



Fall 2 2025 Session Guide

October 26–December 20

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

**Registration for Program and
Non-Members** begins 9:00am
Monday, October 13

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

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

Saturday
6:00am-8:00pm

Sunday
7:00am-6:00pm

HOLIDAY HOURS

We're open 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 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 to learn more

or visit westfieldynj.org/cy

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.



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.

Barefoot Fusion

Improve your strength, balance, and posture with this fusion class combining elements of pilates, light weights, body weight strength, and gentle stretches.

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 tools 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 equipment 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.



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.

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 equipment.

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.

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 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

10:45–11:45am
Power Flow Yoga
TBD

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–12:15pm
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

10:10–11:00am
Barefoot Fusion
Chrissy

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

11:15–12:05pm
Bone Smart •
Myriam

6:15–7:10pm
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

6:15–7:05pm
Zumba®
Shareena

SATURDAY

8:00–8:55am
Cycle & Strength
Stew

9:10–10:00am
Power Flow Yoga
Heather

10:10–11:10am
R.I.P.P.E.D.®
Jenny

11:20am–12:20pm
Barre
Jolene

Classes are in Weldon Room unless noted:
• = Kellogg Room 1



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

Adult Taekwondo

Monday, 7:30–8:30pm
Wednesday, 8:00–9:00pm
Saturday, 8:30–9:30am
Location: Bauer Branch

Classes focus on practical skills like efficient self-defense, combining strength training, agility drills, and cardio. Open to all skill levels, the program also promotes stress relief, mental balance and confidence. More details about Taekwondo on pg. 12.



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



ADAPT-ABILITY

Adapt-Ability offers physical, recreational, and social programs for young adults age 18+ with special or adaptive needs. In a supportive and inclusive environment, participants can connect, grow, and have fun through group activities. The program runs in two sessions (October–December and January–June).

Cooking

Monday, 5:00–6:00pm
Thursday, 5:30–6:30pm
Location: Bauer Branch

Try out a variety of delicious and nutritious recipes for snacks and simple dishes using ingredients that are made fresh in class. From learning basic cooking skills to experimenting with new flavors, each class is a fun culinary adventure.

Game Night

Monday, 6:15–7:00pm
Location: Bauer Branch

A great way to start your week! Catch up with friends and share some laughs while playing the game of the night. Each week will highlight a different game: Trivia, Uno, Trouble, and Bingo are all on the list.

Art Exploration

Wednesday, 5:00–5:45pm
Location: Main Y Kellogg Room

Enjoy guided craft projects with step-by-step instructions, or dive into self-directed exploration using materials such as beads, coloring tools, paint, and more. Whether you prefer structure or creative freedom, there's something for everyone to express their inner artist.

Group Exercise

Wednesday, 6:00–6:45pm
Location: Main Y Kellogg Room

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.

If you are interested in participating or learning more about Adapt-Ability and our fall programming, please contact Carly Kaplan at ckaplan@westfieldynj.org or x406.

UPCOMING COMMUNITY EVENTS

Free Hearing Screenings

Wednesday October 29

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 or x246 to schedule your appointment.

Foot Care at Home

Wednesday, November 12

12:15–1:30pm

Location: Main Y Facility

Learn about the role of the podiatrist, how our feet change with age, and when to seek medical attention. Afterward, hear from Visiting Physician Services, which provides in-home primary care from doctors and nurse practitioners.

STRONG KIDS+ EVENTS

These events benefit the Strong Kids+ Annual Support Campaign, which ensures that financial assistance is available for YMCA programs and services so that those with a bona fide financial hardship that live or work in Cranford, Garwood, Mountainside, or Westfield are not turned away for inability to pay. Proceeds from these events enable kids, families, and seniors in need of financial assistance to participate in YMCA programs and memberships. Plus, programs for underserved groups are subsidized to ensure they are available for all.

Fall Clothing Drive

Wednesday, October 22, 7:30am–3:00pm

Location: Bauer Branch Parking Lot

Accepted Items: Clothing, shoes (must be bagged separately), belts, hats, scarves, handbags, gloves, small toys (2 ft. or less), stuffed animals, towels, sheets, pillowcases, bikes, and strollers

Not Accepted: Electronics, furniture, large toys, sports equipment, pots & pans, books, bedding, appliances, home decor, or pet accessories

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

Paint & Donate

Tuesday, November 11, 1:00–2:30pm

Location: Main Y Facility

Show your appreciation through creation and paint a canvas in honor of Veteran's Day. All artwork created will be donated to brighten the lives of those who have served. Open to the community. \$10/participant.

Break It Like A Black Belt: Self Defense Workshop & Board Breaking Fundraiser

Friday, December 5, 6:30–8:30pm

Location: Main Y Facility

Learn simple, effective self-defense techniques in a fun environment with Gedman's Black Belt Academy of the Westfield Area YMCA! At the end, take on the board-breaking challenge to build confidence while supporting a great cause. Open to the community age 4+ . \$25/participant.

ADULT AQUATICS

WATER FITNESS

INCLUDED IN MEMBERSHIP!

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

Ai Chi

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

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

11:10am Let's HIIT It!

7:30pm Aqua Fit Deep

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.

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 & cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over.

November

November 2, 9, & 16
11:00am–6:00pm

December

December 29 & 30
8:00am–6:00pm

Prerequisite course (required):

Participant must pass prerequisite skills test to attend lifeguard training dates. Contact Rob Faggiano at rfaggiano@westfieldynj.org to schedule.

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

YOUTH AQUATICS

NO CLASS: Friday, October 31
(Halloween)

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

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	
11:30am	Stage 2	6-12 yr
	Stage 3	
	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
1:30pm	Stage 2	3-6 yr
	Stage 3	
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	Stage 3	3-6 yr
	Teen	12-16 yr

THURSDAY		
9:00am	Parent/Child: Stage B	2-3 yr
2:00pm	Stage 2	3-6 yr
	Stage 3	
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 2	6-12 yr
	Stage 3	
	Stage 6 »	

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
	Stage 6	5-8 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 2	6-12 yr
	Stage 3	
	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 » •	

Competitive Starts

11/9, 11/30, 12/14

For competitive swimmers looking to improve diving starts off the block. Offered on the above Sundays at 11:15am in Wallace Pool.

Learn to Dive

10/26, 11/2, 11/16, 11/23, 12/7

Perfect for first-time divers age 5+ and Stage 4+ who have either never tried diving or need to develop the skill of entering the pool hands-first. Offered on the above Sundays at 11:15am in Wallace Pool.

Questions about Youth Aquatics?

Contact Rob Faggiano at
rfaggiano@westfieldnj.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@westfieldnj.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.

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

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.



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

YOUTH SPORTS

SPORTS CLASSES

In addition to enhancing physical health, youth sports classes 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.

ATHLETIC CONDITIONING

October 6, 13, 20 & 27

9-15 yr

Monday, 4:15-5:00pm

Location: Main Y Gym

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

Questions about Athletic Conditioning?

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

BASKETBALL CLINICS

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

Kindergarten Co-ed

October 26-November 16

Sunday, 1:00-4:00pm*

Location: Bauer Gym

1st Grade Co-ed

October 26-November 16

Sunday, 10:00am-1:00pm*

Location: Bauer Gym

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

Questions about Basketball Clinics?

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

MONDAY

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

THURSDAY

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

WARRIORS TRAVEL BASKETBALL

Season: December-March

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.

Girls Grades 3-5

Practice on Wednesday
5:00-6:15pm

Boys Grades 3-4

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

Questions about Warriors Travel Basketball?

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

YOUTH SPORTS

WINTER BASKETBALL LEAGUES

Basic skills and game play are taught in these instructional leagues. Schedules are available once registration ends.

Kindergarten

Season: January 4–February 22

Location: Bauer Gym

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 Boys

Season: January 3–February 24

Location: Main Y or Bauer Gym

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

1st & 2nd Grade Girls

Season: January 3–February 24

Location: Main Y or Bauer Gym

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

2nd Grade Boys

Season: January 3–February 24

Location: Main Y or Bauer Gym

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 hr. game weekly on Tuesday at 7:00pm

Evaluation Day: Saturday, December 6, 2:00–3:15pm



Sponsor a team in our 2025–2026 Youth Basketball League! Scan QR code or visit: tinyurl.com/2zxm7apz

Questions about Winter Basketball Leagues? Contact Nick Morelli at 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

October 29–November 19

9–15 yr

Distance & Distance Plus**

Monday and Wednesday, 4:15–5:15pm

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 Plus group has additional Friday practices on 11/7 and 11/14 from 4:15–5:45pm

Winter Sprints Clinic

October 29–November 19

9–15 yr

Monday and Friday, 4:15–5:15pm

Location: Oak Ridge Park

Athletes improve short-distance speed through focused sprint training with an emphasis on start technique.

Winter Conditioning

December 1–22

7–15 yr

7–10 yr: Monday and Friday, 5:30–6:15pm

11–15 yr: Monday and Friday, 6:20–7:20pm

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.

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/week should register for the multi-class option

NO CLASS:

November 15 (Tournament)

December 13 (Rank testing)

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 4+)
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

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

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.

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.

Questions? Contact Nadya Lawrence at nlawrence@westfieldynj.org or x424.

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 provide 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.

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.

Pickleball Doubles: November 21, 8:15-9:45pm

Festive Arts & Crafts: December 12, 7:45-9:45pm

TEEN TRIPS

Grades 6-12

Aquatopia Indoor Waterpark

Thursday, November 6, 8:30am-5:30pm

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 and return to the Main Y Facility. Fee includes admission, food voucher, transportation, and Y chaperones (\$175).

Registration required by November 2.



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.



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

Main Y Facility (Preschool)

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

Bauer Branch (Preschool)

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

SCHOOL AGE CHILD CARE

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

Westfield

Contact: Melinda McHale,
mmchale@westfieldynj.org
or x273

Mountainside

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

Garwood

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

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, tmcsweeney@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.

Main Y Facility

(Westfield Program)

Contact: Melinda McHale, mmchale@westfieldynj.org or x273

FAMILY FUN & CONNECTION

Spend quality time together once a month through hands-on-activities, seasonal celebrations, and creative experiences! Designed for families with children of all ages. Free with a family membership. Registration closes one week before the date of each event.

Boo-tiful Creations

Sunday, October 12

11:30am–1:00pm

Location: Main Y Gym

Join us for a Halloween-themed craft and jewelry-making event featuring festive supplies and kits for all ages. Costumes are welcome to keep the spooky spirit alive!

Pop, Lock & Learn

Sunday, November 23

10:30–11:30am

Location: Main Y Gym

Get ready to move in a high-energy Hip-Hop dance session with one of our Dance Academy Instructors! This family-friendly class will introduce the basics of hip-hop, a dynamic style rooted in rhythm and expression.

Ornament Making

Sunday, December 7

11:30am–1:00pm

Location: Main Y Gym

Celebrate the season with ornament-making, cookie decorating, and festive fun! Create your own ornament to help decorate our community tree, which will be lit and displayed in the Glasser Lounge after the event.

Questions about Family Fun Events? Contact Dylan Hirtler at dhirtler@westfieldynj.org or x248.

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							✓	✓	✓	✓	✓	✓	✓						
Flyers Track Club	Competitive and Developmental								✓	✓	✓	✓	✓	✓	✓	✓	✓			
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)

westfielddynj.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.

Angel Tree

Begins the week after Thanksgiving

Brighten 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 12/19

Gift cards to supermarkets and department stores are especially appreciated!



Westfield Area Y Men's Club Christmas Tree Sale

Opening Day: November 28

11/28 Hours: 9:00am-6:00pm

REGULAR HOURS:

Monday-Friday: 5:00-9:00pm

Saturday-Sunday: 9:00am-6:00pm

Location: Elm Street Field, Westfield



Support a cause as you deck the halls!

Proceeds benefit the Westfield Area YMCA and other local charities.