



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 1 2026 Session Guide

September 8–October 31

**Priority Registration for
Family Members** begins
9:00am August 6

**Registration for Program &
Non-Members** begins 9:00am
Monday, August 10



**WESTFIELD
AREA YMCA**

 220 Clark Street, Westfield

 908-301-YMCA (9622)

 westfieldynj.org

At the Westfield Area YMCA, people of every age, ability and life stage have the opportunity to improve their health, build relationships and grow in a supportive community.

Main Y Facility

- 25-yd. indoor lap pool (approx. 81°)
- 20-yd. indoor recreational/instructional pool (approx. 88°)
- Air-conditioned double basketball gym with 6 hoops
- Cardio Room with natural lighting and 50 pieces of equipment (age 13+)
- Fitness Express Center with hydraulic equipment designed to be used in a 30-min. circuit (age 7-11 with parent, 12+)
- Free Weight Room with perimeter racks, cable column, benches & more (age 15+)
- Strength Training Room with natural lighting and 30+ pieces of equipment (age 13+)
- Men's and Women's Fitness Centers each with a fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers, and permanent kit lockers upon request (age 18+)
- Steam room in men's fitness center
- Two air conditioned racquetball courts (one currently used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- Handicapped-accessible family locker room with 12 individualized changing spaces, each with a shower, grab bar and bench
- ADA accessible facility

Classes, Programs and Services

- All land and water fitness classes included
- Open lap swim, basketball, racquetball & pickleball
- Open family swim & gym

Membership

Amenities may be based on membership category.

Membership Categories

Family

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 or x280.

Main Y Facility

220 Clark Street, Westfield

HOURS

Resuming 9/8

Monday-Friday

5:00am-10:00pm

Saturday

6:00am-8:00pm

Sunday

7:00am-6:00pm

HOLIDAY HOURS

Closed Labor Day (9/7)

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.

Westfield Resident Senior Transportation

Monday-Tuesday, 9am-1pm

The Westfield Recreation Department offers a free curb-to-curb transportation service to Westfield residents age 62+!

Service is by appointment only. Visit tinyurl.com/ydw9hv3t for registration information and rules & regulations.



KIDS CLUB

18 mo–11 yr

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

- 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.



JOIN OUR TEAM!

MORE THAN JUST A JOB

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 Job
Opportunities
and Apply Now!

Scan QR code or visit
westfieldynj.org/jobs



DOWNLOAD THE NEW Y MOBILE APP!

- Scan into the facility using the in-app barcode
- View real-time schedules for lap swim, group fitness classes & gym
- Register for programs & classes through your linked Amilia account
- Receive important notifications about facility updates, class changes, and weather closures
- Reserve Racquetball Court and Kids Club



Rise & Shine at the Movies!

Sunday, September 27, 10am–12:30pm

Cranford Theater | 25 North Ave. West

Start off your Sunday with a trip to the theater! Wear your coziest pajamas, bring your favorite stuffed animal, and settle in for a family-friendly movie (TBD) on the big screen. Concessions will be available for purchase.

Open to the community of all ages! \$18/person benefits the Strong Kids+ Campaign. Registration is required in advance.

STRONG KIDS+

Thanks to the Westfield Area YMCA Strong Kids+ Campaign, financial assistance is available for YMCA programs and memberships so that no one experiencing a bona fide financial hardship that live or work in Cranford, Garwood, Mountainside, or Westfield is turned away for inability to pay.



FITNESS CLASSES

FREE WITH MEMBERSHIP!



Download the Y App to view
class schedule in real-time!

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

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
Tabata
Alex

9:30–10:25am
Total Body Strength
Heidi

10:45–11:45am
Power Flow Yoga
Preeti

MONDAY

6–6:45am
Total Body Strength
Heidi

9:00–9:50am
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

9:00–10:00am
Cycle, Strength & Abs
Jackie

9:15–10am
Zumba® •
Garnet

10:30–11:15am
Pilates
Jean

11:30am–12:20pm
Delay The Disease Sit 'N Be Fit!
Jean

11:30am–12:15pm
Arthritis Exercise •
Patti

5:45–6:40pm
Boot Camp
Zack

7–7:50pm
TRX®
Chrissy

7:20–8:10pm
Yoga •
Sandeep

WEDNESDAY

6–6:45am
Boot Camp
Zack

8–8:50am
Total Body Strength
Jean

9:00–9:50am
Cardio & Strength
Natalie

9:10–10am
Chair Yoga *
Madeline

10:10–11am
Yoga
Madeline

11:15am–12:05pm
Lite Cardio, Strength & Balance
Alex

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

9:00–9:50am
Strength & TRX®
Jean

10:10–11am
Barefoot Fusion
Chrissy

11:15am–12:05pm
Delay The Disease Sit 'N Be Fit!
Jean

11:30am–12:20pm
Bone Smart •
TBD

6:15–7:10pm
Cycle & Strength
TBD

7:35–8:35pm
Ballet
Marianna

FRIDAY

9–9:50am
Total Body Strength •
Kerry

9–9:50am
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
TBD

9:10–10am
Power Flow Yoga
Christine

10:10–11:10am
R.I.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, 8–9pm
Saturday, 8:30–9:30am

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.

Stroke Recovery Exercise Program

Wednesday, 1:45–2:30pm

Friday, 12:30–1:15pm

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?

Contact Jean White at jwhite@westfieldynj.org or visit westfieldynj.org/stroke-recovery.

Walk-A-Marathon

Thursday, 5:45pm

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 location.
- The first walking session (9/10) will depart from the Main Y Facility. The meeting spot will change each week and is determined ahead of time.

Walk-In Hearing Screenings With Kean University

Thursday, October 15, 11am–1pm

Location: Main Y

FREE & open to the community! This quick screening provided by a licensed audiologist is designed to identify potential hearing concerns and provide information about next steps if further evaluation is recommended. Whether you've noticed changes in your hearing, frequently ask others to repeat themselves, or simply want to check your hearing health, we encourage you to stop by! Registration is not required.

Adapt-Ability

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

September 9–November 23

In a supportive and inclusive environment, Adapt-Ability participants can connect, grow, and have fun through group activities.

Cooking

Monday, 5–6pm

Wednesday, 5–6pm

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

Monday, 6:15–7pm

Location: Bauer

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, 6:15–7pm

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, 4:45–5:30pm

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, 5:45–6:30pm

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, please contact Carly Kaplan at ckaplan@westfieldynj.org or x406.

ADULT AQUATICS



Download the Y App to
view pool schedules in
real-time!

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.

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

4pm Aqua Fit Deep •

MONDAY

8am Arthritis Aquatic Exercise

8:45am Aqua Lite (Dual Depth)

9:30am Let's HIIT It! •

10:30am Strength, Flexibility
& Balance

TUESDAY

10:35am Ai Chi

11:20am Hit Your Stride

7:35pm Let's HIIT It!

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!

7:35pm Aqua Fit Shallow •

FRIDAY

8am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Cardio Core •

9:40am Arthritis Aquatic Exercise

10:30am Aqua Fit Shallow

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 9:45–10:25am (Wallace)

Wed 7:45–8:25pm (Rooke)

Stroke Development

Develop and build endurance on all four strokes. Set and accomplish goals with your instructor.

Tue 10:30–11:10am (Wallace)

Tue 7:50–8:30pm (Wallace)

Questions about Adult Swim Lessons?

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



LIFEGUARD TRAINING

Open to the community age 15+

This 4-day blended course teaches entry-level participants how to prevent, recognize, and respond to aquatic and other medical emergencies until EMS personnel take over.

DATES:

Sunday, 9/20, 9/27, 10/4 & 10/11
11am–5:30pm

All dates must be attended to be eligible for certification.

Physical Pre-Test (required):

Participant must pass a prerequisite skills test at least 1 week prior to lifeguard training dates.

Contact Mackenzie Banta at
mbanta@westfieldynj.org to schedule pre-test prior to registration.

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 » •	8-12 yr
	Stage 5 » •	
10:20am	Stage 2	3-6 yr
	Stage 3	
10:30am	Stage 5 » •	8-12 yr
10:55am	Stage 3	3-6 yr
	Stage 4	
11:30am	Stage 2	6-12 yr
	Stage 3	
	Stage 4	
12:05pm	Stage 1	3-6 yr
	Stage 5	5-8 yr

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.

Monday		
9:30am	Stage 2	3-6 yr
10am	Stage 3	3-6 yr
	Stage 2	
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	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
	Stage 3	
3:30pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4:05pm	Stage 1	3-6 yr
	Stage 3	
4:40pm	Rainbow Fish	3-12 yr
5:15pm	Stage 2	3-6 yr
	Stage 3	
5:50pm	Stage B	2-3 yr

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

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
4:05pm	Stage 4	3-6 yr
	Stage 2	3-6 yr
4:40pm	Stage 2	3-6 yr
	Stage 3	
5:15pm	Stage 2	3-6 yr
		6-12 yr
5:45pm	Stage 3	6-12 yr
	Stage 4	3-6 yr
6:25pm	Stage 5	5-8 yr
	Stage 4	3-6 yr
7pm	Stage 6	6-12 yr
	Teen »	12-16 yr

Thursday		
9am	Stage B	2-3 yr
2pm	Stage 2	3-6 yr
	Stage 3	
3:30pm	Stage 3	3-6 yr
	Stage 5	5-8 yr
4:05pm	Stage 4	6-12 yr
	Stage 2	3-6 yr
4:40pm	Stage 4	3-6 yr
	Stage 2	
5:15pm	Stage 1	3-6 yr
	Stage 3	
5:50pm	Stage 5 »	5-8 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	
4:05pm	Stage 3	6-12 yr
	Stage 4	
4:40pm	Stage 1	3-6 yr
	Stage 3	
5:15pm	Stage 5 »	5-8 yr
		8-12 yr
6pm	Stage 4	3-6 yr
		6-12 yr
6:35pm	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 2	3-6 yr
	Stage 5	5-8 yr
10:55am	Stage 2	6-12 yr
	Stage 3	
11:30am	Stage 4	3-6 yr
	Stage 1	
12:05pm	Stage 2	3-6 yr
	Stage 3	
12:40pm	Stage 4	3-6 yr
	Stage 1	
1:15pm	Stage 2	3-6 yr
1:50pm	Rainbow Fish	3-12 yr
2:25pm	Rainbow Fish	3-12 yr
6pm	Stage 5 » •	8-12 yr
	Stage 6 » •	

Don't see a class time that fits your schedule?

Contact us to inquire about individual or alternative group lesson options.

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

DEVILFISH COMPETITIVE SWIM TEAM

Fall/Winter Season Begins September 8

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 designed to train swimmers to progress to the competitive level
- 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

Achievers | Grades 6-12

Wednesday, 7:15-8:30pm

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.

KICKOFF MEETING FOR STUDENTS AND PARENTS/GUARDIANS:

Wednesday, September 16

Questions about Achievers?

Contact Nadya Lawrence at
nlawrence@westfieldynj.org or x424.

Leaders Club | Grades 6-12

Tuesday, 7-8:00pm

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.

KICKOFF MEETING:

Tuesday, September 15

Model UN | Grades 9-12

An academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of their assigned country. Runs September-January in conjunction with the Westfield HS.

TEEN TRIPS

Grades 6-12

Fright Fest at Six Flags

Friday, October 2, 3:30pm-Midnight

Rain Date: 10/9

Join us for one of the most anticipated Halloween events of the season! Trip features themed shows and attractions, extreme thrills and all of the usual rides that Six Flags Great Adventure has to offer! Trip departs from and returns to the Main Y Facility.

Fee includes admission, transportation and in-park chaperones. Open to non-Y members.

Registration required by 9/25.

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

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.

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.

Location: Kellogg Room 2

Intro to Chess | 6-10 yr

Monday, 4-4:45pm

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

Level 3 Chess | 6-12 yr

Wednesday, 4-4:45pm

Must have completed Intro to Chess and/or receive instructor approval.

Level 4 Chess | 6-12 yr

Friday, 4-4:45pm

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

Level 5 Chess | 6-12 yr

Friday, 5-5:45pm

Must have completed Level 4 Chess and/or receive instructor approval.

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

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.

Proof confirming middle school status (report card, school ID, etc.) required. at time of registration.

Questions about Youth & Teen Programs? Contact Marty Collett at mcollett@westfieldynj.org or x223.



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.



Westfield (Early Learning Center, Bauer Branch, Main Y Facility)

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



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

All Star Basketball

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

Developmental Basketball

Develop basketball skills through drills. Game play introduced.

Junior Basketball

Further work on dribbling, passing and shooting skills to prepare for league play.

Junior Sports Sampler

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

NEW! Junior Warriors

Looking to have your child take part in Warriors basketball drills & activities without having to travel and play weekend games? This junior warriors program is the perfect fit!

MVP Soccer

Improve the skills necessary to begin game play through teamwork drills and sportsmanship.

NEW! Pickleball

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

Rookie Soccer

Learn the basic eye, hand, and foot skills to prepare for playing soccer in a positive nurturing environment.

Rookie Basketball

Smaller basketballs and lower hoops are used to learn shooting, passing and dribbling through fun engaging activities in preparation for league play.

MONDAY

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

TUESDAY

4-4:45pm NEW! Pickleball (Level 1) 7-11 yr

5-5:45pm NEW! Pickleball (Level 2) ★ 7-11 yr

WEDNESDAY

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

THURSDAY

4-4:45pm All Star Basketball 7-10 yr

FRIDAY

4-4:45pm MVP Soccer 5-7 yr

5-5:45pm NEW! Junior Warriors 6-8 yr

SATURDAY

9-9:45am Rookie Sports Sampler 3-5 yr

10-10:45am Rookie Soccer 3-5 yr

10-10:45am Rookie Basketball 3-5 yr

11-11:45am Rookie Basketball 3-5 yr

11-11:45am Junior Basketball 4-5 yr

★ Instructor recommendation required for Level 2.

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 or x239.

FALL T-BALL

September 8-October 24

4-6 yr

Location: Nomahegan Park (Cranford) or Roosevelt Field (Westfield)

Take me out to the ball game! In this exciting outdoor league, players learn the basics of hitting, throwing, base running and fielding. Practice is 6-7pm one night per week (Monday, Tuesday or Thursday) with a game on Saturday mornings (times vary).



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



YOUTH SPORTS

FALL WARRIORS TRAVEL BASKETBALL

Season: September 14–November 11

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.

GIRLS LEAGUE

Grades 3–5

Practice on Monday, 5–6:15pm or 6:15–7:30pm

BOYS LEAGUE

Grades 3–4

Practice on Thursday, 5–6:15pm or 6:15–7:30pm

Grades 5–6

Practice on Wednesday, 5–6:15pm or 6:15–7:30pm

BASKETBALL CLINICS

October 25–November 15

Location: Bauer Branch Gym

Prepare for Winter Basketball Leagues by building on fundamental skills that are then used in guided game-play situations.

Clinics are split into 45 min. sessions during the time frames listed below:

KINDERGARTEN CO-ED

Sunday, 10am–1pm

1ST GRADE CO-ED

Sunday, 1–4pm

Questions about Warriors or Basketball Clinics?

Contact Nick Morelli at nmorelli@westfieldynj.org or x227.

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 CLASS: Saturday, September 19

- No annual commitment or contract required
- Participants taking more than one class per week should register for the multi-class option

MONDAY

6:30–7:30pm Protech

7:30–8:30pm Adult

WEDNESDAY

5:15–6:15pm White–Yellow

6:15–7:15pm Camo–Blue

7:15–8pm Brown–Red/Black

8–9pm 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+)

10–10:45am 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.



FLYERS TRACK CLUB

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

Fall Cross Country

Season: September 4–October 26

Location: Oak Ridge Park (Clark)

Practice is Monday and Friday:

TIME	EVENT	AGE
4:45–5:45pm	Distance	7–10 yr
6:00–7:00pm	Distance Blue	9–12 yr
6:00–7:00pm	Distance PLUS*	10–15 yr
6:00–7:00pm	Distance White	11–15 yr

**There is an additional practice on Wednesday at 5:30–7:00pm for Distance PLUS group. Coach recommendation required.

Fall Sprints (9–15 yr)

Season: September 21–November 13

Location: Oak Ridge Park (Clark)

**Practice is Monday & Friday
5:30–6:30pm**

(additional practice on Wednesday for PLUS group)

Athletes improve short distance speed through focused sprint training with an emphasis on short technique.

Note: Meet participation at end of the season is optional.

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

DANCE ACADEMY



The Westfield Area YMCA teaches a variety of dance styles to students of all ages and levels. Our classes develop skilled, well-rounded dancers! Dance Academy is under the direction of Marianna Tsartolia since 2018. Marianna is an alumni of RIOULT DANCE NY and graduated from Merce Cunningham Studio. She has performed in the US and Europe and has worked as a teaching artist since 2000.

Session: September 8–December 19

No Class: 11/23–28

Session ends with an observation class for family members. Placement in a class can be changed based on the director's approval.

Upper level classes will have an exciting performance opportunity, by participating at the Y's Ornament Making/Tree Lighting Event!

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.

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.

Lyrical

Technical elements of modern are learned to display emotional moods and illustration of song lyrics in this style of dance.

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.

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.



All classes take place in the Main Y unless noted: » = Bauer Branch

TUESDAY

2:30–3:15pm	Jazz/Hip Hop 1 »	4–6 yr
4–4:45pm	Acro 1	4–6 yr
5–6pm	Acro 2	7–10 yr
6:10–7:10pm	Musical Theater	8–14 yr
6:15–7pm	Jazz/Tap 1–2	6–9 yr

THURSDAY

12–12:30pm	Dance With Me!	2–3 yr
12:30–1:15pm	Little Movers	3–5 yr
4–4:45pm	Jazz/Hip Hop 1	4–6 yr
4–4:45pm	Ballet/Tap 1	4–6 yr
5–6pm	Ballet/Tap 2	7–9 yr
5–6pm	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

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

Questions about Dance Academy?

Contact Marianna Tsartolia at mtsartolia@westfieldynj.org.

AVAILABLE PROGRAMS & SERVICES BY AGE

PROGRAM	DETAILS	<1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+
Sports Leagues	Basketball, T-Ball				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
Sports Classes	Soccer, Basketball, Sports Samplers, 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)

westfielddynj.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.

THE Swim Skills and Safety PLACE



Safe, fun, and skill-building swim lessons start at the Y!

Learning to swim is a life-long skill. At the Westfield Area YMCA, our caring, certified instructors make learning to swim safe and fun for kids at any age. With small class sizes and warm, welcoming pools, your child will thrive while discovering joy in and around the water.

LEARN MORE:

westfielddynj.org/aquatics

Basic Life Support (CPR) & First Aid Training

Open to the community age 15+
Gain or improve your knowledge and skill proficiency in high quality CPR and first aid skills for the adult, child and infant.

Thursday, September 10
7-8:30pm at Main Y Facility

Course requires the completion of an online training portion prior to the in-person practical skills session. Registration at least 2 weeks prior is recommended.

Contact Rob Faggiano at
rfaggiano@westfielddynj.org to register
for the online portion of the course.