



Fall 1 2025 Session Guide

September 2–October 25

**Priority Registration for
Family Members** begins
9:00am Thursday, August 7

**Registration for Program and
Non-Members** begins 9:00am
Monday, August 11

WESTFIELD AREA YMCA

220 Clark St., Westfield | 908-301-YMCA (9622) | westfieldynj.org

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 7-9 with parent, 9+)
- 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 a fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers, and permanent kit lockers upon request (age 18+)
- Steam room in men's fitness center
- Two air conditioned racquetball courts (one currently 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.

Membership Categories

Family	Individual	Senior
1-2 adults with children up to age 26 living in the same household	Youth, Teen, College, Young Adult, Adult, Senior	Individual, Family

Nationwide Membership

Enjoy access to participating YMCAs across the United States!

Buddy Up!

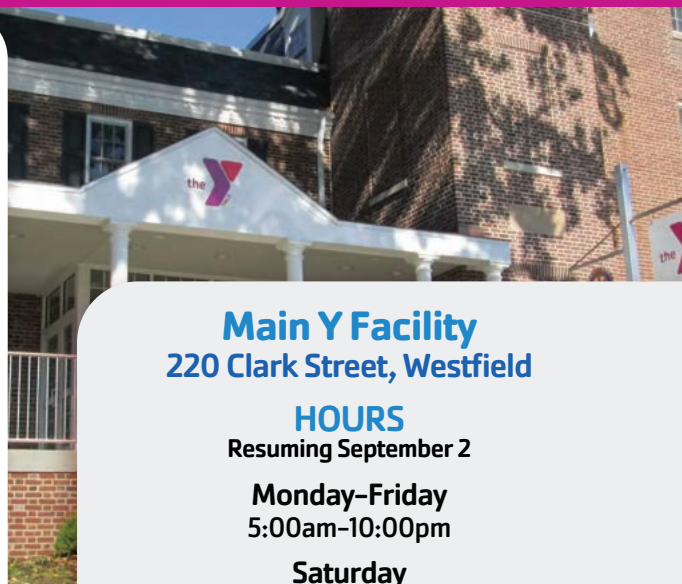
Refer a friend and get a FREE month of membership after they join the Y

Horizon Blue Cross Blue Shield of New Jersey Member Discount

Horizon BCBS of NJ members are eligible to receive a 15% discount on a monthly membership/waived Joiner's Fee! Present your Horizon ID Card at the Welcome Center to apply discount and/or waived initiation fee.

Questions about Membership?

Contact Scott Weber at sweber@westfieldynj.org or x280.



Main Y Facility 220 Clark Street, Westfield

HOURS

Resuming September 2

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

Saturday
6:00am-8:00pm

Sunday
7:00am-6:00pm

HOLIDAY HOURS

Closed Monday, September 1 (Labor Day)

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

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 Shannon McGillis at smcgillis@westfieldynj.org or x268.



KIDS CLUB

18 mo-9 yr

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

- 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
- 1.5 hour max. for 18 mo- 2 yr and 2 hour max. for age 2 yr+

Learn more: westfieldynj.org/kids-club

HOURS

Mon-Fri:

8:45am-1:30pm

Sat:

8:45am-12:30pm



SCAN TO REGISTER



PERSONAL TRAINING

13+ yr

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

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.

OFFERING:

- Boxing-focused training
- Teen packages

INTRO SPECIAL

3 Individual 45 min. sessions for \$119!

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



CRANFORD YMCA

The newest branch of the Westfield Area YMCA in partnership with the Township of Cranford



Scan QR code to view Cranford YMCA programs or visit: westfieldynj.org/cy

Bring Your Device for Some Free Advice

Monday, October 13, 10:45-12:30pm

Location: Main Y Facility

FREE & open to the community!

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 to this event.



HEALTH & WELLNESS

FITNESS CLASSES

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time on our website.

LITE/LOW IMPACT

Arthritis Exercise

Reduce pain, stiffness, and fatigue associated with arthritis. May be done seated or standing.

Ballet

Build strength, stamina, and posture through a mix of barre and center exercises. Great for both beginners and those with more experience. Ballet slippers or cotton socks are 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. May be done seated or standing with modifications based on 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. Great 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.

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.

Core 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).

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!

Zumba®

Engage your entire body in this lively dance fitness class with great music and a Latin flair!

COMBO/HYBRID

Body Weight Tabata

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

Boot Camp

High intensity, full body workout designed to build strength, endurance and agility. Inspired by military training, class involves a combo 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 or x256.

FITNESS CLASSES

SUNDAY

8:30–9:15am
Body Weight Tabata
Alex

9:30–10:25am
Total Body Strength
Kate

10:45am–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

9:15–10:00am
Zumba® •
David

10:30–11:15am
Pilates
Jean

11:30am–12:45pm
Arthritis Exercise •
Patti

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

5:45–6:40pm
Boot Camp
Ellery

7:00–7:50pm
TRX®
Chrissy

7:20–8:10pm
Yoga •
Sandeep

WEDNESDAY

6:00–6:45am
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

1:45–2:30pm
NEW! Stroke Recovery Exercise Program
Jean

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

9:15–10:00am
Zumba® •
David

10:10–11:00am
Core Stretch & Roll
Chrissy

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

11:30–12:20pm
Bone Smart •
Myriam

6:00–6:55pm
Cycle & Strength
Stew

7:35–8:35pm
Ballet
Marianna

FRIDAY

9:00–9:50am
Kickboxing
Natalie

9:00–9:50am
Total Body Strength Circuits •
Kerry

10:10–11:00am
Yoga
Heather

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

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

11:15–12:15pm
Barre
Jolene

Classes are in Weldon Room unless noted:

- = Kellogg Room 1
- + = Racquetball Court



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



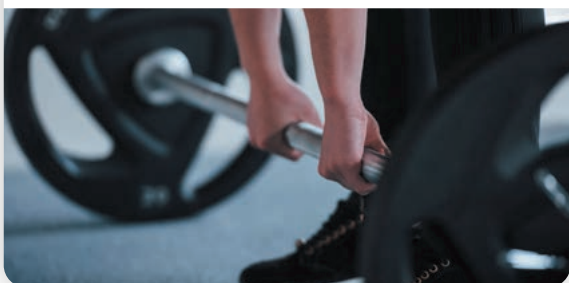
Questions about Fitness Classes? Contact Jenny Stanley at jstanley@westfieldynj.org or x256.

Intro to Weight Training Age 18+

Tuesday, 9/2, 9/9, 9/16, 9/23
12:45-1:30pm

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

Questions? Contact Michelle Almeida at malmeida@westfieldynj.org or x279.



Adult Taekwondo Age 18+

Monday, 7:30-8:30pm
Wednesday, 8:00-9:00pm
Saturday, 8:30-9:30am

Gedman's Black Belt Academy of the Westfield Area YMCA

Classes are rooted in real-world practical applications including efficient and effective self-defense. The program is designed to help men and women of all skill levels enjoy the best blend of strength development, speed and agility exercises, cardiovascular workouts while managing stress, gaining mental balance and confidence.

More details about Taekwondo on page 14.

Questions? Contact Nick Morelli at nmorelli@westfieldynj.org or x227.



NEW Stroke Recovery Exercise Program

This specialized exercise program is designed to support stroke survivors in their rehabilitation journey. Participants receive guidance to enhance function, regain independence, and optimize their abilities.

Led by Y stroke recovery specialists, this program allows survivors to achieve their personal goals in a supportive and encouraging environment.

Class meets Wednesdays, 1:45-2:30pm in the Weldon Room

Interested in the Stroke Recovery Exercise Program? Contact Jean White at jwhite@westfieldynj.org or x246.



Adapt-Ability

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

Cooking

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

Game Night

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.

Group Exercise

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 or x406.

ADULT AQUATICS

WATER FITNESS INCLUDED IN MEMBERSHIP!

Classes are 45 min. in Rooke Pool unless noted:
• = Wallace Pool » = 40 min.

Ai Chi

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

Aqua Dance Party

Follow along and enjoy some of your favorite songs during this high-energy workout full of classic Aqua Zumba moves!

Aqua Dance Lite

A lower-intensity version of Aqua Dance Party!

Aqua Fit

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

Aqua Lite

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

Arthritis Aquatic Exercise

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

Cardio Core

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

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.

Hit Your Stride

Get your steps in...in the pool! Challenge your muscles and improve cardiovascular health 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!

Let's HIIT It!

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

Strength, Flexibility & Balance

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



View pool
schedules in
real-time on
our website!

SUNDAY

4:30pm 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

TUESDAY

10:30am Ai Chi

11:20am Hit Your Stride »

7:30pm Heart Smart

WEDNESDAY

8:00am Arthritis Aquatic Exercise »

8:45am Aqua Lite »

9:30am Aqua Fit •

9:40am Arthritis Aquatic Exercise »

10:30am Heart Smart

THURSDAY

10:10am Aqua Dance Party •

11:00am Aqua Dance Lite

7:30pm Let's HIIT It!

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 9:30-10:15am (Wallace)
Wed 7:30-8:15pm (Rooke)

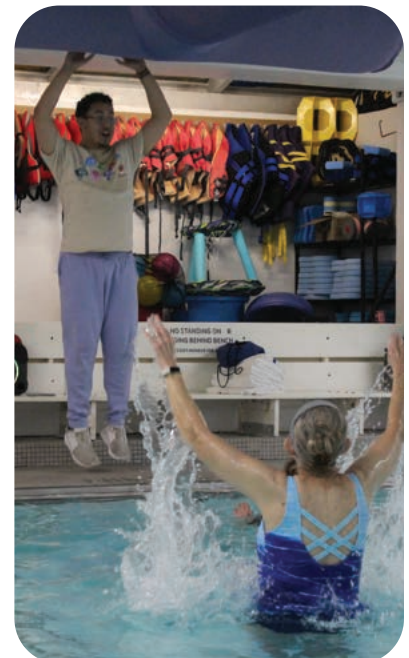
Stroke Development

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

Tue 10:15-11:00am (Wallace)
Tue 7:00-7:45pm (Wallace)

Questions about Swim Lessons?

Contact Rob Faggiano at
rfaggiano@westfieldynj.org or x276.



Questions about Water Fitness? Contact Beth Folvik at bfolvik@westfieldynj.org.



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

Contact: Eileen Rooney,
erooney@westfieldynj.org
or x134

Bauer Branch (Preschool)

Contact: Tracy McSweeney,
tmcsweney@westfieldynj.org
or x423

Main Y Facility (Preschool)

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



FULL DAY KINDERGARTEN

Full-day Kindergarten features an age-appropriate curriculum that prepares children for first grade. It includes Language Arts using Engaging Readers through children's literature, Foundations, Everyday Math, Handwriting without Tears, and Healthy U. Additionally, students participate in service projects that promote kindness, respect, and community values. Follows the Westfield Public school calendar.

Westfield

Bauer Family Branch YMCA

Contact: Tracy McSweeney, tmcsweney@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. Includes transportation to public schools for their afternoon program.

Cranford Community Center (Cranford Program)

Contact: Tarajee Russell,
trussell@westfieldynj.org or x271

Main Y Facility (Westfield Program)

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 x273

Garwood

Contact: Megan Gallagher,
mgallagher@westfieldynj.org
or x224

Mountainside

Contact: Amanda McCaskill,
amccaskill@westfieldynj.org
or x265



YOUTH/TEEN PROGRAMS

ACADEMIC & LEADERSHIP

Leaders Club | Grades 6-12

Wednesday, 7:00-8:00pm

Location: Main Y Facility

This leadership-development community service program 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.

KICKOFF MEETING: Wednesday, September 24, 7:00-8:00pm

Achievers | Grades 6-12

Wednesday, 7:00-8:30pm

Location: Main Y Facility

This college readiness, career development, leadership, mentoring and life skills program is offered at no cost to minority middle school and high school students in Union County. Students are provided the opportunity to connect with a diverse group of professionals and have meaningful conversations about financial literacy, higher education, employment, community service and volunteer opportunities, and soft skills. Includes a free Y membership.

KICKOFF MEETING FOR STUDENTS AND PARENTS/GUARDIANS:

Wednesday, October 1, 6:00-8:00pm

Contact Nadya Lawrence at nlawrence@westfieldynj.org or x424 for more information.

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 September-January in conjunction with the Westfield HS.

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 Facility!

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

Questions about Teen Programs?

Contact Dylan Hirtler at dhirtler@westfieldynj.org or x248.

FRIDAY NIGHT TEEN EVENTS

Grades 6-12

One Friday a month at the Main Y Facility

A fun night for teens featuring different activities entered around competition and cooperation! Registration and waiver are required in advance. \$10 to play (FREE for Middle School Initiative participants). A Y membership is not required.

Dodgeball Tournament: September 19, 8:15-9:45pm

Halloween Pickleball Doubles: October 18, 8:15-9:45pm

TEEN TRIPS

Grades 6-12

Fright Fest at Six Flags

Friday, October 3, 3:45pm-12:00am

Rain Date: October 10

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.

CHESS

Led by Director of Sports Programs Nick Morelli, who has a chess ELO rating of 2000.

Intro to Chess

Age 6-10

Thursday, 4:00-4:45pm

Location: Main Y Facility

Perfect for kids looking for a fun hobby or interested in developing a new skill!

Level 2 Chess

Age 6-10

Tuesday, 4:00-4:45pm

Location: Main Y Facility

A level up for kids who have already completed Intro to Chess, allowing players to further expand their knowledge of the game. Kids are split into groups based on chess knowledge. Participant must have completed the Intro to Chess class or receive instructor recommendation.

Level 3 Chess

Age 6-12

Tuesday, 5:00-5:45pm

Location: Main Y Facility

Participant must have completed the Level 2 Chess class and/or receive instructor recommendation.

Level 4 Chess

Age 6-12

Thursday, 5:00-5:45pm

Location: Main Y Facility

Participant must have completed the Level 3 Chess class and/or receive instructor recommendation.

Level 5 Chess

Age 6-12

Wednesday, 4:00-4:45pm

Location: Main Y Facility

Participant must have completed the Level 4 Chess class and/or receive instructor recommendation.

Questions about Chess Programs?

Contact Nick Morelli at nmorelli@westfieldynj.org or x227.

YOUTH AQUATICS

Note: Child is required to wear a swim diaper if not 100% potty trained

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.

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. The purpose of the class is to increase comfort with underwater exploration and introduce basic self-rescue skills with the instructor's assistance.

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.

SUNDAY		
8:00am	Parent/Child: Stage B	2-3 yr
8:35am	Parent/Child: Stage A	6-24 mo
9:00am	Aquatic Conditioning » •	6-10 yr 10-15 yr
9:10am	Parent/Child: Stage B	2-3 yr
9:45am	Stage 2	3-6 yr
	Stage 4	
	Stage 6 » •	8-12 yr
10:20am	Stage 2	3-6 yr
	Stage 3	
10:30am	Stage 5 » •	8-12 yr
10:55am	Stage 3	3-6 yr
	Stage 4	
11:15am	Stage 6 » •	5-8 yr
11:30am	Stage 2	
	Stage 3	6-12 yr
	Stage 4	
12:05pm	Stage 1	3-6 yr
	Stage 5	5-8 yr

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.

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.

MONDAY		
9:30am	Stage 2	3-6 yr
10:00am	Stage 3	3-6 yr
1:00pm	Stage 2	3-6 yr
1:30pm	Stage 3	3-6 yr
3:40pm	Stage 3	3-6 yr
	Stage 4	
4:15pm	Stage 4	6-12 yr
4:50pm	Stage 6 »	5-8 yr
		8-12 yr
5:30pm	Stage 5 »	5-8 yr
		8-12 yr
6:15pm	Aquatic Conditioning »	6-10 yr

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 & 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.

TUESDAY		
9:00am	Stage 3	3-6 yr
9:30am	Parent/Child: Stage A	6-24 mo
10:00am	Stage 2	3-6 yr
3:30pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4:00pm	Stage 1	3-6 yr
	Stage 3	
4:35pm	Rainbow Fish	3-12 yr
5:10pm	Stage 2	3-6 yr
	Stage 3	
5:45pm	Parent/Child: Stage B	2-3 yr

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

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

Teen Swim Lessons

Age 12-16

Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone. Develop and build endurance on all four strokes. Lessons are 30 min. in Rooke Pool.

Rainbow Fish

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

Swimmers work on skills that are appropriate for their ability level. Limited spots available, contact Rob Faggiano for more information.

Questions about Youth Aquatics? Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276.

YOUTH AQUATICS

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

WEDNESDAY		
1:00pm	Stage 1	3-6 yr
	Stage 2	
1:30pm	Stage 3	3-6 yr
	Stage 4	
3:30pm	Stage 3	3-6 yr
		6-12 yr
4:00pm	Stage 2	3-6 yr
	Stage 4	
4:35pm	Stage 2	3-6 yr
	Stage 3	
5:10pm	Stage 2	3-6 yr
	Stage 3	6-12 yr
5:45pm	Stage 5	5-8 yr
	Stage 1	3-6 yr
6:20pm	Stage 4	3-6 yr
		6-12 yr
6:55pm	Teen	12-16 yr

THURSDAY		
9:00am	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
4:00pm	Stage 4	6-12 yr
	Stage 2	3-6 yr
4:35pm	Stage 4	3-6 yr
	Stage 2	
5:10pm	Stage 3	3-6 yr
	Stage 5 •	5-8 yr
5:45pm	Stage 3	6-12 yr
	Stage 6 »	5-8 yr

FRIDAY		
1:00pm	Stage 3	3-6 yr
1:30pm	Stage 2	3-6 yr
3:30pm	Stage 2	3-6 yr
	Stage 3	
4:00pm	Stage 3	6-12 yr
	Stage 4	
4:35pm	Stage 3	3-6 yr
5:10pm	Stage 5	5-8 yr
		8-12 yr
5:45pm	Stage 4	3-6 yr
		6-12 yr
6:20pm	Stage 1	3-6 yr
	Stage 2	



SATURDAY		
7:30am	Parent/Child: Stage B	2-3 yr
8:00am	Parent/Child: Stage A	6-24 mo
8:35am	Parent/Child: Stage A	2-3 yr
9:10am	Stage 2	3-6 yr
	Stage 3	
9:45am	Stage 2	3-6 yr
	Stage 3	
10:20am	Stage 2	3-6 yr
	Stage 5 •	5-8 yr
10:55am	Stage 3	6-12 yr
	Stage 4	
11:30am	Stage 1	3-6 yr
	Stage 5 •	8-12 yr
12:05pm	Stage 3	3-6 yr
	Stage 4	
12:40pm	Stage 2	3-6 yr
	Stage 6	5-8 yr
1:15pm	Rainbow Fish	3-12 yr
1:50pm	Rainbow Fish	3-12 yr
2:25pm	Rainbow Fish	3-12 yr
6:00pm	Stage 5 » •	8-12 yr
	Stage 6 » •	

Questions about Youth Aquatics? Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276.

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)

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

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.



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.

Lyrical

Technical elements of modern are learned to display emotional moods and illustration of song lyrics in this style of dance.



FALL SCHEDULE

Session: September 9–December 20

No Class: 11/25–11/29

Joining a class after the session begins is possible if space allows. Placement in a class can be changed based on director's approval.

All classes take place at the Main Y Facility.

TUESDAY

4:00–4:45pm	Acro 1	4–6 yr
5:00–6:00pm	Acro 2	7–10 yr
6:10–7:10pm	Musical Theater	8–13 yr
6:15–7:00pm	Jazz/Tap 1–2	6–9 yr

THURSDAY

12:00–12:30pm	Dance With Me!	2–3 yr
12:30–1:15pm	Little Movers	3–5 yr
4:00–4:45pm	Jazz/Hip Hop 1	4–6 yr
4:00–4:45pm	Ballet/Tap 1	4–6 yr
5:00–6:00pm	Ballet/Tap 2	7–9 yr
5:00–6:00pm	Hip Hop/Commercial Dance	11–14 yr
6:10–7:25pm	Ballet/Modern 4	11–14 yr
6:10–7:25pm	Ballet/Lyrical 3	8–10 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	7–9 yr
10:05–10:50am	Ballet/Tap 1	4–6 yr
11:15am–12:15pm	Jazz/Hip Hop 3–4	10–14 yr

Questions about Dance Academy? Contact Marianna Tsartolia at mtsartolia@westfieldynj.org.

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!

Rookie Sports Sampler

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

Junior Sports Sampler

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

Rookie Soccer

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

MVP Soccer

Improve the skills necessary to begin game play through teamwork drills and sportsmanship.

Girls Basketball

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

1st Grade Basketball

Players learn the basics of the sport through fun drills.

2nd & 3rd Grade Boys Basketball

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

Developmental Basketball

Develop basketball skills through drills. Game play introduced.

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.

All Star Basketball

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

Questions about Youth Sports Classes?

Contact Adrian Sanchez at asanchez@westfieldynj.org or x239.

MONDAY

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

4:00-4:45pm	1st Grade Basketball	6-7 yr
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5:00-5:45pm	Girls Basketball	6-9 yr
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WEDNESDAY

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

4:00-4:45pm	All Star Basketball	6-9 yr
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FRIDAY

4:00-4:45pm	MVP Soccer	5-7 yr
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5:00-5:45pm	2nd & 3rd Grade Boys Basketball	7-9 yr
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SATURDAY

9:00-9:45am	Rookie Sports Sampler	3-5 yr
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10:00-10:45am	Rookie Soccer	3-5 yr
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10:00-10:45am	Rookie Basketball	3-5 yr
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11:00-11:45am	Rookie Basketball	3-5 yr
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11:00-11:45am	Junior Basketball	4-5 yr
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12:00-12:45pm	Junior Basketball	4-5 yr
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WARRIORS TRAVEL BASKETBALL

Season: September-November

Location: Main Y Gymnasium

Practices are held weekly. 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

Practice on Tuesday or Thursday

Tuesday: 6:15-7:30pm

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

Grades 5-6

Practice on Wednesday

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

GIRLS

Grades 3-5

Practice on Wednesday

5:00-6:15pm

Questions about Warriors Travel Basketball?

Contact Nick Morelli at nmorelli@westfieldynj.org or x227.

FALL T-BALL

Age 4-6

Season: September 8-October 25

Location: Nomahegan Park (Shane Walsh Field)

Take me out to the ball game! In this exciting outdoor league, players learn the basics of hitting, throwing, base running and fielding. Practice is 6:00-7:00pm one night per week with a game on Saturday morning (times vary).



Questions about T-Ball Leagues?

Contact Adrian Sanchez at asanchez@westfieldynj.org or x239.

YOUTH SPORTS

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

Season: September 5–October 27

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.

All practices are held Monday & Friday at Oak Ridge Park:

TIME	EVENT	AGE
4:45–5:45pm	Distance	7–10 yr
6:00–7:00pm	Distance Blue	9–12 yr
6:00–7:00pm	Distance PLUS*	10–15 yr
6:00–7:00pm	Distance White	11–15 yr

*There is an additional practice on Wednesday at 5:30–7:00pm for Distance PLUS group. Coach recommendation is required.

Questions about Flyers Track Club?

Contact Michelle Almeida at malmeida@westfieldynj.org or x279.

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 4 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 register for the multi-class option

Questions about Taekwondo? Contact Nick Morelli at nmorelli@westfieldynj.org or x227.

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 Belt

7:30–8:30pm Legacy/Leadership

SATURDAY

8:30–9:30am Adult

9:30–10:00am Intro (Age 5+)

10:00–10:45am Camo–Blue

10:45–11:30am Brown–Red/Black

11:30am–12:30pm White–Yellow

12:30–1:30pm Black Belt

STEP INTO FALL FITNESS CHALLENGE

September 2– October 25

Age 13+

Kick off the season with a fun, self-paced fitness challenge! Walk whenever and wherever you like, then stop by the Y to log your steps and track your progress on our interactive NJ parks map, right alongside your Y community!

Register at the Welcome Center to add your pin to the mountain and start the challenge!

Questions? Contact Kendra Randolph at krandolph@westfieldynj.org.

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				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
Open Gym	Basketball, Pickleball				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Open Swim	Family, Youth, Teen, Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
School-Age Child Care	Before & After Care					✓	✓	✓	✓	✓	✓	✓	✓							
Sports Classes	Soccer, Basketball, Sport Samplers				✓	✓	✓	✓	✓	✓	✓									
Dance Classes	Ballet, Tap, Jazz, Hip Hop, Acro, Modern, Musical Theater			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
Early Learning	Full Day, Preschool, Kindergarten, KWrap	✓	✓	✓	✓	✓														
Chess	Intro-Level 5							✓	✓	✓	✓	✓	✓	✓						
Creative Arts	Cartoon Drawing and Collaborative Theater								✓	✓	✓	✓	✓	✓	✓	✓	✓			
Flyers Track Club	Developmental & Competitive								✓	✓	✓	✓	✓	✓	✓	✓	✓			
Lifeguard Training	Includes CPR and First Aid																	✓	✓	✓
Racquetball	Reservations recommended											✓	✓	✓	✓	✓	✓	✓	✓	✓
Fitness Facilities	Cardio, Strength (min. age varies/room)														✓	✓	✓	✓	✓	✓
Fitness Facilities	Free Weights (min. age varies/room)																✓	✓	✓	✓
Fitness Express	Hydraulic equipment to be used in a 30-min. circuit								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swim Lessons	Group and Individual Classes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Devilfish Swim Team	Developmental & Competitive					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gedman's Black Belt Academy	Taekwondo Intro-5th Degree					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kids Club	Facility Babysitting		✓	✓	✓	✓	✓	✓	✓	✓	✓									
Personal Training	Individual Sessions														✓	✓	✓	✓	✓	✓
Summer Camp	Traditional, Sports, Specialty, Leadership				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water Fitness	Group Exercise, Classes, Lap Swim																		✓	✓
Group Fitness	Low Impact, Strength, Cardio, Hybrid, Mind & Body															✓	✓	✓	✓	✓

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.

FIND YOUR IMPACT. FIND YOUR Y. JOIN OUR TEAM

Empower young people, improve people's health and well-being, and make a positive impact in your community EVERY DAY when you work at the Westfield Area YMCA!

Scan to view current job opportunities & apply now:
or visit westfieldynj.org/jobs

Full-time, part-time, and seasonal positions are available so you can find a role and schedule that works best for you.

