



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.

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

6-6:45am
Total Body Strength
Heidi

9:10-10am
Cardio/Strength/Core Intervals
Jean

10:10-11am
Yoga
Liz

11:15am-12:05pm
Functional Strength, Balance & Basic TRX®
Jean

12:30-1:25pm
TRX®
Jean

6-6:50pm
Total Body Strength
Jackie

7-7:55pm
Cycle & Strength
Erin

TUESDAY

6-6:45am
Cycle & Strength
Heidi

8-8:50am
Lite Total Body Fitness
Lilian

9:10-10:10am
Cycle, Strength & Abs
Jackie

9:10-10am
Zumba® •
Garnet

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

7-7:50pm
TRX®
Chrissy

7:20-8:10pm
Yoga •
Sandeep

WEDNESDAY

6-6:45am
Boot Camp
Ellery

8-8:50am
Total Body Strength
Jean

9:10-10am
Cardio & Strength
Natalie

9:10-10am
Chair Yoga •
Madeline

10:10-11am
Yoga
Madeline

11:15am-12:05pm
Lite Cardio, Strength & Balance
Stacy

12:30-1:25pm
TRX®
Jenny

6:15-7pm
Spin
Andy

7:10-7:40pm
Rumble®/Kickboxing
7:40-8:10pm
& Strength
Jenny

THURSDAY

6-6:45am
Cycle & Strength
Heidi

8-8:50am
Lite Total Body Fitness
Lilian

9:10-10am
Strength & TRX®
Jean

10:10-11am
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

9-9:50am
Total Body Strength Circuits •
Kerry

9:10-10am
Kickboxing
Natalie

10:10-11am
Yoga
Heather

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

6:15-7:05pm
Zumba®
Shareena

SATURDAY

8-8:55am
Cycle & Strength
Stew

9:10-10am
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



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.

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, 5-6pm
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, 5-5:45pm
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, 6-6:45pm
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 or x406.



Walk-A-Marathon Thursday, 6pm

Lace up your sneakers and walk a marathon over the course of the session! This class breaks down the iconic 26.2-mile distance into 3-mile outdoor walks. Free to participate, registration is required.

- Walks will take place across our service area of Cranford, Garwood, Mountainside, and Westfield. Participants are responsible for their own transportation to each walking location.
- The first walking session (April 30) will depart from the Main Y Facility. The meeting spot will change each week and is determined ahead of time.

**ADAPT-ABILITY
FRIENDLY!**

Strong Kids+ Events

100% of proceeds from these events benefit the Strong Kids+ Annual Support Campaign, which ensures that those with a bona fide financial hardship that live or work in Cranford, Garwood, Mountainside or Westfield are not turned away for inability to pay. Learn more at westfieldynj.org/strong-kids.

Fitness "Fun" Raiser Week May 1-9

Join us for a week-long celebration of special fitness classes, and browse the variety of gift baskets on display in the Welcome Center. Purchase tickets for a chance to win your favorites. Drawing is May 9 at noon. Winners do not need to be present to claim their prize.

Community Double JUMP!

Sponsored by Spencer Savings Bank

Saturday, May 2, 2-5pm
Location: Main Y Gym

Get ready for an afternoon of high-energy fun! Bounce and climb on our large inflatables and enjoy crafts.

Two sessions: 2-3:15pm for age 2-7, and 3:45-5pm for age 8 and up. Session 2 includes our biggest inflatable for the older kids (48" height requirement).

Open to the community, \$15/child supports the Campaign.
Registration required.

21st Annual Golf Classic

Monday, June 8
Location: Echo Lake Country Club

View back cover for details.

Family Fun & Connection

Spend quality time together through hands-on activities, seasonal celebrations, and creative experiences!

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

Campfire Fun Sunday, June 14 1-2:30pm

Location: Bauer Branch

In this camp-themed gathering, explore classic campfire games, crafts, and everyone's favorite campfire treat, freshly made s'mores.

Questions about Family Fun & Connection events?

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



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



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

SWIM LESSONS

Our swim lessons meet swimmers at every level, building skills, confidence, and a sense of accomplishment as they progress at their own pace. Free swim assessments available.

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

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.

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.

Sunday		
8am	Stage B	2-3 yr
8:35am	Stage A	6-24 mo
9am	Aquatic Conditioning »•	6-10 yr
		10-15 yr
9:10am	Stage B	2-3 yr
9:45am	Stage 2	3-6 yr
	Stage 4	
	Stage 6 »•	5-8 yr 8-12 yr
10:20am	Stage 2	3-6 yr
	Stage 3	
10:30am	Stage 5 »•	5-8 yr
		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

Monday		
9:30am	Stage 2	3-6 yr
10am	Stage 3	3-6 yr
1:30pm	Stage 2	3-6 yr
	Stage 3	
3:40pm	Stage 3	3-6 yr
	Stage 4	
4:15pm	Stage 4	6-12 yr
4:50pm	Stage 6 »	5-8 yr
		8-12 yr
5:35pm	Stage 5 »	5-8 yr
		8-12 yr
6:20pm	Stage 4	6-12 yr
	Aquatic Conditioning »	6-10 yr

Tuesday		
9am	Stage 3	3-6 yr
9:30am	Stage A	6-24 mo
10am	Stage 2	3-6 yr
3:30pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4pm	Stage 1	3-6 yr
	Stage 3	
4:35pm	Rainbow Fish	3-12 yr
	Stage 4	3-6 yr
5:10pm	Stage 2	3-6 yr
	Stage 3	
5:45pm	Stage B	2-3 yr
6:20pm	Stage 5 »	5-8 yr
	Stage 6 »	



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.

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

Age 6-10

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.

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.

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.

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

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 » •	5-8 yr
10:55am	Stage 4	8-12 yr
		6-12 yr
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	Stage 3	3-6 yr
	Stage 1	
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.



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.

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.

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

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.

Video Game Night

May 1, 7:45-9:45pm

Magic: The Gathering Night

May 15, 7:45-9:45pm

Pickleball Doubles

June 5, 8:15-9:45pm

TEEN TRIPS

Grades 6-12

Six Flags Great Adventure

Saturday, May 2, 9:00am-7:00pm

Feel the rush of New Jersey's tallest drops and fastest coasters. Get ready for legendary airtime on Nitro and the high-speed twists of The Flash: Vertical Velocity. Fee includes transportation, admission, a meal voucher, and Y staff chaperones. Y membership not required. **Registration required by 4/19.**

No changes, credits, or refunds will be honored after this date.

NEW! Dungeons & Dragons

Grades 6-12

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. Registration is required.

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 receive instructor recommendation to register.

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 & Main Y Preschool

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

Bauer Branch (Preschool)

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

LIMITED SPOTS LEFT!



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, tmcsweeney@westfieldynj.org or x423

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



SCHOOL AGE CHILD CARE

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

Westfield

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

Garwood

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

Mountainside

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

YOUTH SPORTS



SPORTS CLASSES

NEW! Pickleball Basics

Learn the essentials of the game, develop core skills, and serve up some fun in this fast-growing and exciting sport!

NEW! Flag Football

Get ready to run, pass, and score! Learn football fundamentals in a safe, non-contact, and high-energy environment.

Sports Sampler

Discover the building blocks behind soccer, tennis, volleyball, cornhole, and other favorite sports in this activity-packed session.

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.

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 to prepare for league play.

MONDAY

4:00-4:45pm **NEW! Pickleball Basics** 7-10 yr

TUESDAY

4:00-4:45pm **Sports Sampler (Girls)** 5-8 yr

5:00-5:45pm **Sports Sampler (Boys)** 5-8 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 **NEW! Flag Football** 8-11 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

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.

No Class: Friday, May 29

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



SPRING T-BALL

Spring League

April 7-June 13

4-6 yr

Location: Roosevelt Intermediate School

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

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

YOUTH SPORTS



FLYERS TRACK CLUB

This year-round track & field and cross country team offers USATF-certified coaching and specific event technique instruction for athletes ages 7-15.

Spring Track

Season: March 16–May 15

Location: Kehler Stadium (Westfield)

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
7–8 pm	Distance	11–15 yr
7–8pm	Distance PLUS *	9–15 yr
7–8pm	Sprints	11–15 yr
7–8pm	Sprints PLUS *	9–15 yr

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

Summer Track

Season: May 29–July 20

Location: Kehler Stadium (Westfield)

Registration opens 4/1

Practice is Monday and Friday:

TIME	EVENT	AGE
6:30–7:30pm	Distance	7–10 yr
6:30–7:30pm	Sprints	7–10 yr
6:30–7:30pm	Throws	7–15 yr
6:30–8pm	Distance*	11–15 yr
6:30–8pm	Sprints	11–15 yr
6:30–8pm	Distance/Sprints PLUS**	9–15 yr

*Racewalkers should register for this group

**Coach recommendation required

Questions about Flyers Track Club?

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

TAEKWONDO

Gedman's Black Belt Academy of the Westfield Area YMCA

Develop overall fitness, strength, flexibility, confidence and self-esteem while learning skills to maintain personal safety. Our certified ATA instructors teach students ages 4-18+, from beginners to 6th degree black belts. Under the leadership of Master Instructor Pamela Gedman.

Location: Bauer Branch

- No annual commitment or contract required
- Uniform not required for the Intro class
- Beginners must complete the 8-week Intro class before starting rank-specific training
- Participants taking more than one class/week should register for the multi-class option

NO CLASS: 5/25, 6/20 (Rank Testing)

MONDAY

6:30–7:30pm Protech

7:30–8:30pm Adult

WEDNESDAY

5:15–6:15pm White–Yellow

6:15–7:15pm Camo–Blue

7:15–8pm Brown–Red/Black

8:00–9pm Adult

THURSDAY

6:30–7:30pm Black Belt

7:30–8:30pm Legacy/Leadership

SATURDAY

8:30–9:30am Adult

9:30–10am Intro (Age 4+)

10:00–10:45am Camo–Blue

10:45–11:30am Brown–Red/Black

11:30am–12:30pm White–Yellow

12:30–1:30pm Black Belt

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

DANCE ACADEMY

Our classes develop skilled, well-rounded dancers! Dance Academy has been led since 2018 by Marianna Tsartolia, an alumni of RIOULT DANCE NY and the Merce Cunningham Studio. She has performed in the US and Europe and has worked as a teaching artist since 2000.

Location: Main Y Kellogg Room

Classes offered in a 12-week session (4/9–6/20):

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.

THURSDAY

12–12:30pm Dance With Me! 2–3 yr

12:30–1:15pm Little Movers 3–5 yr

SATURDAY

8:15–9am Little Movers 3–5 yr

8:30–9am Dance With Me! 2–3 yr



2026 Dance Academy Recital:

"WHEN I GROW UP"

SUNDAY, JUNE 7

Edison Middle School



We can't wait to celebrate our dancers & their dreams with you!

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

SUMMER CAMPS



**CAMP
VIBES
ONLY**

Westfield Area YMCA Summer Day Camps provide safe, engaging, fun and meaningful camp experiences with enriching activities, fitness, and social and emotional learning for children ages 3-15.



TRADITIONAL CAMPS include a variety of fun and exciting activities that keep campers active, whether indoors or outdoors! Teens also enjoy leadership programs.

- | | | | |
|----------------------------|--------------------------|-------------------------|---------------------------------------|
| Puddle Jumpers
Ages 3-5 | Explorer
Grades K-2 | Blue Sky
Grades 2-6 | Leaders In Training
Grades 6-8 |
| Sunshine
Grades K-2 | Pioneer
Grades K-4 | Discovery
Grades 3-6 | Counselors In Training
Grades 9-10 |
| All Sports
Grades 1-5 | Basketball
Grades 1-5 | | |

S.T.E.A.M. CAMPS include Science, Technology, Engineering, Arts and Math activities that encourage campers to make new discoveries while enjoying confidence-boosting experiences.

- | | | | |
|----------------------------------|---|--|---|
| Hands-On Art
Grades K-5 | Jurassic Land
Grades 1-2 | Environmental
Engineering
Grades 1-5 | Weather Science
Grades 1-5 |
| Young Scientists
Grades K-5 | Spa Science
Grades 1-2 | Electrical
Engineering
Grades 1-5 | Coding
Grades 3-5 |
| Kitchen
Chemistry
Ages K-4 | Transportation
Engineering
Grades 1-2 | Chess
Grades 1-5 | Roller Coaster
Engineering
Grades 3-5 |



**LIMITED SPOTS
AVAILABLE!**

View Camps &
Register Now
westfieldynj.org/camp



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													✓	✓	✓	✓	✓	✓	✓

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.



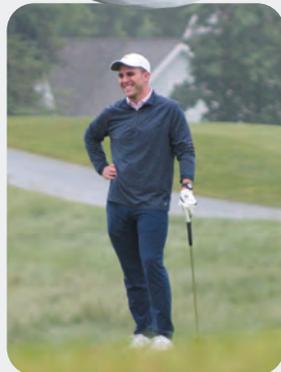
21st Annual Westfield Area YMCA GOLF CLASSIC

Monday, June 8 • Echo Lake Country Club

Golfers enjoy a cookout lunch, cocktail hour, dinner with bar, and live & silent auctions. Or, join us just for the evening activities!

Proceeds benefit the Westfield Area YMCA Strong Kids+ Campaign.

A wide variety of sponsorship opportunities are available. If you have seats at a sports, cultural, or entertainment event, access to fine dining, a vacation home, or other premium items or exclusive experiences, please consider donating them as an auction item! Contact Marla Itzkin at mitzkin@westfieldynj.org to learn more.



REGISTER &
SPONSOR ONLINE!
westfieldynj.org/golf

