



CRANFORD YMCA

Fall 1 2026

Session Guide

September 8–October 31

**Priority Registration for
Family Members**

begins Thursday, August 6 at 9:00am

**Registration for Program
& Non-Members**

begins Monday, August 10 at 9:00am



OUR ADDRESS

401 Centennial Ave
Cranford, NJ 07016

📞 908-844-YMCA (9622)

🌐 cranfordymca.org

HOURS

Mon-Fri: 5am-9pm

Saturday: 6am-4pm

Sunday: 7am-3pm

HOLIDAY HOURS

Labor Day (9/7)

Closed

More than just a gym, a pool, or a place for fitness, members experience a sense of belonging that can't be found anywhere else. The Cranford YMCA is where you can be, belong, and become.

Membership

Rates

Vary based on membership category. Cranford Residents receive a discounted rate for memberships.

FAMILY

\$68-\$98/month

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

INDIVIDUAL

\$15-\$79/month

Youth Program,
Teen/Young Adult, Adult

SENIOR

\$31-\$59/month

Individual, Family

Nationwide Membership

Visit any of the participating Ys in the United States and Puerto Rico at no additional cost! Visit our website for more details.

Note: Nationwide Membership is not eligible at the Westfield Area YMCA.

Discount for Horizon Blue Cross Blue Shield Members

Members with Horizon Blue Cross Blue Shield of New Jersey insurance are eligible to receive a 15% discount on a monthly Y membership! Present your Horizon ID Card at the Member Services desk to apply discount.

For more information, visit
westfieldynj.org/special-promotions.

Questions about Membership? Contact Olivia London
at olondon@westfieldynj.org or x323.

SCAN &
JOIN NOW!

westfieldynj.org/cy/join



PROGRAMS & AMENITIES

-  **Fitness Center** (Ages 15+)
-  **Multipurpose Space**
-  **Indoor Pool**
-  **Strength/Cardio Equipment**
-  **Free Weight Equipment**
-  **Personal Training**
-  **Adult Water Exercise**
-  **Youth Swim Lessons**
-  **Adult Swim Lessons**
-  **School Age Child Care**
-  **Lap & Family Swim**
-  **Birthday Parties**
-  **Basic Life Support (CPR) & First Aid Training**
-  **Fitness Clinics**
-  **Group Exercise**
-  **Summer Camp**
-  **Dance Academy**

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 the Cranford YMCA.

Questions about Financial Assistance?
Contact Shannon McGillis at
smcgillis@westfieldynj.org or 908-301-9622 x268.

Cranford Recreation and Parks Senior Bus



Centennial Ave. is a stop on the Cranford Senior Bus Schedule! For more transportation details, call 908-709-7283 or visit tinyurl.com/23nvwup7 for bus schedules.



BOOK CLUB

Next Meeting Dates: September 24, October 15

This monthly book club for ages 18+ meets on Thursdays from 11am-12pm.

Interested in joining? Contact Kim Koza-Baird at kkoza@westfieldynj.org.

YARN CLUB

Meeting Dates: Wednesdays at 11:00am

Come join us for a hands-on afternoon of crafting, conversation and laughter. All ability levels welcome! Supplies will be provided as needed!

Partnering with: Jewish Family Services of Central New Jersey and AmeriCorps Seniors

POOL PARTIES

Have your next birthday party or celebration at the Cranford YMCA!

Enjoy a fun-filled pool party or make use of our versatile multipurpose space, ideal for dining and additional activities. Whether you're celebrating a birthday or special occasion, the Cranford YMCA will accommodate your needs and make your event memorable!

Contact Kim Koza-Baird at kkoza@westfieldynj.org for more details or to reserve your party date!

UPCOMING EVENTS

Fall Clothing Drive

Tuesday, September 22 | 7:00am-2:00pm

Location: Cranford YMCA Front Gate/Sign

Accepted items: Clothes, shoes (bagged separately), accessories (belts, hats, scarves, handbags, gloves), small toys (2ft. or less), stuffed animals, towels, sheets & pillowcases, bikes & strollers

Not Accepted: Quilts, comforters, pillows & blankets, sports equipment, board games, books, puzzles, pots, car seats, large toys, highchairs, baby cribs or scooters, VCR tapes, furniture and outdoor playsets, pet accessories, picture frames, school supplies, electronics, candles, cosmetics, greeting cards, home decor, plastic cups, food containers, and baking accessories

No items accepted before or after the drop-off window

Proceeds benefit the Strong Kids+ Campaign which ensures that no one who is experiencing a bona fide financial hardship and lives or works in Cranford, Garwood, Mountainside or Westfield is turned away for inability to pay for Y programs or memberships.

Nutrition Program

Thursday, October 8 | 11:00am-12:00pm

Y membership & registration required

Looking for an upgrade to your snack rotation? Bento boxes are on the rise as an easy and satisfying choice! Join Registered Dietitian Patricia Kolesa MS, RDN for a **FREE** demo on building a simple bento box that keeps you satisfied throughout the work week. During this interactive program, she will cover how snacking fits into a balanced diet, the nutritional components to include in a bento box, and easy box ideas you can prepare at home.



HEALTH & WELLNESS



PERSONAL TRAINING | 15+ yr

Our nationally certified personal trainers are ready to create an individualized program that will meet your specific needs and goals, whether you are getting ready for a triathlon, need post-injury rehabilitation, or you just need the motivation to get your exercise program on track.

INTRO SPECIAL: 3 Individual 45 min. sessions for \$125!

Fill out the interest form online or at the Member Services desk to get started.

Arthritis Exercise

16+ yr

Mon 10:15am-11am

Helps reduce the pain, stiffness and fatigue associated with arthritis. Class can be done standing or seated. **FREE with Membership!**

Chair Yoga

16+ yr

Mon 11-11:45am

Thu 10-10:45am

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system. **FREE with Membership!**

Walk & Talk

16+ yr

Mon 11-11:45am

Enjoy a 45 minute walk on the track for fresh air and good conversation. Challenge yourself each week to walk a little faster. Alternate Aqua Jogging class will take place if weather does not permit outdoor activity. **FREE with Membership!**

Beyond Cardio Fitness

18-75 yr

Sat 9:30-10:30am

Enhance your physical health while gaining confidence in your training abilities! Learn proper training techniques using dumbbells, free weights, machines, kettlebells, and TRX. Classes target all muscle groups to help participants safely build strength and enhance overall fitness in a supportive setting.

Fees range from \$160-\$225 per session.

Youth Performance & Strength Training

9-17 yr

Sat 10:30-11:15am

Build a strong foundation in athletic performance through speed, agility, and overall fitness. Improve quickness and reaction time, enhance coordination and balance, and develop strength and endurance for long-term athletic success!

Fees range from \$160-\$225 per session.



ZOOM FIT

Participate in live-streamed fitness classes as a group for a shared workout experience

Located in the Multipurpose Room

Chair Yoga

Wednesday, 9:10-10:00am

Enjoy yoga's benefits without having to get up and down from a mat!

ADULT AQUATICS



VIEW ONLINE!

Scan QR code or visit qrco.de/beUFkl

WATER FITNESS

16+ yr

FREE with membership! | All classes are 45 min.

Aqua Fit Deep

Full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment is provided.

Aqua Fit Shallow

Medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

Aqua Yoga

Unite body, mind, and spirit with breath work, movement, and meditation in shallow water, enhancing nervous system regulation and resilience

Let's HIIT It!

Push yourself to the max with Tabata and other heart pumping intervals. Buoyancy belt is provided for this deep water class.

Heart Smart: Heart Pumping Cardio

High-intensity class involves intervals and water resistance for full-body workouts, boosting heart rate and overall health.



MONDAY

12:00pm

Let's HIIT It!

TUESDAY

7:00am

Adult US Masters

9:15am

Aqua Fit Shallow

12:30pm

Adult Beginner

1:00pm

Adult Intermediate

WEDNESDAY

11:30am

Aqua Yoga

12:00pm

Aqua Fit Deep

THURSDAY

7:00am

Adult US Masters

9:15am

Aqua Fit Shallow

7:30pm

Adult Beginner

FRIDAY

8:15am

Aqua Fit Deep

12:00pm

Heart Smart

SATURDAY

7:00am

Adult US Masters

ADULT SWIM CLASSES | 15+ yr

Fees range from \$65-\$180 per session.

Beginner (30 min.)

Overcome fears and become water-confident! Learn essential water safety and basic swimming skills at your own pace in a judgement-free zone.

Intermediate (30 min.)

Develop and build endurance on all four strokes.

US Masters Swimming (60 min.)

For adults age 18+ yr: Get more out of your laps! This advanced class is focused on improving technique, proficiency, speed, and endurance across all four competitive strokes. Year-round format reflects short-course, long-course, and open-water seasons. Drop-in and prepaid options available. **Taught by veteran US Masters Level 2 coach Sally Kleeman.**

Non-Members:

- **Must purchase a pack of 5 Masters Swim classes (\$60)**
 - Limited to one 5-pack purchase/year
- **After 5 visits, A YMCA membership is required to continue participation**

Questions?

Contact Kim Koza-Baird at kkoza@westfieldynj.org.

YOUTH AQUATICS

SWIM LESSONS

Fees range from \$188-\$280 per session.

Stage A & B: Water Exploration 6-35 mo (Parent/Child)

Parents work with their children to explore the aquatic environment through body positions, floating, blowing bubbles, and fundamental safety. Children are encouraged to enjoy themselves while learning about the water.

Required: The child must wear a swim diaper if not 100% potty trained. Goggles are recommended for age 24-35 mo.

Stage 3: Water Stamina 3-12 yr

Student learns how to swim safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Required: Child must be able to swim for a distance of 15 feet on front and back without a flotation aid.

Stage 6: Stroke Mechanics 5-12 yr

Student is introduced to competitive swim skills while refining technique on all major strokes.

Required: Child must be able to swim for a distance of 15 feet on front and back without a flotation aid.

Swim Team Prep 8+ yr

This class prepares swimmers for competitive swimming by focusing on stroke technique, endurance, and essential skills.

Fees range from \$120-\$315 per session.

Stage 2: Water Movement 2.5-12 yr

Student focuses on body position and control, directional change, and forward movement in the water while continuing to practice safely exiting in the event of falling into a body of water. Best for non-swimmers or children who still require a flotation aid.

Stage 4: Stroke Introduction 3-12 yr

Student develops stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Required: Child must be able to swim a lap of proper freestyle and backstroke for 25 yards.



Stage 5: Stroke Development 5-12 yr

Student works on stroke technique and improve upon all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Required: Child must be able to swim 50 yards of each proper front and back crawl, breaststroke kick and butterfly kick.



INDIVIDUAL LESSONS

Available in packages of 5 or 10 30-minute sessions

For children and adults looking to practice, refine a skill, or reach a specific goal. Lessons are intended to supplement, not replace, a group lesson. Also available to individuals with non-physical or physical disabilities.

Lessons must be scheduled prior to payment.



YOUTH AQUATICS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:00am Stage 2 3-6 yr	2:00pm Stage 2 3-6 yr	11:00am Stage 3 3-6 yr	4:00pm Stage 5 & 6 8-12 yr	3:30pm Stage 4 5-8 yr	10:30am Stage 2 3-6 yr	8:30am Stage A & B 6-35 mo
9:30am Stage 4 3-6 yr	3:30pm Stage 4 5-8 yr	2:00pm Stage 2 3-6 yr	4:30pm Stage 2 3-6 yr	4:30pm Stage 2 3-6 yr	11:00am Stage 3 3-6 yr	
10:00am Swim Team Prep 8+ yr	5:00pm Stage 3 3-6 yr	3:30pm Stage 2 3-6 yr	5:00pm Stage 3 3-6 yr	5:00pm Stage 4 5-12 yr		
10:00am Stage A & B 6-35 mo	5:00pm Swim Team Prep 8+ yr	4:00pm Stage 3 6-12 yr	5:30pm Stage A & B 6-35 mo	5:30pm Stage 5 & 6 8-12 yr		
10:30am Stage 2 3-6 yr	5:30pm Stage 2 3-6 yr	4:30pm Stage 2 3-6 yr	6:00pm Stage 2 3-6 yr	6:00pm Swim Team Prep 8+ yr		
11:00am Stage 3 3-6 yr	6:00pm Stage 4 3-6 yr	5:00pm Stage 2 2.5-3.5 yr	6:30pm Stage 4 6-12 yr	6:30pm Stage 3 6-12 yr		
11:30am Stage 5 & 6 5-8 yr	6:30pm Stage 3 3-6 yr	5:30pm Stage 4 6-12 yr	7:00pm Stage 5 & 6 5-12 yr	7:00pm Stage 2 6-12 yr		
12:00pm Stage 2 3-6 yr	7:00pm Stage 2 6-12 yr	6:00pm Stage A & B 6-35 mo				
2:00pm Stage 2 6-12 yr		6:30pm Stage 3 3-6 yr				
2:30pm Stage 3 6-12 yr						

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

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

Note:

No classes on Monday, September 7

All swim instructors are trained under the YMCA of the USA guidelines and certified in Basic Life Support (CPR), Emergency Oxygen Administration, and Basic First Aid.



Questions?

Contact Kim Koza-Baird at kkoza@westfieldynj.org.

CRANFORD YMCA | 908-844-YMCA (9622)

CRANFORD YMCA

401 Centennial Avenue, Cranford, NJ 07016

908-844-YMCA (9622)

cranfordymca.org



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

***** ERCWSS *****
POSTAL PATRON

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.

The Cranford YMCA is the newest branch of the Westfield Area YMCA which has been strengthening the communities of Cranford, Garwood, Mountainside, and Westfield since 1923. Financial assistance is available for YMCA programs and memberships.

NEW! SCHOOL AGE AFTER CARE

Program for students grades K-5 from Hillside, Livingston, and Walnut Schools

Cranford YMCA School Age Child Care (SACC)

provides high-quality, dependable after-school care. The program supports working families by offering a fun and structured environment where children learn, play, and unwind each afternoon. Children also enjoy swimming once a week, adding an exciting highlight to their schedule.

Questions? Contact:

Marty Collett at mcollett@westfieldynj.org or 908-301-9622 x223

Kim Koza-Baird at kkoza@westfieldynj.org or 908-844-9622 x326



**JOIN THE WAIT
LIST FOR THE
2026-2027
SCHOOL YEAR!**

Scan QR Code or visit
qrco.de/cysacc

Join a team where your work matters—every day.

We're looking for passionate individuals who want to do meaningful work. When you join us, you'll become part of a supportive team dedicated to improving lives and strengthening communities. Your role isn't just a job—it's a chance to make a lasting difference.



**VIEW CURRENT
OPPORTUNITIES
& APPLY NOW!**

