COMMUNITY

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.

One of our cover kids is 6-year-old Virginia Hartman who along with her 4 ½-year-old sister Eleni, has been part of our Child Care and Camp programs since she was a toddler. Their parents, Nadia and Kurt, explain what they enjoy about being part of our Y family. “We were at another school first. Virginia has a heart condition and her doctors recommended physical activity, especially swimming. At that time, we looked into our options and found the Y. The Y’s Child Care program included swimming each week and we could add additional swim classes to strengthen her heart and lungs. For us, the ability to have our child care and extracurriculars in one place is great. When Virginia came here, she was also very timid, most likely from the treatments she went through when she was younger. She was hesitant to do things at the time. The Y’s programs made her stronger both physically and mentally. We’ve been really happy with the program and we enrolled Eleni, too. Now that Virginia is in elementary school, she comes to the Y for Summer Camp and Vacation Days when school is closed. We will do the same for Eleni when she is in kindergarten next year. Being here has helped make the girls more self-sufficient and we’ve seen such tremendous growth. All the teachers and instructors are very loving and caring, and we know our girls are in a safe environment.”

Edwin Hernandez is a longtime FSPY Member and Board Member who enjoys using our Wellness Center each morning. “My family moved to Scotch Plains in 2003. We had two children at the time – now we have three – and the Y has been an integral part of our lives since we moved. About 13 years ago, I decided to make a life-changing health decision. I quit smoking and as soon as my kids started school in the Fall, I started coming to the Y to work out in the Wellness Center. I’ve had the same schedule for 13 years. I drop the kids at school and come to the Wellness Center. I now have a group that I work out with. We encourage each other to come to the Y and we motivate one another. Health-wise, I feel great. I don’t feel my age. The Y has meant so much to my family. When I was asked to join the board about five years back, I saw it as an opportunity to give back to an organization that has been an integral part of our life in this community. I’m proud to be able to help in any way, including with the Annual Campaign. I like that with the Y, 100 percent of the donations stay in the local community providing services to our own neighbors in need. I think if people knew more about the broad spectrum of service the Y provides, they would truly appreciate the Y’s importance to community.”

Gayle Colucci is a longtime FSPY member who volunteers as a mental health advocate with the Here 2 Help Mental Health Coalition, which includes our YMCA. “I started here as a member in 1989 when my oldest daughter was 2 years old. All three of my girls took swim instruction here and were lifeguards here, and my younger two swam competitively at the Y as well as in high school and college. I was the STPO (Swim Team Parent Organization) president for a while and I also taught swim lessons for little ones. My husband and I are still members to this day. Several years ago, there was a call for people to form a coalition around mental health awareness. I came in as a parent and an educator. From the initial small group, the coalition grew and grew and grew. As an educator, I see every day how more and more kids are going into crisis with situations of stress and anxiety. It’s kids in our community. It’s an important message to get out that mental health is an illness, too – but people don’t want to have the stigma associated with it. Through this group, I got my mental health first aid certification. The more I got involved, the more passionate I became. I just think when you volunteer and give of yourself, it makes your heart feel good and your soul feel good and it’s all part of keeping yourself healthy mentally, physically and emotionally.”
REACHING OUR POTENTIAL

When you support the Fanwood-Scotch Plains YMCA Annual Campaign, you make the communities of Clark, Fanwood and Scotch Plains better and the “us” who live in them stronger.

No matter the size, a gift provides opportunity. Together, we can help change the life of a child, adult, senior or family in our community.

GIVE TODAY.
FOR A BETTER US.
FSPYMCA.ORG/GIVING
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.
REGISTRATION DATES

SUMMER SESSION: JUNE 24 – AUGUST 25, 2019
OUR SUMMER SESSION IS 9 WEEKS

<table>
<thead>
<tr>
<th>Category</th>
<th>Registration Begins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Member</td>
<td>Saturday, June 8, 2019</td>
</tr>
<tr>
<td>Program Member</td>
<td>Saturday, June 15, 2019</td>
</tr>
</tbody>
</table>

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

Visit fspymca.org for program, gym, pool and fitness schedules, upcoming events and online registration/payments.

SUMMER COLLEGE MEMBERSHIP SPECIAL

School’s Out For Summer!
College Students: Grab your friends and join the Fanwood-Scotch Plains YMCA
3 months for just $108
Enjoy all the benefits of membership, including access to our Wellness Center, group exercise classes, open swim and gym, and much more.
Visit the FSPY Welcome Center to sign up.

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.
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 7 for details)
• Personalized Orientation session in our Wellness Center (see page 30 for details)
• Child Watch for family memberships
• Recreational adult basketball and volleyball
• 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 changing areas
• Accredited Preschool and Summer Camp programs

Child Watch: Free to Family 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. There is a staff to child ratio of 1 to 6 and a maximum of 20 children at any time. 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
Incoming 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.

<table>
<thead>
<tr>
<th>MEMBERSHIP CATEGORIES</th>
<th>MONTHLY FEE</th>
<th>JOINER’S FEE</th>
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<tr>
<td>FAMILY</td>
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<td>SENIOR COUPLE</td>
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<td>COLLEGE</td>
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<tr>
<td>YOUTH</td>
<td>$33.00</td>
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<tr>
<td>PROGRAM MEMBER</td>
<td>$136 (annually)</td>
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</tr>
</tbody>
</table>

2019 College Student Summer Special
3 Months for $108

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 Y Yellow 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 updated “Daxko” 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. Our new Get Fit, Be Fit Personalized Orientation is available to help you get started on your fitness routine (see page 30 for details). A towel is required at all times. Please observe all regulations regarding equipment usage. 7th and 8th graders may use cardio equipment in the Wellness Center any day from 3-5pm.

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 or Family 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.

GET FIT, BE FIT
Our new personalized wellness orientation will put you on the path to success.
Learn more on Page 30.
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 fsymca.org, or download our updated “Daxko” 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.
STRONG SWIMMERS CONFIDENT KIDS

The Y has been “America’s Swim Instructor” for over 100 years. This latest evolution of Y Swim Lessons is designed to welcome students of varying and diverse abilities to ensure that everyone feels like they belong and foster a sense of achievement from the start. The program emphasizes group activities to encourage relationship building and allows students to flow easily from one skill to the next with clearly defined stages of progress along the way.

STAGE DESCRIPTIONS

STAGE A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

STAGE B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

STAGE 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

STAGE 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

STAGE 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

STAGE 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

STAGE 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

STAGE 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

HAVE MORE QUESTIONS? Our Welcome Center staff is available to answer any questions about the swim lessons program.
## AQUATICS - PRESCHOOL (6 months - 5 years)

### 8-WEEK SESSION (June 24–August 17) – One class per week for 8 weeks

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Discovery (6-30mos)</td>
<td>10:30-11:00am</td>
<td>8:30-9:00am</td>
<td>10:30-11:00am</td>
<td>8:30-9:00am</td>
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</tr>
<tr>
<td>Water Exploration (2–3yrs)</td>
<td>10:30-11:00am</td>
<td>9:00-9:30am</td>
<td>10:30-11:00am</td>
<td>11:00-11:30am</td>
<td></td>
</tr>
<tr>
<td>Water Acclimation A (3-5yrs)</td>
<td>10:30-11:00am</td>
<td>6:00-6:30pm</td>
<td>10:30-11:00am</td>
<td>5:30-6:00pm</td>
<td>10:00-10:30am</td>
</tr>
<tr>
<td>Water Acclimation A (3-5yrs)</td>
<td>5:30-6:00pm</td>
<td>6:30-7:00pm</td>
<td>10:30-11:00am</td>
<td>5:30-6:00pm</td>
<td>10:00-10:30am</td>
</tr>
<tr>
<td>Water Movement A (3–5yrs)</td>
<td>10:30-11:00am</td>
<td>5:30-6:00pm</td>
<td>10:30-11:00am</td>
<td>11:00-11:30am</td>
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</tr>
<tr>
<td>Water Stamina A (3–5yrs)</td>
<td>10:30-11:00am</td>
<td>6:00-6:30pm</td>
<td>10:30-11:00am</td>
<td>11:00-11:30am</td>
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</tr>
<tr>
<td>Stroke Introduction A (3–5yrs)</td>
<td>6:30-7:00pm</td>
<td>5:30-6:00pm</td>
<td>11:30am-12:00pm</td>
<td>11:30-12:00pm</td>
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</tr>
</tbody>
</table>

### 2-WEEK SESSIONS for Water Acclimation A (3-5yrs) – Four classes per week for 2 weeks

<table>
<thead>
<tr>
<th>Session 1: June 24–July 3 *No Classes Thursday, July 4</th>
<th>5:00-5:30pm</th>
<th>5:00-5:30pm</th>
<th>5:00-5:30pm</th>
<th>5:00-5:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2: July 8–July 18</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
</tr>
<tr>
<td>Session 3: July 22–August 1</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
</tr>
<tr>
<td>Session 4: August 5–August 15</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
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</tbody>
</table>

### 2-WEEK SESSIONS for Water Movement A (3–5yrs) – Four classes per week for 2 weeks

<table>
<thead>
<tr>
<th>Session 1: June 24–July 3 *No Classes Thursday, July 4</th>
<th>4:30-5:00pm</th>
<th>4:30-5:00pm</th>
<th>4:30-5:00pm</th>
<th>4:30-5:00pm</th>
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</thead>
<tbody>
<tr>
<td>Session 2: July 8–July 18</td>
<td>4:30-5:00pm</td>
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<td>4:30-5:00pm</td>
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<tr>
<td>Session 4: August 5–August 15</td>
<td>4:30-5:00pm</td>
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### 2-WEEK SESSIONS for Water Stamina A (3–5yrs) – Four classes per week for 2 weeks

<table>
<thead>
<tr>
<th>Session 1: June 24–July 3 *No Classes Thursday, July 4</th>
<th>4:30-5:00pm</th>
<th>4:30-5:00pm</th>
<th>4:30-5:00pm</th>
<th>4:30-5:00pm</th>
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<tbody>
<tr>
<td>Session 2: July 8–July 18</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
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<tr>
<td>Session 3: July 22–August 1</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
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<tr>
<td>Session 4: August 5–August 15</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
<td>4:30-5:00pm</td>
</tr>
</tbody>
</table>

### 1-WEEK SESSION: August 19–22 – Four classes per week for 1 week

| Water Acclimation A (3–5yrs) | 4:00-4:30pm | 4:00-4:30pm | 4:00-4:30pm | 4:00-4:30pm |
| Water Movement A (3–5yrs)     | 4:30-5:00pm | 4:30-5:00pm | 4:30-5:00pm | 4:30-5:00pm |
| Water Stamina A (3–5yrs)       | 5:00-5:30pm | 5:00-5:30pm | 5:00-5:30pm | 5:00-5:30pm |

**SEE PRICING ON PAGE 11**
### YOUTH SWIM LESSONS (6–14 years)

#### 8-WEEK SESSION (June 24–August 17) – One class per week for 8 weeks

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Water Acclimation B (6–12yrs)</td>
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<td>Water Movement B (6–12yrs)</td>
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<td>5:30–6:00pm</td>
<td>5:30–6:00pm</td>
<td>10:00–10:30am</td>
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<td>6:00–6:30pm</td>
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<td>10:30–11:00am</td>
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<tr>
<td>Water Stamina B (6–12yrs)</td>
<td>6:00–6:30pm</td>
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<tr>
<td>Stroke Introduction B (6–12yrs)</td>
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<td>6:30–7:00pm</td>
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<tr>
<td>Stroke Development B (6–12yrs)</td>
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<td></td>
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<td>6:00–6:45pm</td>
<td>12:00–12:30pm</td>
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<tr>
<td>Stroke Mechanics (6–12yrs)</td>
<td></td>
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<td>6:00–6:45pm</td>
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<tr>
<td>Piranha Junior (6–8yrs)</td>
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<tr>
<td>Piranha (6–14yrs)</td>
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</tbody>
</table>

#### 4-WEEK SESSIONS for Stroke Development B (6–12yrs) – Two classes per week for 4 weeks

| Session 6: June 24–July 18           | 6:00–6:45pm     | 6:00–6:45pm     |
| *No Classes Thursday, July 4        |                 |                 |
| Session 7: July 22–August 15         | 6:00–6:45pm     | 6:00–6:45pm     |

#### 4-WEEK SESSION for Stroke Mechanics (6–12yrs) – Two classes per week for 4 weeks

| Session 6: June 24–July 18           | 6:00–6:45pm     | 6:00–6:45pm     |
| *No Classes Thursday, July 4        |                 |                 |
| Session 7: July 22–August 15         | 6:00–6:45pm     | 6:00–6:45pm     |

#### 2-WEEK SESSIONS for Water Acclimation B (6–12yrs) – Four classes per week for 2 weeks

| Session 1: June 24–July 3            | 4:00–4:30pm     | 4:00–4:30pm     | 4:00–4:30pm      | 4:00–4:30pm      |
| *No Classes Thursday, July 4        | 4:30–5:00pm     | 4:30–5:00pm     | 4:30–5:00pm      | 4:30–5:00pm      |
| Session 2: July 8–July 18            | 4:00–4:30pm     | 4:00–4:30pm     | 4:00–4:30pm      | 4:00–4:30pm      |
|                                     | 4:30–5:00pm     | 4:30–5:00pm     | 4:30–5:00pm      | 4:30–5:00pm      |
| Session 3: July 22–August 1           | 4:00–4:30pm     | 4:00–4:30pm     | 4:00–4:30pm      | 4:00–4:30pm      |
|                                     | 4:30–5:00pm     | 4:30–5:00pm     | 4:30–5:00pm      | 4:30–5:00pm      |
| Session 4: August 5–August 15        | 4:00–4:30pm     | 4:00–4:30pm     | 4:00–4:30pm      | 4:00–4:30pm      |
|                                     | 4:30–5:00pm     | 4:30–5:00pm     | 4:30–5:00pm      | 4:30–5:00pm      |

Continued on page 11

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**PIRANHA JR. (AGES 6–8)**

Swim training program that focuses on all 4 competitive strokes. Designed for the swimmer who is interested in improving technique and fitness without official competition. Swimmer must be able to perform 50 yards of freestyle and backstroke; 25 yards of basic breaststroke and 15 yards of butterfly kick.

**PIRANHA (AGES 9–14)**

Swim training program that focuses on all 4 competitive strokes. Designed for the swimmer interested in improving technique and fitness without official competition. Swimmer must be able to swim 100 yards freestyle, backstroke and breaststroke and 25 yards of butterfly. Director recommendation is required for this program. Swimmer must register for a minimum of two classes per week. Swimmers unable to swim two times per week should register for Stroke Mechanics.

SEE PRICING ON PAGE 11
2-WEEK SESSIONS for Water Movement B (6-12yrs) – Four classes per week for 2 weeks

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
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<td>Session 1: June 24-July 3</td>
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<td>*No Classes Thursday, July 4</td>
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<td>Session 3: July 22-August 1</td>
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<td>Session 4: August 5-August 15</td>
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2-WEEK SESSIONS for Water Stamina B (6-12yrs) – Four classes per week for 2 weeks

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
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<td>Session 1: June 24-July 3</td>
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<td>*No Classes Thursday, July 4</td>
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<td>Session 2: July 8-July 18</td>
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2-WEEK SESSIONS for Stroke Introduction B (6-12yrs) – Four classes per week for 2 weeks

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<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
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<td>Session 1: June 24-July 3</td>
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<td>Session 2: July 8-July 18</td>
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1-WEEK SESSION: August 19-22 – Four classes per week for 1 week

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Water Acclimation B (6-12yrs)</td>
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<tr>
<td>Water Movement B (6-12yrs)</td>
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<tr>
<td>Water Stamina B (6-12yrs)</td>
<td>5:00-5:30pm</td>
<td>5:00-5:30pm</td>
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<tr>
<td>Stroke Introduction B (6-12yrs)</td>
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PRESCHOOL AND YOUTH SWIM LESSON PRICING

<table>
<thead>
<tr>
<th>Price per 8-week session for 30-minute class:</th>
<th>Price per 8-week session for 45-minute class:</th>
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<tbody>
<tr>
<td>Full Member: $97 ($85, Thursday)</td>
<td>Full Member: $128 ($108, Thursday)</td>
</tr>
<tr>
<td>Program Member: $155 ($135, Thursday)</td>
<td>Program Member: $204 ($179, Thursday)</td>
</tr>
<tr>
<td>Price per 2-week Session for 30-minute class:</td>
<td>Price per 4-week Session for 45-minute class:</td>
</tr>
<tr>
<td>Full Member: $97 ($85, Session 1)</td>
<td>Full Member: $128 ($112, Session 1)</td>
</tr>
<tr>
<td>Program Member: $155 ($135, Session 1)</td>
<td>Program Member: $204 ($179, Session 1)</td>
</tr>
<tr>
<td>Price per 1-week session for 30-minute class:</td>
<td>For more information, please contact Ellen Daudelin</td>
</tr>
<tr>
<td>Full Member: $49 Program Member: $78</td>
<td>at 908-889-8880 x118 or <a href="mailto:edaudelin@fspymca.org">edaudelin@fspymca.org</a>.</td>
</tr>
</tbody>
</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

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.

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).

Price per 8-week session
45-minute swim class         Full Member: $128
Program Member: $204

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

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.

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.

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.

Class Name | Monday | Tuesday | Wednesday | Thursday | Friday
---|---|---|---|---|---
All Around Aqua | 8:30-9:25am | 8:05-9:00pm | 8:05-9:00pm | 8:30-9:25am |
Deep Water Cardio | 8:05-9:00pm | 8:30-9:25am | 8:05-9:00pm | 8:30-9:25am |
*Multiple Sclerosis Water Exercise* | 11:30am-12:30pm | 11:30am-12:30pm | 11:30am-12:30pm |
Shallow Water Workout | 8:30-9:25am | 8:30-9:25am | 8:30-9:25am |
Gentle Shallow Water | 10:30-11:25am | 8:30-9:25am | 10:30-11:25am |

Full Member: Free
The Multiple Sclerosis Water Exercise Program is Open To Community (OTC): $49 per 8-week session for one class per week
For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fspymca.org.
HEALTH & SAFETY

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. Class dates are TBD.

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

<table>
<thead>
<tr>
<th>Course</th>
<th>June</th>
<th>July</th>
<th>August</th>
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<tbody>
<tr>
<td>Online Learning (must complete prior to first in-class session)</td>
<td>OPEN</td>
<td>OPEN</td>
<td>OPEN</td>
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<tr>
<td>Skills Test Out</td>
<td>6/1 &amp; 6/15</td>
<td>7/6 &amp; 7/20</td>
<td>8/3 &amp; 8/17</td>
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ARC Adult and Pediatric First Aid, CPR & AED
Full Member: $60  Community Member: $80
ARC Babysitting and Childcare
Full Member: $60  Community Member: $75
For more information, please contact Ellen Daudelin at 908-889-8880 x118 or edaudelin@fsymca.org.
AMERICAN RED CROSS LIFEGUARDING - FULL COURSE
The American Red Cross Lifeguarding course certifies participants in Lifeguarding, First Aid, CPR/AED, Emergency Oxygen and Bloodborne Pathogens. We offer a classroom setting where participants will review the curriculum with a Red Cross certified instructor. On successful completion of the pre-course (swim assessment), the instructor will notify participants who met the minimum requirements to register for the full course. Participants should be at least 15 years old. Please contact Johan Mora-Valverde at jmoravalverde@fspymca.org for more information.

AMERICAN RED CROSS LIFEGUARDING RECERTIFICATION
This training is designed for current Red Cross lifeguards. This is an intensive course with classroom and pool sessions re-certifying participants in Lifeguarding, First Aid and CPR/AED. Our classes include Bloodborne Pathogens and Administering Emergency Oxygen training. Participants must have a valid Red Cross Lifeguard certification (or within 30 days of expiring) and successfully complete skills and pass exams to receive re-certification. Please contact Johan Mora-Valverde at jmoravalverde@fspymca.org for more information.

We’re hiring!
- Lifeguards
- Swim Instructors
- Deck Supervisors

To learn more, contact Ellen Daudelin at edaudelin@fspymca.org or 908-889-8880. For all job opportunities at FSPY visit fspymca.org/employment.
PRESCHOOL GYMNASTICS

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!

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.

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Monday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Mini-Gymnasts (3-4yrs)</td>
<td>4:30-5:15pm</td>
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<td>5:30-6:15pm</td>
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<tr>
<td>Little Gymnasts (4-5yrs)</td>
<td>4:30-5:15pm</td>
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<td>5:30-6:15pm</td>
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<tr>
<td>Mighty Gymnasts (5-6yrs)</td>
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Preschool Gymnastics Classes – Price per 9-week session (June 24–August 25)
Full Member: $116 (Saturday – 8 weeks: $103)  Program Member: $132 (Saturday – 8 weeks: $117)
For more information, please contact Dana Fiore at 908-889-8880 x128 or dfiore@fspymca.org.

Join the circus this summer! We are excited to be offering a full week of gymnastics and dance creativity that will end in a one-of-a-kind performance on the last day of camp. Big Top Y runs June 24–28.
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 lifelong fitness habit and have fun increasing strength, agility, confidence and much, much more! Classes are divided by skill level; gymnasts advance as they master skills on all four events.

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

SWINGERS (GRADES 1-12)
Intermediate and advanced intermediate gymnasts. Instructor Recommendation needed for this class.

KIPPERS (GRADES 1-12)
Advanced skill level gymnasts. Instructor Recommendation needed for this class.

Class Name | Wednesday | Saturday
--- | --- | ---
Rollers (1-8 grade) | 4:30-5:30pm | 9:00-10:00am
Swingers (1-12 grade) | 4:30-6:00pm | 9:00-10:30am
Kippers (1-12 grade) | 4:30-6:00pm | 9:00-10:30am

EVENT CLINICS
Event Clinics offer gymnasts an opportunity to focus on one specific event per week. Gymnasts will work on specific event tricks at their skill level to attain skill mastery. These hour and 15 minute clinics are perfect for competitive and non-competitive gymnasts. Whether it is an event you are struggling with or one you want to master, we look forward to working with you. Some tricks can be worked on multiple events (eg., backhand-springs on floor and more advanced work on the balance beam).

Pre-registration is required. A minimum of 5 participants is required to run each clinic.

<table>
<thead>
<tr>
<th>Tuesday Event Clinics: 4:30-5:45pm</th>
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<tbody>
<tr>
<td><strong>Week 1</strong></td>
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<td><strong>Week 2</strong></td>
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<tr>
<td><strong>Week 3</strong></td>
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</tbody>
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Youth Gymnastics Classes
Price per 9-week session (June 24-August 25)

Rollers
Full Member: $123 (Saturday – 8 weeks: $109)
Program Member: $141 (Saturday – 8 weeks: $125)

Swingers & Kippers
Full Member: $151 (Saturday – 8 weeks: $134)
Program Member: $177 (Saturday – 8 weeks: $157)

Trick Clinics
Full Member: $17/clinic
Program Member: $20/clinic

For more information, please contact Dana Fiore at 908-889-8880 x128 or dfiore@fsymca.org.
PRESCHOOL SPORTS

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
---|---|---
Mini Ninja Warrior (3–5yrs) | 5:00–5:45pm | 3:30–4:15pm
Preschool Tae Kwon Do (4–5yrs) | | |

Preschool Sports Classes
Price per 9-week session (June 24–August 25)
Full Member: $90  Program Member: $98
For more information, please contact Taj Belfield at 908–889–8880 x117 or tbelfield@fspymca.org.

YOUTH SPORTS

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.

BASKETBALL I (ENTERING GRADES 1 & 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!

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.

Class Name | Monday | Wednesday | Thursday
---|---|---|---
Youth Soccer (5–8yrs) | | | 5:00–5:45pm
Basketball I (Entering Grades 1–2) | | 5:15–6:30pm |
Youth Tae Kwon Do (6–7yrs) | | 4:30–5:15pm |

Youth Sports Classes
Price per 9-week session (June 24–August 25)
Full Member: $90 ($80, Thursday)
Program Member: $98 ($87, Thursday)
For more information, please contact Taj Belfield at 908–889–8880 x117 or tbelfield@fspymca.org.

WEEKLY CLINICS

Elementary Track Skills Clinic
On your mark, get set, GO! Get ready to build speed and have fun racing to the finish line. Children will learn proper running form and basic track and field events, while having fun. Location: Terrill Middle School.
June 25–July 30, Tuesdays from 5:30–6:30pm
6 weeks  Full Member: $66  Program Member: $73

Ninja Warrior Weeks (AGES 6–8)
This program combines FUN obstacles with athletic conditioning. Gain confidence and increase your times as you run through the course!
Session 3: July 8–12  Session 6: July 29–August 1  Session 8: August 12–August 15
Each session runs Monday through Thursday from 4:30–5:15pm
Full Member: $40 per week  Program Member: $45 per week

For more information, please contact Taj Belfield at 908–889–8880 x117 or tbelfield@fspymca.org.
**MIDDLE SCHOOL BASKETBALL (GRADES 5-8)**
Play like a champion! Build confidence and strengthen your technique while learning more advanced skills. Children will do drills, games and scrimmages to help boost their capabilities.

Middle School Basketball is held Fridays from 4:30-5:45pm.

**MIDDLE SCHOOL TRACK (GRADES 5-8)**
Build your endurance and speed. Join us for our twice-weekly track sessions, **Tuesdays and Thursdays** from 6:00-7:00pm. Location: Terrill Middle School.

**TAE KWON DO (AGES 8 – Adult)**
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.

Tae Kwon Do is offered Tuesdays and Thursdays from 6:00-7:00pm, and Sundays from 9:00-10:00am.

**HIGH SCHOOL VOLLEYBALL (PICK-UP GAMES)**
If you are interested in a fun night of organized co-ed volleyball, want a chance for some extra practice or want to get a taste of what volleyball is like, come join us Wednesday evenings from 5:30 to 7:00pm. Register for 1, 3 or all 8 weeks. Participants must register at the Welcome Center to participate. $5 per week.

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**Middle School Basketball**
Price per 9-week session (June 24–August 25)
Full Member: $115
Program Member: $127

**Middle School Track**
Price per 9-week session (June 24–August 25)
Full Member: $140
Program Member: $155

**Tae Kwon Do**
Price per 9-week session (June 24–August 25)
T/Th/Su    Full Member: $154    Program Member: $183
2 Family members: $74 additional for the first
Each additional family member: $63
Sunday Only  Full Member: $78
Program Member: $91

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

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**TEEN AND TWEEN SPORTS**

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**7GI 7TH GRADE INITIATIVE**

**FREE Y Membership for 7TH Graders**
It’s easy to get started!

The Fanwood–Scotch Plains YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.

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 incoming 7TH graders in Clark, Fanwood and Scotch Plains.

Membership is valid beginning June 17, 2019.

*Both parent/guardian and 7th grader must visit FSPY to activate membership.*
**ADULT SPORTS**

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

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

**ADULT PICKLE BALL – ALL AGES AND LEVELS**
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 BADMINTON – ALL AGES AND LEVELS**
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, it’s 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! Great family activity for ages 8 and over.

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**Class Name** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Sunday**
--- | --- | --- | --- | --- | --- | ---
Adult Basketball & Co-ed Volleyball | 8:50-10:30pm | 8:50-10:30pm | 8:45-10:30pm | 8:45-10:30pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 6:00-7:00pm | 9:00-10:00am
Pickleball | 12:30-2:00pm | 12:30-2:00pm | 1:45-3:15pm | 1:45-3:15pm | 9:00-10:00am | 9:00-10:00am
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 | 9:00-10:00am | 9:00-10:00am

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

Price per 9-week session
- **Tae Kwon Do**
  - Full Member: $154
  - Program Member: $183
  - 2 family members $74 additional for the first; each additional family member, $63
- **Tae Kwon Do – Sunday Only**
  - Full Member: $78
  - Program Member: $91

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

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**BIRTHDAY PARTIES**

**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, email birthdayparties@fspymca.org.
INTERACTIVE FIT ROOM (GRADES 5-8) M
FREE Fun Interactive Training Room featuring Exergame Fitness Equipment! A place for kids to come and improve their athletic skills. Games will build strength and agility. FIT Room is open Monday and Wednesdays from 1:45-2:15pm and Saturdays from 11-11:30am. Wrap this activity with Teen Wellness for the perfect combo!

TEEN WELLNESS (GRADES 7-8) M
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. At the end of the 4-week session, the teens 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. Teen Wellness runs Mondays and Wednesdays from 1:00-1:45pm OR Saturdays from 12:00-12:45pm. For more information on Teen Wellness, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.

7GI 7TH GRADE INITIATIVE
GET YOUR TICKET TO FREE FUN AND FITNESS
Free membership for incoming 7th graders in Fanwood, Scotch Plains and Clark

It’s easy to get started.
Bring the following to the Y to activate your membership:
1. Your school ID, roster or report card
2. A parent/guardian
3. Sign a code of conduct
4. Complete a few quick forms and begin your membership!
*Both parent/guardian and 7th grader must be present to activate membership
Membership is valid beginning June 17, 2019.

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. Workshops and activities encourage positive character and attitude, allowing high school students 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.

SMALL 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.

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.

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

For more information, contact Jennifer Glander at 908-889-8880 x119 or jglander@fspymca.org.
PARENT/TODDLER CREATIVE MOVEMENT
(AGES 18 MONTHS-3 YEARS)
Children and one of their favorite grown-ups will explore beginning dance together in this fun 1/2 hour of creative movement. Ages 18 months-3 years, with adult.

PRESCHOOL DANCE
BEGINNER DANCE (AGES 3–5)
This class will introduce children to ballet, tap and motor skills. Students will learn terminology, music and rhythm, performance technique and creative movement.

INTRO TO HIP HOP (AGES 3–5)
This beginner level hip hop class will explore breakdancing, popping and locking, creative movement and choreography. Class will consist of a warm-up, technique and choreography. Get ready to move and learn fun new tricks to show your friends! Please wear clothes that can be moved in and are form fitting; sneakers or hip hop sneakers are accepted.

TURNS AND LEAPS AND SPLITS, OH MY!
(AGES 6–12)
Want to work on your turns or finally get your full split? In this class we will work on flexibility, balance, leaps, turns, jumps, splits and more! Get ready to master those tricky moves. Please wear tights, leotard and ballet slippers.

INTRO TO CHOREOGRAPHY (AGES 6–12)
Get ready to learn how to create your own dances! With a strong focus on individual creativity, this class teaches students how to turn their favorite moves into entire dances. Please dress in form fitting, moveable clothes, bring any and all dance shoes.

BALLET/TAP (AGES 6–12)
Have a blast in this combo class learning ballet and tap! Ballet includes stretching, barre work and traveling across the floor. Then learn tap combinations and patterns in center. Both styles will work on choreography. Please wear tights, leotard, (shorts if desired), ballet & tap shoes.

HIP HOP EXPERIENCE (AGES 6–12)
ONE WEEK ONLY! AUGUST 19–23
4:30–6:30PM, MONDAY THROUGH FRIDAY
Have a blast in this one week only hip hop class! Students will explore the fundamentals of Hip Hop dance while learning about the culture of Hip Hop through dance, art and rap. Students will learn Hip Hop vocabulary, history and movement styles of each era of Hip Hop. A graffiti art project will be created as well as a parent performance on the last day of class.

Full Member: $130
Program Member: $150

DANCE SUMMER CAMP
For some more Summer Dance Fun register for our weekly camp! 6 weeks available.
Dance Experience (Grades 1–8):
Monday–Friday 12:00–4:00pm
Pick up our Summer Camp Brochure at the Welcome Center for more information or visit 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 will turn 4 years old by 10/1/19 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 will turn 3 years old by 10/1/19.

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

PRESCHOOL AND KINDERGARTEN READINESS
2019-2020 School Year
10 Equal Monthly Payments

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<tr>
<th></th>
<th>Member</th>
<th>Program Member</th>
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<tr>
<td>2-Day</td>
<td>$247.00</td>
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<tr>
<td>3-Day</td>
<td>$319.00</td>
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<tr>
<td>4-Day</td>
<td>$412.00</td>
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</tr>
<tr>
<td>5-Day</td>
<td>$474.00</td>
<td>$548.00</td>
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$100 non-refundable deposit is due at time of registration.

Preschool Registration is ongoing.

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@fspyymca.org for more information, or to set up an appointment for a tour of our Preschool Program.
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 Aquatic 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 and 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 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.

Child Care Registration is ongoing. 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 MONTHLY FEE SCHEDULE
(FULL-TIME) SEPTEMBER 2019-AUGUST 2020

| Full Member  |  
| Infant Care  | $1,545.00 
| Toddler      | $1,442.00 
| 3s/4s        | $1,232.00 

Healthy U
The YMCA has formed partnerships throughout the state to bring the very best practices into their 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.

JOIN OUR CHILD CARE TEAM
We’re hiring!
Early Childhood Teachers • Substitute Teachers
School Age Child Care Counselors
Preschool and School Age Camp Counselors
Learn more at fspymca.org/employment.
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 public 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**

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<th>Monthly Fees</th>
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<tr>
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<td>Member</td>
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<tr>
<td>After School Only - 1 Day/Week</td>
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<tr>
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<td>$73.00</td>
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*$100 non-refundable deposit is due at registration.*

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, September 30** - Alstede Farms
- **Tuesday, October 1** - The Gagasphere
- **Wednesday, October 9** - Carnival Day
- **Monday, October 14** - Funplex
- **Thursday, November 7** - Superhero Adventures
- **Friday, November 8** - Pump It Up
- **Monday, December 23** - Animal Awareness Day
- **Tuesday, December 24** - Film Festival
- **Thursday, December 26** - Out of This World
- **Friday, December 27** - I-Play America
- **Monday, December 30** - Krazy, Wacky, Wild
- **Tuesday, December 31** - New Year’s Eve Party
- **Monday, January 20** - MLK Jr. Day of Service
- **Friday, February 14** - Jersey Lanes Bowling
- **Monday, February 17** - Star Wars Day
- **Monday, April 6** - Under the Sea
- **Tuesday, April 7** - Liberty Science Center
- **Wednesday, April 8** - Jersey Lanes Bowling
- **Thursday, April 9** - Just Dance
- **Friday, April 10** - Pokemon Adventure

**Monthly Fees**

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<th>Program</th>
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<tr>
<td>Before School Only - 5 Days/Week</td>
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**Registration**

Registration for the 2019-2020 year is ongoing until all spaces are filled. Register now!

For more information, please contact Kate Dudas at 908-889-8880 x125 or kdudas@fspymca.org.

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.

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<tr>
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<td>Before School Only - 5 Days/Week</td>
<td>$245.00</td>
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</table>

Full Member: $74 per child per day
Program Member: $79 per child per day
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.

**SPLASH 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.
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, Diabetes Meal Planning or Triathlon 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.

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.

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

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.

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

**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.
*Previous pilates experience is encouraged.*

Price Per 4-Week Session
- TRX-$55
- Pilates Circuit Class-$75
*Drop in rate - $20/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.

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 updated “Daxko” 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.

Pilates/Yoga – A blend of yoga and pilates.

The above Mind-Body classes are included with Full Membership.
GROUP EXERCISE CLASSES

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 at fspymca.org, visit the Welcome Center or download the updated “Daxko” mobile app for the latest schedules. A modified August schedule will be coming out this summer.

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.

BARE 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
Kettle bell workout intervals utilizing a variety of equipment. This workout challenges the lower body with the 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.

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.

The classes on this page are included with Full Membership. For more information, please contact Jennifer Donahue at 908-889-8880 x115 or jdonahue@fspymca.org.
Please check our website at fspymca.org, visit the Welcome Center or download the updated “Daxko” mobile app for the latest schedules. A modified August schedule will be coming out this summer.

**NEW! GET FIT, BE FIT – PERSONALIZED ORIENTATION**
Get started with a fitness routine. Learn about our new program, Get Fit, Be Fit. Our trainers will meet with you to give you a personalized orientation into the Wellness Center. You will meet with a trainer 3 times. The first appointment will get you started on working out while completing a needs assessment. The next meeting, you will be guided through a workout relative to your needs. The third is a final meeting, check-in with staff and an opportunity to have questions answered. For more information, contact Jennifer Donahue at jdonahue@fspymca.org.

**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.

### Class Name

<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>*Enhance® Fitness–Chair, Level 1 (60yrs+)</td>
<td>10:00-11:00am</td>
<td>10:00-11:00am</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>
<td>11:20am-12:20pm</td>
<td>11:20am-12:20pm</td>
<td>11:20am-12:20pm</td>
<td>11:20am-12:20pm</td>
</tr>
<tr>
<td>*Enhance® Fitness–Mixed Level (60yrs+)</td>
<td>7:00-8:00pm</td>
<td>7:00-8:00pm</td>
<td>7:00-8:00pm</td>
<td>7:00-8:00pm</td>
<td>7:00-8:00pm</td>
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<tr>
<td>Healthy Bones (60yrs+)</td>
<td>9:15-10:00am</td>
<td>9:50-10:30am</td>
<td>10:15-11:00am</td>
<td>10:15-11:00am</td>
<td>10:15-11:00am</td>
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<tr>
<td>Y.A.A. Core Strength (60yrs+)</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
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<tr>
<td>Y.A.A. Chair Yoga (60yrs+)</td>
<td>10:15-11:00am</td>
<td>10:15-11:00am</td>
<td>10:15-11:00am</td>
<td>10:15-11:00am</td>
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<tr>
<td>Parkinson’s Foundation Class*</td>
<td>11:15am-12:15pm</td>
<td>11:15am-12:15pm</td>
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<tr>
<td>Y.A.A. Interval Mix (60yrs+)</td>
<td>11:15am-12:15pm</td>
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<tr>
<td>Y.A.A. Aerobics and Strength (60yrs+)</td>
<td>11:15am-12:00pm</td>
<td>11:15am-12:00pm</td>
<td>11:15am-12:00pm</td>
<td>11:15am-12:00pm</td>
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<tr>
<td>Y.A.A. BOSU Balance</td>
<td>10:40-11:00am</td>
<td>10:40-11:00am</td>
<td>10:40-11:00am</td>
<td>10:40-11:00am</td>
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<tr>
<td>Moving for Better Balance</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>Tai Chi: Beginner</td>
<td>11:00-11:50am</td>
<td>11:00-11:50am</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 30.
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 donor–supported 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 $315,000 in financial assistance supported largely by Annual Campaign donations. 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/fspymca 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's 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.
HEALTHY LIVING

NEW! SUPPORTING WELLNESS TOGETHER: YMCA’S WEIGHT LOSS PROGRAM
Don’t let those lazy, hazy days of summer get in the way of your health and wellness goals! We will be running our weight loss group for the month of July on Wednesdays at 7:00pm and Thursdays at 9:00am. Maintain great healthy habits or gain some new ones. Our registered dietitians are here to provide you with the support and inspiration you need.
$40 for the 4-week program

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 908-522-2842.
JUNE 6: Men’s Health Education
BMI/Glucose Screening
JULY 18: Sun Safety Education
Blood Pressure/Glucose Screenings
AUGUST 15: National Immunization Month
Bone Density/BMI Screenings

GARDENING PROJECT
We will be planting our Square Foot Garden in the spring and would like to get together a garden club. If you’re interested, please contact Donna Peart and we can set up times for helping out and doing some cooking projects together. All members are welcome to participate. Let’s learn and grow together! For more information, contact Donna at 908-889-8880 or dpeart@fspymca.org.

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.

JUNE 12
Retirement: Making Your Money Last
Seminar is designed for those who are thinking about retiring or have retired recently. This workshop discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. Brought to you by Alan Tennant of Edward Jones.

For more information on Healthy Living programs, please contact Donna Peart at 908-889-8880 x104 or dpeart@fspymca.org.

GET FIT
BE FIT
Our new personalized wellness orientation will put you on the path to success.

Learn more on Page 30.
HERE 2 HELP MENTAL HEALTH COALITION – 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 Here 2 Help Mental Health Coalition 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 half of U.S. adults have high blood pressure. The Blood Pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The program focuses on how to regularly monitor blood pressure at home, using the proper measuring techniques. It offers 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. Led by a trained Lifestyle Coach, this year-long program includes one session a week for 16 weeks, followed by one session a month for 8 months. 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.

For more information on the above programs, please contact Donna Peart at 908-889-8880 x104 or dpeart@fspymca.org.
HEALTHY LIVING

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.

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.

Y ACTIVE ADULTS (YAA) WELLNESS

Additional support in our Wellness Center for our members coming from a physical rehab program.

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.

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.

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 Healthy Living programs, please contact Donna Peart at 908-889-8880 x104 or dpeart@fsymca.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.