



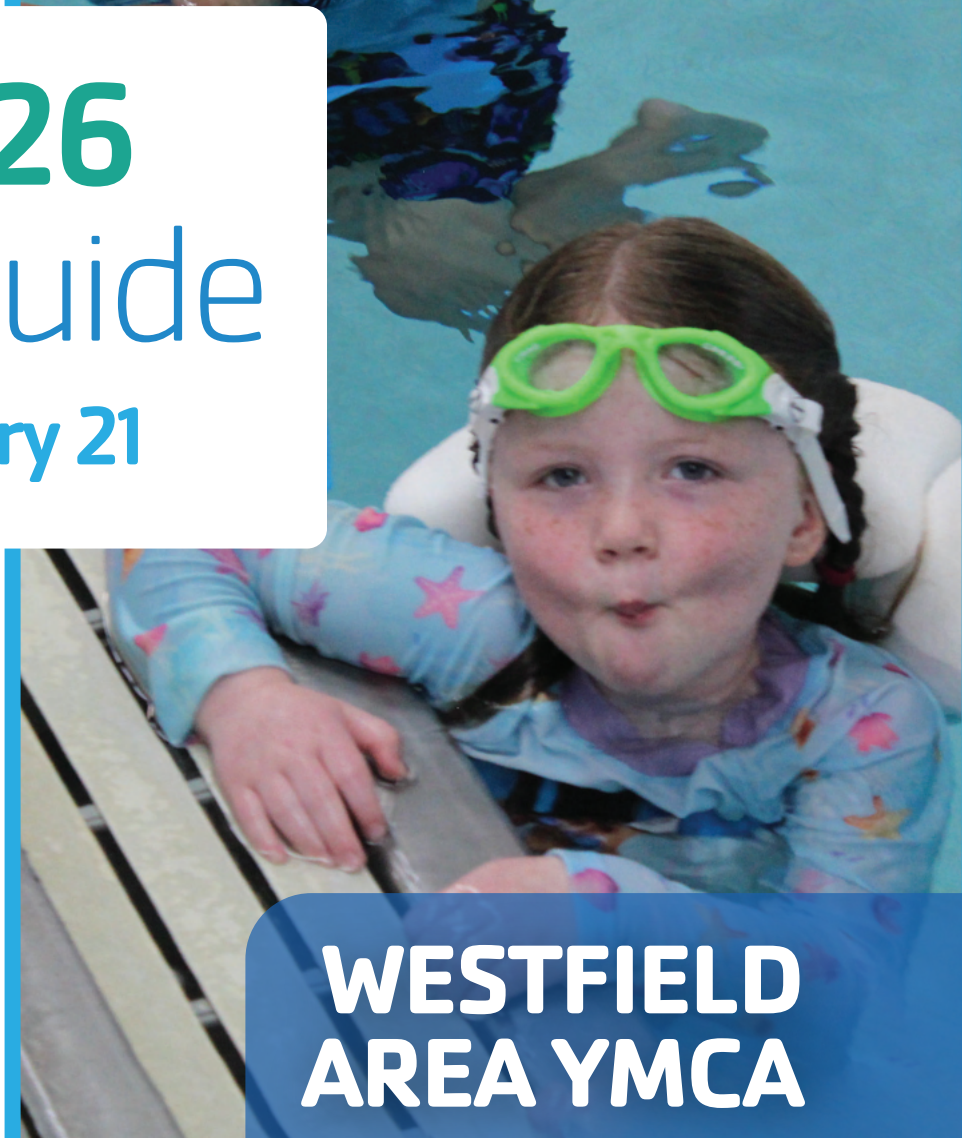
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter 2026 Session Guide

January 3–February 21

**Priority Registration for Family
Members** begins 9:00am
Thursday, December 11

**Registration for Program &
Non-Members** begins 9:00am
Monday, December 15



**WESTFIELD
AREA YMCA**

 220 Clark Street, 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 7-11 with parent, 12+)
- 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

Christmas Eve

5:00am-3:00pm

New Year's Eve

5:00am-6:00pm

Christmas Day

CLOSED

New Year's Day

10:00am-4:00pm

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.



PERSONAL TRAINING

Age 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 to help you to improve your health and wellness in a safe, effective way. Whether you are just starting your fitness regimen, need post-rehab conditioning, or want sport-specific training, we work with you to meet your needs and goals.

INTRO SPECIAL

3 Individual 45 minute sessions for \$125!

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

KIDS CLUB

Age 18 mo-9 yr

Monday-Saturday: 9:00am-12:30pm

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 18mo-2yr and 2 hour max for 2yr+

Scan to register or visit: westfieldynj.org/kids-club



NEW! STROKE RECOVERY EXERCISE PROGRAM

This specialized program is designed to support stroke survivors beyond rehabilitation by enhancing function, optimizing abilities, and regaining independence. Led by certified Y stroke recovery specialists, classes help build strength, restore mobility, and improve quality of life in a safe and welcoming environment.



Meets Wednesday, 1:45-2:30pm in the Weldon Room.

Interested in learning more about the program? Contact Jean White at jwhite@westfieldynj.org.

Stroke Recovery Open House

Wednesday, January 28, 12:00-2:00pm

See back cover for details.

ADAPT-ABILITY

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

In a supportive and inclusive environment, Adapt-Ability participants can connect, grow, and have fun through group activities. Program runs January 5-June 19.

Cooking

Monday, 5:00-6:00pm
Thursday, 5:30-6:30pm
Location: Bauer

Discover tasty, nutritious recipes for snacks and simple dishes made fresh in class. From basic cooking skills to experimenting with new flavors, each class is a fun culinary adventure.

Art Exploration

Wednesday, 5:00-5:45pm
Location: Main Y

Enjoy guided craft projects with step-by-step instructions or explore freely with materials like 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

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.

Game Night

Friday, 5:30-6:15pm
Location: Main Y

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.

Dance Fitness

Friday, 4:30-5:15pm
Location: Main Y

Move to energizing music while engaging your entire body in a fun, high-energy dance workout! Routines are easy to follow and can be modified for all fitness levels.

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



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.

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 or 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
Preeti

MONDAY

6:00-6:45am
Total Body Strength
Heidi

9:10-10:00am
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

9:10-10:10am
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

9:10-10:00am
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

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

9:10-10:00am
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

9:10-10:00am
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
Christine

10:10-11:10am
R.I.P.P.E.D.®
Jenny

11:20am-12:20pm
Barre
Jolene

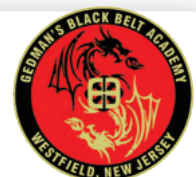
Classes are in Weldon Room unless noted:
• = Kellogg Room 1
+ = Racquetball Court



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. 13.

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

CAMP VIBES ONLY

ALL SUMMER LONG!



Summer Day Camps

At Westfield Area YMCA Summer Camps, kids ages 3-15 dive into a world of fun, friendship, and discovery. Each day is filled with exciting themes and enriching activities, all designed to create safe, engaging, and unforgettable camp experiences.



- Traditional, Sports, S.T.E.A.M. and Leadership Camps
- One week sessions or all summer long
- Indoor and outdoor
- Half day, full day, before and after care available



2026 CAMP REGISTRATION

Family Members:
Begins Thursday, January 8

Program Members:
Begins Tuesday, January 13

Non-Members & Deposit-Only:
Begins Monday, February 2



Scan for more
details or visit:
westfieldynj.org/camp

CAMP VIBES ONLY INFO SESSION

Saturday, December 13
1:00-3:00pm
Location: Main Y Facility

YOUTH & FAMILY EVENTS

Winter Carnival

Sunday, January 18

11:00am-12:30pm

Location: Main Y Gym

Come enjoy a seasonally-themed carnival without the actual cold of winter! Games, prizes, inflatables, and food will be provided.

Free with a family membership, \$5 for Program Members. Registration closes one week before the date of each event.

FAMILY FUN & CONNECTION EVENTS

Spend quality time together through hands-on-activities, seasonal celebrations, and creative experiences! Designed for families with children of all ages.

Exploring Robotics

WHS Robotics Club Showcase

Saturday, February 21

2:00-4:00pm

Location: Main Y Kellogg Room

Spend an afternoon with Westfield High School's Robotics Club, complete with hands-on demonstrations and learning. Come curious, leave inspired!

Free and open to the community, grades 1-5. Registration is required.

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.

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



View pool schedules in real-time on our website!

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 7:30–8:15pm (Wallace)

Questions about Adult Swim Lessons?

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



American Red Cross
Training Services

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.

January: 1/11, 1/18 & 1/25

11:00am–6:00pm

February: 2/20–2/22

2/20: 4:00–8:00pm

2/21: 8:00am–6:00pm

2/22: 8:00am–4:00pm

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

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

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	
11:30am	Stage 1	3-6 yr
	Stage 2	6-12 yr
	Stage 3	
12:05pm	Stage 4	6-12 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
	Stage 2	
1:30pm	Stage 3	3-6 yr
	Stage 2	
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
5:35pm	Stage 5 »	5-8 yr
		8-12 yr
6:20pm	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
	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

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 details.

LEARN TO DIVE

1/11, 1/18, 2/1, 2/22

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.

COMPETITIVE STARTS

1/25, 2/8

For competitive swimmers age 7-12 looking to improve diving starts off the block. Offered on the above Sundays at 11:15am in Wallace Pool.

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

YOUTH AQUATICS

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

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 4	3-6 yr
	Stage 5	5-8 yr
6:20pm	Stage 4	6-12 yr
	Stage 6	5-8 yr
6:55pm	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 3	3-6 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 1	3-6 yr
	Stage 3	
5:10pm	Stage 5 »	5-8 yr
		8-12 yr
5:55pm	Stage 4	3-6 yr
		6-12 yr
6:30pm	Stage 1	3-6 yr
	Stage 2	

SATURDAY		
8:00am	Parent/Child: Stage A	6-24 mo
8:35am	Parent/Child: Stage B	2-3 yr
9:10am	Stage 2	3-6 yr
	Stage 4	
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 1	3-6 yr
	Stage 2	
	Stage 3	
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 » •	

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

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

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
- 2 pre-team programs
- 11 different practice groups geared toward the swimmer's ability
- Swimming practice is paired with training and conditioning performed outside of the pool (Dryland Program)

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

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

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. Includes a free Y membership.

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.

Youth & Government | Grades 9-12

Modeled after state government, this club is run in conjunction with Westfield HS and gives students a voice to debate and express their concerns. Delegates research various government policies and current state issues and initiate legislation for the annual 3-day conference. Meetings begin at the high school in January.

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 Youth & Teen Programs? Contact Dylan Hirtler at dhirtler@westfieldynj.org or x248.

NEW! DUNGEONS & DRAGONS

Grades 6-12

Wednesday, 6:30-8:30pm

Location: Main Y Facility

Create characters, build worlds, and dive into epic Dungeons & Dragons adventures! You'll be guided along journeys of peril, teamwork, and surprises around every corner. No prior D&D experience is needed. Registration is required.

FRIDAY NIGHT TEEN EVENTS

Grades 6-12

Monthly at the Main Y Facility

A fun night for teens featuring different activities centered 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.

Magic: The Gathering Game Night

January 16, 7:45-9:45pm

Video Game Night

February 20, 7:45-9:45pm

SKI/SNOWBOARD TRIPS

Grades 6-12

Fee includes transportation, lift ticket, chaperones and meal voucher. Registration deadline is 10 days prior to trip date. Y membership is not required.

Camelback Ski Resort, PA

Friday, January 23, 3:00-11:00pm

Blue Mountain, PA

Tuesday, February 17, 6:45am-6:00pm

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. Must have completed the Intro to Chess class or receive instructor approval.

Level 3 Chess

Age 6-12

Tuesday, 5:00-5:45pm

Location: Main Y Facility

Must have completed Level 2 Chess and/or receive instructor approval.

Level 4 Chess

Age 6-12

Thursday, 5:00-5:45pm

Location: Main Y Facility

Must have completed Level 3 Chess and/or receive instructor approval.

Competitive Chess

Age 6-12

Wednesday, 4:00-5:00pm

Location: Main Y Facility

An hour of focused, supervised gameplay. Must have completed Level 5 Chess and/or receive instructor approval.

Questions about Chess?

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

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

KWA REGISTRATION FOR THE 2026–2027 SCHOOL YEAR
Opens online January 10 at 1:00pm.

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

SACC REGISTRATION FOR THE 2026–2027 SCHOOL YEAR
New family registration for grades 1–5 opens online March 11 at noon.
Registration is first come first served.

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

CHILD CARE OPEN HOUSES

Saturday, January 10

Full-Day Preschool & AM/PM KWrap

11:00am–1:00pm

Location: Main Y Facility

Early Learning Programs

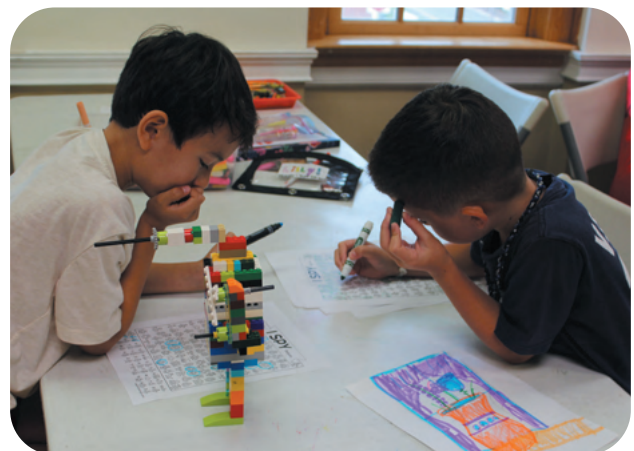
10:00am–12:00pm

Location: Early Learning Center YMCA

Full-Day Kindergarten & Preschool

10:00am–12:00pm

Location: Bauer Branch



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.

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.

All Star Basketball

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

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.



MONDAY

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

TUESDAY

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

SPRING T-BALL

Indoor Clinics

March 1-22

4-6 yr

Practice hitting, throwing, base running, and fielding to get ready for the next league season! 45 min. clinics take place on Sunday between 12:00-4:00pm.

Location: Bauer Branch Gym

Spring Training

April 7-May 21

3 yr

Players are introduced to the T-Ball experience on the same fields that our leagues operate on! Learn the basics of hitting, throwing, base running, and fielding. Meets 5:00-5:30pm one night per week (Tuesday or Thursday).

Location: TBD

Spring League

April 7-June 13

4-6 yr

Players learn the basics of hitting, throwing, base running, and fielding. Practice is 6:00-7:00pm one night per week (Tuesday or Thursday) with a game on Saturday Morning (times vary).

Location: TBD



Questions about Youth Sports Classes or Spring T-Ball? Contact Adrian Sanchez at asanchez@westfieldynj.org or x239.



YOUTH SPORTS

TAEKWONDO

Gedman's Black Belt Academy of the Westfield Area YMCA

Develop overall physical fitness, strength, flexibility, confidence and self-esteem and apply lessons to maintain personal safety. Our program is led by a team of certified ATA instructors with classes for ages 4 years–adult, from beginners through 6th degree black belts. Program is under the leadership of Master Instructor Pamela Gedman.
Location: Bauer Branch

NO CLASS: February 21

- 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

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**

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

Season: January 3–February 24

Location: Main Y or Bauer Gym

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

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

2nd Grade

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

Questions about Taekwondo or 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.

Winter Conditioning

January 2–February 27

7–15 yr

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.

7–10 yr

Wednesday and Friday, 6:20–7:05pm

11–15 yr

Wednesday and Friday, 7:10–8:10pm

Questions about Flyers Track Club? Contact Michelle Almeida at malmeyda@westfieldynj.org or x279.

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.

WINTER/SPRING SCHEDULE

Session: January 6-June 20.

No Class: 3/31, 4/2, 4/4

The session ends with a performance in early June. 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

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.

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.

Musical Theater

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



CLASSES OFFERED IN A 13-WEEK SESSION

Runs January 6-March 28

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.

INTERESTED IN A DEMO CLASS?

Contact Marianna Tsartolia to register for a free trial class on one of the following dates: 12/2, 12/4, or 12/6.

Please ensure your child meets the age requirements when requesting a trial.

Questions about Dance Academy? Contact Marianna Tsartolia at mtsartolia@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							✓	✓	✓	✓	✓	✓	✓						
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-6th 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.

WE'RE OPEN NEW YEARS DAY!

10:00am-4:00pm

First 500 members to come in receive a special New Years Day Giveaway Item!



Westfield Area Y Men's Club
CHRISTMAS TREE SALE

Location: Elm St. Field, Westfield

Support a cause as you deck the halls!

Proceeds benefit the Westfield Area YMCA and other local charities.

LOT HOURS

Mon-Fri
5:00-9:00pm

Sat-Sun
9:00am-6:00pm

WORK AT THE Y

Empower young people, improve people's health and well-being, and make an impact in your community EVERY DAY when you work at the Y!

Scan the QR code to view job opportunities or visit westfieldynj.org/jobs.



STROKE RECOVERY OPEN HOUSE

Wednesday, January 28, 12:00-2:00pm | Main Y Kellogg Room

Free & open to the community! Join us for an open house designed for stroke survivors and their families/caregivers. Enjoy light refreshments as you discover valuable resources to aid in recovery and overall well-being. Plus, **learn about the Y's Stroke Recovery Exercise Program.**

Connect with experts and representatives from:

- Atlantic Health Rehabilitation
- Stroke OT
- Stroke Support Group & Stroke Program
- Managers of Atlantic Health System
- Brain Injury Alliance of NJ (BIANJ)
- VIVISTIM (Vagus Nerve Stimulation)