Our brochure is now interactive! You can now register for many of your favorite programs directly from this brochure. Simply click on the arrow buttons and you will be brought directly to that category or program’s online registration page. Highlighted links, page numbers and email addresses are also clickable.
As a not-for-profit organization, the Y is dedicated to strengthening community with a focus on Youth Development, Healthy Living and Social Responsibility. Every day, we see lasting personal and social growth happen by working together, side-by-side with our neighbors. At FSPY, we believe we have something special - a sense of community – and that everyone should have the opportunity to be healthy, confident, connected and secure. While our programs and services are based on the unique needs and interests of our community, our people is what makes us US. The Y members, staff, volunteers and donors are all united by a deep commitment to strengthening our community.

Jessica Graham-Serna was diagnosed with Multiple Sclerosis on June 9, 2012 and her life completely changed. She could no longer work, she couldn’t drive, her vision worsened and she began to have issues with her balance. She was going to Kessler Rehabilitation Center for a clinical trial and someone told her about the MS Water Exercise Program at the Fanwood-Scotch Plains YMCA. “I had heard that water helps MS a lot. I didn’t want to do it at first, but I joined and couldn’t believe how amazing it was and how the aquatic exercises help to relieve the pain. I love the teacher, Ann Marie Peterson, she’s so wise about MS and the symptoms. I can be having pain and it’s amazing how the water relieves it. It’s the best, you feel so much better after. You also meet other people with MS; the Y is now like my second home where I also come to socialize.”

Clara Masback was at a meeting for the Student Movement Against Cancer (SMAC) at Scotch Plains-Fanwood High School during her freshman year when she first learned of the LIVESTRONG® at School Program organized by FSPY. She was automatically interested, having lost her mother to cancer the previous summer. “To me, it’s very important that kids hear about cancer. Through the LIVESTRONG® at School Program we go to local elementary and middle schools and educate students about cancer and how it affects people. I really like working with young kids. The first question we ask is, do you know someone affected by cancer, and 90% raise their hand. I’m always impressed by how much they know and how they’re eager to learn more. One of my favorite topics is how to make an impact on someone with cancer. We show them it’s as simple as fundraising, going to see a loved one in the hospital, or giving them a gift or a card. They get inspired by it, seeing they can do something to help.” Now a junior, Clara was recently awarded FSPY’s 2018 Youth Volunteer Award.

Erik Christophersen retired in 1999 and was looking for activities to participate in when he learned about SWIM, Inc. (Specialized Water Interest Movement), a non-profit organization that provides safe environments for adults with impaired mobility to participate in aqua exercise. A local chapter was hosting classes in FSPY’s pool and he decided to help with the volunteer-run group once a week. “I started with SWIM, Inc. 8 years ago. I’ve always loved swimming and boating, I’m drawn to the water. I also liked that this group was run by volunteers and it’s free for those who participate. It’s for anyone who has compromised mobility, people with MS, arthritis, Parkinson’s, people missing limbs. It gets them in the water and moving. Most of these people can’t do land exercises and it gets them out of the house for the day; after the pool, we go to the café at the Y and socialize. I joined the Y as a member about a year after starting with SWIM, Inc. I go every day to the Wellness Center and spend an hour on my exercise routine, in addition to still volunteering once a week in the pool. This is the best I’ve felt since I retired 19 years ago. This keeps me going.”
MEMBERSHIP FOR ALL

The Fanwood–Scotch Plains YMCA is proud to offer financial assistance for those who qualify. Funding is provided from donations to our Annual Campaign. Confidential applications are available at our Welcome Center or online at fspymca.org.

Y VOLUNTEER

The YMCA is a volunteer-led and volunteer-based organization. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your community. Become a Y volunteer, get involved and create lasting memories while sharing your unique talents. For more information, please contact Sheri Cognetti at 908–889–8880 or scognetti@fspymca.org.

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<table>
<thead>
<tr>
<th>Session</th>
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**TRY THE Y WEEK – DEC. 31, 2018 – JAN. 6, 2019**

**NOW REGISTRATION BEGINS ON SATURDAYS IN-PERSON AND ONLINE AT 6:30 AM.**

**CONNECT WITH US!**

Learn the latest happenings at FSPY

- Facebook: [Facebook.com/fspymca](https://www.facebook.com/fspymca)
- Instagram: [@FSPYINSTA](https://www.instagram.com/fspymca)
- Download our new mobile app on your phone

**1340 Martine Avenue**

Scotch Plains, NJ 07076

Tel. 908-889-8880

**HOURS OF OPERATION**

Monday–Friday 5:00am–10:30pm

Saturday & Sunday

6:30am–7:30pm

The Fanwood-Scotch Plains YMCA is closed on:

- Christmas Day
- Easter
- Memorial Day

We will close at 3:00pm on:

- Christmas Eve

We will close at 6:00pm on:

- New Year’s Eve

We will be open 11:00am–4:00pm on New Year’s Day

fspymca.org

Check out our website for program, gym, pool and fitness schedules, upcoming events and online registration/payments.
FULL MEMBERSHIP INCLUDES
• Activities for the entire family
• Over 150 free group exercise classes (land and water), including mind-body, cardio and strength classes
• Priority registration for programs and classes
• Member pricing for specialized programs, classes, preschool, childcare and camps
• Guest pass privileges
• Free wellness seminars and events
• Nationwide Y membership (see page 6 for details)
• Orientation session in our Wellness Center (see page 34 for details)
• Child Watch
• Recreational adult basketball and volleyball, as well as Men’s Basketball League
• Lap swimming and open swim available in two pools throughout the day (select hours apply)

OUR FACILITY FEATURES
• Two-story Wellness Center including cardio equipment, strength machines and free weights
• Two heated 25-yard indoor pools
• Whirlpool and sauna
• Air-conditioned gymnasium
• Adult-only locker rooms
• Family and youth locker rooms
• Accredited Preschool and Summer Camp programs

Child Watch: Free to members, for children 4 months and older. While parents work out, swim or participate in one of our fitness classes, they can drop off their child at our Child Watch located off the main lobby. Attendance is on a first-come, first-served basis, with a 1.5 hour time limit. If there are no children in need of babysitting during the last half hour, the Child Watch will close early.

Daytime Hours:
Monday – Friday: 8:30am – 1:30pm
Saturday: 8:00am – 1:00pm
Sunday: 9:00am – 12:00pm

Evening Hours:
Monday – Thursday: 5:00pm – 8:00pm

MEMBERSHIP CATEGORIES

FULL MEMBERSHIP
Full members can participate in most classes and use the facility. Includes member pricing for programs and camps, along with earlier member registration dates.

FULL MEMBERSHIP CATEGORIES
FAMILY: Two adults within the same residence and children 21 years of age and younger.

ADULT: Age 18-61

SENIOR COUPLE: 2 Adults (Both age 62 and over)

SENIOR ADULT: Age 62 and over

COLLEGE: Age 18-22 with Student I.D.

YOUNG ADULT: Age 14-17, must use youth locker rooms

YOUTH MEMBERSHIP
Children 13 years of age and under can become Youth Members to register during earlier member registration dates and pay member fees for programs and camp. Youth members only have access to the facility for the classes in which they are registered.

PROGRAM MEMBERSHIP
Youth 17 and under can become program members (or full members) to participate in classes. Program members only have access to the facility for the classes in which they are registered. Good for one year. Program Membership is non-refundable.

7TH GRADE MEMBERSHIP
7th Graders in our service area can enjoy a free membership including open gym and open swim. Includes participation in programs at our member rate or free programs that are offered for their age group.

JOINER’S FEE
A one-time Joiner’s Fee will be charged upon signing up for a full membership. Keep your membership current and never pay another Joiner’s Fee.

Membership fees are non-refundable.

MEMBERSHIP CATEGORIES | MONTHLY FEE | JOINER’S FEE
--- | --- | ---
FAMILY | $99.00 | $100.00
ADULT | $66.00 | $75.00
SENIOR COUPLE | $79.00 | $50.00
SENIOR ADULT | $56.00 | $50.00
COLLEGE | $46.00 | $25.00
YOUNG ADULT | $38.00 | |
YOUTH | $33.00 | |
PROGRAM MEMBER | $136 (annually) | |

Please note: The first-month’s payment will be prorated based on the date you join.
Membership ID Cards: All members (adults and children) must present their Y membership card each time they enter the Y building. Replacement cards are $5.00 per card. If a lost/stolen card is not located after a 10-day grace period, a new card is required. After three manual entries, a new card will automatically be reprinted and you will be billed the $5.00 fee.

Y Yellow Card: Adults associated with a Youth, Young Adult or Program Membership will receive a yellow Y Card that must be scanned every time they enter the facility. A Yellow Card only provides access to enter the building and does not allow use of the facility or participation in classes.

Swimming Dress Code: Proper bathing attire includes a bathing suit that contains an inside liner. Gym clothes, leotards and disposable diapers are strictly prohibited. Children not toilet-trained must wear swimming diapers. We strongly suggest that bathing caps be worn for members whose hair is past their chin.

Adults Swim Only: For full members 18 years of age and older. Lap lanes are for continuous lap swimmers; all other swimmers are to use the non-lap section, including those wearing aqua joggers and/or using exercise equipment. All non-swimmers must stay in the shallow end.

Open Swim: For full members, including those under the age of 18. Lap lanes and non-lap are used. Swimmers under the age of 8 must have adult supervision on the pool deck. Swimmers requiring flotation must have adult supervision in the water within arm’s reach. Swimmers between the ages of 8-12 must have adult supervision within the building. Every swimmer under the age of 14 will be tested for swimming ability. In order to pass the deep-end test, one must be able to swim 25 yards without flotation and tread water for one minute. If successful, swimmers receive a wristband that must be worn every time they swim at the Y. All non-swimmers must stay in the shallow end.

Family Swim: For full member families. No lap lanes are available — strictly open for family fun!

Whirlpool: For full members 18 years+ only. Whirlpool is co-ed.

Gymnasium: Please check the schedule online, on our Mobile App or at the Welcome Center for the Open Gym schedules. Children under the age of 12 must be accompanied by a parent while in the Gym. Children may not be in the Gym while parents participate in an Adult Class.

Wellness Center: The Wellness Center is available to all Full Members age 14 and older (12-13 year olds, please see page 21 for more information on Wellness Center usage). An initial appointment is encouraged before using the Wellness Center equipment. A towel is encouraged at all times. Please observe all regulations regarding equipment usage and time limits on the cardiovascular equipment. 7th and 8th graders may use the Wellness Center any day from 3-5pm after participating in our Teen Wellness program.

Lockers: All members may use a locker while they are in the building. It is strongly suggested that you bring a lock. Tokens for a valuables locker (located in the hall behind the Wellness Center) are available at the Welcome Center. We are not responsible for lost or stolen articles.

Adult Locker Rooms: The Adult Locker Room area is for adults age 18 and older only. Children under the age of 18 must use the Youth Locker Rooms. Saunas are available to members in the Adult Locker Rooms. Parents with children must use the Youth Locker Rooms.

Youth Locker Rooms: Youth Locker Rooms are for individuals under 18. Children 6 and older must use the appropriate locker room. Adults 18 and over must use the Adult Locker Rooms. Adults accompanying children in the Youth Locker Rooms are required to shower in bathing attire. Adult females must use the Girls Locker Room and adult males must use the Boys Locker Room regardless of the gender of the child.

Parking Lot: Safety is everyone’s first concern when it comes to picking up and dropping off your child in the parking lot. The front area is designated for a “stop and drop” and pick-up area. When picking up, please enter through the back of the parking lot (follow the loop all the way to the back). When you see your child at the apron outside, please pull up to the front of the building and pick up, exiting the parking lot straight ahead. If you arrive prior to your child being outside the building, please pull into an established parking spot (not handicapped). Other than drop off or pick up, there is no standing in front of the building.
MEMBERSHIP GUIDELINES

Guest Policy: Guest passes are available. Guests must be accompanied by an adult member, present a valid photo ID and complete a waiver. Full facility members are provided 3 complimentary passes annually to the Y; $10.00 per guest thereafter. Guests are invited to use all areas of the Y with the exception of adult men’s basketball. Limit 2 guests per visit.

Bank Drafts: If you wish to cancel, change membership status, change bank accounts or banks, the YMCA must have 30 days written notice and a change form or termination form must be completed and signed. Your account will be drafted on the 15th of each month.

Credit/Refund Policy:
• Requests for credits must be submitted, in writing, 7 days prior to the start of the session using a Credit Request form (available at the Welcome Center).
• Upon Program Director’s discretion, credits may be issued for medical reasons when in writing and accompanied by a Doctor’s note. Credits will be prorated based on the number of classes attended.
• Credits are not given for closings due to weather or emergency situations.
• All credits are subject to a $10.00 processing fee.
• Class credits are valid for one year from date of issue.
• The YMCA reserves the right to cancel programs due to low enrollment. In the event a program is cancelled, a credit/refund will be available (upon written request).
• All other membership and program fees are non-refundable.

Returned Payment Policy: If a payment (check, EFT) is returned for insufficient funds, a $25.00 processing fee will be charged. If two consecutive or three or more payments are returned within a calendar year, payments must be made in cash or money order. Memberships will be cancelled if the outstanding balance is not paid within 30 days.

Credit Card Return Policy: If your monthly membership credit card payment is returned and the payment is not made within 30 days of the due date, your membership will be terminated.

Make-ups: In order to achieve the maximum benefit from our programs, attendance at every class is highly recommended. Due to the nature of our programs, student-to-instructor ratios and safety, make-up classes are not available.

Weather: During inclement weather, call the Y at 908-889-8880 for updated information, visit fsypymca.org, or download our mobile app for Apple and Android devices to receive push notifications. Make-up classes are not available for facility-wide closures.

Transfers: $5.00 will be charged for transfers from class to class for each time a transfer occurs and for each individual transferred.

Electronic Devices Policy: Due to the photographic capabilities of cell phones and other electronic devices (including iPads), they are banned from use in all locker and restroom areas. Video recorders, cameras, or any other visual recording devices only may be used within the YMCA with the consent of a YMCA Program Director.

Nationwide Membership: Your Y membership now allows you to visit any participating YMCA in the United States and Puerto Rico, at no additional cost. Some restrictions may apply or vary among the participating Ys, so we recommend you call ahead prior to your visit. Visit ymca.net/nationwide-membership to find a participating Y location in the area you are visiting. Just remember that the first time you visit a Y outside of the Fanwood-Scotch Plains YMCA, you will need to sign a waiver and give a photo ID. If you know you are heading out of town, feel free to stop by our Welcome Center and sign the waiver in person.

HAVE A GUEST VISITING OUR Y?
ALL GUESTS MUST PRESENT A STATE/GOVERNMENT-ISSUED PHOTO ID TO ENTER THIS FACILITY.

Your safety is our priority. The YMCA conducts regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access.
SPECIAL EVENTS CALENDAR

**BREAKFAST WITH SANTA**
Don’t miss out on our Breakfast with Santa event. Enjoy breakfast with your family and bring your camera for some memorable moments with Santa.

**SENIOR HOLIDAY PARTY**
Enjoy a holiday celebration with your friends at the Y with food, music and Santa! The festivities kick off at noon.

**NEW! SUPPORTING WELLNESS TOGETHER: YMCA’S WEIGHT LOSS PROGRAM**
Lose weight to win through a combination of facilitator-led discussions on balanced eating, physical activity and healthy lifestyle topics, and the creation of reasonable, attainable goals. Improve your quality of life. Cost is $75 for the 8-week program or bring a friend for 2 for $125. Community/Program Member is $100 for the 8-week session. The program kicks off January 8th at 6:00pm.

**LADIES NIGHT OUT**
Open to the ladies in our community. Come have some fun from 7:00-9:00pm with healthy snacks and activities throughout the Y, which will include massage, chiropractor, special classes and lots of fun. Please register at the Welcome Center.

**ST. PATRICK’S DAY Y ACTIVE ADULT LUNCHEON**
Join us for our annual St. Patrick’s Day potluck luncheon! Time to commune with your fellow Y members and bring out the green. Potluck is from 12-1pm.

**INDOOR TRIATHLON**
Test your limits while supporting a worthy cause. There will be a 20-minute swim, 20-minute bike ride and 20 minute run, starting at 4:30pm. Register by March 11th. You will receive start times. The minimum donation to participate is $25 and all proceeds will go to support LIVESTRONG® at the YMCA for cancer survivors. For more information, contact Donna Peart at dpeart@fspymca.org.

**DIABETES ALERT DAY**
This is a one-day wake-up call to increase awareness of the seriousness of diabetes, especially when diabetes is undiagnosed. We will have screenings and educational information in our lobby and a cooking demonstration in our board room at 12:15pm with our registered dietitian Donna Peart.

**UNITED HEALTHCARE HEALTH BEE**
7th Graders, come and learn how you can have fun and earn prizes for your school in this Jeopardy-style game focusing on health and wellness. Then, join us for your first Middle School Night Out.

**HEALTHY KIDS DAY**
Fun for all ages! We’ll have healthy snacks, games, program demos and much more family fun. Open to members and members of our community.

**UNITED FOR A CAUSE 5K**
Come join the community in a healthy individual or family activity. The 1-mile fun run/walk kicks off at 6:45pm with the 5K at 7:15pm. Funds raised will help support the LIVESTRONG® at the YMCA program and a scholarship for a high school student interested in health and wellness. This event is a collaboration of our Y and the Scotch Plains-Fanwood PTA Council. Visit www.unitedforacause5k.org to register.
**Stage Descriptions**

**Swim Starters**
- Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

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<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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<tbody>
<tr>
<td>A</td>
<td>Water Discovery (Previously Parent/Child)</td>
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<tr>
<td>B</td>
<td>Water Exploration (Previously Perch)</td>
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</table>

**Swim Basics**
- Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
  - Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
  - Jump, push, turn, grab

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<tr>
<th>Stage</th>
<th>Description</th>
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<tr>
<td>1</td>
<td>Water Acclimation (A₁=Previously Pike 1) (A₂=Previously Pike 2) (B=Previously Polliwog 1)</td>
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<tr>
<td>2</td>
<td>Water Movement (A=Previously Eel) (B=Previously Polliwog 2)</td>
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<tr>
<td>3</td>
<td>Water Stamina (A=Previously Ray) (B=Previously Guppy)</td>
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**Swim Strokes**
- Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

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<th>Stage</th>
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<tr>
<td>4</td>
<td>Stroke Introduction (A=Previously Starfish) (B=Previously Minnow)</td>
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<td>5</td>
<td>Stroke Development (B=Previously Fish)</td>
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<td>6</td>
<td>Stroke Mechanics (B=Previously Flying Fish, Shark)</td>
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**Have More Questions?** Our front-desk staff is available to answer any questions about the swim lessons program.
## AQUATICS – PRESCHOOL (6 months – 5 years)

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<td><strong>Water Exploration (2-3yrs)</strong></td>
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<td>Water Acclimation A (3-5yrs)</td>
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<tr>
<td>Stroke Introduction A (3-5yrs)</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
<td></td>
<td>6:00-6:30pm</td>
<td>10:30-11:00am</td>
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</tbody>
</table>

### Price per 8-week session
- **30-minute swim class**
  - **Full Member:** $97 ($85 – Sunday, Spring I & Monday, Spring II)
  - **Program Member:** $155 ($136 – Sunday, Spring I & Monday, Spring II)

For more information, please contact Ellen Daudelin at 908-889–8880 x118 or edaudelin@fspymca.org.

### PRIVATE LESSONS

Private lessons are taught in accordance with the YMCA National Aquatic Guidelines and provide individual attention for those wanting to improve on specific skills in all levels of swimming. Private lessons are available to all swimmers ages 5 and up (including adults and special needs).

Purchase in packages of 4, half-hour lessons.
- **Single** (1 instructor to 1 student): $170
- **Duo** (1 instructor to 2 students): $210

For more information, please contact Maria Rossi at 908-889–8880 x121 or mrossi@fspymca.org.

---

**Make a Splash with Birthday Parties at the Fanwood-Scotch Plains Y**

Let us host your child’s best birthday party ever!

Our pool parties include 45 minutes of swimming followed by 45 minutes of celebrating in our party room. Choose from our all-inclusive or basic packages. See all our birthday party options on page 30.
## YOUTH SWIM LESSONS (6–14 years)

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Acclimation B (6-12yrs)</td>
<td>4:00-4:30pm</td>
<td>5:30-6:00pm</td>
<td>6:30-7:00pm</td>
<td>11:30am-12:00pm</td>
<td>12:00-12:30pm</td>
<td>9:30-10:00am</td>
</tr>
<tr>
<td>Water Movement B (6-12yrs)</td>
<td>4:00-4:30pm</td>
<td>3:30-4:00pm</td>
<td>4:30-5:00pm</td>
<td>5:30-6:00pm</td>
<td>12:00-12:30pm</td>
<td>9:30-10:00am</td>
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<tr>
<td>Water Stamina B (6-12 yrs)</td>
<td>3:30-4:00pm</td>
<td>4:00-4:30pm</td>
<td>4:00-4:30pm</td>
<td>6:00-6:30pm</td>
<td>11:00-11:30am</td>
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</tr>
<tr>
<td>Stroke Introduction B (6-12yrs)</td>
<td>4:30-5:00pm</td>
<td>3:30-4:00pm</td>
<td>6:00-6:30pm</td>
<td>12:30-1:00pm</td>
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</tr>
<tr>
<td>Stroke Development B (6-12yrs)</td>
<td>5:00-5:45pm</td>
<td>3:45-4:30pm</td>
<td>4:45-5:30pm</td>
<td>9:45-10:30am</td>
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<tr>
<td>Stroke Mechanics B (6-12yrs)</td>
<td>5:00-5:45pm</td>
<td></td>
<td></td>
<td>4:45-5:30pm</td>
<td>9:45-10:30am</td>
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<tr>
<td>Piranha Jr (6-8yrs)</td>
<td>5:00-5:45pm</td>
<td></td>
<td></td>
<td>4:45-5:30pm</td>
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<tr>
<td>Piranha (9-14yrs)</td>
<td>5:00-5:45pm</td>
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<td></td>
<td>3:45-4:30pm</td>
<td>12:30-1:15pm</td>
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### Price per 8-week session

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<thead>
<tr>
<th></th>
<th>Full Member</th>
<th>Program Member</th>
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</thead>
<tbody>
<tr>
<td>30-minute swim class</td>
<td>$97 ($85–Sunday, Spring I &amp; Monday, Spring II)</td>
<td>$155 ($136–Sunday, Spring I &amp; Monday, Spring II)</td>
</tr>
<tr>
<td>45-minute swim class</td>
<td>$128 ($112–Sunday, Spring I &amp; Monday, Spring II)</td>
<td>$204 ($178–Sunday, Spring I &amp; Monday, Spring II)</td>
</tr>
</tbody>
</table>

For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fspymca.org.
TEEN AND TWEEN SWIM LESSONS (13–18 years)

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float swim—sequencing front glide, roll, back float, roll, front glide, and exit; and jump, push, turn, grab.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. This class also can help prepare you to successfully complete the lifeguard pre-requisites.

Class Name | Friday | Saturday
--- | --- | ---
Swim Basics Teen/Tween | 4:45–5:30pm | 12:30–1:15pm
Swim Strokes Teen/Tween | | 9:45–10:30am

Price per 8-week session
45-minute swim class
Full Member: $128
Program Member: $204
For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fspymca.org.

ADULT SWIM LESSONS

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. This class also can help prepare you to successfully complete the lifeguard pre-requisites.

Class Name | Wednesday | Friday
--- | --- | ---
Swim Basics Adults (18yrs+) | 8:00–8:45pm | 10:00–10:45am
| 8:45–9:30pm |
Swim Strokes Adults (18yrs+) | 9:00–9:45am | 7:15–8:00pm
| 7:15–8:00pm |

Price per 8-week session
45-minute swim class
Full Member: $128
Program Member: $204
For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fspymca.org.

SCUBA DIVING
Classroom, pool and open water training are used to introduce diving skills in an easy, step-by-step fashion. Small classes make this program enjoyable. The first night is a free introductory session. For more information, please call Ocean Explorers at 732-906-8400. Please do not call the YMCA. Special discounts for YMCA full members.
**ALL AROUND AQUA**
This class utilizes the entire pool for a mix of deep and shallow water exercises. Use a flotation belt for weightless cardiovascular training in the deep end and complete your workout with strengthening and stretching in the shallow end.

**AQUA YOGA**
Develop strength, balance and range of motion in this relaxing, low impact aquatic class. Traditional yoga movements are taken to the water to help you achieve optimal relaxation and renew your body’s energy.

**AQUA AI CHI**
This shallow water workout focuses on deep breathing coordinated with slow, progressive, gentle movement patterns. Ai Chi helps to improve flexibility and balance. Taught by a certified Ai Chi Trainer.

**DEEP WATER CARDIO**
A challenging cardiovascular workout to enhance strength and flexibility with no impact on your joints, as you are suspended in deep water with a flotation belt. Class is designed for those who want to exercise at a high intensity.

**GENTLE SHALLOW WATER**
Specialized for those with arthritis or who are in need of a program to ease back into exercising. Help relieve the pain and stiffness of arthritis and improve range of motion by gently moving each joint in the water.

**SHALLOW WATER WORKOUT**
This moderate intensity class incorporates aerobic interval training, stretching and strengthening exercises.

**H2O RUNNING**
Runners and non-runners alike can enjoy this high intensity workout that includes no-impact running in the deep end (with the use of a flotation belt) that will increase your cardiovascular endurance while reducing the chance of injury.

**LATIN SPLASH**
Low-impact, high-energy aquatic exercise to add to your fitness routine. Water makes every step more challenging and helps tone your muscles. No swimming skills necessary.

**MULTIPLE SCLEROSIS WATER EXERCISE PROGRAM**
If you’re living with MS, this water exercise program may help with building strength and enhancing your quality of life. Improve cardiovascular fitness, range of motion, endurance, flexibility, balance and relieve your MS-related fatigue. Taught by a certified National Multiple Sclerosis Society Instructor. Please see page 38 for land component to this program.

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**AQUATIC FITNESS**

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Around Aqua</td>
<td>8:30-9:15am</td>
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<td></td>
<td>9:00-9:45am</td>
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<tr>
<td>Aqua Yoga</td>
<td></td>
<td>8:15-9:00am</td>
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<tr>
<td>Ai Chi</td>
<td></td>
<td>8:15-9:00am</td>
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<tr>
<td>Deep Water Cardio</td>
<td>8:05-9:00pm</td>
<td>9:00-9:55am</td>
<td>8:05-9:00pm</td>
<td>9:00-9:55am</td>
<td>8:05-9:00pm</td>
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<tr>
<td>H2O Running</td>
<td></td>
<td>9:00-9:45am</td>
<td>9:00-9:45am</td>
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<td>8:05-9:00pm</td>
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<tr>
<td><em>Multiple Sclerosis Water Exercise</em></td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
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<tr>
<td>Shallow Water Workout</td>
<td>9:00-9:55am</td>
<td>9:00-9:55am</td>
<td>9:00-9:55am</td>
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<tr>
<td>Gentle Shallow Water</td>
<td>1:00-1:55pm</td>
<td>9:00-9:55am</td>
<td>1:00-1:55pm</td>
<td>9:00-9:55am</td>
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*Full Member: Free*
The Multiple Sclerosis Water Exercise Program is Open To Community (OTC):
$49 per 8-week session for one class per week ($43, Monday, Spring II Only)
For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fspymca.org.
AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID, CPR AND AED
This course will prepare you to recognize and care for a variety of first aid, breathing and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed internet connection. Allow approximately 2 hours and 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult/Pediatric First Aid, CPR and AED valid for two years.

AMERICAN RED CROSS BABYSITTING AND CHILD CARE
To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic child care and basic first aid. The recommended age for this course is 11-15 years old. The course will be held February 18th from 9:00am-3:00pm and April 16th from 9:00am-3:00pm.

AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID, CPR AND AED SCHEDULE

<table>
<thead>
<tr>
<th>Course</th>
<th>Jan.</th>
<th>Feb.</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
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<tbody>
<tr>
<td>Online Learning</td>
<td>OPEN</td>
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<td>4:30-5:30pm</td>
<td>4:30-5:30pm</td>
<td>4:30-5:30pm</td>
<td>1:45-3:00pm</td>
<td>1:45-3:00pm</td>
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ARC Adult and Pediatric First Aid, CPR & AED
Full Member: $60
Community Member: $80

ARC CPR/AED Only
Full Member: $35
Community Member: $45

ARC First Aid Only
Full Member: $35
Community Member: $45

ARC Babysitting and Childcare
Full Member: $60
Community Member: $75

For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fspymca.org.
AMERICAN RED CROSS LIFEGUARDING - FULL COURSE
American Red Cross lifeguard training certifies participants in Lifeguarding, CPR/AED, First Aid, Emergency Oxygen and Bloodborne Pathogens training. We offer a classroom setting where participants will review all material with the instructor in the classroom or a blended learning setting where participants complete the materials on their own prior to the start of the course. Participants in the blended learning setting will attend the scheduled classes in order to demonstrate skills and complete the written test. The blended learning course is an intense course. Participants are expected to register for the pre-course (physical assessment) prior to registering for the full course. Upon successful completion of the pre-course, the instructor will notify those participants who meet the minimum requirements to register for the full course. Participant should be at least 15 years of age. For more information, please contact Johan Mora-Valverde at jmoravalverde@fspymca.org.

AMERICAN RED CROSS LIFEGUARDING RECERTIFICATION
Renew and update your Lifeguard Certification. The recertification process includes Lifeguarding and First Aid, CPR/AED, Oxygen Administration, practical and written exams. You must come already prepared to show your skills and pass examinations. Requirements: 17 years or over, possess a current Red Cross certificate for Lifeguards/First Aid/CPR/AED and complete the pre-course session.

AMERICAN RED CROSS LIFEGUARDING CLASSROOM LEARNING SCHEDULE

<table>
<thead>
<tr>
<th>Course</th>
<th>Jan.</th>
<th>Feb.</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
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</thead>
<tbody>
<tr>
<td>Lifeguard Pre-Course</td>
<td>1/16</td>
<td>2/20</td>
<td>3/27</td>
<td>4/24</td>
<td>5/22</td>
<td>6/26</td>
</tr>
<tr>
<td>Assessment (15yrs+)</td>
<td>4:30-6:30pm</td>
<td>4:30-6:30pm</td>
<td>4:30-6:30pm</td>
<td>4:30-6:30pm</td>
<td>4:30-6:30pm</td>
<td>4:30-6:30pm</td>
</tr>
<tr>
<td>Lifeguard Full Course</td>
<td>1/18, 4pm-8pm</td>
<td>2/22, 4pm-8pm</td>
<td>3/29, 4pm-8pm</td>
<td>4/26, 4pm-8pm</td>
<td>5/24, 4pm-8pm</td>
<td>6/28, 4pm-8pm</td>
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<tr>
<td>(15yrs+)</td>
<td>1/19, 8am-5pm</td>
<td>2/23, 8am-5pm</td>
<td>3/30, 8am-5pm</td>
<td>4/27, 8am-5pm</td>
<td>5/25, 8am-5pm</td>
<td>6/29, 8am-5pm</td>
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<td></td>
<td>1/20, 8am-6pm</td>
<td>2/24, 8am-6pm</td>
<td>3/31, 8am-6pm</td>
<td>4/28, 8am-6pm</td>
<td>5/26, 8am-6pm</td>
<td>6/30, 8am-6pm</td>
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<tr>
<td>Recertification (15+yrs)</td>
<td>8:00am-6:00pm</td>
<td>8:00am-6:00pm</td>
<td>8:00am-6:00pm</td>
<td>8:00am-6:00pm</td>
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Lifeguarding Training - Full Certification
Pre-Course: $20
Member: $350
Community Member: $400

Lifeguarding Training Recertification
Pre-Course: $20
Member: $180
Community Member: $200

JOIN OUR TEAM!

We’re hiring:
Lifeguards
Swim instructors
Water exercise instructors
Deck supervisors
Gymnastics is a fun way for a child to develop motor skills, self-esteem, self-discipline and coordination – and the YMCA is a great place for children of all ages! Providing the foundation for fitness and the fundamentals of movement, gymnastics prepares a child for participation in all sports and provides lifelong benefits to its participants. All classes follow the YMCA of the USA Progressive Skills Program and USAG Safety Guidelines. Our caring teachers encourage each gymnast to progress at their own pace – whether their goal is to someday be a competitive gymnast or just have fun!

**PARENT/CHILD & PRESCHOOL GYMNASTICS**

**PARENT/CHILD**

**MY FRIEND & ME** *(WALKING – 3.5 YEARS)*
Hanging, swinging, rolling, balancing and jumping are all fun ways to develop gross-motor skills and your toddler will love exploring the gym – especially with you! Circle time brings songs, finger play, parachute play and bubbles into the fun, along with social interaction.

**My Friend & Me** *(walking – 3 year olds)*
**My Friend & Me 1** *(walking – 2 year olds)*
**My Friend & Me 2** *(2+ years)*

**READY, SET, GYMNASTICS** *(AGES 2.5 – 3.5)*
Learning to follow the circuits with your guidance, while being introduced to new gymnastics tricks and skills, helps children develop confidence and agility while having fun. This class is designed to help children transition smoothly to gymnastics on their own as they get older.

**PRESCHOOL GYMNASTICS**
These fun and exciting classes offer age-appropriate gymnastics activities that utilize the vault, uneven bars and balance beam, as well as special mats and equipment for developing gymnastic skills. The circuits in our classes are designed to help young children refine gross-motor movements while improving strength, balance and coordination as well as skill development. They provide an excellent foundation for our Gymnastics Program.

**Mini Gymnasts (3/4s):**
Gymnastics classes for 3 and 4 year olds

**Little Gymnasts (4/5s):**
Gymnastics classes for 4 and 5 year olds

**Mighty Gymnasts (5/6s):**
Gymnastics classes for 5 and 6 year olds

**GYMNASTICS/DANCE COMBO (AGES 3 – 5)**
This class is designed as an introduction to both gymnastics and dance for ages 3–5. The first ½ hour is in the gymnastics gym, then teachers will escort students to the dance studio for ½ hour of dance.

*Child care, Preschool and Lunch Bunch participants: We will come to your gymnast’s class and pick them up. Please be sure to let Directors know if you would like this service.

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**Class Name** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
--- | --- | --- | --- | --- | --- | ---
**Mini-Gymnasts (3-4yrs)** | 12:35-1:20pm | 9:00-9:45am | 9:55-10:40am | 9:55-10:40am | 11:45am-12:30pm | 9:45-10:30am
| 1:30-2:15pm | 11:45am-12:30pm | 12:45-1:30pm | 12:45-1:30pm | 1:40-2:25pm | 9:45-10:30am
| **Gym/Dance Combo (3-5yrs)** | 11:45am-12:30pm | 9:55-10:40am | 10:50-11:35am | 10:50-11:35am | 12:45-1:30pm | 9:45-10:30am
| **Little Gymnasts (4-5yrs)** | 11:45am-12:30pm | 9:55-10:40am | 10:50-11:35am | 10:50-11:35am | 12:45-1:30pm | 9:45-10:30am
| | 12:45-1:30pm | 11:45am-12:30pm | 11:45am-12:30pm | 11:45am-12:30pm | 1:40-2:25pm |
| | | | | | 5:30-6:15pm |
| **Mighty Gymnasts (5-6yrs)** | 1:40-2:25pm | 3:45-4:30pm | 5:30-6:15pm | 5:30-6:15pm | 10:30-11:15am |

**My Friend and Me & Preschool Gymnastics Classes – Price per 8-week session**
Full Member: $103 (Monday Winter & Spring II, $90)
Program Member: $117 (Monday Winter & Spring II, $102)
For more information, please contact Dana Fiore at 908-889-8880 x128 or dfiore@fspymca.org.
YOUTH GYMNASTICS (GRADES 1 AND UP)
Our gymnastics classes provide an opportunity to learn gymnastics skills on all four events of women’s gymnastics. Gymnastics is an excellent way to develop a life-long fitness habit and have fun increasing strength, agility, confidence and much, much more! Classes are divided by skill level; gymnasts are advanced as they attain skill mastery on all four events.

ROLLERS (GRADES 1-8)
Beginner and advanced beginner gymnasts.

10 & OVER ROLLERS
Beginning gymnasts interested in being in a group specifically for those 10 and over.

SWINGERS (GRADES 1–12)
Intermediate and advanced intermediate gymnasts.

KIPPERS (GRADES 1–12)
Advanced skill level gymnasts

FLIP FLOPS (teacher recommendation)

JUST FLOOR! (GRADES 1 – 12)
This is a tumbling class for those looking to work exclusively on floor skills.

Class Name Monday Tuesday Thursday Friday Saturday
Rollers (1–8 grade) 3:45-4:45pm 5:30-6:30pm 6:15-7:15pm 3:30-4:30pm 11:30am-12:30pm
Rollers (10 & over) — — — 3:30-4:30pm —
Swingers (1–12 grade) 5:30-7:00pm 7:00-8:30pm 12:00-1:30pm
Kippers (1–12 grade) — 7:00-8:30pm 12:00-1:30pm
FlipFlops (recommendation only) 3:30-5:30pm — — 2:45-3:30pm
Just Floor! (1–12 grade) — — — — 2:45-3:30pm

COMPETITIVE GYMNASTICS
Many girls aspire to be on our gymnastics teams. The best way to become a team member is through our Youth Gymnastics program. As gymnasts advance through the classes, they are learning the skills needed on all four events. We have 3 levels of competitive gymnastic teams. Our A Division gymnasts compete USAG Level 8 & 9 Rules. These gymnasts qualify to compete at the National level. B Division is our intermediate level team, competing Level 6 & 7 Rules and also may have an opportunity to qualify for advanced meets. Finally, our C Division, beginning team, competes USAG Xcel Gold.

Youth Gymnastics Classes - Price per 8-week session
Rollers Full Member: $109 (Mon. Spring II, $95) Program Member: $125 (Mon. Spring II, $109)
Swingers & Kippers Full Member: $134 Program Member: $157
Flip Flops Full Member: $154 Program Member: $180
Just Floor Full Member: $103 Program Member: $117
For more information, please contact Dana Fiore at 908-889-8880 x128 or dfiore@fspymca.org.
GYM GAMES (AGES 3-5)
Your child will play many different games and sports. From sharks and minnows to turtle tag and on and on, games are designed to get your child moving and having a great time while playing and experiencing fun new games and sports. These are the games played on the playground and in gym classes – give your child a head start!

PRESCHOOL BASKETBALL (AGES 3-5)
Learn the fundamentals while having fun. Your child will learn to dribble, shoot and pass while having a great time playing different games and drills. Available Winter Session Only.

PRESCHOOL FLOOR HOCKEY (AGES 3-5)
This class will focus on teaching skills through fun drills and games. Your child will learn the fundamentals of floor hockey in a safe environment. Available Spring I Session Only.

PRESCHOOL T-BALL (AGES 3-5)
Your child will learn how to run, catch, throw and hit through various fun drills and games. Learn the fundamentals while having fun. Available Spring II Session Only.

GYM NINJA (AGES 3-5)
Does your child love to climb, jump and tumble? Join us for our own version of America Ninja Warrior in the Gymnastics Gym! This program combines FUN obstacles with gymnastics skills. Your child will gain confidence while training to become a Ninja Warrior!

MINI NINJA WARRIOR (AGES 3-5)
Does your child love to climb, jump and tumble? Join us for our own version of America Ninja Warrior! This program combines FUN obstacles with athletic conditioning. Your child will develop confidence, a love for fitness and strength...all while having FUN!!!

PRESCHOOL TAE KWON DO (AGES 4-5)
This class is designed to introduce children to Martial Arts. The class will teach children coordination, focus, discipline and self-confidence while having fun.

---

Class Name | Tuesday | Wednesday | Thursday | Friday
---|---|---|---|---
Gym Games (3-5yrs) | 12:45-1:30pm | | W 12:45-1:30pm | 
Preschool Basketball (3-5yrs) | | W 12:45-1:30pm | | 
Preschool Floor Hockey (3-5yrs) | | SI 12:45-1:30pm | | 
Preschool T-Ball (3-4yrs) | | SI 12:45-1:30pm | | 
Gym Ninja (3-5yrs) | 10:45-11:30am | | | 12:45-1:30pm
Mini Ninja Warrior (3-5yrs) | | | | 
Preschool Tae Kwon Do (4-5yrs) | | | 3:30-4:15pm |

Preschool Sports Classes – Price per 8-week session
W= Winter Only SII=Spring II Only
Full Member: $80 (Mon. Spring II, $70)
Program Member: $87 (Mon. Spring II, $76)
For more information, please contact Taj Belfield at 908-889-8880 x117 or tbelfield@fspymca.org.

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Be a Birthday Party Champ at FSPY!
Let us host your child’s best birthday party ever! Our sports parties include 45 minutes of activity followed by 45 minutes of celebrating in our party room. Choose from our all-inclusive or basic packages. See all our birthday party options on page 30.
NINJA WARRIOR (AGES 5–8)
Does your child love to climb, jump and run? Join us for our version of America Ninja Warrior! This program combines fun obstacles with athletic conditioning. Kids will gain confidence while training to become a Ninja Warrior!

YOUTH SOCCER (AGES 5–8)
Fun and fitness for all levels. The focus is on skill-building, training games, promoting maximum learning and enjoyment, enhanced by a small sided match in each session. Available Spring I & Spring II Sessions Only.

BASKETBALL I (GRADES K–2)
Using basic games and fun drills, your child will learn teamwork, fair play and the basic skills of basketball while preparing them for our basketball season! Available Spring I & Spring II Sessions Only.

YOUTH CHEERLEADING (GRADES K–4)
We got spirit, yes we do, we got spirit, how about you! Come join us for cheerleading fun! You’ll learn chants and sideline cheers, a few stunts and basic tumbling skills and learn a half-time dance. The fun of working with a squad will definitely be included. Winter Session Only.

BASKETBALL II (GRADES 3–5)
More advanced drills will help children improve their dribbling, passing and shooting while preparing them for our basketball season! Available Spring I & Spring II Sessions Only.

YOUTH BASKETBALL (AGES 5–8)
Using basic games and fun drills, your child will learn teamwork, fair play and basketball skills while preparing them for our basketball season. Available Winter Session Only.

YOUTH TAE KWON DO (AGES 6–8)
Korean Karate/Self Defense. We teach the traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. All are encouraged to attend. We teach Tae Kwon Do in a friendly, respectful atmosphere.

YOUTH FLOOR HOCKEY (AGES 5–8)
This class will focus on teaching skills through fun drills and games. Your child will learn the fundamentals of floor hockey in a safe environment. Available Spring I Session Only.

YOUTH T-BALL (AGES 5–8)
Your child will learn how to run, catch, throw and hit through various fun drills and games. Learn the fundamentals while having fun. Available Spring II Session Only.

ELEMENTARY SPRING TRACK IS BACK!
We are offering track for Grades 3 and 4 at McGinn and Evergreen Elementary Schools this Spring. Practices are held Monday and Tuesday at Evergreen and Wednesday and Thursday at McGinn. All practices are from 3:30-4:30pm.
Full Member: $151  Program Member: $174

Youth Sports Classes - Price per 8-week session
W=Winter Only  SI=Spring I Only  SII=Spring II Only  S&I=Spring I & Spring II Only
Youth Sports Classes (45 min.)  Full Member: $80 (Mon., Spring II, $70)  Program Member: $87 (Mon., Spring II $76) For more information, please contact Taj Belfield at 908-889-8880 x117 or tbelfield@fspymca.org.
Ninja Warrior (Grades 4–6)

Does your child love to climb, jump and run? Join us for our own version of America Ninja Warrior! This program combines FUN obstacles with athletic conditioning. Kids will gain confidence while training to become a Ninja Warrior!

Tae Kwon Do (Ages 8–Adult)

Traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. Whether overweight, underweight, coordinated, uncoordinated, shy or assertive, this is a great class for all. Build self-confidence while learning martial arts. We teach Tae Kwon Do in a friendly, respectful atmosphere. Beginners through black belts welcome. Come one, two or all three days! (Sunday-only option available)

Volleyball (Grades 7–10)

Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and scrimmages aimed at developing the whole player. Participants will learn aspects of the game such as passing, setting and serving in a fun atmosphere. Available Winter Session Only.

Middle School Track (Grades 5–8)

Build your endurance and speed. Join our Cross Country running team!

**Scotch Plains-Fanwood school district:** Practice Mondays and Tuesdays at Park Middle School and Wednesdays and Thursdays at Terrill Middle School from 3:00–4:15 pm.

**Clark school district:** Practice Tuesdays and Thursdays at Kumpf Middle School from 3:00–4:15 pm.

Students are encouraged to come to practice at least 2x a week and are welcome at the other middle schools for practice at any time! YMCA membership is required.

### BASKETBALL LEAGUES

Adult volunteer coaches needed at all levels.

**Kindergarten Basketball:** Kindergarten children will be introduced to the game with skills and drills practice, then scrimmage other kindergarten teams. Practices begin the week of 1/7/19.

Full Member: $87, Program Member: $110

**Youth Basketball League (Grades 1–2):** Everybody plays and everybody wins in this co-ed instructional league. Practice one night a week. Games also will be played once a week. Participants will be notified of their team’s practice location (local schools) by their coaches. Practices will begin the week of 1/9/19. Team assignments will be given the week before.

Full Member: $140, Program Member: $162

**High School Basketball in-House League (Grades 9–10):**

Do you miss “rec” basketball after middle school? Well here it is! League will begin with scrimmages 12/15 & 12/22 - teams will then be assigned. Games will begin 1/5/2019 through 3/9/2019. Saturday evenings at the Y.

Full Member: $109, Program Member: $125.

For more information, please contact Taj Belfield at 908-889-8880 x117 or tbelfield@fspymca.org.

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### TEEN AND Tween SPORTS & BASKETBALL LEAGUES

**7th Grade Initiative**

The 7th Grade Initiative program provides opportunities for fitness and sports and the opportunity to socialize with peers in a safe, supervised and conveniently located environment.

This special free membership is available to 7th graders in Clark, Fanwood and Scotch Plains.

Membership is effective for incoming 7th graders beginning June 22, 2018.

### Class Name | Monday | Tuesday | Thursday | Sunday
--- | --- | --- | --- | ---
Ninja Warrior (Grades 4–6) | 5:00–5:45pm | | | |
Tae Kwon Do (Byrs–Adult) | 6:00–7:00pm | 6:00–7:00pm | 9:00–10:00am* | |
Volleyball (Grades 7–10) | W 5:00–6:00pm | | | |

### Teen & Tween Sports - Price per 8-week session

**W=Winter Only**

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Full Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ninja Warrior</td>
<td>Full Member: $80</td>
<td>Program Member: $87</td>
</tr>
<tr>
<td>Tae Kwon Do T/Th/Sun</td>
<td>Full Member: $137 (individual)</td>
<td>2 Family Members: $211 each; Additional Family Member: $63 (Spring I, $120 individual; $185, two family members; $56 each additional family member)</td>
</tr>
<tr>
<td>Tae Kwon Do – Sunday Only</td>
<td>Full Member: $69 (Spring I, $61)</td>
<td>Program Member: $81 (Spring I, $71)</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Full Member: $110</td>
<td>Program Member: $120</td>
</tr>
<tr>
<td>Middle School Track</td>
<td>Full Member: $151</td>
<td>Program Member: $174</td>
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</table>

For more information, please contact Taj Belfield at 908-889-8880 x117 or tbelfield@fspymca.org.
ADULT SPORTS

ADULT BASKETBALL M
18 and over. Located in Gym 2. Pickup games.

CO-ED VOLLEYBALL – ALL LEVELS M
Organized pick-up games.

ADULT PICKLE BALL – ALL AGES AND LEVELS M
Racquet sport combining elements of tennis, badminton and ping pong. Played indoors (Gym 2) with a similar court size to doubles badminton. Net height is similar to tennis. Never played – come out and learn a new sport! Join us for these fun pick up games.

ADULT PING PONG
Pick up Ping Pong games for adults.

ADULT BADMINTON – ALL AGES AND LEVELS M
Pick up Badminton games for adults.

TAE KWON DO
Traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. Whether overweight, underweight, coordinated, uncoordinated, shy or assertive, great class for all. Build self-confidence while learning martial arts. We teach Tae Kwon Do in a friendly, respectful atmosphere. Beginners through black belts welcome. Come one, two or all three days! Great family activity for ages 8 and over.

Class Name | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday
--- | --- | --- | --- | --- | --- | ---
Adult Basketball | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm
Co-ed Volleyball | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 8:45-10:30pm
Pickleball | 12:30-2:00pm | 12:30-2:00pm | 12:30-2:00pm | 12:30-2:00pm | 12:30-2:00pm | 12:30-2:00pm
Ping Pong | 8:00-9:30pm | 8:00-9:30pm | 8:00-9:30pm | 8:00-9:30pm | 8:00-9:30pm | 8:00-9:30pm
Badminton | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am | 6:00-8:00am
Tae Kwon Do | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 9:00-10:00am

Adult Basketball, Volleyball, Pickle Ball, Ping Pong and Badminton are free with membership.

Price per 8-week session
Tae Kwon Do
Full Member: $137 (individual) 2 family members $211; each additional family member, $63
(Spring I, $120 individual; $185, two family members; $56 each additional family member)
Program Member: $163 (individual) (Spring I, $143)

Tae Kwon Do – Sunday Only
Full Member: $69 (Spring I, $61)
Program Member: $81 (Spring I, $71)

*December through March, Sunday Tae Kwon Do will be 8:30-9:30am

For more information, please contact Taj Belfield at 908-889-8880 x117 or tbelfield@fspymca.org.

SPECIAL NEEDS PROGRAMMING

At the Y, we believe that people of all abilities should have the opportunity to be healthy, confident, connected and secure. We are dedicated to providing services and programs to meet community needs. The Y strives to support all individuals and families affected by mental and physical challenges. We are currently offering the following programs and are interested in further developing programming to meet community need. Please contact Jennifer Donahue at 908-889-8880 ext.115 or jdonahue@fspymca.org, or Donna Peart at 908-889-8880 ext. 104 or dpeart@fspymca.org, for further information.

We are partnering with the Special Olympics of New Jersey to offer programming to our community.

Be Social is a night out for young adults with special needs. Participants will take part in activities, socialize and have a snack. Be Social provides an opportunity for young adults to interact with their peers in a social setting.

Be Social for Young Adults: First Friday of every month, October through May, 8:00-9:30pm

Young Athletes - Partnering with the Special Olympics of New Jersey to offer programming for children ages 2 to 7.

The Young Athlete program strives to help young children improve gross motor skills, celebrate what your child CAN do, improve social and language skills, learn to play with purpose and develop skills for future participation in sports. All children must participate with a parent or guardian. Young Athletes fees are included in special Olympics Membership.

Class Name | Monday | Tuesday | Wednesday
--- | --- | --- | ---
Young Athletes (2-4yrs) | 4:00-4:45pm | 4:00-4:45pm | 4:00-4:45pm
Young Athletes (4-6yrs) | 8:45-10:30am | 8:45-10:30am | 4:00-4:45pm
Young Athletes (5-7yrs) | 4:00-4:45pm | 4:00-4:45pm | 4:00-4:45pm
**YOGA FOR KIDS (AGES 4–7)**
Geared for students ages 4–7 years old. Learn different mind-body practices and poses and have fun with your friends.

**SILLYCISE (AGES 3–4)**
Fun class designed to get your child moving. Children will play various fitness-based games aimed at getting them up and running and having fun.

**FAMILY BOOTCAMP (AGES 5+)**
Workout with the whole family using a variety of equipment! Children must be accompanied by an adult. Children must be at least 5 years old.

**NEW! TWEEN LATIN DANCE (AGES 9–13)**
Come try out a brand new and fun dance class.

**TWEEN YOGA (AGES 9–14)**
Classes blend breathing, postures and meditation to develop strength, flexibility and overall relaxation.

**COOK! (AGES 9–13)**
Twens will learn basic cooking techniques through the process of following a recipe to food preparation, cooking and presentation. At the beginning of each session, we work together to formulate the menus for the session based on likes/dislikes of the participants. Taught by a Registered Dietitian, the class includes nutrition education. Each student receives a unique recipe book.

**TWEEN CYCLE (AGES 9–13)**
Students in grades 5–8 participate in group indoor cycling combined with strength training. Must be 4'10" tall.

**TEEN WELLNESS (GRADES 7–8)**
This program is available to all 7th and 8th grade students. It gives students the opportunity to learn how to use the equipment in the Wellness Center. The program runs once a week for 8 weeks. At the end of the session, the tweens will be evaluated on the skills they learned. If they demonstrate competence, the Wellness Center is open to 7th & 8th graders any day from 3:00-5:00pm. For more information on Teen Wellness, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.

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**SMART GROUP TEEN WELLNESS**
We are excited to offer a very small group of only two students for a Saturday 11:00-11:30am Teen Wellness session. This time is appropriate for students that have difficulty following multi-step directions, or those with pre-existing medical conditions that would make the larger group setting challenging. A parent or guardian must be present during the class.

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<tr>
<th>Class Name</th>
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<tbody>
<tr>
<td>Yoga For Kids (4–7yrs)</td>
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<td>3:30–4:15pm</td>
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<td>Sillycise (3–4yrs)</td>
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<td>1:30–2:00pm</td>
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<td>Family Bootcamp (5+yrs)</td>
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<td>6:00–6:50pm</td>
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<tr>
<td>Tween Latin Dance (9–13yrs)</td>
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<td>Tween Yoga (9–14yrs)</td>
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<tr>
<td>COOK! (9–13yrs)</td>
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<tr>
<td>Tween Cycle (9–13yrs)</td>
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<tr>
<td>Teen Wellness (7–8 grade)</td>
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<td>4:15pm</td>
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<td>11:00am (small group)</td>
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<td>5:00pm</td>
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**COOK!/Yoga for Kids Price per 8–week session**
- Full Member: $80
- Program Member: $87

Sillycise, Kid Fit, Family Bootcamp, Tween Latin Dance, Tween Yoga, Tween Cycle and Teen Wellness are free to full members or $48 per 8–week session for program members.

For more information, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.
ACHIEVERS PROGRAM
The Achievers program is a college readiness program that inspires youth in high school throughout Union County to become leaders in their community and achieve academic excellence. The program develops positive sense of self, raises academic standards, develops life skills, offers college and career guidance and provides positive role models. Our participants become leaders and role models in their own right and give back to the community. The Achievers Program provides workshops and activities for high school students that encourage positive character and attitude, allowing them to reach their maximum potential. The program includes: professional tutoring, SAT Prep, college readiness, resume/college essay writing workshops, career development, community service projects, mentoring, opportunities for professional shadowing, college fairs/tours, FAFSA/Scholarship workshops and life skills training. College scholarships are available to the participating high school graduates of the program who qualify. For more information, please contact Kate Dudas at 908-889-8880 x125 or kdudas@fspymca.org.

KIDS & MIDDLE SCHOOL NIGHT OUT
Kids Night Out is for children in Kindergarten through 4th grade. It occurs the second Friday of every month, October through May. Have an opportunity to go out without the kids, while they watch a movie, enjoy a pizza dinner and participate in a free swim.

If you’re in 5th-8th grade, have a blast every second Friday of the month at the Y during Middle School Night Out! Join us for open gym, open swim, FIT Room activities and a snack.

Upcoming Dates: Jan. 11; Feb. 8; March 8; April 12; May 10; June 14
FSPY Member: $34 per child
Community Member: $44 per child
For more information, please contact Kate Dudas at 908-889-8880 x125 or kdudas@fspymca.org.

NEW! STEM SERIES
We are excited to introduce our new STEM Series for middle school students.

STEM: Music and Sound:
Winter Session Only. Explore your creative side while learning the basics of computer code. This CS First Club introduces students to computer science and the programming language Scratch. Using a musical theme, students will explore core computer science concepts. Participants will play musical notes, create a music video and build an interactive music display while learning how programming is used to create music. Please note: this is an introductory course for students with little to no coding experience.

STEM: Storytelling
Spring I Session Only. Explore your creative side while learning the basics of computer code. This CS First Club introduces students to computer science and the programming language Scratch. Using a creative writing theme, students use computer science to tell fun and interactive stories. Storytelling emphasizes creativity by encouraging club members to tell a unique story each day. Please note: this is an introductory course for students with little to no coding experience.

STEM: Fashion & Design
Spring II Session Only. Explore your creative side while learning the basics of computer code. This CS First Club introduces students to computer science and the programming language Scratch. In Fashion & Design, students learn how computer science and technology are used in the fashion industry while building fashion-themed programs, like a fashion walk, a stylist tool and a pattern maker. Please note: this is a moderate level course and is suited for students with some previous coding experience.

Each class will run Mondays from 4:45-5:45pm.
FSPY Member: $120 per 8-week session
Community Member: $125 per 8-week session
PARENT/TODDLER CREATIVE MOVEMENT
(AGES 18 MONTHS-3 YEARS)
Toddlers and their favorite adult can jump, hop and march their way into this fun ½ hour class. Toddlers will have a chance to move and dance while listening to nursery rhymes and other fun preschool music, helping to develop their large motor skills. Props and musical instruments add to the fun.

DANCE 101 (AGES 2.5-10)*+
This class is an introduction to basic motor skills and basic ballet. This class is designed to introduce dancers to terminology, music & rhythm and creative movement. This is a non-performing class.

GYMNASTICS/DANCE COMBO (AGES 3-5)*+
This class is designed as an introduction to both gymnastics and dance for ages 3-5. The first ½ hour is in the gymnastics gym, then teachers will escort students to the dance studio for ½ hour of dance.

BEGINNER DANCE (AGES 3-4)*+
This class is an introduction to ballet, jazz, tap and basic motor skills. This class is designed to introduce dancers to terminology, music & rhythm and creative movement.

HIP HOP 101 (AGES 4-5)*+
From the east coast we have breakdancing, and on the west coast they are famous for poppin and lockin. In this high-energy class, get ready to merge together both styles! This class will work on stamina, strength and flexibility as well as tricks, in a safe environment with age-appropriate music and choreography.

BALLET/ TAP (AGES 4-6)*+
This class introduces students to steps at the barre and center. This class is designed to introduce dancers to terminology, music & rhythm, performance technique and creative movement.

* There is always an option for Non Performance Classes (NP) throughout the year. These classes have no end of the year recital and are open for registration all year.

+ Child care, Preschool and Lunch Bunch participants: We will come to your dancer’s class and pick them up. Please be sure to let Directors know if you would like this service.

Non-Performing—Open to all

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Parent/Toddler (18 months-3 yrs)</td>
<td>9:15-9:45am</td>
<td>11:30am-12:00pm</td>
<td>11:30am-12:00pm</td>
<td>9:45-10:15am</td>
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<tr>
<td>Dance 101 (2.5-3yrs) SI &amp; SII</td>
<td>12:30-1:15pm</td>
<td>3:45-4:45pm</td>
<td>5:15-6:00pm</td>
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<tr>
<td>Dance 101 (3-5yrs) SI &amp; SII</td>
<td>10:30-11:30am</td>
<td>12:30-1:30pm</td>
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<tr>
<td>Hip Hop 101 (4-5yrs)</td>
<td>1:45-2:45pm</td>
<td>4:30-5:30pm</td>
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<tr>
<td>Gymnastics/Dance Combo (3-5yrs)</td>
<td>10:50am-11:55am</td>
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Performing—no new registrants for Spring I and II

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Beginner Dance (3-4yrs)</td>
<td>5:30-6:15pm</td>
<td>11:45am-12:30pm</td>
<td>12:30-1:30pm</td>
<td>10:15-11:00am</td>
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<tr>
<td>Ballet/Tap (4-5yrs)</td>
<td>12:00-1:00pm</td>
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<tr>
<td>Ballet/Tap (5-6yrs)</td>
<td>4:30-5:30pm</td>
<td>12:00-1:00pm</td>
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Price per 8-week session

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<thead>
<tr>
<th>Type</th>
<th>Full Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min. class</td>
<td>$70</td>
<td>$78</td>
</tr>
<tr>
<td>45 min. class</td>
<td>$103 (Monday Spring II, $90)</td>
<td>$117 (Monday Spring II, $102)</td>
</tr>
<tr>
<td>60 min. class</td>
<td>$109 (Monday Spring II, $95)</td>
<td>$125 (Monday Spring II, $109)</td>
</tr>
<tr>
<td>Gymnastics/Dance Combo</td>
<td>$109</td>
<td>$125</td>
</tr>
</tbody>
</table>

For more information, please contact Jane Helck at (908) 889-8880 x141 or jhelck@fspymca.org.

MUSIC LESSONS

Our experienced instructors offer private lessons for beginners through advanced musicians! Lessons are held at the Y, scheduled based on availability. Students must have an instrument available at home on which to practice – piano or keyboard for piano lessons.

For more information, contact Jennifer Glander at 908-889-8880 x119 or jglander@fspymca.org.

Piano lessons

- 30 minute lessons - $120 for 4 lessons
- 45 minute lessons - $180 for 4 lessons

Guitar lessons

- 30 minute lessons - $106 for 4 lessons
- 45 minute lessons - $159 for 4 lessons
PERFORMING CLASSES (AGES 6–12)***
Our dance program aims to enhance the creativity of each individual through movement. Our dance classes are designed with a specific syllabus for each level to ensure there is understanding, growth and proper technique taught. The levels consist of Level I-Beginner, Level II-Intermediate and Level III-Advanced. Placement into each level is determined by experience and teacher recommendation. Open level classes are available to everyone.

These classes are technique classes designed to introduce students to steps at the barre, center and across the floor work. In each technique class, the students will develop an understanding of each dance style and build upon it with progressive skills. Dancers will learn terminology, music & rhythm, performance technique, memorization skills and creative movement.

Our performing classes are open from Fall Session until Spring I. In the Spring sessions, the performing classes are closed to new students so that the dancers may begin choreography and work toward an end of the year recital. Attendance and commitment are extremely important.

**Ballet/Lyrical:** Ballet technique is the building block of all dance styles. In this class, students learn terminology, body control, balance and flexibility. Lyrical dance is a narrative style of ballet and Modern dance. Modern dance was created to allow dancers the freedom of expressing themselves through movement interpretation without the confines of equipment. Dancers will learn to use expression and emotion as they perform.

**Tap/Jazz:** Come join this exciting class and get ready to learn the top two leading styles of Broadway dance! Tap consists of Rhythmic and Broadway style, similar to Jazz’s Broadway and modernized styles. Students will learn terminology and technique for turns, leaps and jumps.

DANCE COMPANY (AGES 7–12)
The Fanwood-Scotch Plains YMCA Dance Company is a performing troupe that involves dancers ages 7–12. Company members participate in workshops, competitions and performances throughout the year, learning multiple styles of choreography. Technique classes are also taken by all Company members to continue their proper dance development and education.

For more information on Dance Company, please contact Jane Helck at 908-889-8880 x141 or jhelck@fspymca.org.

*There is always an option for Non Performance Classes (NP) throughout the year. These classes have no end of the year recital and are open for registration all year.

+Child care, Preschool and Lunch Bunch participants: We will come to your dancer’s class and pick them up. Please be sure to let Directors know if you would like this service.

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Performing—no new registrants for Spring I and II</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hip Hop (open level)</td>
<td>6:00–7:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ballet/Lyrical (Level I)</td>
<td></td>
<td>5:45–6:45pm</td>
<td></td>
</tr>
<tr>
<td>Ballet/Lyrical (Level II)</td>
<td>6:30–7:30pm</td>
<td>4:45–5:45pm</td>
<td></td>
</tr>
<tr>
<td>Tap/Jazz (Level I)</td>
<td></td>
<td></td>
<td>6:00–8:00pm</td>
</tr>
<tr>
<td>Tap/Jazz (Level II)</td>
<td>5:30–6:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dance Company</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Price per 8-week session
60 min. class:  Full Member: $109 (Monday Spring II, $95)  Program Member: $125 (Monday Spring II, $109)
For more information, including Dance Company pricing, please contact Jane Helck at 908-889-8880 x141 or jhelck@fspymca.org.
PRESCHOOL
The Y’s state-licensed 2 ½-hour nursery school program runs September to June. Included with the Creative Curriculum and CATCH programs are enrichment classes in music and physical activity, as well as weekly swimming lessons for 3 and 5 day students, all part of the monthly fee.

KINDERGARTEN READINESS PROGRAM
The Kindergarten Readiness program is designed for students who turned 4 years old by 10/1/18 and those students who are older fours, who just missed the kindergarten cut-off date. It is a state-licensed program that runs for 10 months, September - June, that places emphasis on Kindergarten Readiness, utilizing the Creative Curriculum, CATCH and Handwriting without Tears programs. Included in the monthly fee are the following enrichment classes: instructional swim lessons, music, science and physical education.

Preschool and Kindergarten Readiness have the following options:

AM Session: 9:00am -11:30am
PM Session: 12:00pm - 2:30pm

TODDLER PLUS – 2-day classes (T/TH) for children who will be 2 ½ years old. AM class only.

THREE DAY 3s – 3-day classes (M/W/F) for children who turned 3 years old by 10/1/18.

KINDERGARTEN READINESS
4-day and 5-day options only AM or PM classes.

PRESCHOOL AND KINDERGARTEN READINESS
2018-2019 School Year
10 Equal Monthly Payments

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Program Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Day</td>
<td>$240.00</td>
<td>$272.00</td>
</tr>
<tr>
<td>3-Day</td>
<td>$310.00</td>
<td>$354.00</td>
</tr>
<tr>
<td>4-Day</td>
<td>$400.00</td>
<td>$461.00</td>
</tr>
<tr>
<td>5-Day</td>
<td>$460.00</td>
<td>$532.00</td>
</tr>
</tbody>
</table>

$100 non-refundable deposit is due at time of registration.

Pre-School Registration Dates
Returning Families  January 26, 2019
Open Registration   February 9, 2019

CREATIVE CURRICULUM®
All Y Preschool and Child Care programs follow Creative Curriculum®, which is a nationally recognized framework rooted in educational philosophy and theory as well as in practice. The curriculum is composed of core learning areas and takes into account individual interests, the learning environment, how children develop and learn and the role of the teacher.

Please contact Kathy Barros, Senior Director of Child Care Services, at kbarros@fspymca.org for more information, or to set up an appointment for a tour of our Preschool program.
**ANIMAL KINGDOM (AGES 3-5)**
Come and learn all about animals. We will learn about a different animal each class through story, crafts, music and play. Spring II Session Only.

**MESSY FINGERS PRESCHOOL ART CLASS (AGES 3-5)**
Hey, moms and dads! If you aren’t a fan of cleaning up after messy projects, then let your child do them with us. We will be having fun making a mess and getting dirty while we make our own play dough, play with finger paints, try different art techniques and lots more. We provide the materials, and best of all - we clean up the BIG mess. Don’t miss out. Your child is sure to have fun. Spring I Session Only.

**OUTSIDE OF THE CRAYON BOX (AGES 3-5)**
A sensory approach to arts and crafts - the hands-on art projects created in this class will stimulate your child’s creativity and senses using interesting textured materials. Winter and Spring II Sessions Only.

**RECYCLE & CREATE (AGES 3-5)**
Activities will allow students to explore our earth in fun, eco-friendly ways. Crafts will involve recycling, reusing and reducing. Winter and Spring II Sessions Only.

**PRESCHOOL COOKING (AGES 3.5-5)**
Calling all budding chefs...come join us where your child will learn to prepare healthy treats and snacks. The skills developed through these activities include: pre-math, pre-reading, health, safety and nutrition, following direction, cooperation, science and many more. Spring I Session Only.

**PRESCHOOL SCIENCE – WORLD OF WONDERS & DISCOVERY (AGES 3-5)**
Preschoolers are curious by nature and are natural-born scientists. Their curiosity makes this the perfect time to answer questions and help them create an understanding of how the world works. Preschool children will use all their senses to learn in this hands-on class. Spring I Session Only.

**STORYBOOK ART (AGES 3-5)**
Each week, a new story will be highlighted and read to the students. After story time, the children will have an opportunity to bring the story characters to life by creating a special craft project. Winter Session Only.

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### Class Schedule

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Kingdom (3-5yrs)</td>
<td>SII 12:30-1:30pm</td>
<td>SI 12:30-1:30pm</td>
<td></td>
</tr>
<tr>
<td>Messy Fingers (3-5yrs)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outside the Crayon Box (3-5yrs)</td>
<td>SII 12:30-1:30pm</td>
<td></td>
<td>W 12:30-1:30pm</td>
</tr>
<tr>
<td>Recycle &amp; Create (3-5yrs)</td>
<td></td>
<td>W 12:30-1:30pm</td>
<td>SII 12:30-1:30pm</td>
</tr>
<tr>
<td>Preschool Cooking (3.5-5yrs)</td>
<td>SI 12:30-1:30pm</td>
<td>SI 12:30-1:30pm</td>
<td></td>
</tr>
<tr>
<td>Preschool Science (3-5yrs)</td>
<td>SI 12:30-1:30pm</td>
<td>SI 12:30-1:30pm</td>
<td></td>
</tr>
<tr>
<td>Storybook Art (3-5yrs)</td>
<td>W 12:30-1:30pm</td>
<td>SI 12:30-1:30pm</td>
<td></td>
</tr>
</tbody>
</table>

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**PRESCHOOL PROGRAMS - Price per 8-week session**

<table>
<thead>
<tr>
<th></th>
<th>W= Winter Only</th>
<th>SI= Spring I only</th>
<th>SII= Spring II Only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Members</td>
<td>$80</td>
<td>Program Members:</td>
<td>$100</td>
</tr>
</tbody>
</table>

For more information, please contact Kathy Barros at 908-889-8880 x120 or kbarros@fspymca.org.

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We also offer Swim, Gymnastics, Dance, Music and Sports for preschool children. Please view our Index on Page 2 for all our offerings.
FULL-TIME EDUCATIONAL CHILD CARE
Our 12-month program, licensed by the state of New Jersey, is held at our MARTINE AVENUE facility, operating Monday - Friday, from 6:45am to 6:30pm. We provide warm and nurturing care for children ages 3 months-5 years, implementing the Creative Curriculum and CATCH programs. Staff is trained in CPR and First Aid.

Enrichment classes are offered to all students (infants through PreK), and are included in monthly tuition fees. Each week, the children are exposed to: literature from story time, fine arts with music & art classes, and develop their gross motor skills with physical education. The 3s and 4s programs include swim lessons (child must be toilet trained) taught by the Y’s Aquatics Department.

Weather permitting, outdoor play gives your child fresh-air daily. During inclement weather, our mini gym gives the children plenty of room to exercise. We teach the children healthy habits with daily exercise and offer healthy snacks twice a day, along with milk & bottled water for lunch/snack time. In keeping with the Y’s goals, we encourage character development through caring, honesty, respect and responsibility.

The Child Care program also offers limited part-time care in our toddler, 3 and 4 year old classes. This is a great benefit for parents who are able to work from home a couple of days per week, yet need child care on the days that they are needed in the office. Limited two, three, or four days options are available. Our caring staff creates a welcoming environment, making the part-time transition a smooth one for both the parents and child.

Please contact Kathy Barros, Senior Director of Child Care Services, at kbarros@fspymca.org for more information, part-time availability/rates or to set up an appointment for a tour of our Child Care program.

Child Care Registration Dates
Returning Families January 26, 2019
Open Registration February 9, 2019

CHILD CARE MONTHLY FEE SCHEDULE
(FULL-TIME) SEPTEMBER 2018-AUGUST 2019

<table>
<thead>
<tr>
<th>Program</th>
<th>Member</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Care</td>
<td>$1,500.00</td>
<td>$1,743.00</td>
</tr>
<tr>
<td>Toddler</td>
<td>$1,400.00</td>
<td>$1,630.00</td>
</tr>
<tr>
<td>3s/4s</td>
<td>$1,190.00</td>
<td>$1,381.00</td>
</tr>
</tbody>
</table>

Healthy U
The YMCA has formed partnerships throughout the state to bring the very best practices into their afterschool programs. One of these programs is Healthy U. CATCH Kids Club (CKC) brings healthy activity to early childhood students, after-schoolers and community recreation programs for children in grades Pre-K to 5. CKC is composed of nutrition education materials (including snack activities) and physical activity components.
The YMCA has formed partnerships throughout the state to bring the very best practices into their afterschool programs. One of these programs is Healthy U. CATCH Kids Club (CKC) brings healthy activity to after-schoolers and community recreation programs for children in grades K-8. CKC is composed of nutrition education materials (including snack activities) and physical activity components.

**AFTER SCHOOL PROGRAM**
(Partial Care Program Hours Extended)
The state-licensed YMCA School Age Child Care Program is located at all elementary & middle schools in Scotch Plains-Fanwood, from school dismissal until 6:30pm. Our program follows the YMCA of the USA School Age Child Care Curriculum Framework, which includes nine core content areas: Arts & Humanities, Service Learning, Character Development, Health, Wellness & Fitness, Homework Support, Literacy, Science & Technology, Service Learning, Social Competence and Conflict Resolution.

**ELEMENTARY AND MIDDLE SCHOOL CHILD CARE**

<table>
<thead>
<tr>
<th>Member Program</th>
<th>Monthly Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>After School Only - 1 Days/Week</td>
<td>$125.00  $143.00</td>
</tr>
<tr>
<td>After School Only - 2 Days/Week</td>
<td>$222.00  $255.00</td>
</tr>
<tr>
<td>After School Only - 3 Days/Week</td>
<td>$307.00  $353.00</td>
</tr>
<tr>
<td>After School Only - 4 Days/Week</td>
<td>$330.00  $379.00</td>
</tr>
<tr>
<td>After School Only - 5 Days/Week</td>
<td>$383.00  $440.00</td>
</tr>
<tr>
<td>After School Only - Partial Care (until 4:30pm) 5 Days/Week</td>
<td>$233.00  $267.00</td>
</tr>
<tr>
<td>After School Only - Partial Care (until 4:30pm) 4 Days/Week</td>
<td>$196.00  $225.00</td>
</tr>
<tr>
<td>After School Only - Partial Care (until 4:30pm) 3 Days/Week</td>
<td>$154.00  $177.00</td>
</tr>
<tr>
<td>After School Only - Partial Care (until 4:30pm) 2 Days/Week</td>
<td>$113.00  $130.00</td>
</tr>
<tr>
<td>After School Only - Partial Care (until 4:30pm) 1 Day/Week</td>
<td>$64.00  $73.00</td>
</tr>
</tbody>
</table>

*S$100 non-refundable deposit is due at registration.

**BEFORE SCHOOL PROGRAM**
The YMCA offers a state-licensed program that serves families in need of before school care. The program begins at 7:00am and is available to students in the Scotch Plains-Fanwood School District and is located in each elementary school.

<table>
<thead>
<tr>
<th>Program</th>
<th>Monthly Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before School Only - 1 Day/Week</td>
<td>$61.00  $70.00</td>
</tr>
<tr>
<td>Before School Only - 2 Days/Week</td>
<td>$104.00  $119.00</td>
</tr>
<tr>
<td>Before School Only - 3 Days/Week</td>
<td>$150.00  $172.00</td>
</tr>
<tr>
<td>Before School Only - 4 Days/Week</td>
<td>$198.00  $227.00</td>
</tr>
<tr>
<td>Before School Only - 5 Days/Week</td>
<td>$238.00  $273.00</td>
</tr>
</tbody>
</table>

**VACATION FULL DAYS**
This program is offered for grades K-5 on days that the Scotch Plains-Fanwood Public Schools are closed due to holidays or vacation days. Program hours are 7:00am-6:30pm. Drop off and pick up are at the YMCA. On vacation full days, participants will need a bathing suit, towel and brown bagged lunch. Activities vary depending on the day (see below)

**GRADES K-5 ONLY**
Monday, December 24 - Film Festival
Wednesday, December 26 - Animal Awareness Day
Thursday, December 27 - I-Play America
Friday, December 28 - Out of this World
Monday, December 31 - New Year’s Eve Party
Monday, January 21 - MLK Day of Service
Friday, February 15 - Jersey Lanes Bowling
Monday, February 18 - Star Wars Day
Monday, April 15 - Pump It Up
Tuesday, April 16 - Fun Plex
Wednesday, April 17 - Under the Sea
Thursday, April 18 - Jenkinson’s Aquarium
Friday, April 19 - Just Dance

Full Member: $70 per child per day
Program Member: $75 per child per day

**SACC Registration Dates**
Returning Families March 9, 2019
Open Registration March 23, 2019

**SACC Parent Information Night**
January 16, 2019 7:00pm

For more information, please contact Kate Dudas at 908-889-8880 x125 or kdudas@fspymca.org.
Join us for the Best Summer Ever! At FSPY we have camps that all children will enjoy. Our camp brochure is out now! With camps for every age group, children will have a summer to remember!

TRADITIONAL (APPLE SEEDS, LITTLE SPROUTS, DISCOVERY & EXPLORER) DAY CAMP (AGES 3–9)
YMCA Day Camp is filled with fun activities that allow for physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity. We focus on honesty, caring, respect and responsibility in all of our activities, from swimming to arts & crafts, games and sports and STEM education. Day campers will be divided into groups by age with activities appropriate to the interests and needs of each group. Each week has a fun theme.

GYMNASTICS CAMP (GRADES 1–8)
We offer gymnastics camps for school-aged gymnasts and competitive gymnasts. All levels learn skills on all four events of women’s gymnastics.

DANCE CAMP (GRADES 1–8)
Dance camp offers dancers an opportunity to experience numerous different styles of dance. Dance camp is available for school-aged dancers.

EXCURSION CAMP (ADVENTURE/CROSSROADS) (ENTERING 4TH GRADE THROUGH 10TH GRADE)
These camps are for those who want to get away, meet new friends and take trips of a lifetime. Both Adventure Camp and Crossroads Camp will travel weekly to a variety of attractions – amusement parks, local parks, beaches, baseball games and more.

COOK CAMP (GRADES 1–4)
Using the harvest from our garden as inspiration, campers will make snacks and entrees in true farm to table fashion.

BIG TOP Y – A PERFORMANCE CAMP (GRADES K–8)
This camp will combine elements of gymnastics, dance and creativity that will culminate into a one-of-a-kind circus-like performance for friends and family.

SPASH CAMP (GRADES 1–4)
Children will experience a variety of activities including swim lessons, water games and water-related activities focused on water safety and team building.

SPORTS UNLIMITED (GRADES 1–4)
Get ready for a full day of sports fun. Campers will play a wide range of sports and games in this new camp for school-aged children.

Camp Registration is ongoing. Please view our brochure online at fspymca.org or pick up a copy at our Welcome Center.
Camp Q & A Forum
June 5, 2019
6:00–6:45pm – Preschool & School Age Camps
7:00–7:45pm – Adventure & Crossroads Camps
BIRTHDAY PARTIES

FOR OUR MEMBERS
AND MEMBERS OF
OUR COMMUNITY

Get your party started at the Y!
Music and games, smiles and laughter...
Get the action started with your favorite sport (including Mini Ninja Warrior); make a splash in the pool; dance like a star, or flip like a gymnast!
Let us host your child’s best birthday party ever! All of our parties include 45 minutes of your favorite activity followed by 45 minutes of celebrating in our party room. Parties are held on Saturdays at the Y.

CHOOSE YOUR PARTY PACKAGE:

ALL-INCLUSIVE: Just bring the kids and leave the rest to us! We supply the pizza, ice cream cake, beverage and tableware for the kids. We do the set up and clean up and provide you with a party host.

*Pizza can be purchased for adults attending the party for an additional cost.

Y Members: $350 for the first 15 children; each additional child, $12 (max 24).
Program and Community Members: $385; each additional child $12 (max 24).

BASIC: Bring food/drinks of your choice for celebration in our party room. Balloons, centerpieces or other table décor are welcome (walls and ceiling cannot be decorated).

Y Members: $250 for the first 15 children; each additional child, $10 (max 24).
Program and Community Members: $285; each additional child $10 (max 24).

For more information on birthday parties, please call 908-889-8880 x144.

SAVE THE DATE!
HEALTHY KIDS DAY
APRIL 27, 2019

Fun for all ages! We’ll have healthy snacks, games, program demos and much more family fun. Open to our members and the community. Come enjoy yourself, sample some classes, visit some vendors and enjoy a day out on us.
Looking for direction? Motivation? New Ideas? Want to make sure that you are training properly, or are you just ready to change things up a bit? Need help making healthy food choices?

Our Y Wellness Staff will discuss your health history, exercise experience, interests, goals and options that you may not have considered! We’ll match you with a trainer and work with your schedule to help you achieve your personal fitness goals.

**PERSONAL TRAINING SPECIALIZING IN PILATES, TRX, NUTRITION, HEALTH COACHING, TRIATHLON AND STRENGTH TRAINING**

Work with a personal trainer for strength, stability and conditioning. Sessions are 45 or 55 minutes each. Days and times are scheduled with a Personal Trainer. Session packages are good for 6 months.

**INTRO TO PERSONAL TRAINING**

For first-time buyers of a personal training package, we are offering a special rate of $99 for three 30-minute sessions with your trainer. *One-time use only. New clients only.

**NUTRITION COUNSELING**

Our Registered Dietitian will work with you on your goal of weight loss, Diabetic Health Enhancement or Tri-Athlon Athletic Meal Planning. Cost: $55 per hour, $27.50 for a half-hour follow-up. Contact Donna Peart at 908-889-8880 x104 or dpeart@fspymca.org.

**INTRO TO NUTRITION COUNSELING**

For first-time buyers of a nutrition counseling package, we are offering a special rate of $99 for a one-hour introductory session and two 30-minute follow-ups. *One-time use only. New clients only.

**LIFE COACHING**

Work with a Life Coach who will help you sort out your goals, create a vision of where you want to get to, and then provide you with tools to turn that vision into a reality.

**NEW! TRI CLUB COACHING**

New and exciting format with two options. For $75 per month, you can receive personal training plans from Bridget, our certified Tri-Coach. This cost also includes weekly swim, run and bike workouts. Your other option is to purchase 20 workout sessions. Weekly swim, run and bike workouts will be offered. The cost is $100 for 20 workouts. The kickoff meeting will be Thursday, January 10th at 7:00pm.

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**Personal Training**

Packages expire 6 months from date of purchase

- Single (45-min.) session.......................$60
- Single (55-min.) session.......................$70
- Package of 5 (45-min. sessions)........$275
- Package of 5 (55-min. sessions)........$325
- Package of 10 (45-min. sessions).......$525
- Package of 10 (55-min. sessions).......$575
- Duo session per person* (55 min.)...$35
- Pack of 5 (55 min.) Duo sessions*......$160
- Pack of 10 (55 min.) Duo sessions*...$300

**Pilates Reformer Training**

- Single session (45 min.).......................$65
- Single session (55-min.)......................$70
- Package of 5 (45-min. sessions)........$300
- Package of 5 (55-min. sessions)........$325
- Package of 10 (45-min. sessions).......$575
- Package of 10 (55-min. sessions).......$610
- Duo session per person ($55 min.)*..$40
- Pack of 5 (55 min.) Duo sessions*.....$180
- Pack of 10 (55 min.) Duo sessions*...$350

*Duo prices listed are per person

For more information, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.

**NEW! Functional Fitness – Build Strength & Confidence**

Improve gross motor skills, balance, strength and flexibility in this class. Ages 14 and up. Class times vary, call for details. Contact Jennifer for more details. Member: $55 per session
Small Group Training provides the exercise knowledge of working with a personal trainer and the social benefits of working out with a group.

**TRX SMALL GROUP PERSONAL TRAINING**
TRX Suspension Training in a small group that builds functional strength, improves flexibility, balance and core stability all at once. Space is limited.

**PILATES CIRCUIT CLASS**
Our Pilates Circuit program combines the traditional and contemporary method of Pilates on the Apparatus with or without small equipment. Work with the reformer, the chair and the tower to allow for a deeper, more well-rounded experience.

*As a prerequisite: for safety precautions, members enrolling in this program must have at least 2 Pilates Reformer Trainings one-on-one on the equipment before your Pilates Circuit class starts.

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX (16yrs+)</td>
<td>7:15-8:00am</td>
<td>8:30-9:15am</td>
<td>6:00-6:45am</td>
</tr>
<tr>
<td></td>
<td>5:20-6:05pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pilates Circuit Class (16yrs+)</td>
<td>10:00-10:45am</td>
<td>10:00-10:45am</td>
<td>5:00-5:45pm</td>
</tr>
</tbody>
</table>

Price Per 8-Week Session

TRX-$105  *Drop in rate - $20/class pending availability and instructor approval
Pilates Circuit Class-$150  *Drop In Rate - $25/class pending availability and instructor approval

The schedule for Small Group Training is flexible. Each class needs a minimum of 3 people in order for the class to run. Get your friends together and call to set up a class.

For more information, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.

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**MIND–BODY CLASSES**

Release tension and strengthen your body and soul with our extensive offerings – from Tai Chi to Vinyasa Yoga. Come find peace, power and tranquility. Check our website or new mobile app for the latest schedules.

**MEDITATION/PRANA YOGA**
Prana is Sanskrit for life energy. A regular meditation practice may help reduce stress and enhance relaxation.

**PILATES**
Combines stretching and strengthening incorporating equipment such as bands, rollers and fit balls as appropriate for a firm, lean body.

**TAI CHI**
Slow, relaxing movement from China. Gain physical stability, flexibility, balance and coordination. Beginner, intermediate and advanced levels available.

**YOGA**
Classes blend breathing, postures and meditation to develop strength, flexibility and overall relaxation.

**Basic Yoga** – Welcomes beginners and those looking for a gentle stretch.

**Restorative Yoga** – Relaxing style of yoga that is intended to be healing and nurturing to the body.

**Vinyasa Yoga** – Also called flow because of the way the poses run together. Expect to sometimes move vigorously from pose to pose.

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**NEW! MIND & MOVEMENT**
This new class will consist of 30 minutes of mindfulness practice followed by 30 minutes of cycle. Life seems to get more and more stressful yet many of us do not have a strategy to manage what comes with that stress. This is a class that will teach you tools to change your relationship to stress, boost your mood, reduce anxiety, and enhance your well-being. Research has shown that both mindfulness and aerobic exercise have incredible benefits for the brain and mood. A study from Rutgers found that by doing the two back to back, the impact was 40% greater than individually. These are skills for life.

We are offering this class at 2 times, Tuesdays at 7:15pm and Saturdays at 10:00am. Middle school, High School students and adults are welcome. **Registration is required. The class requires consistent attendance to feel the impact.**

The cost is $40 for the 8-week session.
Have fun and stay fit in our group ex classes. Our trained and certified staff conduct classes for men & women of all ages and all stages of fitness. Sneakers are required. Bring a towel and water to class. Please check our website or new mobile app for the latest schedules.

**BAREFOOT FLOW**
Great cross training opportunity for all levels! Strengthen your body from your feet up! This class is a dynamic fusion of pilates, yoga and plyometrics. No equipment needed – just your body weight and bare feet.

**BARRE FUSION**
Combination of ballet, Pilates and yoga-based movement using the barre to strengthen and lengthen muscles. Light hand weights utilized.

**BOLLY MIX**
Try this mix of belly dancing, hip hop, bhangra and bollywood. Originating in India, this class is a fun cardio workout.

**BOSU INTERVAL**
Use the Bosu to challenge balance, stability and core strength. Intervals of strength and agility incorporated as well for an all-around challenging workout.

**CARDIO-KICKBOX**
Unique cardio workout that uses boxing to give results in muscle sculpting and calorie burning!

**CYCLE INDOOR**
Interval indoor cycling class adaptable to any fitness level. Limited space. Drop-ins welcome if a bike is available at start of class.

**CYCLE STRENGTH**
Combine your cycle workout with weight and core intervals.

**FAMILY BOOT CAMP**
Work out with the whole family using a variety of equipment! Children must be accompanied by an adult. Children must be at least 5 years old.

**FITBALL**
Core strength training using a stability ball and various equipment.

**HIIT**
High Intensity Interval Training designed to use your own body weight incorporating plyometrics, squats and equipment.

**KETTLE BELL INTERVAL**
Kettlebell workout intervals utilizing a variety of equipment. This workout challenges lower body with addition of equipment to tone upper body as well. Suitable for all exercise levels.

**LaBLAST® FITNESS**
This is a partner-free dance fitness workout created by world-renowned dancer and fitness expert Louis van Amstel (as seen on ABC’s Dancing with the Stars). It’s accessible for all levels - from the absolute beginner to the experienced dancer. Experience the full array of dance styles from Jive to Foxtrot and Viennese Waltz to Lindy Hop.

**NEW! POUND®**
Full body workout that combines cardio conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

**STEP**
Moderate step class designed for all exercisers. Interval class incorporates cardio, strength and flexibility using steps and hand weights. Good for adults of all ages and pre/postnatal moms.

**STRENGTH TRAIN TOGETHER**
Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**STRETCH AND TONE**
Combination of toning and stretching. Good for adults of all ages and pre/postnatal moms.

**TOTAL BODY CONDITIONING**
Cardio and strength training intervals using a variety of equipment to increase muscular strength and endurance.

**ZUMBA®**
International dance workout that can be modified for various fitness levels and offers freedom of movement with the choreography.

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The classes on page 33 are included with Full Membership. For more information, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.
WELLNESS ORIENTATION
An orientation session is encouraged for all members new to the Wellness Center. One of our experienced Wellness Trainers will introduce you to the Wellness Center, show you how to use the equipment and answer your fitness questions. Allow one hour for your orientation. Please take advantage of the opportunity to have a second or third orientation as needed for follow up or as a refresher.

Y ACTIVE ADULT = LIGHT TO MODERATE INTENSITY ENHANCE® FITNESS
This program is offered at two levels.* Level 1 is for chair-based and Level 2 is held in the gym. Both Enhance® classes feature aerobics, strength and balance components, which are all important to keep and maintain a healthy, functional body. Join us in our cafe to socialize and have a cup of coffee before or after class.

Y ACTIVE ADULT INTERVAL MIX
Change it up with this class! Enjoy aerobics incorporating line dancing and Zumba®. Stay strong with balance work and balls.

HEALTHY BONES
An osteoporosis prevention, exercise & education program.

Y ACTIVE ADULT WELLNESS
Workout in our Wellness Center in a program designed for individuals ages 55 and up. Our instructor will develop and oversee a cardiovascular and weight training program especially for you. Contact Jennifer Donahue at jdonahue@fspymca.org for more information.

Y ACTIVE ADULT AEROBIC STRENGTH
Combination of aerobics, strength and balance in the all-around work out!

Y ACTIVE ADULT BOSU BALANCE
Focus on balance utilizing a BOSU with safe/effective movements geared to the active adult.

Y ACTIVE ADULT CORE STRENGTH
This class utilizes Pilates-based core exercises on the mat.

MOVING FOR BETTER BALANCE
Focus on improving functional ability such as balance and physical function to reduce fall-related risks and fall frequency.

CHAIR YOGA
Yoga postures adapted to the chair.

TAI CHI
Slow, relaxing movement from China. Gain physical stability, flexibility, balance and coordination. Beginner, intermediate and advanced levels available.

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>*Enhance® Fitness—Chair, Level 1 (60yrs+)</td>
<td>10:00-11:00am</td>
<td>10:00-11:00am</td>
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<tr>
<td>*Enhance® Fitness—Level 2 (60yrs+)</td>
<td>11:20am-12:20pm</td>
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<tr>
<td>*Enhance® Fitness—Mixed Level (60yrs+)</td>
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<td>6:00-6:45pm</td>
<td>10:15-11:00am</td>
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<tr>
<td>Keep Moving*</td>
<td>9:50-10:30am</td>
<td>9:50-10:30am</td>
<td>9:50-10:30am</td>
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<tr>
<td>Y.A.A. Core Strength (60yrs+)</td>
<td>10:15-11:00am</td>
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<tr>
<td>Y.A.A. Chair Yoga (60yrs+)</td>
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<tr>
<td>Parkinson’s Foundation Class</td>
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<tr>
<td>Y.A.A. Interval Mix (60yrs+)</td>
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<tr>
<td>Y.A.A. Aerobics and Strength (60yrs+)</td>
<td>10:40-11:00am</td>
<td>9:00-9:55am</td>
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<tr>
<td>Y.A.A. BOSU Balance</td>
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<td>Moving for Better Balance</td>
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<tr>
<td>Tai Chi: Advanced</td>
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<tr>
<td>Multiple Sclerosis/One Step Land Ex</td>
<td>1:15-2:00pm</td>
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The above classes are included with Full YMCA Membership.

*Limited Members: $49 for one class per week each session available only for the programs on page 34.

For more information, please contact Donna Peart at 908-889-8880 x104 or dpeart@fspymca.org.
GIVING TO THE FANWOOD-SCOTCH PLAINS YMCA
The Fanwood-Scotch Plains YMCA is grateful for the generosity of hundreds of members, volunteers, staff, friends, local businesses and corporate foundations that support our charitable mission. When you make a gift, you reaffirm your belief in our mission and demonstrate your concern for and willingness to help your neighbors. Gifts of all sizes make a difference for hundreds of families each year. GIVE TODAY at fspymca.org/giving.

ANNUAL SUPPORT CAMPAIGN
The Annual Support Campaign is a financial assistance program that enables children and families to participate in YMCA memberships, programs, child care and day camp regardless of their ability to pay. Last year, the Fanwood-Scotch Plains YMCA offered over $293,000 in financial assistance supported largely by Annual Campaign gifts. Assistance is provided to families based on demonstrated need.

MATCHING GIFTS
Many companies will match gifts made to charitable organizations such as our YMCA. Many donors take advantage of matching gift opportunities each year to magnify the impact of their personal gift to the Y. Visit https://doublethedonation.com/fsymca to see if your company will make a matching gift.

ENDOWMENT FUND
The Endowment Fund is a vital source of perpetual support for the Fanwood-Scotch Plains YMCA, and a primary indicator of organizational strength and stability. Income from this permanent fund supplements the operating budget and allows the YMCA to maintain and enhance the quality of its programs and services.

For more information on giving to the Y, please contact our CEO, Kim Decker.

TOGETHERHOOD
Togetherhood, a Y volunteer initiative, is bringing continued focus to the importance of volunteering. Doing good for others does well for you. A study done by United Health Group and the Optum Institute found that volunteering helped participants better control stress, gave them a sense of purpose and helped them take greater control over their health benefiting their mind and body. Join us and share your talents by volunteering for service projects within our community. For more information, please contact Sheri Cognetti at 908-889-8880 x114 or scognetti@fspymca.org.

STEWARDS OF CHILDREN
PARTNERS IN PREVENTION: PREVENTING CHILD SEXUAL ABUSE
YMCA in New Jersey have a vision of a world free of child sexual abuse; a world in which all children are loved, protected, nurtured and able to grow up healthy. Darkness to Light, a nationally recognized authority on the issue of child sexual abuse prevention and creator of the award-winning Stewards of Children curriculum, has partnered with the New Jersey YMCA State Alliance to inform, educate and mobilize advocates for children.

The statistics surrounding child sexual abuse are shocking.
• 1 IN 10 CHILDREN ARE SEXUALLY ABUSED BEFORE THEIR 18TH BIRTHDAY
• 42 MILLION ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE ARE WALKING AMONG US
• 90% OF THE VICTIMS KNOW AND TRUST THEIR ABUSER

Stewards of Children is the only evidence-based training available nationally that is proven to increase knowledge and change child protective behavior. It is designed to educate adults on how to recognize, prevent and react responsibly to the reality of child sexual abuse.

The Y is working with community partners including local civic and volunteer groups, non-profits, faith-based groups, businesses, school districts and local government to keep children safe. The goal is to reach what research calls the critical point for creating lasting change by training 5% of the adults in our community.

PREVENT NOW
In-person, facilitator led trainings are open to the public and can be of specific interest to youth sports organizations, school districts, faith centers and nonprofits. Local businesses, large or small, are encouraged to participate.

YOUTH WORKS!
This is an opportunity for youth to volunteer at the Y. A great way to serve the community, and give back to those who can use the help. Groups will meet 1–2 times per month to prepare community service projects. Groups will be led by High Schoolers who are motivated to help. Bring your service project ideas and let us help you put them into practice. For more information, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.
NEW! SUPPORTING WELLNESS TOGETHER: YMCA’S WEIGHT LOSS PROGRAM
Lose weight to win through a combination of facilitator-led discussions on balanced eating, physical activity and healthy lifestyle topics, and the creation of reasonable, attainable goals. Improve your quality of life with this program. Introductory meeting will be held January 8, 2019.
Full Member: $75 per 8-week session
Bring a friend and it’s 2 for $125.
Community Members: $100 per session.

RALLY FOR THE Y
Sign up for our Annual Support Ride on the Expresso website, expresso.com/RallyfortheY, and the Y will receive 10 cents for every mile you ride. The challenge runs from February 1–28. Our Wellness Center Staff can help you register!

HEALTH SCREENINGS
The Overlook Medical Center Van will be in the Y parking lot to offer health screenings and information from 10:00am-12:00pm on the below dates. To register, please call 800-247-9580.

JANUARY 10
Cervical Health/Healthy Eating for Active Living. Screenings will be BMI and glucose.

FEBRUARY 14
Heart Health. Screenings will be blood pressure and glucose.

MARCH 14
Colon Health/Sleep Health Education. Screenings will be BMI and glucose.

LUNCH AND LEARN
Each month we will meet from 12:15-1:15pm. Please bring your own lunch and we provide beverages and dessert. Our focus is on health, wellness and new developments in technology, finance or alternative therapies.

JANUARY 9TH
Mocktails anyone? Sample a mocktail and learn how to make festive non-alcoholic drinks. Join Vanessa Young, cooking instructor and founder of the website Thirsty Radish, to explore the art of making drinks, syrups, infusions and edible garnishes. We will even cover how to pair with food for entertaining.

FEBRUARY 13TH
Heart Health will be featured in this talk as Claudia Irmiere, an RN from St. Barnabas, returns to discuss healthy habits to prolong your health.

MARCH 13TH
Healthy Habits for a Healthy You: Brought to you by the Alzheimer’s Association. Learn strategies to age well in the following areas: cognitive activity, physical health, exercise, diet and social activity.

CLUBS

Y TRI CLUB
New and exciting format with two options. For $75 per month, you can receive personal training plans from Bridget, our certified Tri-Coach. This cost also includes weekly swim, run and bike workouts. Your other option is to purchase 20 workout sessions. Weekly swim, run and bike workouts will be offered. The cost is $100 for 20 workouts. The kickoff meeting will be Thursday, January 10th at 7:00pm.

KNITTING/CROCHET CLUB
Share your expertise with others or learn how to knit. We will focus on your own personal projects. Group meets Wednesdays at 6:00pm.

For more information on this page’s programs, please contact Donna Peart at 908-889-8880 x104 or dpeart@fsymca.org.
HEALTHY LIVING

Y COMMUNITY MENTAL HEALTH INITIATIVE – BRIDGING HEALTHY MINDS & BODIES

One in four people in the United States (an estimated 60 million), will experience a mental health disorder this year, making it the leading cause of disability in our country. Of these 60 million, 60 percent do not seek or receive treatment because of the stigma associated with mental illness, the lack of knowledge and information and the inadequacies of the healthcare system.

The Community Mental Health Initiative is designed to educate our community on mental illness through workshops, educational seminars, resource material and Mental Health First Aid training. As education becomes more prevalent, conversations become more common and our community gains knowledge on this topic, the stigma that is associated with mental illness will become less, and individuals experiencing distress will be more likely to seek help. Visit here2helpnj.org to learn more.

MENTAL HEALTH FIRST AID (ADULT AND YOUTH)

Mental Health First Aid (MHFA) is the help offered to a person developing a mental health problem or experiencing a mental health crisis. Learn how to recognize some of the signs of mental illness including schizophrenia, bipolar disorder, psychosis, substance abuse disorders, depression, anxiety and eating disorders as well as how to respond to those who suffer from them.

For more information on the Y’s Mental Health initiatives, please contact Tracy Crane at 908-889-8880 x116 or tcrane@fspymca.org.

MOVING FOR BETTER BALANCE

This evidence-based program endorsed by the Centers for Disease Control and Prevention will help adults who wish to reduce their fall risk by improving their balance, strength, mobility and confidence in performing daily activities.

YMCA’S BLOOD PRESSURE SELF-MONITORING

According to the American Heart Association, nearly 80 million adults have high blood pressure in this country. The Blood Pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The program focuses on regulated home self-monitoring of one’s blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

YMCA’S DIABETES PREVENTION PROGRAM

The YMCA’s Diabetes Prevention Program is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing Type 2 Diabetes. Prediabetes is reversible while Type 2 Diabetes is not. This program is led by a trained Lifestyle Coach and is for one year consisting of 16 weekly sessions followed by 8 monthly sessions. What can you accomplish in one year? You can make a change for life and improve your health! Classes are ongoing and are open to the community.

DIABETES SELF-MANAGEMENT PROGRAM

This program is designed for adults with Type 2 Diabetes, their family and friends. Discover skills needed in the day-to-day management of diabetes. This evidence-based 6-week course will educate you regarding diet, exercise and self-care resulting in decreased complications and better blood sugar control. New class running Nov. 29, Dec. 6, 13, 20, 27 and Jan. 3 from 10am-12:30pm.

NEW! KEEP MOVING

Exercise class designed for those with pre-diabetes and diabetes. All levels are welcome and the work out is customized to your level. A quick health topic is discussed at the beginning of each class. Taught by a personal trainer and Registered Dietitian. Free to members and $49 per 8-week session for Program/Community Members. Keep Moving is held Wednesdays at 6:00pm.

NEW! SUPPORTING WELLNESS TOGETHER: YMCA’S WEIGHT LOSS PROGRAM

Lose weight to win through a combination of facilitator-led discussions on balanced eating, physical activity and healthy lifestyle topics, and the creation of reasonable, attainable goals. Improve your quality of life with this program. Introductory meeting will be held January 8, 2019.

LEARN MORE ON PAGE 36

For more information on the above programs, please contact Donna Peart at 908-889-8880 x104 or dpeart@fspymca.org.
LIVESTRONG AT THE YMCA®
LIVESTRONG® at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health, giving them strength both mentally and physically. Participants work with Y staff trained in supportive cancer care on cardiovascular fitness, strength, flexibility and relaxation. LIVESTRONG® at the YMCA is a free 12-week group training program for cancer survivors and their support team.

LIVESTRONG® AT SCHOOL
This educational curriculum is provided to students in grades 1 thru 8 in our after school program. LIVESTRONG® at School stresses the importance of finding a way to talk with kids about cancer in an age-appropriate, hopeful, inspiring and empowering way. Each lesson helps to dispel common myths about cancer, discuss how cancer affects a person and what people can do to support cancer survivors in their communities.

PARKINSON’S FOUNDATION CLASSES
Parkinson’s Network Foundations Class lays a base for people with Parkinson’s (PWP’s) who are newcomers to Parkinson’s Disease (PD) exercise. This class incorporates exercises that target improving specific deficits with emphasis on strength, balance and flexibility. In addition, the exercises are enhanced by including cognition, voice and fun.

Y ACTIVE ADULTS (YAA) WELLNESS
Additional support in our Wellness Center for our members coming from a physical rehab program.

ONE STEP PROGRAM:
MULTIPLE SCLEROSIS LAND EXERCISE
This program safely enhances the quality of life of participants with Multiple Sclerosis utilizing certified trainers. The goals include:
• Increasing strength, flexibility and endurance
• Promoting balance and stability
• Promoting fine motor skills, cognitive and emotional health
Land portion offered Tuesdays and Thursdays at 1:15pm. See page 12 for water portion. Free to Full Members; open to the community for $49 per 8-week session for one class per week.

ENHANCE FITNESS®
Enhance® Fitness is an evidence-based physical activity program comprised of three 60-minute classes per week. The classes are designed to safely increase participants’ fitness levels through aerobic and strength training. Enhance® Fitness has been proven to increase participants’ strength, balance, flexibility, general activity level and independence when they attend on a regular basis.

For more information on this page’s programs, please contact Donna Peart at 908-889-8880 x104 or dpeart@fspymca.org.
OUR MISSION
The Fanwood-Scotch Plains YMCA is dedicated to improving the quality of life of the individuals, families and communities we serve through programs and services that build wholeness of spirit, mind and body. The YMCA is a not-for-profit organization founded on Christian principles, serving people of all ages, races, faith, cultures and socio-economic conditions.