DISCOVER YOUR Y

2016 SPRING PROGRAM AND MEMBERSHIP GUIDE

Session Dates
Spring I:
February 22 – April 17
Spring II:
April 18 – June 12

PARK STREET BRANCH REGISTRATION BEGINS:
February 15

YMCA OF MONTCLAIR
25 Park Street
Montclair, NJ
973-744-3400
www.montclairymca.org
WELCOME TO THE YMCA OF MONTCLAIR

Mission Statement
The YMCA of Montclair welcomes all. We are a nonprofit that strengthens individuals, families and community by developing spirit, mind and body.

The YMCA of Montclair Staff
Jo Ann Short  President/CEO
Gretchen Godwin  Marketing Director
Christopher Gonczlik  Facility Director
Desireé Johnson  Executive Relations Director
Jose Lastra  Chief Financial Officer
Dawn McFadden  Chief Operating Officer
Tabel Reyes  Development Associate
Jon Yarger  IT Director

The Park Street YMCA Staff
Lisa Aulisi  Senior School Age Director
Kathleen Barcliffe  Assistant Aquatic Director
Kim Burrows  Director of Camping Services
Rob Casale  School Age Child Care Director
Alesha Clayton  Sports Director
Kimberley Griffiths  Youth, Teen & Family Director
Sam Hassan  Senior Aquatics Director
Paulo Madeira  Competitive Swim Director
Michelle Moore  School Age Child Care Director
Nya Noziere  Health & Wellness Coordinator
Washima Redding  Associate Membership Director
Nicole Tierney  School Age Child Care Director
Marilyn Tineo  Branch Director
Andrea Williams  Branch Director

The Geyer Family YMCA Staff
Cheyenne Bailey  Membership Director
Amy Costa  Program Director
Marlon Pollard  Program Director
Lauren Sharkey  Aquatics Director
Anna Smith  Assistant Aquatics Director
Fred Wasiak  Interim Branch Director

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The YMCA of Montclair Board of Directors
Joy Jones, Board Chair
Michael Turgeon, Vice Chair
Izumi Hara, Secretary
Michael Brune, Treasurer
Matthew Collins
Walter L. Douglas, Jr.
Steve A. Garibell
Victoria Herzberg
William Hurlock
Ted C. Kiesewetter
Shirley A.R. Lewis
Hugh Moriarty, III
Jay Pumphrey
Alicia N. Robinson
Usmaan Sleemi
Gerald C. Tobin

Visit our website at www.montclairymca.org
MEMBERSHIP INFORMATION

Adult Memberships – For Adults 18 years & over
YMCA of Montclair Adult Members are entitled to the following facilities and programs:

- Two Swimming Pools
- Cardiovascular
  Fitness Center
- Basketball & Volleyball
- All Adult Fitness Classes
- Handball, Racquetball & Squash court times (45 min)
- Indoor Track
- Weight Room
- Boxing Room
- Steam & Sauna
- Life Circuit Training
- Water Exercise

Adult Membership with Permanent Locker
In addition to the facilities and programs listed with the Adult Membership, adult members may purchase a permanent locker in order to store personal items overnight in the men’s or women’s locker rooms.

Kit (Box) Size Locker (Limited Availability)
Available in both the men’s and women’s daily locker room area.

Senior or Adult Membership plus $12/month

Large Locker (Limited Availability)
Men’s Permanent Locker Area
Senior or Adult Membership plus $31/month

Women’s Permanent Locker Area
Senior or Adult Membership plus $25/month

Senior Citizen — 65 years and older
Membership includes the same privileges as Adult Memberships. Proof of age required.

Youth Membership — Ages 6-12
Youth membership, for boys and girls ages 6-12, includes participation in youth fitness classes, and youth open gym and swim times. For an additional fee, youth are also entitled to register for instructional classes such as swim and sports classes. Youth members registering for programs must possess a current membership throughout the duration of the session.

Teen Membership — Ages 13-17
Teen membership, for boys and girls ages 13-17, includes afternoon swim, gym, racquetball, use of the Fitness Rooms, track and lap pool times. Teen membership must use the youth locker room facilities. Teens are welcome to participate in adult group exercise classes. Proof of age required.

Young Adult — Ages 18-22
Membership includes the same privileges as Adult Memberships. Proof of age required—must be 18 years old and out of high school in order to utilize the Adult locker rooms.

Family Membership
The Y offers a family reduced rate of 10% when there are two or more full memberships, at least one of which is an adult. Children must be under 18 years of age and all must reside in the same household.

JOINER’S FEE
All new adult members must pay a one-time Joiner’s Fee with the initial payment. The purpose of the Joiner’s Fee is to allow for a Building Improvement Fund. Members renewing after a lapse of 45 days must pay the Joiner’s Fee as they are considered NEW members. Maximum of two adults per joiner’s fee living in same household.
MEMBERSHIP FEES AND PAYMENT PLANS

<table>
<thead>
<tr>
<th>MEMBERSHIP</th>
<th>JOINER’S FEE required of all new members or memberships that have lapsed more than 45 days</th>
<th>ANNUAL FULL PAYMENT PLAN</th>
<th>E-PAY MONTHLY PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (ages 6-12 yrs.)</td>
<td>—</td>
<td>$114.00</td>
<td>—</td>
</tr>
<tr>
<td>Teen (ages 13-17 yrs.)</td>
<td>—</td>
<td>$219.00</td>
<td>$36.50 $18.25</td>
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<tr>
<td>Young Adult (ages 18-22 yrs.)</td>
<td>$50.00</td>
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<td>$64.00 $32.00</td>
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<tr>
<td>Adult (ages 23-64 yrs.)</td>
<td>$100.00</td>
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<td>$119.00 $59.50</td>
</tr>
<tr>
<td>Senior (age 65 yrs. +)</td>
<td>$100.00</td>
<td>—</td>
<td>$82.00 $41.00</td>
</tr>
</tbody>
</table>

The E-Pay Payment Plan is open to all Family Memberships.

Payment Plans
The following types of payments are accepted for membership and program fees:
- E-pay (Monthly membership payments available for teen, young adult, adult, senior and family membership only.)
- Credit Card: Visa, MasterCard, Discover or American Express
- Check
- Cash

Refund Policy
Should the YMCA find it necessary to cancel a class due to low enrollment, a full refund will be issued on program fees. A 75% refund of program fees will be made if notice is given one week prior to the start of a program. Refunds will not be issued once a program has started.

Monthly Membership Drafts from Checking Account, Visa or MasterCard, Discover or American Express
- Continuous membership in equal monthly payments with automatic drafts gives you the option to be a member as long as you choose!
- Down payment of two months due at sign up for E-Pay System
- Accounts drafted on the 15th of each month

For further information, please see a membership services representative.
All membership payments are non-refundable and non-transferable.

My Y. Your Y.
We’ve teamed up with other YMCAs in the Garden State to add more value to your membership and to make it easier for you to exercise when you’re not near your home branch. As a YMCA of Montclair member, you can use nearly 50 other participating YMCAs in NJ for free.
Just bring your Y membership card and a photo ID to the Y you are visiting. Some restrictions may apply and may vary among the participating Ys, so please call ahead prior to your visit. The opportunity is available as long as use of visiting branches does not exceed use at your home branch and is valid for family and adult members only.

Financial Assistance
The YMCA of Montclair strives to provide positive program and membership experiences for individuals and families, including those who are economically disadvantaged. Individuals and families who reside within our service area and would like more information regarding the financial assistance program are encouraged to call the YMCA of Montclair at 973-744-3400 to receive an application.

AWAY Program
The AWAY (Always Welcome at Ys) Program gives members access to 2,300+ YMCAs across the United States and in 130 countries around the world. All you need is your membership card and a photo ID to present at the Member Services Desk of the host YMCA. As each Y has their own usage and fee guidelines, we recommend that you call ahead prior to your first visit. Visit www.ymca.net to find the YMCA nearest to your travel destination.
GENERAL INFORMATION

Membership Registration
Current members may renew online or in person. In order to renew a membership online, it must be done by the expiration date. Expired members or new members are required to sign up for membership in person.

Registration
Current members who have their email address on file with the YMCA of Montclair can register for classes online. Phone registrations can not be accepted. All classes are listed in this brochure and on our website at www.montclairymca.org with days, fees and times. All fees are non-refundable except as indicated under the refund policy on page 4.

Guest Passes
Members age 18 and older are welcome to bring guests to the Y for 50% off the daily guest rate. Photo ID and a guest waiver is required for all guests. Members must co-sign the guest’s waiver form and accompany their guest in the facility. Guests are entitled to the same facility and fitness class privileges as members with the exception of adult basketball & volleyball open gym. Guests may visit the Y up to six times per year. Members are limited two guests per day. The Y reserves the right to the number of guests in the building at any given time. All guests are expected to abide by the YMCA Code of Conduct and the Rules and Regulations of the YMCA of Montclair.

Guests are not permitted on Teen, Youth, Summer, College, 7th Grade or any short term memberships.

FEE: Adult/Young Adult Daily Rate $20
Youth/Teen guests $5.00

Babysitting Services
For a nominal fee, babysitting is available Monday through Friday from 8:30 a.m. to 2:00 p.m., Monday through Thursday from 5:30-8:30 p.m., and Saturday from 8:30 a.m. to 12 noon

Facility Accessibility
The Y facility and programs are available to individuals with disabilities.

Inclement Weather Schedule
Classes canceled due to inclement weather are not made up due to scheduling conflicts. Credits and/or refunds will not be given

Annual Maintenance
All facilities closed: August 28-September 5

Holiday Closings
Easter Sunday, March 27
Memorial Day, May 30
Independence Day, July 4

Membership Cards
Membership Cards are issued to all members. Please present your card at the Front Desk for scanning. Access to the Y facilities may be denied if the membership card is not presented.
For your convenience, apps are available to access your card on your smart phone.

Replacement Card Fee: $5.00 per card
FACILITY INFORMATION

Hours of Operation: Monday through Friday 5:00 a.m. to 10:00 p.m. Saturday & Sunday 7:00 a.m. to 7:00 p.m.

Locker Rooms close 15 minutes after workout areas close. Please plan accordingly.

<table>
<thead>
<tr>
<th>Workout areas close</th>
<th>Monday-Friday</th>
<th>Saturday &amp; Sunday</th>
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<tbody>
<tr>
<td>10:00 p.m.</td>
<td>7:00 p.m.</td>
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<tr>
<td>10:15 p.m.</td>
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• Code of Conduct: The YMCA of Montclair is a membership organization for youth development, healthy living and social responsibility. Membership is a privilege.
  Our members:
  • behave in a mature and responsible way;
  • respect the right of others; and
  • report to staff when assistance is needed.
  A Code of Conduct violation could result in a suspended or terminated membership.

• All programs, activities and schedules are subject to change. For the most current information (pool schedules/fitness class schedule), please check our website at www.montclairymca.org.

• Membership cards must be presented at every visit.
• Cell phones may only be used in the lobby areas.
• Photos: Permission must be granted from Y Administration prior to taking any photos or videos.
• The Y is not responsible for personal items. Secure all items in a locked locker or in the security lockers located by the lower entrance.
• Proper athletic attire and footwear is required. Rubber sole and closed toe shoes only. For safety reasons, open toe shoes are not permitted.

• Adult fitness classes are open to members 13 and older. Mature behavior must be exhibited at all times by teen members in order to participate in the adult classes.
• For safety reasons, children may not accompany adults into workout areas. Please utilize our babysitting services located in the Nursery.
• Cardio Rooms are for Y members 13 and older. 11 & 12 year old youth members may use the cardio rooms only after completing fitness orientations with the fitness staff and must be accompanied by an Adult Member.
• The Weight Room is for Y members 13 and older.
• Youth Facility Usage:
  • Youth members under the age of 10 must be under the supervision of an adult at all times while at the Y.
  • With all the youth programs offered (open youth gym and swim, the fitness arcade and youth fitness classes) it is easy to follow the policy of remaining in staff supervised areas.
  • Youth members must be engaged in an activity. Wandering the building is not permitted.
  • All youth activities end at 8:00 p.m. Youth may remain in the building after 8:00 p.m. with direct parent/guardian supervision or when involved in a supervised Y program.

POOL FACILITIES:
The YMCA of Montclair has two pools located at the Park Street Facility

POOL ACTIVITIES:
Water Fitness Programs • Youth Swim • Senior Swim • Birthday Parties/Youth Groups • Private Swim Lessons
Adult Lap Swim • Youth Swim Team Program • Family Swim • Adult and Youth Swimming Lessons

Stop by the Welcome Center for a Spring Pool Schedule*
ADULT LAP SWIM available daily *Schedule subject to change
Youth swim is limited to members 6–12 years of age.
Family swim requires both youth and adult family member participation. Guest fees may apply.
All swimmers must wear a bathing cap. Thank you for your cooperation.
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

The Geyer Family Branch
159 Glenridge Avenue • 973–783–7640

At The Geyer Family Branch we provide a safe and nurturing environment with opportunities for families to strengthen and children to learn and explore. Whether it is learning important life skills in the pool, building self esteem in the gym or unleashing imagination and creativity in arts and science, The Geyer Family Branch is a great place to grow. We offer classes for children from 6 months to 12 years old.

Spring Program Areas

- Swimming
- Gymnastics
- Performing Arts
- Sports
- Combination Classes
- Creative Arts
- Gym
- Cooking

AQUATICS
Splashing in the pool, learning to swim, building confidence in the water. These classes take place in the pool and will give your children skills and memories that last a lifetime!

ARTS & SCIENCES
Explore the kitchen, woodshop, dance studios, art room and the music room, we’ve got something for every taste, talent and tempo. Find your creative spark!

SPORTS & GYM
Sign up for one of our fun gym classes where children will develop new skills, have heaps of fun, and begin to develop strength, endurance and flexibility.

SCHOOL OF PERFORMING ARTS
In parent/child classes, exploring movement and dance is a unique way to bond. Child only classes range from Ballet to Hip Hop.

A yearly membership fee plus class fees apply. Please visit our website or stop by the Geyer Family YMCA for class descriptions, days and times. www.montclairymca.org
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Before and After School Programs
Offered in Public Schools in Montclair, Bloomfield, Verona and Cedar Grove

Are you looking for:
• A safe and caring environment for your child before or after school with experienced staff?  
• Dependable and consistent care for your child during your working hours?  
• A place for your child to interact with other children their own age at their own school?  
• A variety of activities to enhance your child’s day that are fun and exciting?  
• Your child to be active after school instead of in front of a TV?  
• An opportunity for your child to complete homework in a supervised environment?

If you have answered yes to any of the above questions, then you have found the best place for your child before or after school.

After registering, a waiting period of two business days is required before starting the program.
For additional program information, see the SACC brochure at www.montclairymca.org or contact Lisa Aulisi at 973-415-6134

Staycation – School Vacation Program
Grades 1-6
When school is closed, don’t stay home; take a “Staycation” with us!

On line registration is available up to 2 days before selected date needed. Members only are able to register online. You must complete 2 steps in order to register online: (1) fill out the form (2) pay for the days you register for (if you have an online account). Non members must register in person at the Y.

For more information (monthly themes), go to our website or call the Youth, Teen and Family Department at 973-415-6102. Specific days could be cancelled due to low registration and/or the location could be changed due to registration numbers. All registered families will receive an email with program details one to two days prior.

FEE: Member: $60 per day for Y Members  Non Member: $70 per day
FOR INFORMATION REGARDING PRE K AND KINDERGARTEN STAYCATION PROGRAM,
PLEASE CONTACT THE FAMILY CENTER AT 973-783-7640

Snow Camp
School is closed for a snow day... we can help!  Grades PK–8
When schools are closed due to inclement weather, it does not have to mean a missed day of work for parents!  The Y will be there for you when the Montclair Public School System has an emergency closing. Contact Lisa Aulisi at 973-415-6134.

Hours: 8:00 a.m. to 6:30 p.m.  Location:  Geyer Family Branch, 159 Glendridge Avenue

FEE: Member:  $60 per day  Non-Member: $70 per day
Payment is due at time of drop-off

BIRTHDAY PARTIES at Park Street Y
for youth members in grades 1st – 6th
HAPPY BIRTHDAY TO YOU! Come and celebrate with your family and friends at the Y with either a gym party or a pool party for up to 30 friends (fees are based on the number of guests).

The party is one hour either the pool or gym and one hour in the party room.
Parents of the birthday child provide all of the fixings for your party and can arrive half an hour before their scheduled party time to set up. Y staff will help with your set up and we will take care of the clean up at the end. Gym staff will be on hand to organize games based on the birthday child’s requests.

For more information and to book your party call our party line at 973-744-6161, ext. 144 or email psparty@montclairymca.org. Contracts must be signed and a deposit paid in order to reserve any dates and times. Deposits are non refundable.
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

ADVENTURE GUIDES – “Friends Forever”
Through the Adventure Guides program, parents and children develop strong bonds that support self-esteem and communications skills, setting the foundation for positive, lifelong relationships: “Friends Forever.” Together, parents guide their children through a wide array of experiences aimed at helping children reach their full potential. They do this within a supportive small community of other parent–child pairs, which is their Circle. In Adventure Guides, parents and children develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families, and community service projects. Through Adventure Guides, you and your child will grow closer and develop memories and friends to last a lifetime. For more information, please call Kim Burrows, 973-415-6118.

Save the date!
Spring Frost Valley Weekend Dates
Girls Weekend April 8 – 10
Boys Weekend April 29 – May 1

KIDS’ NIGHT OUT 6 – 10 p.m.
First Saturday of the Month
Held at the Geyer Family Branch
Need a night off? Send your kids (and even your friends’ kids) to the Geyer Family Branch, a place you know and trust, for a child only evening event! It’s a great night for them to enjoy their own activities and have fun in age appropriate groups. It is a night of gym games; sports; swimming; art and lots more. Send your child with a peanut free dinner, snack and drink; swim suit and towel. This is a member and non-member event. Sibling discount available.

Ages: 6 months – 12 years
Children must have:
Sneakers • Bathing suit • Towel • Swim cap

FEES:
Members: $30, $15 each additional sibling.
Non members: $40, $15 each additional sibling
(requires paperwork to be completed in advance)

For more information, please contact:
Marlon Pollard at mpollard@montclairymca.org

Homework Help/Tutoring
Members in grades 1-7 can receive help on Tuesdays between 4-5:30 p.m. in any subject. Math specific tutoring is offered for Pre-Calculus and below on Thursdays from 4-5:30 p.m. Teen math tutoring is also available by appointment. Please email or call to let us know if we should expect you each week.
Contact Kimberley at kgriffiths@montclairymca.org or 973-415-6102

The R.E.C. ROOMS
Recreation/Education Center for ages 7-12
The R.E.C. rooms are the perfect place to go before or after a youth sport or swim class. These rooms also offer youth members a safe place to go while you are working out or for homework help; activities; fitness and games. Anyone under the age of 7 requires adult supervision.

• Homework help is available Monday–Friday.
  4-5:30 p.m.

R.E.C. ROOM hours are:
Monday – Thursday 3:30-8:00 p.m.
Friday 3:30-9:00 p.m.
Saturday 12:00-7:00 p.m.
Sunday 12:00-7:00 p.m.

YOUTH NIGHTS Grades 4-7
Saturday: March 5th & April 2nd
7:30 –10:00 p.m. (no earlier)
Fee: $5 members/$10 non-members

Youth in grades 4-7 are invited to come and “hang out” under the supervision of trained, energetic staff. Parents/Guardians are invited to take advantage of a kid free night and go out on the town while we entertain your youngsters. It’s a win-win situation!
The gym is open for organized activities or free play.
Swimming, movies, and specific activities can be arranged when requested. Special events/theme nights will be held periodically.

Registration is required each Friday by 6 p.m. and requires a minimum of 15 youth to have program.
Paperwork is required for any non-member coming as a guest and must be completed by their parent/guardian. Forms can be found at www.montclairymca.org or at the front door that night.

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Marlon Pollard at mpollard@montclairymca.org

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FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

LEADERS’ CLUB:
FREE TO MEMBERS IN GRADES 8-12:
Meetings are every other Thursday at 7:00 p.m.
The Leaders’ Club is organized for the purpose of
developing youth as leaders and fostering a culture of
service. It also provides its members with knowledge
and training that will help them better serve others
and to shape a healthy lifestyle themselves.
YMCA of Montclair Teen Membership is required in
order to participate. Scholarships are available.
See website for meeting dates.
For additional information contact Kimberley Griffiths,
Teen Department at 973-415-6102 or Kgrif@
montclairymca.org

T-N-T:
FREE: Open to current teen members ages 12 to 17
Wednesdays 4:30-5:30 p.m.
This “dynamite” program stands for “Teens aNd Training.”
T-N-T is designed to give adolescents opportunities to
improve themselves in a fun skills based learning program.
They will earn recognition and certificates each time they
participate. They can register for as many or as few classes
as they want throughout the year. Certificates will look great
on a first resume!
See our website for Spring class listings and times.
Participation in 5 or more workshops entitles you to
join the field trip to Camp at the Lake in May for Survivor
games and fun (plus some surprises) Email kgrif@montclairymca.org to sign up or go to our website.

SPRING WORKSHOPS:
March 2: Say what now? Learning how to listen
4:30-5:30 p.m.
March 9: Trust Me: Learn how to be trustworthy &
Type A or Type B: Different personalities
4:30-5:30 p.m.
March 16: What’s for Dinner?: Good Eating Habits
4:30-5:30 p.m.
March 23: Tweet-Snap-Text: Social Media
4:30-5:30 p.m.
March 23: I was just kidding : Bullying
4:30-5:30 p.m.

TEEN ROOM
FREE: Open to current members ages 13 to 17
The teen room offers this age group a place to go and
relax after school and on the weekends and especially
when the gym is being occupied by youth sport classes.
Teens can do homework, play video games, board
games, use iPads for school work or fun and spend time
unwinding. This is also the location for the Leaders Club
meetings and the T-N-T program.
FREE math tutoring is also available on Thursdays from
4:00-5:00 (Pre-Calculus and below)
Hours are: Monday-Thursday: 2:30-9 p.m.
Fridays: 2:30-9 p.m.
Weekends: 12-7 p.m.
Exceptions are during Leaders Club meeting days
(alternate Thursdays) and T-N-T classes (ongoing
on Wednesdays throughout the year)

FAMILY NIGHT: SPECIAL EVENT
March 12th 7:30-9:30 p.m.
Bring your family out to a special St. Patrick’s Party. Games,
activities, free time and “green” snacks. Appropriate for ages
7 and up. There must be at least 1 member per family. $10 for
up to a family of 4 people. $5 additional per person. Non-
members welcome for $5 per person. Registration is due no
later than March 9th. Register with your family headcount via
email to: kgrif@montclairymca.org Payment required at
entry. Don’t forget to wear green!
YOUTH SPORTS CLASSES:

**NEW**

All-Star & MVP Basketball:
All youth will have the opportunity to learn the basics of the sport through drills in dribbling, shooting, passing, defense and teamwork. A great opportunity to keep your child active and learn how to be the next NBA/WNBA stars! Get the whole basketball game and skills package!

All-Star Basketball (Beginners):
Ages 9–12  Mondays  3:45–4:30p.m.
MVP Basketball (Advanced Beginners):
Ages 9–12  Mondays  4:30–5:15p.m.
Fee: $80/session Spring 1 & 2

Rookie & Starter Basketball:
Start the little ones out early. This class will teach the basic basketball skills to our 6–8 year old members. It’s the same game but smaller hoops and basketballs. They will learn shooting, passing, dribbling, defensive and offensive moves.

Rookie Basketball (Beginners):
Ages 6–8  Wednesdays  3:45–4:30p.m.
Starter Basketball (Advanced Beginners):
Ages 6–8  Wednesdays  4:30–5:15p.m.
Fee: $80/session Spring 1 & 2

She Got Game:
This class is for our girls who love to hoop. Girls will learn the basics in basketball which include shooting, passing, dribbling, defensive and offensive moves, and so much more. The class will include fun basketball drills and games. They will also learn the importance of being on a team and have a great time with friends.

She Got Game 1:
Ages 6–8  Tuesdays  3:45–4:30p.m.
She Got Game 2:
Ages 9–12  Tuesdays  4:30–5:15p.m.
Fee: $80/session Spring 1 & 2

Sports Mania:
This class is an introduction to a variety of sports and games which include soccer, basketball, football, hockey, volleyball, tag games, kickball, dodge ball and baseball. This class is sure to improve basic skills, keep kids active and be FUN!

Sports Mania 1:
Ages 6–8  Thursdays  3:45–4:30p.m.
Sports Mania 2:
Ages 9–12  Thursdays  4:30–5:15p.m.
Fee: $80/session Spring 1 & 2

For more information on the Youth Sports programs, contact Alesha Clayton at aclayton@montclairymca.org or call 973.559.9283

**NEW**

Ball Is Life:
Attention ALL basketball players 13–17 years old this class is just for you! In this class you will be able to improve and practice your basketball skills. Half the class will take place in our weight and cardio rooms where you will work out as a team. Then we will move to the gym to improve your basketball skills and scrimmage. This class is for any athlete looking to stay in shape year round.

Ages 13–17  Mondays and Thursdays  5:15–6:00p.m.
Fee: $150/session Spring 2

**NEW**

Bump, Set, Spike (Intro to Volleyball 9–12 Co-Ed):
Come learn the fundamentals of volleyball in this class. Volleyball is an exciting sport combining team play and individual skills. This class promises no try outs, no getting cut and no bench warmers! Every child plays in every game while making friends and learning new volleyball techniques.

Ages 9–12  Fridays  3:45–4:30p.m.
Fee: $80/session Spring 1 & 2

Bump, Set, Spike (Intro to Volleyball 9–12 Girls Only):
Come learn the fundamentals of volleyball in this class. Volleyball is an exciting sport combining team play and individual skills. This class promises no try outs, no getting cut and no bench warmers! Every child plays in every game while making friends and learning new volleyball techniques.

Ages 9–12(Girls Only)  Wednesday  5:15–6:00p.m.
Fee: $80/session Spring 2

Recess ROCKS!:
Jump ropes, hula hoops, 4 square, kickball, basketball, relay races, and tag games galore will take place in this class! Come play all your favorite recess games. Each week there will be a new game of the week and plenty of cheers and chants. This class is great if you want to have tons of fun and make new friends.

Ages 6–8  Tuesday  5:15–6:00p.m.
Fee: $80/session Spring 2

**NEW**

Pee Wee Intramurals
This League gives our most eager athletes the opportunity for full court games every Saturday. Athletes will be divided into teams; with corresponding shirt colors and a bracket will be created to show what days each team has a game and against whom.

Ages 6–8 Saturdays 10:30–12:00p.m.
Fee: $90/session (includes team shirt)

**NEW**

Light Weight Intramurals
This League is for our older athletes. This League gives our most eager athletes the opportunity for full court games every Saturday. Athletes will be divided into teams; with corresponding shirt colors and a bracket will be created to show what days each team has a game and against whom.

Ages 9–12 Saturdays 12:00–1:30p.m.
Fee: $90/session (includes team shirt)
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

Radical Racquetball:
Are you interested in learning a new sport? If so come rally with us. This introductory class will teach you the basics of racquetball. Come learn strategies, sportsmanship, and make new friends all while having fun!

**Ages 9–12  Thursdays  5:30–6:15 p.m.**
**Fee: $80/session  Spring 1 & 2**

**NEW 60 Minute Skills – Basketball**
Do you love the game of basketball? Do you want to take your game to the next level? If so, then this is the class for you! In this class you will be able to work one-on-one with a personal basketball trainer. You will get the time and attention needed to take your game to the next level.

**Ages 6–17 by appointment**
**Fee: $70 per session (packages available)**

**Youth Group Training**
This class covers basic conditioning principles, safety, training room etiquette and procedures in a fun and motivating environment. The class will vary the format each week and include Mixed Martial Arts training, kickboxing, weight training and resistance training.

**Ages 10–16  Tuesday & Thursdays  4:45–5:30 p.m.**
**Fee: $125**

**Youth Self Defense**
We want to help parents put their minds at ease when it comes to teaching youth about “stranger danger” and how to keep them safe. This class is designed to show youth the signs and verbal cues that strangers could use to attract their attention. The program reinforces rapid thinking skills your youngster can use to defend themselves in numerous situations. Numerous techniques will be taught including how to throw a punch and kick (only to protect themselves) and how to speak to and defend themselves (if necessary against a bully). Additionally, the youth will learn how to improve their self-esteem and confidence, increase their self-discipline and improve their overall attitude.

**Ages 6–12  Tuesday & Thursdays  4:45–5:30 p.m.**
**Fee: $125**

**Youth Running Club**
The Youth Running Club will help instill a healthier lifestyle in children by encouraging them to run regularly. Along with ample running time, the program will involve keeping a log to track progress.

**Curriculum includes:**
- Warm up, cooling down, stretching
- Exercise physiology and good form
- Running safety and hydration
- Guidance on running a race

**Wednesday**
**Ages 8–13  4:30 – 5:15 p.m.**
**Fee: $80**

**Youth Yoga**
The best way to learn yoga is to start early! Flexibility, strength, stamina and mental clarity are just some of the many benefits youth will develop during yoga classes.

**Ages 10–14**
**Monday and Wednesday 4:30 p.m. – 5:15 p.m.**

**Youth Cycling**
This class is made for youth and is an easier version of the adult cycling classes. Participants must be tall enough to pedal properly while seated on the bike.

**Ages 10–14**
**Tuesday and Thursday 4:45 p.m. – 5:30 p.m.**

**Registration is not required for free classes. Youth members are supervised in class only. Parents and guardians are responsible for their children before and after class.**
Looking Ahead Camp 2016

Best Summer Ever

YMCA of Montclair Summer Camps

June Bugs
June Bugs is here for those who need a great program between preschool ending and summer beginning. Fun activities to keep your child active and learning include daily swimming, art, gym and outdoor time. Special enrichment classes such as music, dance and cooking further enhance each camper’s experience.

Ages: 3–6 years

I’m A Big Kid Now
I’m A Big Kid Now is a summer program filled with free play, exploratory art, singing, snack and outside play time. Campers fill their days with fun activities while gaining preschool readiness experience for the future. Potty training isn’t necessary.

Ages: 2–3 years

Early Adventures Camp
Early Adventures Camp offers children a safe, fun and creative first time camp experience. Activities include swim lessons, gym activities, storytelling, arts and crafts, music, dance and special events created around weekly themes.

Ages: 3–6 years

New Discoveries Camp
New Discoveries Camp offers daily activities, including swim, sports, arts and crafts, drama and science. All weeks are theme-based and include special event Fridays, such as Wacky Wild West, Carnival Day and Olympic Hoopla. Monday camp opening includes skits and an introduction to the week ahead. Wacky Wednesdays include Crazy Hat Day, Mismatch Day and Crazy Hair Day. Before and after camp care are available.

Ages: 4–9 years

Explorers Camp
Explorers Camp offers a combination of fun-filled activities and trips to local attractions. Campers participate in a daily schedule of games, recreational swim and activities based around weekly themes.

Ages: 8–12

Camp at the Lake
Camp at the Lake offers swim lessons, sports, crafts, nature, science, outdoor survival skills, hiking, archery, low ropes challenge, drama, dance, boating and fishing. This American Camp Association accredited camp provides children with exciting adventures, cooperative learning and tons of fun! FREE transportation provided from bus stops in Montclair, Upper Montclair, Verona, Cedar Grove, Bloomfield, West Orange and Clifton.

Ages: 5–13 years

For Camp dates, hours of operation, fees and more information, check our camp brochure @ www.montclairymca.org
VOYAGERS TEEN CAMP
Voyagers is the camp where youth go on thrilling excursions, make an impact in their local community and each week get to choose their camp activities such as drama, art, sports, cooking and so much more. Day trip opportunities are Wednesday-Friday and may include, but are not limited to, Laser Tag, Six Flags Amusement Park, rock climbing, Mountain Creek, race car driving, the beach, Bronx Zoo, bowling and movies.
AGES: 12–14 years

ACADEMIC CAMP EXPERIENCE (A.C.E.)
Research shows that the key to stemming summer reading loss is finding novel ways to get books into the hands of children during the summer break. A.C.E., a summer education alignment program, helps keep kids on track with reading, writing and math skills and includes DEAR (Drop Everything And Read). Hands on science, art, music and physical activity are all part of the daily program.
AGES: Students entering 2nd - 5th grades

SUMMER SPARKS
Summer Sparks enrichment programs are completely hands on as well as highly interactive. Program examples are science, writing, social skills, building, drama, music, travel and so much more. It’s your child’s choice of morning or afternoon sessions or sign up for a full day (2 sessions). Enrichment activities expand the minds of campers and keep them educationally engaged in a fun way during the summer months.
AGES: Grades 1st - 6th

YBA: Youth Basketball All-Stars
Youth Basketball All Stars Camp (YBA) continues to be the perfect place for your basketball enthusiasts. YBA is an intense program for basketball players of varying abilities. Campers further develop their skills, learn game strategies and achieve goals on and off the court. Each day is spent improving fundamentals, performing interactive drills, building offensive and defensive skills, playing in house tournaments and getting in shape.
AGES: 8–13 years (limited spaces per session)

SUMMER QUEST
Summer Quest gives adolescents a great foundation in preparation for the working world in a fun, creative and skill oriented way. Everything they’ll need to know to get them started on a career path will be explored: writing resumes, dressing for the part, communication skills, and leadership development. Teens can earn first aid certifications, learn how to interview and be a part of fun and engaging internships at our YMCA branches and our various summer camp locations.
AGES: 14–15 years

G.A.P.-Gaining Academics Program
G.A.P. is for students wanting or needing to increase the specific skills of reading, writing and math. The program goals are to reverse summer learning loss, achieve learning gains, and give students the chance to master some material that they did not learn during the previous school year.
AGES: Students entering 1st-4th grade
FOR HEALTHY LIVING
Improving the nation’s health and well-being

SWIM PROGRAMS • YOUTH

The YMCA of Montclair teaches under the guidelines of the National YMCA Progressive Program. This program uses a holistic approach which includes stroke development, personal safety, building self-esteem and values, and to have fun while learning to swim.

New Progressive swimmers, with the exception of beginner level swimmers, must be classified prior to registering.

Swim level classification times
Monday – Friday 3:00 p.m. - 5:00 p.m.
Saturday 10:00 a.m. - 2:00 p.m.
All programs must be registered in person or online for current members. Phone reservations will not be accepted.

Early registration is encouraged, all classes will be filled on a first come, first served basis.

Attendance is important!
Class Make Up Policy
In order to achieve the greatest benefit from swim lessons, attendance at every class is highly recommended. For safety reasons, make up classes are not available due to instructor/student ratios. Refunds and credits will not be issued due to absences.

Park Street Progressive Swim Class Schedule
Spring I: February 22 – April 17, 8 weeks
Spring II: April 18 – June 5, 7 weeks

<table>
<thead>
<tr>
<th>Class &amp; Level</th>
<th>Ages</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
<th>Fee/Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polliwog 1 Beginner</td>
<td>1st grade and up</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>4:45 - 5:25 pm, 5:30 - 6:10 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>9:50 - 10:30 am, 10:45 - 11:25 am, 11:30 - 12:10 pm, 12:15 - 12:55 pm</td>
<td>Session I $85, Session II $75</td>
</tr>
<tr>
<td>Polliwog 2 Beginner</td>
<td>1st grade and up</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>4:45 - 5:25 pm, 5:30 - 6:10 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>9:50 - 10:30 am, 10:45 - 11:25 am, 11:30 - 12:10 pm, 12:15 - 12:55 pm</td>
<td>Session I $85, Session II $75</td>
</tr>
<tr>
<td>Guppy</td>
<td>Advanced Beginner</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>4:45 - 5:25 pm, 5:30 - 6:10 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
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<td>Session I $85, Session II $75</td>
</tr>
<tr>
<td>Minnow 1 Intermediate</td>
<td>1st grade and up</td>
<td>*5:30 - 6:10 pm, 6:15 - 6:55 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
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<td>Session I $85, Session II $75</td>
</tr>
<tr>
<td>Minnow 2 Intermediate</td>
<td>1st grade and up</td>
<td>*5:30 - 6:10 pm, 6:15 - 6:55 pm</td>
<td>4:45 - 5:25 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>9:00 - 9:40 am, 9:50 - 10:30 am, 10:45 - 11:25 am</td>
<td>Session I $85, Session II $75</td>
</tr>
<tr>
<td>Fish Swimmer</td>
<td>1st grade and up</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 6:10 - 6:50 pm</td>
<td>4:45 - 5:25 pm, 6:10 - 6:50 pm</td>
<td>4:45 - 5:25 pm, 6:10 - 6:50 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 7:00 - 7:40 pm</td>
<td>10:45 - 11:25 am, 11:30 - 12:10 pm</td>
<td>Session I $85, Session II $75</td>
</tr>
<tr>
<td>Flying Fish Advanced Swimmer</td>
<td>1st grade and up</td>
<td>4:45 - 5:25 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm</td>
<td>4:00 - 4:40 pm, 4:45 - 5:25 pm, 9:50 - 10:30 am</td>
<td>Session I $85, Session II $75</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Porpoise Stroke Development</td>
<td>Successful completion of Flying Fish</td>
<td>6:50 - 7:30 pm</td>
<td></td>
<td></td>
<td>9:00 - 9:40 am</td>
<td>Session I $85, Session II $75</td>
<td></td>
</tr>
<tr>
<td>Barracuda Endurance Workout</td>
<td>Successful completion of Flying Fish</td>
<td></td>
<td></td>
<td>6:00 - 6:40 pm, 11:30 - 12:10 pm</td>
<td>Session I $85, Session II $75</td>
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</tr>
<tr>
<td>Marlins Pre-Lifeguard</td>
<td>13 and up</td>
<td></td>
<td></td>
<td></td>
<td>11:30 - 12:10 pm</td>
<td>Session I $85, Session II $75</td>
<td></td>
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<tr>
<td>Advanced Stroke Clinic A.S.C.</td>
<td>13 and up</td>
<td>4:45 - 5:25 pm</td>
<td></td>
<td></td>
<td>12:15 - 12:55 pm</td>
<td>Session I $85, Session II $75</td>
<td></td>
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<tr>
<td>Teen Swim</td>
<td>13-16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Session I $85, Session II $75</td>
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</tr>
</tbody>
</table>

*PLEASE NOTE: Minnow I & Minnow II on Mondays meets in the small pool
Marlins (Pre-Lifeguard Prep)
The Marlins Club is designed to prepare members who are interested in becoming lifeguards. It focuses on the importance of safety in and around an aquatic environment, while training participants in the necessary techniques, mechanics and water rescue. Successful completion will qualify participants to register for one of our American Red Cross Lifeguard Classes.

For members ages 13+

Advanced Stroke Clinic (ASC)
Advanced Stroke Clinic is a class that commits to one particular stroke for the entirety of a session, focusing on technique while building endurance for efficient swimming. It is ideal for, but not limited to participants who are interested in joining our Dolpins Swim Team.

Requirements:
Must have completed all of our levels, and at least (1) Porpoise and (1) Barracuda session, and obtain Aquatic Director’s approval in order to register.

Dolphins Swim Team
The YMCA of Montclair Swim Team offers a year round opportunity for competitive swimming in both YMCA and USA Swimming competitions as well as seasonal instructional clinics for aspiring competitive athletes. The team is comprised of girls and boys from age six through high school.

For more information about the team and for tryout information, please see the team web site at www.montclairymcaswimming.com

Teen Swim Lessons
Teen Swim is a class exclusively for teens who are learning how to swim. This class will increase their confidence, while developing basic water skills in a pleasant learning environment with peers of the same age group.

Ages 13+

Private Lessons
To better accommodate members’ busy schedules, we provide one-on-one personal instruction in packages of 3 or 6 half hour lessons. For this offer, we do not require for the participant to be enrolled in our progressive swim program. Please call the Aquatics office for days and times at 973-415-6135. MEMBERSHIP REQUIRED

Packages: 3 for $120 6 for $230

Extended Private Lessons
Provided to current participants of our progressive group lessons. Packages of 3 or 6 half hour lessons will focus on areas to improve in order to advance swimmers to the next level. Please call the Aquatics office for days and times at 973-415-6135.

MEMBERSHIP REQUIRED

Individual Packages: 3 for $99 6 for $180

Swim Team Private Lessons
Private lessons are available with a swim team coach to swimmers on our Dolphin’s Swim Team. For more information, please call the Aquatics Office at 973-415-6135.

3/30 min. lessons for $110 3/45 min. lessons for $160

Semi-Private Lessons
(2 students & 1 instructor) Must be same level.

Packages: 3 for $150 6 for $300

Please note: Membership is required for all lessons.
FOR HEALTHY LIVING
Improving the nation’s health and well-being

Adult Swim Lessons
Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons -- we can help you. All levels of instruction offered and will be determined the first night of class.

Monday & Wednesday  10:00–10:45 a.m.  
7:45– 8:30 p.m.  
Tuesday & Thursday  8:30– 9:15 p.m.  
Saturday  9:00–9:45 a.m.  

FEE:
Full Member:  
M&W or T&R – Spring I  $125  
M&W or T&R – Spring II  $115  
Saturday – Spring I  $80  
Saturday – Spring II  $70  
Class Member:  
M&W or T&R – Spring I  $185  
M&W or T&R – Spring II  $165  
Saturday – Spring I  $120  
Saturday – Spring II  $110

Aqua Fitness
This is a more vigorous cardiovascular program, which also includes a variety of movements using the natural resistance of the water to improve muscular strength and endurance. Participants should feel comfortable in deep-water, as class includes a deep-water exercise segment.

Monday–Friday  6:15–7:00 a.m.  
Tuesday & Thursday  10:00–10:45 a.m. (L)  
Membership Required

Aqua Step
Enjoy a Step Aerobics workout in the pool. This class utilizes step benches in the water to provide a safe and fun workout for all levels of fitness. This class is taught in the shallow end of the large pool.

Monday & Wednesday  10:00–10:45 a.m. (L)

Aquacise
This moderate intensity cardiovascular, strength, and flexibility workout provides a fun and safe workout with minimal impact on the knees and other joints. This workout is good for anyone with injuries, joint problems, or anyone who loves the water. Swimming proficiency is not required but you must have a general level of comfort in the pool. If you are new to class please see the instructor before class begins so that you can address any concerns. Come ready to make a splash and have a blast!

Monday through Friday  9:00–9:45 a.m.  
Tuesday & Thursday  10:00–10:45 a.m.  
Tuesday & Thursday  7:30–8:15 p.m.  
Saturday  8:00–8:45 a.m.  
Membership Required

Water Exercise Classes included FREE with membership.

LIFEGUARD TRAINING PROGRAM
See page 18
FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

COMMUNITY SAFETY PROGRAMS

**Lifeguard Swim Test**
A swim test is required for anyone who would like to participate in a lifeguard training course.
- **April 18**
- **FEE:** $35  8:15 p.m.

**American Red Cross – Lifeguarding Today**
Must be 15 years of age or older and successfully pass required swim test. This course includes CPR for the Professional Rescuer and Standard First Aid. *Must have 8 students to hold class.*
- **April 20 – June 1**
- **Mondays & Wednesdays 7:00–10:00 p.m.**
- **FEE:**
  - **Full Member** $165
  - **Class Member** $295

**CPR Classes**
Become American Red Cross CPR certified through a professional and authorized trainer. Classes are held for two consecutive Saturdays from 12:00 - 2:00 pm, and certification is valid for 2 years from the date of successful completion. **Must pre-register.** For more information or to register please contact the Aquatic Office at (973) 415-6135.
- **Member Fee $80  Class Fee $135**

**Re-Certification Classes**
Certifications expired? No problem! Lifeguard/CPR/First Aid and basic CPR/AED/First Aid certifications can be renewed through our re-certification classes held every Friday. Students will be required to pre-register with the Aquatic Office the Monday before the class. For more information or to register, please contact the Aquatic Office at (973) 415-6135.
- **Fridays 3:00–7:00 p.m.**
- **Fees:**
  - **Lifeguard:**
    - **Member** $160
    - **Non-Member** $290
  - **CPR:**
    - **Member** $75
    - **Non-Member** $130

**The Buddy Program**
Members helping members with special needs to exercise.
We link member volunteers with members with special needs (autism, cognitive disability, blindness, etc.), who could use a little assistance to navigate the Y and get through a workout. Support may include help in the cardio room, guidance in the weight room and pool, or just getting from room to room. Emotional support and encouragement is also a big part of being a Buddy. Buddies are not expected to, or allowed to, assist in the locker rooms. Family members must provide any assistance required.

The Y will provide training and ongoing support for volunteers. All that is needed is a desire to get involved.
Call Robin Mitchell at 973-744-3400 ext.115.

**MENTAL HEALTH FIRST AID:**
Classes offered to members and the public. Earn a certificate for Adult Mental Health First Aid upon completion of the course. Contact Kimberley Griffiths for more information at 973-415-6102 or kgriffiths@montclairymca.org.

**Togetherhood™**
A Member-led Community Service Program
Would you like to give back to support your neighbors and strengthen our community? Join us in our Togetherhood™ program that provides Y members with fun, convenient and meaningful ways to give back.
Contact Kimberley Griffiths for more information at 973-415-6102 or kgriffiths@montclairymca.org.
ONE ON ONE FITNESS ORIENTATION
Free with membership
Our trained staff will help you develop a basic exercise program which meets your needs and preferences. Please call 973-744-3400, or stop by the front desk to schedule an appointment for your free fitness orientation appointment. Please come dressed for exercise! 30 min sessions are also available.
If you have any specific medical restrictions, limitations, or concerns relating to exercise, please call Washima Redding, Health and Wellness Director, at 973-415-6111 or email wredding@montclairymca.org or Michelle Moore at 973-415-6128 or email mmoore@montclairymca.org

GROUP TRAINING
Train together and save!
Training for 2 members= $40 each per hour  
Training for 3 members= $38 each per hour  
Training for 4 members= $35 each per hour  
Training for 5 members= $30 each per hour

PERSONAL TRAINING & NUTRITIONAL COUNSELING
Call for an appointment
Our certified Personal Training staff can help you get motivated to train safely and effectively so you can see results! Sessions are one hour and are scheduled by appointment following an intake interview consisting of health/exercise history, goals, schedule, etc. Please call Washima Redding at 973-415-6111 or Michelle Moore at 973-415-6128 to arrange for your intake interview.
*30 minute sessions are also available

Fee: Single PT session $70
1 hour personal training session with a nationally certified personal trainer.

The Start-up Pack $200 (save $10)
Three (3) personal training sessions with a nationally certified personal trainer. Includes: Before and after body composition.

The Conditioning Pack $325 (save $25)
Five (5) personal training sessions with a nationally certified trainer. Includes: Before and after body composition.

The Fit Pack $325 (save $25)
Three personal training sessions with a nationally certified personal trainer. Two (2) 45 minute sessions with a registered dietitian. Includes: Before and after body composition.

The Training Pack $580 (save $120)
Ten (10) personal training sessions with a nationally certified personal trainer. Includes: Before and after body composition.

The Endurance Pack $1100 (save $300)
Twenty (20) personal training sessions with a nationally certified personal trainer. Includes: Before and after body composition.

Nutritional Consultation $70
One hour session with registered dietitian Gabrielle Rabner. Session may include diet analysis, discussion of eating habits, behavior modification strategies, and basic menu planning.

All payments are made at the Welcome Center. Outside personal trainers are not permitted. Members using personal trainers other than YMCA of Montclair personal training staff may have their membership privileges revoked.
FOR HEALTHY LIVING
Improving the nation’s health and well-being

GROUP EXERCISE CLASSES:
Free with membership, just show up!
If you are not sure which class may be most appropriate for you or have any questions concerning your participation in a group exercise class, please call Washima Redding, Health and Wellness Director, at 973-415-6111.

Studio Cycling Classes
Set to inspirational music, an instructor leads the class through a challenging workout which includes sprints, climbs, flats, lifts, and more. This class is great for the beginner and advanced exerciser since you control your own resistance level.

Pump It Up!
Free weights and dynamic calisthenics for strength training and balance, cardio bursts for endurance, plus stretching for flexibility, all in a convenient group exercise format.

Back to Abs
Strengthening and stretching for the key postural muscles of the midsection, back, and legs, for a healthy back, and a flat abdomen.

Zumba
Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance and achieve long term health benefits.

Elo’s Playlist
A soul stirring, hip shaking dance class featuring music from around the world.

Step & Sculpt
This famous low-impact, cardiovascular exercise format, uses adjustable step platforms plus a muscular strengthening component to provide a complete workout.

Cardio Kickboxing
This intense class combines traditional kickboxing moves to develop strength, power, and cardiovascular fitness.

Sculpting
This group training class will improve muscular strength and endurance. All levels welcome.

Boot Camp
This class is a classic combination of intense cardiovascular work mixed with some muscular strength conditioning. You will be challenged with calisthenics, plyometrics, and core conditioning to propel your way into fitness. Come prepared to sweat! This class is suitable for all levels of fitness.

Athletic Conditioning with the Medicine Ball, Slide and Kettlebell
Participants perform a variety of dynamic movements to develop functional strength and cardiovascular fitness. This is a great multipurpose workout.

Just Stretch – New class times added
This class is all about stretching. A variety of techniques will be used to stretch the entire body, finishing with some gentle relaxation, leaving you feeling great!

Total Body Conditioning
After a thorough warm up, you will learn how to work out with minimal equipment, as well as med balls, battling ropes, slide boards, and resistance bands. This class covers it all: core, agility, muscle endurance, power and more. All levels welcome!

Pilates-Mat
This is a GROUP EXERCISE Pilates class done on a mat with an emphasis on movement quality, posture, and breathing. Exercises are designed and sequenced to strengthen the core.

Low Impact Workout
This is a high intensity, yet low-impact, complete body workout. Class includes cardiovascular conditioning, and strength training with weights.

Tai Chi
There are no extreme demands on muscles. Indeed, the relaxation of muscle is a basic focus, as is learning to shift weight properly while paying attention to balance control.

Butt and Gut
A butt-kicking, gut-wrenching class aimed at improving your lower body and core. This class is for all levels. It incorporates exercises specifically designed to target your lower body and abdominals.

Belly Dance
This class may just surprise you and keep you coming back for more! This dance utilizes the abdomen, trunk, spine and neck, working with the body instead of against it. This class combines both a cardiovascular and aerobic workout while improving posture, toning muscle, and reducing stress. You will have to try and see for yourself!

Line Dancing
Line dancing is exactly what its name implies; people dancing in lines to music. Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows. Come join the fun!

Rowing – New class times added
This class is cardio focused on the rower with a mix of strength training off the rower. Learn proper rowing techniques. Limited spots available. All levels welcome.

Check out our live online schedule www.montclairymca.org/groupfit
FOR HEALTHY LIVING
Improving the nation’s health and well-being

More GROUP EXERCISE CLASSES:
Free with membership, just show up!

MMA Conditioning
Use MMA techniques and training drills to complete a unique circuit of cardio and strength exercises, and have fun training with others in a high-energy setting.

NEW African–Caribbean Dance
This class incorporates traditional African Caribbean dance moves with modern day music. Connect your mind and body to the rhythms of the beat.

Strong Warrior Challenge
- Happens once a month for advanced exercisers only
- Sunday 3/6, 4/3, 5/1, 6/12
- With Rayshawn, Washima & Michelle

Yoga
The physical practice of yoga integrates spirit, mind and body while developing strength, flexibility, relaxation and general well being. All movements can be modified to decrease or increase the intensity.

- Gentle/Restorative—Each week you will explore a different series of basic poses focusing on stretching and gentle transition through the poses.
- Level I – Focus on basic yoga poses (asanas), breathing techniques (pranayama), as well as meditation.
- Level II – An intermediate level class that may incorporate more challenging backbends and inversions.
- All Levels – Open to all levels of students—beginner to advanced. Poses can be modified to accommodate all levels.
- Iyengar – A detailed and refined approach to yoga that emphasizes muscular and skeletal alignment, and creates strength, flexibility, and balance. Deep stretching occurs through holding poses for longer periods while also building strength.
- Power Yoga – A challenging sequence of asanas designed to build strength, flexibility, and balance.
- Vinyasa – A flowing style of yoga, linking one asana to the next.
- Chair yoga – Focuses on basic yoga postures, breathing techniques, meditation and supported standing poses for balance and bone density.

INTRO TO YOGA CLASSES (6 WEEKS)
Spend 6 weeks learning the basics.
An emphasis will be placed on learning how to breathe through your practice and how to effectively use props to go deeper in your poses. Open to all levels, but recommended for anyone new to Yoga & learning the Vinyasa flow.
Free with Membership

Kundalini Yoga and Meditation
Kundalini Yoga and Meditation utilize specific breath techniques, internal and chanted mantras, and movement. Even if you think you can’t meditate, the techniques of the Kundalini tradition help bring you into awareness and bliss. All levels (including brand new beginners) welcome.

Mindfulness Meditation
Meditation is effective for stress reduction and pain management. Promotes inner calm, wisdom, wakefulness and joy. Generally class is conducted with participants in a seated position; however, other variations are used as well.
HackensackUMC Mountainside
Screenings and Lectures at the YMCA

Body Fat/ BMI Screening
Tuesday, March 1, 5:00-7:00 pm
Learn your body fat percentage and Body Mass Index and how these numbers impact your overall health.

Free Glucose Screening
Monday, April 4, 9:30-11:30 am
Monday, May 2, 5:00-7:00 pm
Learn your blood sugar & risk factor for Type 2 diabetes
No need to fast. Receive educational materials.

YMCA Monthly Book Club
Mondays, 9:30 am-10:15 am
March 28, April 25, May 23
Each month the group is given a different book to read and discuss. Call Carol Kearney for details 973-415-6131

Current Events Group Discussion
Mondays, 10:30-11:30 am
March 21, April 18, May 16, June 20
Come discuss current events, trends, and how they relate to the past. Bring in articles to discuss. Share your view point in a friendly manner.

Pickleball
Every Monday 11:00 am -12:00 pm
This popular game is a mix of tennis, badminton and table tennis. Open play is in the gym. Paddles provided.

Knit Crochet Chat Together
Tuesdays, 10:00-11:00 am
March 8 and 22, April 12 and 26, May 10 and 24
Knitting instructor, Susan Gibson, has some supplies to get you started and will teach you some simple stitches. Bring your needles and project you are working on.

Life Transitions for Seniors
Every Wednesday 10:00-11:00 am
A counselor from the Mental Health Association of Essex County will be available to aide seniors over 60 years of age in understanding and coping with triggering events associated with aging. Find out about resources in town available to seniors.

Rummikub and Board Games
Every Friday 9:30 -11:30 am
Learn a fast moving game played with numbered tiles or come play scrabble or a board game.

ProBiotics 101
Tuesday, March 8, 11:30am-12:30 pm
Learn how to improve intestinal flora balance, inhibit harmful bacteria, and promote good digestion. Join La Chelle Miller, Registered Dietitian from Essex Green ShopRite.

Art History Lectures
Monday, March 14, 9:30-10:30 am Leonardo da Vinci
Wednesday, May 4, 9:30-10:30 am James Whistler

AARP Smart Driver (Registration Required)
Wednesday, March 30, 9:00-3:00 pm
Learn defensive driving techniques, safety strategies, and new traffic laws. Check with your insurance company about receiving a 3 year premium deduction for completing course. Day of course pay by check payable to AARP
Fee: $15 AARP Members (Bring AARP Card)
$ 20 non AARP Members
To register contact Carol Kearney 973-415-6131 or ckearney@montclairymca.org by March 23

Fight Against Osteoarthritis with Movement
Wednesday, April 6 9:30 am
Dr. Daniel Kane, Physical Therapist, from JAG Physical Therapy will provide you with strength, cardiovascular, and flexibility exercises to prevent and avoid pain associated with osteoarthritis.

Mini Health Assessment
Tuesday, April 19, 9:30-11:45 am
Seton Hall University nurses will check your heart rate, blood pressure and listen to your lungs.

Natural Spring Cleaners
Tuesday, April 12, 11:30am -12:30 pm
Toxins can be hard to avoid. Learn how to look for Earth Friendly Cleaners in the store and how do-it-yourself cleaners can reduce toxins in your home. Join La Chelle Miller, RD from Essex Green Shoprite.

Music Concert
Monday, May 9, 10:00 am
Join Ernestine Galloway (soprano), Melvin Greenwich (cello), and a guest on the keyboard.

Luncheon Program
Tuesday, May 17, 12:15 pm
Travels to Greenland. Join Isa and Paul Allersmeyer. Bring a sandwich. Dessert is provided. Fee $4

YMCA Senior Center
Monday through Friday 8:00am -1:30 pm
The Senior Center provides a place for seniors to chat with friends, attend lectures, celebrate monthly birthdays, learn a new game, join book discussions and current events groups. Pick up a monthly calendar listing the events at the front desk.
FOR HEALTHY LIVING
Improving the nation’s health and well-being

RACQUETBALL • HANDBALL • SQUASH
OPEN COURT TIMES FOR FULL MEMBERS
All racquets must have wall guards and wrist straps.
Goggles must be worn at all times. Paddles not
allowed on courts. Youth members must be
accompanied on court by a parent or another adult.

Reservations for court times:
45 minutes for racquetball
60 minutes for squash

- Reservations may be made during business
hours by calling 973-744-3400.
- Reservations may only be booked two weeks
in advance.
- Reservations are to be made by only one
member of each group.
- A member may not reserve more than one
block of time in advance. Example: Member
plans to play on Tuesday and Wednesday—
must play on Tuesday and then reserve for
Wednesday.
- Members may only play back to back
reservations after their initial reserved time
if no one else is scheduled to play.

COURT TIMES
Monday through Friday
5:15 a.m.–10:00 p.m.
Saturday and Sunday
7:00 a.m.–7:00 p.m.

INDOOR SOCCER
For Adults only (18+). Smaller goals and a softer ball will be
used to keep the games interesting. Indoor soccer is a great
way to stay fit and socialize with other soccer-loving adults!
Ages 18 and over Tuesday 8pm–10pm

ADULT BASKETBALL
Refer to Gymnasium Recreation Schedule listed below for days,
times and age requirements. Only members are permitted
to play. Guests are not permitted to participate in Adult
Basketball.

WOMEN’S BASKETBALL
For Women Members only. Adult Membership required. All skill
levels welcomed.
Thursday 8:00–10:00 p.m.

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<th>Activity</th>
<th>Sunday</th>
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<tr>
<td>Adult Basketball</td>
<td><strong>10:30 a.m.–1:00 p.m.</strong></td>
<td><em>12 noon–1:30 p.m.</em></td>
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<td>Adult Soccer</td>
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<td>Women’s Basketball</td>
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<td>Youth Open Gym</td>
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<td>Teen Open Gym</td>
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<td>2:30–3:40 p.m.</td>
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<td>7:30–10:00 p.m.</td>
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<td>must be a current team</td>
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<td>Family Gym</td>
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<td>No full court games</td>
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- Parents must remain in the building for children under 10.
- Birthday Parties may be scheduled from 4-5 p.m. on Saturdays in the gym.
- Youth Open Gym is for youth members only ages 8–12.
- Teen Open Gym is for teen members only ages 13–17.
- Young Adult and Adult members are not permitted during youth and teen gym times.
- The YMCA of Montclair reserves the right to make schedule changes when necessary. Notification of any changes will be
made available whenever possible.
The YMCA of Montclair thanks Investors Bank of Montclair for supporting the 1891 Community Gala fundraiser. Their support of our mission and all of our programs is a reflection of their commitment to the Greater Montclair Community. To learn more about Investors Bank go to www.myinvestorsbank.com