



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Spring 1 2026 Session Guide

February 22 – April 25

**Priority Registration for Family Members** begins 9:00am  
Thursday, February 5

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



**WESTFIELD  
AREA YMCA**

 220 Clark Street, Westfield

 908-301-YMCA (9622)

 [westfieldynj.org](http://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

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

#### Individual

Youth, Teen, College,  
Young Adult, Adult,  
Senior

#### 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](mailto: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

**Easter Sunday**  
CLOSED

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

### INTRO SPECIAL

3 Individual 45 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](http://westfieldynj.org/kids-club)



Improve people's health & well-being, empower kids, and make a positive 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](http://westfieldynj.org/jobs) for more details.



NEW!

## STROKE RECOVERY EXERCISE PROGRAM



Wednesday, 1:45-2:30pm

Friday, 12:30-1:15pm (begins 1/30)

Location: Main Y Weldon Room

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.

Interested in learning more about the program?

Contact Jean White at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org) or visit [westfieldynj.org/stroke-recovery](http://westfieldynj.org/stroke-recovery).



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.

**March 20-22**

**Friday, 3/20:**

4:00-8:00pm

**Saturday, 3/21:**

8:00am-6:00pm

**Sunday, 3/22:**

8:00am-4:00pm

**March 30 & 31**

(Spring Break)

**Monday, 3/30:**

8:00am-6:00pm

**Tuesday, 3/31:**

8:00am-6:00pm

**April 10-12**

**Friday, 4/10:**

4:00-8:00pm

**Saturday, 4/11:**

8:00am-6:00pm

**Sunday, 4/12:**

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](mailto:rfaggiano@westfieldynj.org) to schedule.





# 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](mailto: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

9:10-10:00am  
**Zumba® •**  
Shareena

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

11:30-12:20pm  
**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](mailto:jstanley@westfieldynj.org) or x256.

# 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**

**Monday, 6:15–7:15pm**

**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.

## 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.

## 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.

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

## UPCOMING EVENTS

### HEALTH & WELLNESS SESSIONS

Free and open to the community age 18+.

#### Why Hearing Matters!

**Wednesday, March 4, 12:30–1:30pm**

**Location: Main Y Kellogg Room**

Hearing health matters as we age, and untreated hearing loss can affect more than your ears. Don't miss out on the good stuff! Learn why hearing care is essential for healthy aging and practical steps to protect it. Presented by Hearing Life of Westfield.

#### Free Hearing Screenings

**Wednesday, March 18, 10:00am–2:00pm**

**Location: Main Y Room 201-202**

Hearing Life of Westfield is offering 15-minute hearing screenings to the community! An appointment is required. Contact Jean White at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org) or x246 to schedule your appointment.

#### Healthy Hearts at the Y

**Tuesday, March 24, 12:30–1:30pm**

**Location: Main Y Kellogg Room**

Learn about heart health, prevention, and how to take proactive steps toward a healthier lifestyle in this informative presentation! Local health professionals will share practical information on blood pressure, diabetes, hypertension, and overall heart wellness. Complimentary blood pressure checks will be available for attendees. Registration required. Presented by Gianni Mirra, RN, BSN, Frank Mazza, RN, BSN, and Always Responsive Home Care.

### FAMILY FUN & CONNECTION

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

Free for Family Members, \$5 for Program Members. Registration closes one week prior to each event.

#### Spring Into Action!

**Saturday, March 14**

**1:30–3:30pm**

**Location: Main Y Gym**

Kick off a healthy spring and summer with an afternoon full of fun! Enjoy our giant inflatables, arts & crafts, healthy snacks, prizes, and family-friendly activities, designed to get everyone moving and smiling.



#### Earth Day Workshop

**Sunday, April 12,**

**11:00am–12:30pm**

**Location: Main Y Gym**

Join us for a celebration of our shared Earth! Discover fascinating facts about the planet we call home while enjoying fun games and crafts. Snacks and drinks will be provided.



# 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

### 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!

### 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 7:00–7:45pm (Wallace)

Questions about Water Fitness? Contact Beth Folvik at [bfolvik@westfieldynj.org](mailto:bfolvik@westfieldynj.org).

Questions about Adult Swim Lessons?

Contact Rob Faggiano at [rfaggiano@westfieldynj.org](mailto:rfaggiano@westfieldynj.org) or x276.

# YOUTH AQUATICS



## SWIM LESSONS

Swim lessons accommodate varying abilities to help foster a sense of achievement as swimmers progress. This approach allows advanced swimmers to flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime. Free swim level assessments are available.

### Parent/Child: Stage A

Instructors use songs and games to encourage students and parents to learn skills, explore the environment and equipment used in swim lessons, and learn how to be safe in and around water.

### 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	3-6 yr
	Stage 6 » •	8-12 yr
10:20am	Stage 2	3-6 yr
	Stage 3	3-6 yr
10:30am	Stage 5 » •	5-8 yr
		8-12 yr
10:55am	Stage 3	3-6 yr
	Stage 4	3-6 yr
11:30am	Stage 1	3-6 yr
	Stage 2	6-12 yr
	Stage 3	6-12 yr
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
1:30pm	Stage 2	3-6 yr
	Stage 3	3-6 yr
3:40pm	Stage 3	3-6 yr
	Stage 4	3-6 yr
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
3:30pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4:00pm	Stage 1	3-6 yr
	Stage 3	3-6 yr
4:35pm	Rainbow Fish	3-12 yr
5:10pm	Stage 2	3-6 yr
	Stage 3	3-6 yr
5:45pm	Parent/Child: Stage B	2-3 yr
6:20pm	Stage 4	3-6 yr
	Stage 5 »	5-8 yr

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

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

**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 details.

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



# YOUTH AQUATICS

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 3	3-6 yr
	Stage 4	6-12 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 1	3-6 yr
	Stage 3	
6:20pm	Stage 5 » •	8-12 yr
	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 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	Parent/Child: Stage B	2-3 yr
	Stage 5 » •	5-8 yr
10:55am	Stage 2	6-12 yr
	Stage 3	
11:30am	Stage 1	3-6 yr
	Stage 2	
12:05pm	Stage 3	3-6 yr
	Stage 4	
12:40pm	Stage 1	3-6 yr
	Stage 2	
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.

## DEVILFISH SPRING TRYOUTS MARCH 10-12

### Age 10 & Under:

Tuesday, 3/10 & Wednesday, 3/11

### Age 11-12:

Tuesday, 3/10 & Wednesday, 3/11

### Age 13 & Up:

Thursday, 3/12

Visit [wydevilfish.org](http://wydevilfish.org) for tryout times and additional details.

# 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](mailto:nlawrence@westfieldynj.org) or x424.

## 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.

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.

## 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.

**March Madness: 3v3 Basketball Tournament**

**March 13, 8:15-9:45pm**

**Spring Craft & Paint**

**April 10, 7:45-9:45pm**

## TEEN TRIPS

Grades 6-12

**Ski/Snowboarding Trip**

**Montage Mountain Resorts, PA  
Friday, March 20, 6:30am-6:00pm**

Fee includes transportation, lift ticket, chaperones and meal voucher (\$250). Rentals and lessons available at an additional fee.

Registration deadline is 10 days prior to trip date. Y membership is not required.

## NEW! Dungeons & Dragons

Grades 6-12

**March 2-April 25**

**Wednesday, 6:30-8:30pm**

**Thursday, 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.

## CHESS

Led by Director of Sports Programs Nick Morelli, who has a chess ELO rating of 2000. Located at the Main Y Facility.

**Intro to Chess** | 6-10 yr

**Thursday, 4:00-4:45pm**

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

**Level 2 Chess** | 6-10 yr

**Tuesday, 4:00-4:45pm**

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** | 6-12 yr

**Tuesday, 5:00-5:45pm**

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

**Level 4 Chess** | 6-12 yr

**Thursday, 5:00-5:45pm**

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

**Competitive Chess** | 6-12 yr

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

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](mailto:nmorelli@westfieldynj.org) or x227.



**Questions about Youth & Teen Programs? Contact Dylan Hirtler at** [dhirtler@westfieldynj.org](mailto:dhirtler@westfieldynj.org) or x248.





# CHILD CARE EDUCATION

## EARLY LEARNING

Programs for children ages 6 months–5 years provide a caring, safe and healthy place to learn foundational skills, develop healthy trusting relationships and build self-confidence and self-reliance. Children develop gross and fine motor, cognitive, social/emotional and language skills. All programs follow the Creative Curriculum, a nationally recognized framework rooted in educational philosophy and theory as well as in practice. Full and half-day programs are available year-round or for the school year.

### Early Learning Center

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

### Bauer Branch (Preschool)

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

### Main Y Facility (Preschool)

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

## FULL DAY KINDERGARTEN

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

### Westfield (Bauer Branch)

Contact: Tracy McSweeney,  
tmcsweney@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

### Garwood

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

### Mountainside

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

### 2026–2027 SCHOOL YEAR

New family registration for grades K-5 opens online March 11 at noon.  
Registration is first come first served.

## KINDERGARTEN WRAPAROUND

A stimulating and enriching 5-day/week theme-based morning program for children who attend half-day kindergarten in Westfield. 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

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



## CAMP VIBES ONLY 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

SPOTS FILLING FAST!

View Camps &  
Register Now  
[westfieldynj.org/camp](https://westfieldynj.org/camp)





# 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!

### Sports Sampler

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

### 1st Grade Boys Basketball

Players learn the basics of the sport through fun drills.

### Girls Basketball

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

### 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 1st Grade Basketball 6-7 yr

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

### 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

## NEW! BAUER BRANCH SPORTS CLASSES

4-6 yr

### Bauer Basketball | Tuesday, 3:30-4:15pm

Develop basketball skills through fun drills! Game play introduced.

### MVP Sports Sampler | Friday, 2:30-3:15pm

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

**Questions about Youth Sports Classes?** Contact Adrian Sanchez at [asanchez@westfieldynj.org](mailto:asanchez@westfieldynj.org) or x239.

## SPRING WARRIORS TRAVEL BASKETBALL

Practices are held weekly in the Main Y Gymnasium. 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.

Registration for the March-June season is open now.

LEAGUE	GRADE	DAY	TIME
Boys	2-3	Thursday	5:00-6:15pm or 6:15-7:30pm
	4-5	Wednesday	5:00-6:15pm or 6:15-7:30pm
Girls	3-5	Monday	5:00-6:15pm



**Questions about Warriors Travel Basketball?** Contact Nick Morelli at [nmorelli@westfieldynj.org](mailto:nmorelli@westfieldynj.org) or x227.



# YOUTH SPORTS

## SPRING T-BALL

### Indoor Clinics

**March 1-22**

**4-6 yr**

**Location:** Bauer Branch

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.

### Spring Training

**April 7-May 21**

**3 yr**

**Location:** TBD

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).

### Spring League

**April 7-June 13**

**4-6 yr**

**Location:** TBD

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).

### Questions about Spring T-Ball?

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

## 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. Under the leadership of Master Instructor Pamela Gedman.

**Location:** Bauer Branch

**NO CLASS:** March 28 & April 18

- 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

### Questions about Taekwondo?

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

### MONDAY

6:30-7:30pm **Protech**

7:30-8:30pm **Adult**

### WEDNESDAY

5:15-6:15pm **White-Yellow**

6:15-7:15pm **Camo-Blue**

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

8:00-9:00pm **Adult**

### THURSDAY

6:30-7:30pm **Black Belt**

7:30-8:30pm **Legacy/Leadership**

### SATURDAY

8:30-9:30am **Adult**

9:30-10:00am **Intro (Age 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**

## FLYERS TRACK CLUB

**Season:** March 16-May 15

**Location:** Kehler Stadium (Westfield)

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.

Practice is Monday and Friday:

TIME	EVENT	AGE
5:55-6:55pm	Distance	7-10 yr
5:55-6:55pm	Sprints	7-10 yr
5:55-6:55pm	Throws	7-15 yr
7:00-8:00pm	Distance	11-15 yr
7:00-8:00pm	Distance PLUS *	9-15 yr
7:00-8:00pm	Sprints	11-15 yr
7:00-8:00pm	Sprints PLUS *	9-15 yr

\*Distance PLUS & Sprints PLUS have an additional Wednesday practice and requires coach recommendation.



## ATHLETIC CONDITIONING

**9-15 yr**

**February 26, March 5, 12 & 19, 5:15-6:00pm**

**Location:** Weldon Room

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, helping you achieve your goals.

### Questions about Flyers Track Club or Athletic Conditioning?

Contact Michelle Almeida at [malmeyda@westfieldynj.org](mailto: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.

## CLASSES OFFERED IN A 13-WEEK SESSION

Session ends 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.

### 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 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.

### 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.

### 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.

### Acro

Unique choreography and acrobatic elements are combined with classical dance techniques. Enhances flexibility, balance, strength, control, and discipline within a dance framework.



## SPRING SCHEDULE

Session: January 6–June 20.

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

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 in the Main Y Kellogg Room unless noted: » = Bauer Branch

### TUESDAY

2:30–3:15pm	Jazz/Hip Hop 1 »	4–6 yr
4:00–4:45pm	Acro 1	4–6 yr
5:00–6:00pm	Acro 2	7–10 yr
6:10–7:10pm	Musical Theater	8–13 yr
6:15–7:00pm	Jazz/Tap 1–2	6–9 yr

### THURSDAY

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

### SATURDAY

8:15–9:00am	Little Movers	3–5 yr
8:30–9:00am	Dance With Me!	2–3 yr
9:10–9:55am	Jazz/Hip Hop 1	4–6 yr
9:10–9:55am	Ballet/Tap 1	4–6 yr
10:05–11:05am	Jazz/Hip Hop 2	7–9 yr
10:05–10:50am	Ballet/Tap 1	4–6 yr
11:15am–12:15pm	Jazz/Hip Hop 3–4	10–14 yr

### Questions about Dance Academy?

Contact Marianna Tsartolia at [mtsartolia@westfieldynj.org](mailto: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



NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
RAHWAY, NJ  
PERMIT NO. 619

## 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.

## STRONG KIDS+ EVENTS

Thanks to the Strong Kids+ Campaign, financial assistance is available to individuals and families with a bona fide financial hardship that live or work in our service area of Cranford, Garwood, Mountainside, or Westfield. Proceeds from these events enable kids, families, and seniors in need of financial assistance to participate in YMCA programs and memberships.



### Easter Egg Hunt in the Pool

Saturday, March 28

1:00-1:30pm | 1:40-2:10pm | 2:20-2:50pm

Location: Cranford YMCA

**Open to the community!** Visit with the Easter Bunny and spend 30 minutes swimming for Easter Eggs. Find the most eggs and win a prize! Geared toward children ages 4-9. \$25 to participate (free for adults).

### Spring Clothing Drive

Wednesday, April 15

7:30am-2:30pm

Location: Bauer Branch Parking Lot

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

**NOT Accepted:** Electronics, furniture, large toys, sports equipment, pots & pans, books, comforters, appliances, home decor, or pet accessories

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

### 21st Annual Golf Classic

Monday, June 8

Sponsorships are available! Contact Marla Itzkin at mitzkin@westfieldynj.org or 908-301-9622 x264 for details.