



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring 2 2026 Session Guide

April 26–June 27

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

Registration for Program & Non-Members begins 9:00am
Monday, April 13



**WESTFIELD
AREA YMCA**

 220 Clark Street, Westfield

 908-301-YMCA (9622)

 westfieldnj.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!

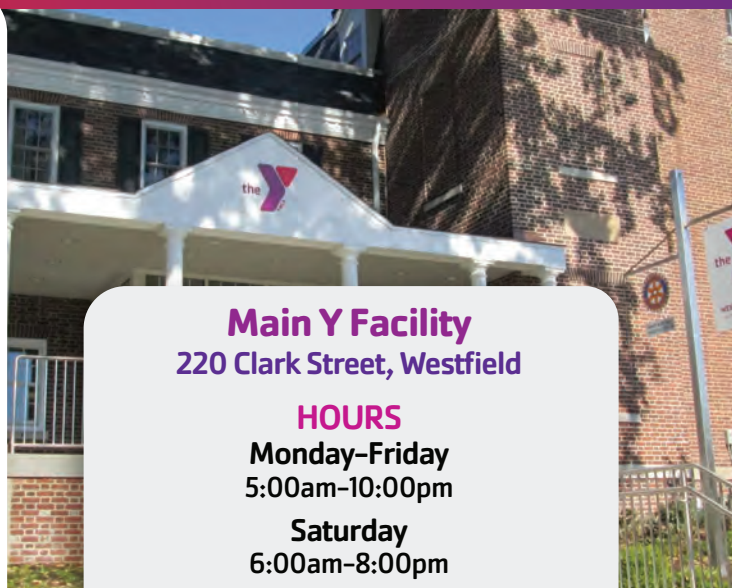
Refer a friend and get a FREE month of membership after they join the Y

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

Memorial Day (5/25)
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 or x268.



KIDS CLUB

18 mo-11 yr

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

- Present child's birth certificate first time attending
- Parent/guardian must be a member and remain in the building
- Nut free snacks & drinks are permitted
- FREE for Gold members; fee for Silver
- 1.5 hour max for 18mo-2yr and 2 hour max for 2yr+

HOURS

Monday-Saturday
9am-12:30pm

LEARN MORE:

Scan QR code
or visit westfieldynj.org/kids-club



PERSONAL TRAINING

13+ yr

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

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.



STROKE RECOVERY EXERCISE PROGRAM

Move forward with strength & support

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.

Wednesday, 1:45-2:30pm

Friday, 12:30-1:15pm

Location: Main Y Weldon Room

Interested in learning more? Contact Jean White at jwhite@westfieldynj.org or visit westfieldynj.org/stroke-recovery.

A BETTER
US 
STARTS WITH U

JOIN OUR TEAM!

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 or
westfieldynj.org/jobs for details.

NEW WESTFIELD AREA YMCA

MOBILE APP

COMING SOON!

Key Features:

- Mobile check-in
- View live pool, gym, and group fitness schedules
- Add classes to your personal calendar
- Register for programs through the app
- Kids Club & Racquetball Court reservations
- Important facility updates
- Accessible via computer



Stay tuned
for more
details!



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.

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 gentle breathing and slow, continuous movements in warm water, blending Tai Chi, Qigong, and Watsu techniques.

Aqua Fit

A medium-intensity, full-body workout combining cardio and strength exercises, with optional buoyancy equipment.

Aqua Lite

Light to moderate full-body workout in deep water, integrating core and cardio conditioning. Buoyancy belt is provided for proper alignment.

Aqua Zumba

Enjoy some of your favorite songs while following along during this high energy workout full of classic Aqua Zumba move!

Arthritis Aquatic Exercise

This AEA Arthritis Foundation shallow-water class is designed to improve mobility, balance, flexibility, and range of motion through gentle exercises.

Cardio Core

Challenging mix of cardiovascular endurance and core-strengthening and stabilizing exercises. Buoyancy belt is provided for proper alignment.

Heart Smart

A higher-intensity shallow-water cardio class using intervals and water resistance to elevate heart rate and improve overall fitness with total-body movements.

Hit Your Stride

Walk your way to a healthier you! Build strength and boost cardiovascular health with joint-friendly, total-body movement.

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

A shallow-water class that improves balance by building overall strength and flexibility. Includes a variety of movements to enhance range of motion, boost mobility, and add light-moderate cardio.

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

SUNDAY

4:30pm Aqua Fit •

MONDAY

8am Arthritis Aquatic Exercise

8:45am Aqua Lite (Dual Depth)

9:30am Let's HIIT It! •

10:30am Strength, Flexibility & Balance

7:05pm Aqua Zumba

TUESDAY

10:30am Ai Chi

11:20am Hit Your Stride

WEDNESDAY

8am 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

8am 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 swim 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 10:15–11am (Wallace)

Tue 7:10–7:45pm (Wallace)

Questions about Adult Swim Lessons?

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



LIFEGUARD TRAINING

Open to the community age 15+

This multi-day blended course teaches entry-level participants how to prevent, recognize, and respond to aquatic and other medical emergencies until EMS personnel take over.

MAY 1–3

5/1: 4–8pm
5/2: 8am–6pm
5/3: 8am–4pm

MAY 22–24

5/22: 4–8pm
5/23: 8am–6pm
5/24: 8am–4pm

JUNE 27–29

6/27: 9am–4pm
6/28: 8am–2:30pm
6/29: 4–8pm

JUNE 14

RE-CERTIFICATION COURSE ONLY
8am–4pm

Prerequisite course (required):

Participant must pass prerequisite skills test to attend lifeguard training dates. Contact Mackenzie Banta at mbanta@westfieldynj.org.

YOUTH AQUATICS

Don't see a class time that works for you? Let us know and we will do our best to accommodate you!

Wednesday		
1pm	Stage 1	3-6 yr
	Stage 2	
1:30pm	Stage 3	3-6 yr
	Stage 4	
3:30pm	Stage 3	3-6 yr
		6-12 yr
4pm	Stage 4	3-6 yr
	Stage 2	3-6 yr
4:35pm	Stage 2	
	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		
9am	Stage B	2-3 yr
	Stage 2	
2pm	Stage 2	3-6 yr
	Stage 3	
3:30pm	Stage 3	3-6 yr
	Stage 5	
4pm	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		
1pm	Stage 3	3-6 yr
1:30pm	Stage 2	3-6 yr
3:30pm	Stage 2	3-6 yr
	Stage 3	
4pm	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		
8am	Stage A	6-24 mo
8:35am	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 B	2-3 yr
	Stage 5 » •	
		8-12 yr
10:55am	Stage 2	6-12 yr
	Stage 3	
	Stage 4	
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	
	Stage 3	
1:15pm	Rainbow Fish	3-12 yr
1:50pm	Rainbow Fish	3-12 yr
2:25pm	Rainbow Fish	3-12 yr
6pm	Stage 5 » •	8-12 yr
	Stage 6 » •	

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

May is Water Safety Month

9 in 10 parents see swimming as an essential life skill, yet 24% have low confidence in their kids' ability to stay safe around water.



Each year, the Y teaches more than one million kids life-saving swimming and safety around water skills.

Visit www.ymca.org/watersafety for more information and stay tuned for Safety Around Water activities in May!

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)

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

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



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				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Sports Classes	Soccer, Basketball, Sports Samplers, Flag Football, Pickleball				✓	✓	✓	✓	✓	✓	✓	✓								
Dance Classes	Ballet, Tap, Jazz, Hip Hop, Acro, Modern, Musical Theater		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gedman's Black Belt Academy	Taekwondo Intro-6th Degree						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Flyers Track Club	Competitive and Developmental								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Devilfish Swim Team	Developmental and Competitive						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swim Lessons	Group and Individual Classes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lifeguard Training	Includes CPR and First Aid																			✓
Open Swim	Family, Youth, Adult	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Water Fitness	Group Exercise, Classes, Lap Swim																			✓
Kids Club	Facility Babysitting			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓							
Early Learning	Full Day, Preschool, Kindergarten, KWrap	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
School-Age Child Care	Before and After Care						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Teen/Youth Programs	Various programs, trips and special events												✓	✓	✓	✓	✓	✓	✓	✓
Chess Classes	Intro-Competitive							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Summer Camp	Traditional, Sports, Specialty, Leadership				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Open Gym	Basketball, Pickleball				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Group Fitness	Low-impact, Strength, Cardio, Hybrid, Mind & Body																			✓
Personal Training	Individual Sessions														✓	✓	✓	✓	✓	✓
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-minute circuit													✓	✓	✓	✓	✓	✓	✓

