grade Boys  | 10/29-11/19 | Tuesday, 7:15-8:00pm     | Main Y   |
| 3rd-5th Grade Girls | 10/29-11/19 | Tuesday, 7:15-8:00pm     | Main Y   |

\* Kindergarten and 1st Grade clinics are split into 45 min. sessions during the listed time frames.

## Questions about Basketball?

### Kindergarten-1st Grade Clinics & Leagues:

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

### 2nd-5th Grade Clinics & Leagues:

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

# WARRIORS TRAVEL BASKETBALL

## Season: December-March

Practices are held weekly in the Main Y Gym during this 13-week season. Home and away games are played on weekends in a league of YMCAs and other youth programs. Games are four eight-minute quarters with substitutions every four minutes.



## Boys

Grades 3-4

Thursday, 5:00-6:15pm  
or 6:15-7:30pm

## Girls

Grades 3-5

Wednesday, 5:00-6:15pm



# WINTER BASKETBALL LEAGUES

Basic skills and game play are taught in these co-ed, instructional leagues. Schedules are available once registration ends. Registration closes when maximum capacity is reached or on season start date.

## Kindergarten

Season: 1/5-2/16

Location: Bauer

Players are introduced to fundamentals, team play, and sportsmanship. First portion is practice with remaining time for game play.

- 50 min. on Sunday between 1:00-6:00pm

## 1st Grade

Season: 1/4-2/28

Location: Main Y or Bauer

Boys & girls learn basketball skills, team play and sportsmanship.

## BOYS

- 50 min. practice on Saturday between 12:00-7:00pm
- 1 hour game weekly on Monday or Tuesday at 6:00pm

## GIRLS

- 50 min. practice on Sunday between 9:00am-1:00pm
- 1 hour game weekly on Monday or Tuesday at 7:00pm

## 2nd Grade

Season: 1/4-2/28

Location: Main Y

Structured team play and man-to-man defense allow athletes to better adapt to the flow of the game. Teams are formed after evaluations.

- 50 min. practice on Saturday between 2:00-4:00pm
- 1 hour game weekly on Monday or Tuesday at 7:00pm

**Evaluation Day:** Saturday, December 7, 2:00-3:15pm

## Questions about Warriors or Winter Leagues ?

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



# 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

|             |                 |         |
|-------------|-----------------|---------|
| 4:15-5:00pm | Acro 1          | 4-6 yr  |
| 5:15-6:00pm | Jazz/Tap 1/2    | 6-9 yr  |
| 6:10-7:10pm | Musical Theater | 8-13 yr |

## THURSDAY

|                 |                          |         |
|-----------------|--------------------------|---------|
| 11:30am-12:30pm | Dance With Me!           | 2-3 yr  |
| 12:15-1:00pm    | Little Movers            | 3-5 yr  |
| 1:15-2:00pm     | Ballet/Tap 1             | 4-5 yr  |
| 4:15-5:00pm     | Jazz/Hip Hop 1           | 4-6 yr  |
| 4:15-5:00pm     | 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

|                 |                     |         |
|-----------------|---------------------|---------|
| 8:15-9:00am     | Little Movers       | 3-5 yr  |
| 8:30-9:00am     | 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      | 6-8yr   |
| 11:15am-12:15pm | Jazz/Hip Hop Novice | 9-12 yr |

All classes are in the Kellogg Room.





# CRANFORD YMCA



401 Centennial Ave, Cranford  
908-709-7260

**HOURS**  
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

|   |   |                                     |
|---|---|-------------------------------------|
| <b>Family</b><br>1-2 adults with children<br>up to age 26 living in the<br>same household | <b>Individual</b><br>Adult<br>Teen/Young Adult<br>Youth Program | <b>Senior</b><br>Individual, Family |
|---|---|-------------------------------------|

### 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

### Chair Yoga

Included in Membership!

Age 16+: 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.

### Arthritis Exercise

Included in Membership!

Age 16+: Monday, 10:15-11:00am

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

### 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.

### Walk with Darryl

Tuesday, 1:00-1:45pm

Enjoy a 45 minute walk on the track for fresh air and good conversation. Challenge yourself each week to walk a little farther.

### Questions about Cranford YMCA Programs?

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

## Art & Enrichment

### Creative Expression

Age 6-9: Tuesday, 4:00-5:00pm

Let your creativity shine and dive into the fun of exploring new ways to use materials like pencils, crayons, modeling clay, and more! You'll experiment with different art techniques while letting your imagination run wild.

### Drawing Fundamentals

Age 10-15: Tuesday, 5:00-6:15pm

Age 16+ : 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.

### 2D Drawing

Age 10-15: Thursday, 5:00-6:15pm

Age 16+: 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.

### Intro to Chess

Age 6-9: Friday, 4-4:45pm

Looking for a fun hobby? This program is perfect for kids interested in developing a new skill! Class is taught by Director of Sports Programs Nick Morelli, whose chess Elo rating topped 2000.

### Creating the Cartoons

Age 7-10: Friday, 5:00-6:00pm

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

Explore the exciting world of cartoon voice acting by using scripts from popular shows to bring characters to life with your voice. Design and draw your own original cartoon characters, create comic book-style scenes, and showcase your new creations in a final presentation for an audience!

### Creative Collaboration

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

Discover the roles involved in bringing a theatrical production to life, from actors and writers to directors, stage managers, set and costume designers. Each week, groups are given a new challenge while exploring different roles and collaborating to create short skits and performances.



SCAN TO VIEW LIVE POOL SCHEDULE



## Youth Swim Lessons

### 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 5/6 | 8-12 yr |
| 12:00pm | Stage 2   | 3-6 yr  |
| 12:30pm | Stage 2   | 6-12 yr |

### TUESDAY

|        |                |         |
|--------|----------------|---------|
| 2:00pm | Stage 2        | 3-6 yr  |
| 2:30pm | Stage 3        | 3-6 yr  |
| 3:00pm | Stage 1/2      | 3-6 yr  |
| 3:30pm | Stage 2        | 3-6 yr  |
| 4:00pm | Swim Team Prep | 8+ yr   |
| 5:00pm | Stage 2        | 6-12 yr |
| 6:00pm | Stage 3        | 3-6 yr  |
| 6:30pm | Stage 2        | 3-6 yr  |

### THURSDAY

|        |                |         |
|--------|----------------|---------|
| 2:00pm | Stage 2        | 3-6 yr  |
| 2:30pm | Stage 3        | 3-6 yr  |
| 3:00pm | Stage 1/2      | 3-6 yr  |
| 3:30pm | Stage 4        | 5-8 yr  |
| 4:00pm | Stage 3        | 3-6 yr  |
| 5:00pm | Stage 4        | 5-12 yr |
| 5:30pm | Stage 5        | 5-8 yr  |
| 6:00pm | Swim Team Prep | 8+ yr   |
| 6:30pm | Stage 3        | 6-12 yr |

### MONDAY

|         |                |            |
|---------|----------------|------------|
| 9:30am  | Stage A/B      | 6-35 mo    |
| 10:00am | Stage 1/2      | 3-6 yr     |
| 2:00pm  | Stage 2        | 3-6 yr     |
| 2:30pm  | Stage 3        | 3-6 yr     |
| 3:00pm  | Stage 1/2      | 2.5-3.5 yr |
| 3:30pm  | Stage 4        | 6-12 yr    |
| 4:00pm  | Stage 3        | 3-6 yr     |
| 4:30pm  | Stage 5        | 5-8 yr     |
| 5:00pm  | Swim Team Prep | 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    |

### WEDNESDAY

|        |            |         |
|--------|------------|---------|
| 3:30pm | Dive Class | 8+ 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    | 3-6 yr  |

### FRIDAY

|         |           |            |
|---------|-----------|------------|
| 10:30am | Stage 1/2 | 2.5-3.5 yr |
| 11:00am | Stage 2/3 | 3-6 yr     |

### SATURDAY

|        |           |         |
|--------|-----------|---------|
| 8:30am | Stage A/B | 6-35 mo |
|--------|-----------|---------|

## 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, 9:00am      Tuesday, 7:00pm  
Thursday, 7:00pm      Friday, 10:00am

### Intermediate

Develop and build endurance on all four strokes.

Tuesday, 7:30pm      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, 7:00am      Saturday, 7:00am

## Adult Water Exercise

Included in Membership!

### Aqua Yoga

Monday, 11:00am

### Aqua Fit Shallow

Tuesday, 9:15am

### Heart Smart: Heart Pumping Cardio

Thursday, 9:15am

### Let's HIIT It!

Monday, 12:00pm

### Aqua Fit Deep

Wednesday, 12:00pm

Friday, 11:30am



## New Member Fitness Center Orientation

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 any questions you may have.

Monday      Wednesday      Friday      Saturday  
7:30am      9am, 7pm      10am      9am

## 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.

## 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.



# JOIN OUR TEAM!

## More Than Just a Job

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you.

View current job opportunities at [www.westfieldynj.org/jobs](http://www.westfieldynj.org/jobs)

