the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE YOUR SUMMER SPECTACULAR

FANWOOD–SCOTCH PLAINS YMCA PROGRAM GUIDE

SUMMER 2021 Session: June 28–August 29, 2021

fspymca.org

WE ARE Y STRONG

"Over the years, the Y has helped me grow in several ways, and I'm incredibly grateful for the FSPY community. Through the Swim Team, I've developed tenacity and the ability to overcome failure. Every race is not going to be a good one, but I'll always have my coaches and my teammates supporting me. This has prepared me for the real world because it's not perfect at all. Being on the team allowed me to experience failure and get back up and make a plan to improve the next time, which I think was valuable to learn early on in my life. The Y is important for people of all ages really; it's a support system. It connects people, not just through the social programs that it offers, but also just by sharing their challenges that they're trying to overcome, which I think is really important. It's a lot easier to be dealing with a tough time with someone there for you than dealing with it alone, and the Y allows you to do that."

–Rebecca, FSPY Swim Team member

We believe when we work together, we can make our community a better place. To make an impact on the lives of local youth and families, visit fspymca.org/giving.

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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. Learn more about volunteering for our Y at fspymca.org.

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 We Are Y Strong Campaign. Confidential applications are available at our Welcome Center or online at fspymca.org.

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REGISTRATION INFORMATION

SUMMER SESSION: JUNE 28–AUGUST 29, 2021 (9 WEEKS)
You must be an active, full member of the Fanwood-Scotch Plains YMCA to participate in programs.

To take your membership off hold, click here.
To join our Y, click here.

Online Registration for Spring programs begins: Monday, June 14, 2021 at 9:00am.

REGISTRATION FOR FEE-BASED PROGRAMS WILL BE HELD ONLINE AT FSPYMCA.ORG/REGISTER UNDER "DAXKO PROGRAM REGISTRATION."

Please note: All new and returning members are asked to sign our updated Membership Waiver and Code of Conduct prior to returning to our Y (one per household). You can easily do so here.

fspymca.org
Check out our website for the latest news and updates, including program, pool and fitness schedules, upcoming events, and online registration/payments.

YOU'RE INVITED TO TRY THE Y!

Get your pass to fitness, friends, fun and more! If your Fanwood-Scotch Plains YMCA membership is on hold, you were previously a member or you are looking to join, take a tour of our Y and get a free guest pass. Learn about our latest health and safety updates, view our facility and let us answer any questions you may have. As you'll see in this brochure, we're adding new offerings all the time. Come check it out!

Schedule your tour today here.

1340 Martine Avenue
Scotch Plains, NJ 07076
Tel. 908-889-8880

HOURS OF OPERATION
(hours are subject to change; visit fspymca.org for the most up-to-date information)

Monday-Friday: 6:00am-9:00pm
Saturday: 7:00am-2:00pm
Sunday: CLOSED

The Fanwood-Scotch Plains YMCA is closed on:
Labor Day

CONNECT WITH US!

Learn the latest happenings at FSPY

facebook.com/fspymca
@FSPYINSTA
@fspymca
youtube.com/fanwoodscotchplainsymca
fspymca.org
Download our mobile app on your phone

MEMBERSHIP

FULL MEMBERSHIP INCLUDES

- Free group exercise classes (inside, outside and virtual), including mind-body, cardio and strength classes
- Access to specialized youth, teen and adult programs and classes
- The ability to register for youth programs like Preschool, Child Care, School Age Child Care and Summer Camp
- Free wellness seminars and events
- Open basketball and select adult sports by reservation
- Lap swimming for ages 14+ in two pools throughout the day (select hours by reservation only).

OUR FACILITY FEATURES

- Two-story Wellness Center including cardio equipment, strength machines and free weights
- Two heated 25-yard indoor pools
- Air-conditioned gymnasium
- Adult-only locker rooms
- Youth locker rooms and family changing areas
- Accredited Preschool and Summer Camp programs

YOUR SAFETY, OUR PRIORITY

At the Fanwood-Scotch Plains YMCA, the health and safety of everyone who walks through our doors is our top priority. Following the COVID-19 pandemic, we have put procedures in place to keep our community safe. These include, but are not limited to:

- All members and staff are asked to self-check their symptoms prior to coming to the YMCA and stay home if they feel sick.
- All members and staff will undergo a brief health screening and temperature check before entering the building or taking part in any of our activities. If you have a temperature of 100.4 or higher, answer yes to any of the questions, or you are required to quarantine based on current CDC guidelines, you will be denied access to the YMCA or outdoor activity.
- After May 28, if you are fully vaccinated, masks are no longer required in the YMCA building (select exclusions may apply).
- Members and staff must check in and check out of the YMCA building. There are two separate stations for check in and check out located at the Welcome Center.

For more information on our Health and Safety procedures, click here.

MEMBERSHIP CATEGORIES

FAMILY: Two adults within the same residence and children 25 years of age and younger.

ADULT: Age 26-61

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

SENIOR ADULT: Age 62 and over

YOUNG ADULT: Age 18-25

TEEN: Age 13-17, must use youth locker rooms

YOUTH MEMBERSHIP

Children 12 years of age and under can become Youth Members and will only have access to the facility for the classes in which they are registered.

JOINER'S FEE SPECIAL: Through August 31, 2021 we are offering a $0 Joiner's Fee! After August 31, a one-time Joiner's Fee will be charged upon signing up for a membership. Keep your membership current and never pay another Joiner's Fee.

Membership fees are non-refundable.

Please note: The first-month's payment will be prorated based on the date you join.

MEMBERSHIP CATEGORIES	MONTHLY FEE	JOINER'S FEE ($0 through Aug. 31, 2021)
FAMILY	$105.00	$100.00
ADULT	$70.00	$75.00
SENIOR COUPLE	$81.00	$50.00
SENIOR ADULT	$58.00	$50.00
YOUNG ADULT	$49.00	$25.00
TEEN	$40.00	
YOUTH	$33.00	

COLLEGE MEMBERSHIP SPECIAL!

College students: Join our Y for your choice of 1, 2 or 3 months and pay $49 per month. We'll automatically cancel your membership when your last month ends.

Plus, we're currently waiving the Joiner's Fee through August 31. Learn more here.

FACILITY AND USAGE GUIDELINES

Visit the Your Safety is our Priority page on our website for the most up-to-date program area guidelines.

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 be automatically reprinted and you will be billed the $5.00 fee.

Y Yellow Card: Adults associated with a Youth or Teen 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.

Lap Swim/Water Walking: For full members 14 years of age and older. Lap swim time slots are for continuous lap swimmers; all other swimmers are to use the water walking times, including those wearing aqua joggers and/or using exercise equipment. All non-swimmers must stay in the shallow end. Select lap swim/water walking times are by reservation only at fspymca.as.me. Between 11am-3pm, Monday through Friday, reservations are no longer needed and drop-ins are welcome.

Family Swim: For full member families. Family swim is currently held Saturdays from 12:45-1:30pm by reservation only at fspymca.as.me. Participants must be from the same household; maximum number of participants from any one household group is eight (8).

Gymnasium: Please check the schedule online on our new Acuity Scheduling system, fspymca.as.me. You can also call the Welcome Center at 908-889-8880 to make a reservation for basketball hoops or indoor group exercise classes. We also offer teen/adult sports by reservation.

Wellness Center: The Wellness Center is available to all Full Members age 14 and older (7th-8th graders, please see page 15 for more information on Wellness Center usage). A towel is encouraged. Please observe all regulations regarding equipment usage.

Lockers: Tokens for a valuables locker (located in the hall behind the Wellness Center) are available in the Wellness Center. We are not responsible for lost or stolen articles.

Adult Locker Rooms: The Adult Locker Rooms are for adults age 18 and older only. Children under the age of 18 must use the Youth Locker Rooms. Parents with children must use the Youth Locker or Family Changing Rooms.

Youth Locker Rooms: Youth Locker Rooms are for individuals under 18. Children 6 and older must use the appropriate locker room for their gender. 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. Family Changing Rooms also are available.

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

MEMBERSHIP GUIDELINES

Bank Drafts: The bank/credit card draft plan is a continuous membership plan. The monthly amount is withdrawn on the 1st of each month for the current month. If you wish to cancel membership, you must give the YMCA 15 days written notice prior to the draft date. If you wish to change your membership type, you must complete a membership change form by the 25th of the month prior to the month you wish to change. It is your responsibility to notify the Y in writing of any change to your bank or credit card accounts.

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 $5.00 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 canceled, a credit/refund will be available (upon written request).
- 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 canceled 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 fspymca.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 transfered.

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 may only be used within the YMCA with the consent of a YMCA Program Director.

Nationwide Membership: Your Y membership 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. Please call ahead before visiting another Y as most currently have restrictions on visitors.

BECOME A COMMUNITY CHAMPION

Make a difference in the lives of those around you!

When you join our Y's Community Champions Monthly Giving Program you become a part of the good work our Y does to serve our members and the community throughout the year.

You can easily add a monthly donation to your account by clicking here. Any amount, large or small, helps us fulfill our mission of helping those in need in our community.

YMCA'S SWIM LESSON PROGRAM

STRONG SWIMMERS CONFIDENT KIDS

The Y has been "America's Swim Instructor for over 100 years. Our Swim Lessons are 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 features enhanced health and safety procedures while still allowing students to easily flow from one skill to the next with clearly defined stages of progress along the way.

STAGE DESCRIPTIONS

SWIM STARTERS

PARENT & CHILD

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

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.

B / WATER EXPLORATION

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

SWIM BASICS

PRESCHOOL & YOUTH
TWEEN/TEEN BEGINNERS
ADULT BEGINNERS

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

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.

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.

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.

SWIM STROKES

PRESCHOOL & YOUTH
TWEEN/TEEN INTERMEDIATE
ADULT INTERMEDIATE

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.

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.

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.

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.

For more information on our Swim Lessons program, please contact Ellen Daudelin at edaudelin@fspymca.org.

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LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months–3 years
PARENT* & CHILD: STAGES A–B

3 years–5 years
PRESCHOOL: STAGES 1–4

5 years–12 years
SCHOOL AGE: STAGES 1–6

12+ years
TEEN & ADULT: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

AQUATICS – PRESCHOOL (3 – 5 years)

Please note: Due to updated health and safety procedures, students at this level must have a parent accompany them in the water during class. Please read our updated Swim Lessons Guidelines.

Class Name	Monday	Wednesday	Thursday
Water Acclimation A	5:30-6:00pm	5:30-6:00pm	4:00-4:30pm
Water Movement A	5:30-6:00pm		
Water Stamina A		5:30-6:00pm	
Stroke Introduction A			7:00-7:30pm

YOUTH SWIM LESSONS (6–12 years)

Please note: Due to updated health and safety procedures, students in Water Acclimation, Movement and Stamina must have a parent accompany them in the water during class. Please read our updated Swim Lessons Guidelines.

Class Name	Monday	Tuesday	Wednesday	Thursday	Saturday
Water Acclimation B	6:15-6:45pm	4:00-4:30pm	6:15-6:45pm		
Water Movement B	6:15-6:45pm	4:00-4:30pm		4:00-4:30pm	
Water Stamina B			6:15-6:45pm		
Stroke Introduction B					12:00-12:30pm
Stroke Development B	5:30-6:00pm	4:00-4:30pm	5:30-6:00pm	4:00-4:30pm	
	6:15-6:45pm		6:15-6:45pm		
Stroke Mechanics B	7:00-7:30pm		7:00-7:30pm		

Summer swim lesson sessions will be held as follows:

Session 1 – June 28–July 31 (5 weeks): $94 for a 30-minute class

Session 2 – August 2–August 28 (4 weeks): $75 for a 30-minute class

For more information on swim lessons, please contact Ellen Daudelin at edaudelin@fspymca.org.

ADULT SWIM LESSONS

Please note: We are following updated Health and Safety procedures for our Swim Lessons program. Please read our updated Swim Lessons Guidelines.

STROKE BASICS

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique in all four strokes. They develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

STROKE MECHANICS

Students refine stroke technique on all four strokes and discover how to incorporate swimming into a healthy lifestyle.

Class Name	Tuesday	Wednesday
Stroke Basics Adults (18yrs+)	6:00-6:30pm	
Stroke Mechanics Adults (18yrs+)		7:45-8:30am

Summer swim lesson sessions will be held as follows:

Session 1 - June 28-July 31 (5 weeks):
$94 for a 30-minute class; $113 for a 45-minute class

Session 2 - August 2-August 28 (4 weeks):
$75 for a 30-minute class; $90 for a 45-minute class

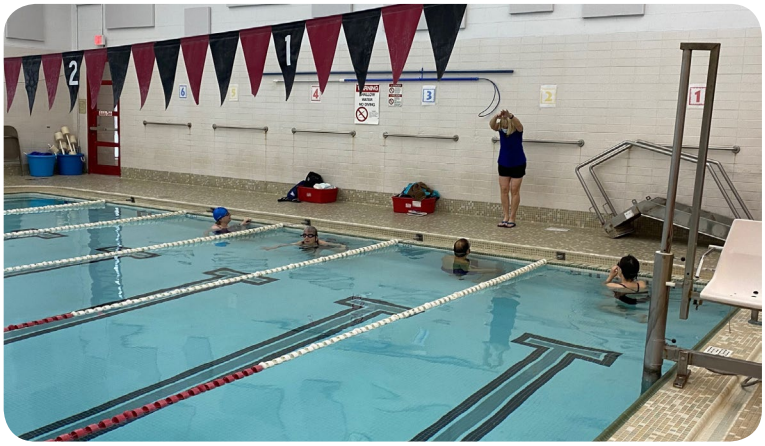
For more information on swim lessons, please contact Ellen Daudelin at edaudelin@fspymca.org.

AQUATIC FITNESS

Please note: We are following updated Health and Safety procedures for our Swim Lessons program. Please read our updated Swim Lessons Guidelines. The below classes are free with Fanwood-Scotch Plains YMCA membership. Registration for All Around Aqua and Deep Water Cardio can be done through Acuity Scheduling, fspymca.as.me. Registration for the MS Water Exercise Program is required at fspymca.org/register under "Daxko Program Registration."

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.

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	Wednesday	Thursday	Friday
All Around Aqua (Pool 1)	7:45-8:45pm			
Deep Water Cardio (Pool 1)			8:45-9:45am	
MS Water Exercise (Pool 2)	12:30-1:30pm	12:30-1:30pm		12:30-1:30pm

AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID, CPR AND AED BLENDED COURSE

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. The blended learning course is split between 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. A link to the online portion will be sent to participants within 48 hours of course registration. Allow approximately 2.5 hours to complete the online portion. The in-person portion is a 1.5-hour session, incorporating lecture, guided discussions, and practical skill sessions. Upon successful completion of this course, you will receive a digital certificate for Adult/Pediatric First Aid, CPR and AED valid for two years.

Active FSPY members can register online at fspymca.org/register under "Daxko Program Registration." Community members can register at the FSPY Welcome Center, 1340 Martine Avenue in Scotch Plains.

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

Course	July	August
Online Learning for Blended Course (must complete prior to first in-class session)	OPEN	OPEN
In-person sessions for Blended Course	7/6 & 7/20 5:30-7:30pm	8/3 & 8/17 5:30-7:30pm

ARC Adult and Pediatric First Aid, CPR & AED Blended Course

Full Member: $80 Community Member: $100

For more information on Health & Safety programs, please contact Zach Smith at zsmith@fspymca.org.

AMERICAN RED CROSS LIFEGUARDING

All Red Cross certification/review courses are currently being taught via a blended learning format, with an online portion that must be completed prior to attending multiple in-person skills training sessions led by experienced instructors. A link to the online portion of courses will be provided, alongside further information about the course, within 48 hours of registration. For more information on these courses at our Y, please contact Zach Smith at zsmith@fspymca.org.

AMERICAN RED CROSS LIFEGUARDING CLASSROOM LEARNING SCHEDULE

Course	July	August
Lifeguard Full Course (15yrs+)		8/6-8/15, Fridays and Sundays
Lifeguard Review (15+yrs)	7/9-7/11 or 7/23-7/25 Fridays and Sundays	

AMERICAN RED CROSS LIFEGUARDING – FULL COURSE

This course provides participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies as well as the knowledge to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel can take over. Participants who successfully complete the lifeguarding certification course will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for two years.

AMERICAN RED CROSS LIFEGUARDING REVIEW

This course provides participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies as well as the knowledge to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel can take over. Participants who successfully complete the lifeguarding review course will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for two years.

Lifeguarding Full Course	Pretest: $20	Member: $400	Community Member: $450
Lifeguarding Review		Member: $200	Community Member: $225

COMPETITIVE AQUATICS

Our team is a year-round competitive swim team offering high quality professional coaching and technique instruction. The goal of our team is to provide every member with an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

For more information about our Swim Team, please contact Chris Karelus at ckarelus@fspymca.org, or visit fspyswimming.org.

YOUTH & TEEN SPORTS

Please note: We are following updated Health and Safety procedures for our Sports programs. Please read our Sports Guidelines.

TAE KWON DO (AGES 8-ADULT)

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

MIDDLE SCHOOL RUNNING & CONDITIONING (GRADES 5-8)

Join our co-ed running team and build your endurance and speed. Program is held at the Fanwood-Scotch Plains YMCA. Runners of all levels welcome. Come join the fun and run! Practices are held Mondays and Wednesdays from 4:15-5:15pm.

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.

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday
Tae Kwon Do (Ages 8-Adult)	5:30-6:30pm				5:30-6:30pm
Middle School Running (Grades 5-8)	4:15-5:15pm		4:15-5:15pm		
Youth Soccer (5-8yrs)				4:15-5:00pm	

The above programs will be running in two sessions this summer:
Session 1 will run June 28-July 31 (5 weeks) **Session 2 will run August 2-28 (4 weeks)**

Tae Kwon Do: Session 1, $100 for 2x per week; Session 2, $80 for 2x per week

Middle School Running & Conditioning: Offered Session 1 only; $100 for 2x per week

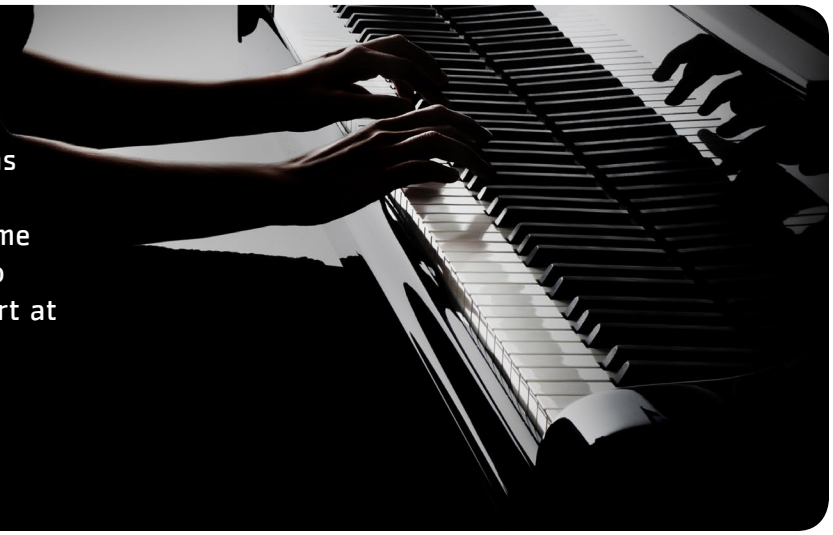
Youth Soccer: Session 1, $85; Session 2, $70

For more information on Youth & Teen Sports, please contact Donna Peart at dpeart@fspymca.org.

PIANO LESSONS ARE BACK!

Our experienced instructor offers private lessons for beginners through advanced musicians! Lessons are held at the Y, scheduled based on availability. Students must have an instrument available at home on which to practice - piano or keyboard for piano lessons. For more information, contact Donna Peart at dpeart@fspymca.org.

30 minute lessons - $123 for 4 lessons
45 minute lessons - $187 for 4 lessons



M - Included in Membership

ADULT SPORTS

Please note: We are following updated Health and Safety procedures for our Sports programs. Please read our Sports Guidelines. Adult Sports programs included with membership are by reservation only at fspymca.as.me.

FREE PLAY BASKETBALL M

Open to FSPY members ages14 and over. Up to two (2) people can shoot hoops at the same time. Participants must bring their own basketball. There will be one person per hoop unless you are sharing with another active FSPY member. 45-minute time slots available.

ADULT PICKLE BALL - ALL AGES AND LEVELS M

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

ADULT BADMINTON - ALL AGES AND LEVELS M

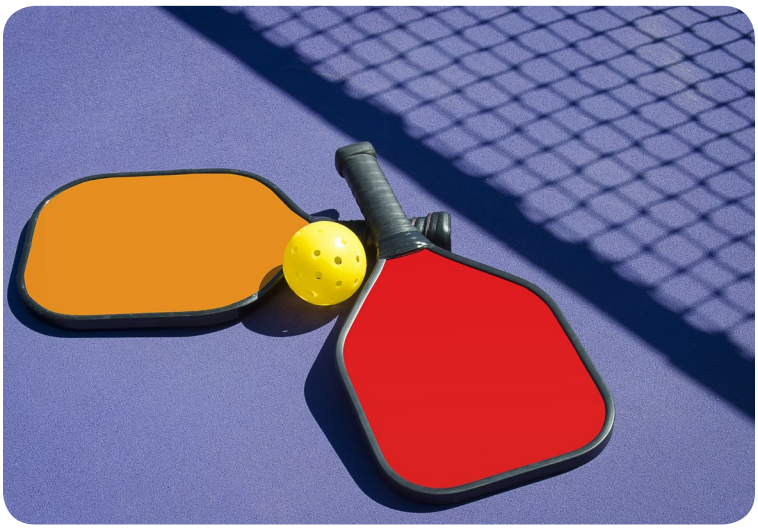
Pick up Badminton games for adults.

TAE KWON DO

Traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. Whether overweight, underweight, coordinated, uncoordinated, shy or assertive, great class for all. Build self-confidence while learning martial arts. We teach Tae Kwon Do in a friendly, respectful atmosphere. Beginners through black belts welcome. Great family activity for ages 8 and over. Register for Tae Kwon Do at fspymca.org/register under "Daxko Program Registration."

CO-ED VOLLEYBALL M

For adults, we will have pick-up games in our gym.



Class Name	Monday	Tuesday	Wednesday	Thursday	Friday
Free Play Basketball	Check Acuity Scheduling, fspymca.as.me, for the most up-to-date times and to register				
Pickleball		11:15am-12:15pm			11:15am-12:15pm
Badminton			6:15-7:45am		7:15-8:45am
Tae Kwon Do	5:30pm-6:30pm				5:30pm-6:30pm
Co-Ed Volleyball				7:00-8:30pm	

Tae Kwon Do will be running in two sessions this summer:
Session 1 will run June 28-July 31 (5 weeks): $100 for 2x per week
Session 2 will run August 2-28 (4 weeks): $80 for 2x per week

For more information on Adult Sports, please contact Donna Peart at dpeart@fspymca.org.

M - Included in Membership

TEEN FITNESS

Please note: We are following updated Health and Safety procedures for our Fitness programs. Please read our Wellness Center Guidelines.

Our Wellness Center is open to teens ages 14 and over. Teens ages 12-13 in grades 7-8 can utilize our Wellness Center during designated times after completing our Teen Wellness program. We offer two options for teens who want to get fit and have fun at our Y.

SMALL GROUP TEEN WELLNESS (GRADES 7-8) M

Small Group Teen Wellness is a program for students in grades 7-8 who are looking to get out and get moving in a fun, socially-distanced setting where they'll learn about healthy living. The program consists of cardio and strength work in the large muscle groups. Participants will be supervised at all times during each hour-long session. In a small group setting, teens will learn how to safely and effectively use the machines in our Wellness Center and track their progress on a recommended app.

Small Group Teen Wellness will be taking place in two-week sessions and will be held daily from Monday through Thursday from 12-12:45pm. Please sign up for one of the below sessions.

Session 1: June 28-July 9

Session 2: July 19-July 30

Session 3: August 2-13

Session 4: August 16-27

1:1 TEEN WELLNESS (GRADES 7-8)

The program offers the same instruction as Small Group Teen Wellness with a more personal focus. Sessions will be scheduled at participant's convenience.

COST: $165 for five 30-minute sessions

Registration for small group and 1:1 Teen Wellness is taking place at fspymca.org/register under "Daxko Program Registration."

Once either Teen Wellness option is completed, participants ages 12-13 in grades 7-8 can use the Wellness Center during the following designated times: 3:00-5:00pm Monday through Friday and 12:00-1:30pm on Saturdays.

For more information on Teen Fitness programs, please contact Jennifer Donahue at jdonahue@fspymca.org.

CHILD CARE

FULL-TIME EDUCATIONAL CHILD CARE

Our 12-month program, licensed by the state of New Jersey, will operate Monday - Friday, from 7:00am to 6:30pm during the 2021-2022 School Year. We provide warm and nurturing care for children ages 3 months-5 years, implementing the Creative Curriculum. Staff is trained in CPR and First Aid. For the 2021-2022 School Year, we will offer 5 day full-time care only.

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 physical education that develops their gross motor skills.

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

Registration for the 2021-2022 school year is now open to the community.

Please contact Kathy Barros, Senior Director of Child Care Services, at kbarros@fspymca.org for more information on registering your child, or to set up an appointment for a tour of our Child Care program.

CHILD CARE MONTHLY FEE SCHEDULE
SEPTEMBER 2021-AUGUST 2022 - 12 equal monthly payments

Age Group	Cost per month
INFANTS (3 months – 18 months)	$1812
TODDLERS (18 months – 3 years)	$1660
FULL DAY 3S (3 year olds)	$1414
Full Day 4s (4 year olds)	$1414
FOUR PLUS (older 4s who just miss the kindergarten cut-off date and young 5 year olds)	$1414

SCHOOL AGE CHILD CARE (SACC)

The state-licensed YMCA School Age Child Care Before and After Care programs will be located at all public elementary & middle schools in Scotch Plains-Fanwood during the 2021-2022 School Year. Before Care is held from 7:00am until school starts and After Care from end of school day 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.

Student must be an active FSPY member to participate. Community registration is currently open at fspymca.org/register under "Daxko Program Registration."

BEFORE CARE: $261 per month

AFTER CARE: $430 per month

For more information on School Age Child Care, please contact Katie Lizer at klizer@fspymca.org.

FUN, FRIENDS & FANTASTIC MEMORIES

FSPY SUMMER CAMP

We are so excited for Summer Camp 2021 and know it's going to be filled with fun, friends and fantastic memories. We have tons of engaging and amazing activities planned for kids ages 3 and up, with updated health and safety procedures in place to ensure our campers and staff have the best summer ever. Camp will be held from June 28–August 27, 2021 and you can register for one, two, three or all nine weeks of camp!

For our Little Sprouts camp, contact Kathy Barros at kbarros@fspymca.org.

For School Age camps, contact Kate Lizer at klizer@fspymca.org.

View our 2021 Summer Camp Brochure here.

NEW! LITTLE SPROUTS CAMP (Ages 3–5)

This camp runs Monday–Friday from 9am–1pm. Days at Little Sprouts Preschool Camp will be filled with: fun camp activities to engage brains; opportunities to explore, develop new skills and try new things, and plenty of physical activity and games to keep bodies active. **Learn more here.**

DISCOVERY CAMP (Entering Kindergarten only)

Kids will spend the summer making new friends, having fun and making cool discoveries about themselves and the world they live in. Camp offers all of these things and more in a structured environment that also encourages free play, creativity and the development of positive self-esteem and confidence.

EXPLORER CAMP (Entering Grades 1–3)

Explorer Camp is a thrilling, active day camp program for boys and girls entering grades 1–3. Our weekly sessions allow campers to unplug, connect and grow. We believe that a camp experience provides children with the unique opportunity to try new things, and discover who they truly are.

ADVENTURE CAMP (Entering Grades 4–6)

Adventure Camp provides a great experience for your child to have fun with friends. Activities include sports & games, crafts, team building exercises, a gardening component and more. This year, due to restrictions, trips may not be taken during Adventure Camp. *If trips are held, they will be at an additional cost.

ART CAMP (Entering Grades 1–3)

Your camper's inner artist will be drawn out during a week of arts and craft fun! Kids can grow so much when they have the opportunity to explore their imagination and creative side. The Y Art Specialty Camp program celebrates creativity, individuality, respect and diversity, and kids are free to learn and create through new artistic experiences.

SPORTS CAMP (Entering Grades 1–3)

Get ready for a half day of sports fun. We will play a wide range of sports and games throughout the week. Sports Specialty Camp provides a safe and enriching environment for campers to participate in healthy, developmentally-appropriate activities and learning experiences. Our camps focus on building self-esteem, confidence and social skills while increasing independence and health and wellness awareness. Sports Specialty Camp is the perfect camp for the child who wants a little bit of everything when it comes to sports.

Camp Registration is ongoing at fspymca.org/register under "Daxko Program Registration."

Camp Q & A Forum: June 8, 2021 at 7:00pm

PERSONAL TRAINING

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.

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. One-time use only. New clients only.

NUTRITION COUNSELING

Our Registered Dietitian will work with you on your goals of weight loss, diabetes meal planning and more: $55 per hour, $27.50 for a half-hour follow-up. Contact Donna Peart at dpeart@fspymca.org for more information.

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.

Personal Training

Packages expire 6 months from date of purchase

Single session (45-min.).....$65
Package of 5 (45-min. sessions).....$300
Package of 10 (45-min. sessions).....$550

Single session (55-min.).....$70
Package of 5 (55-min. sessions).....$325
Package of 10 (55-min. sessions).....$575

Duo Packages (two FSPY members)
Package of 5 (55-min. sessions)..$200 per person
Package of 10 (55-min. sessions)...$375 per person

For more information on Personal Training, please contact Jennifer Donahue at jdonahue@fspymca.org.

SMALL GROUP TRAINING

We're excited to offer small group training to members of our YMCA. Join your friends at the Y and get fit in a relaxed, friendly atmosphere. Please view our Group Exercise Guidelines for information on updated health and safety procedures. Registration will take place online at fspymca.org/register under "Daxko Program Registration." For more information, please contact Jennifer Donahue at jdonahue@fspymca.org.

FITNESS RESET

Perfect for the newcomer to exercise or someone who is coming back to our Y! This is a **free** 4-week program for people who need or want to move more. We will introduce participants to cardio, strength and mind/body exercises, utilizing our Wellness Center as well as select small group training. Program will run Mondays and Wednesdays at 10am. Two sessions will be held: June 28-July 23 and August 2-27. Individuals must sign up and commit to all 4 weeks of the program. Program limited to 8 participants. **Let us help you navigate the fitness options at our Y!**

Included in Membership

GROUP EXERCISE CLASSES

Please note: We are following updated Health and Safety procedures for our Group Exercise classes. Please read our Group Exercise Guidelines. We offer indoor, outdoor and virtual classes. All Group Exercise classes are by reservation only at fspymca.as.me.

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.

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.

CYCLE INDOOR
Interval indoor cycling class adaptable to any fitness level. Limited space.

DEFEND TOGETHER
A gripping hour that burns calories and builds total body strength. Tap into the hottest mixed martial arts movements done at rapid fire pace to thrilling music.

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

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 beginner to 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 curl, 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.

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.

MIND-BODY GROUP EXERCISE CLASSES

Release tension and strengthen your body and soul with our offerings. Come find peace, power and tranquility.

PILATES/CORE STRENGTH
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.

For more information on group exercise classes, please contact Jennifer Donahue at jdonahue@fspymca.org.

Included in Membership

Y ACTIVE ADULT FITNESS PROGRAMS

Please note: We are following updated Health and Safety procedures for our Group Exercise classes. Please read our Group Exercise Guidelines. We offer indoor, outdoor and virtual classes. All Group Exercise classes are by reservation only at fspymca.as.me.

LIGHT TO MODERATE INTENSITY CLASSES

Y ACTIVE ADULT GENTLE STRENGTH

Combination of aerobics, strength and balance in an all around workout!

Y ACTIVE ADULT CORE STRENGTH

This class utilizes Pilates-based core exercises on the mat.

CHAIR YOGA

Yoga postures adapted to the chair.

DANCE FITNESS MIX

This class focuses on fun dance moves with some balance and strength added in.

ENHANCE® FITNESS – EMBRACING LIFE WITH ARTHRITIS

Enhance® Fitness is an evidence-based physical activity program. 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.

TAI CHI

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

For more information on Y Active Adult Fitness Programs, please contact Donna Peart at dpeart@fspymca.org.

HEALTHY LIVING

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 health-care 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 tcrane@fspymca.org.

PRESCRIBE THE Y

Let us help you get on the path to healthy living. Our Y provides programming recognized by the Centers for Disease Control and Prevention that are shown to reduce common risk factors associated with chronic disease. The below programs are open to the community. When registering for these programs, please allow time for healthcare providers to submit participant information forms, which are needed prior to the session start.

ENHANCE® FITNESS – EMBRACING LIFE WITH ARTHRITIS

Enhance® Fitness is an evidence-based physical activity program. 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.

BLOOD PRESSURE MANAGEMENT

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

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. This program is led by a trained Lifestyle Coach and is for one year consisting of 16 weekly sessions followed by 8 monthly sessions. What can you accomplish in one year? You can make a change for life and improve your health! Classes are ongoing and are open to the community.

DIABETES SELF-MANAGEMENT PROGRAM

This program is designed for adults with Type 2 Diabetes, their family and friends. Discover skills needed in the day-to-day management of diabetes. This evidence-based 6-week course will educate you regarding diet, exercise and self-care resulting in decreased complications and better blood sugar control.

YMCA'S WEIGHT LOSS PROGRAM

Lose weight to win through a combination of dietitian-led discussions focusing on goal setting, problem solving, balanced eating, exercise and lifestyle improvement topics. You will create reasonable and attainable goals. Let us help you to meet your goals and improve your outlook, health and energy.

PRESCRIBE THE Y programs run periodically at our Y. To find out information on any of the above programs and how you can enroll, please contact Donna Peart at dpeart@fspymca.org.

HEALTHY LIVING

LIVESTRONG AT THE YMCA®

LIVE**STRONG**® 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. LIVE**STRONG**® 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 Foundation Class lays a base for people with Parkinson's (PWP's) who are newcomers to Parkinson's Disease (PD) exercise. This class incorporates exercises that target improving specific deficits with emphasis on strength, balance and flexibility. In addition, the exercises are enhanced by including cognition, voice and fun. Open to the community.

Y ACTIVE ADULTS (YAA) WELLNESS

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

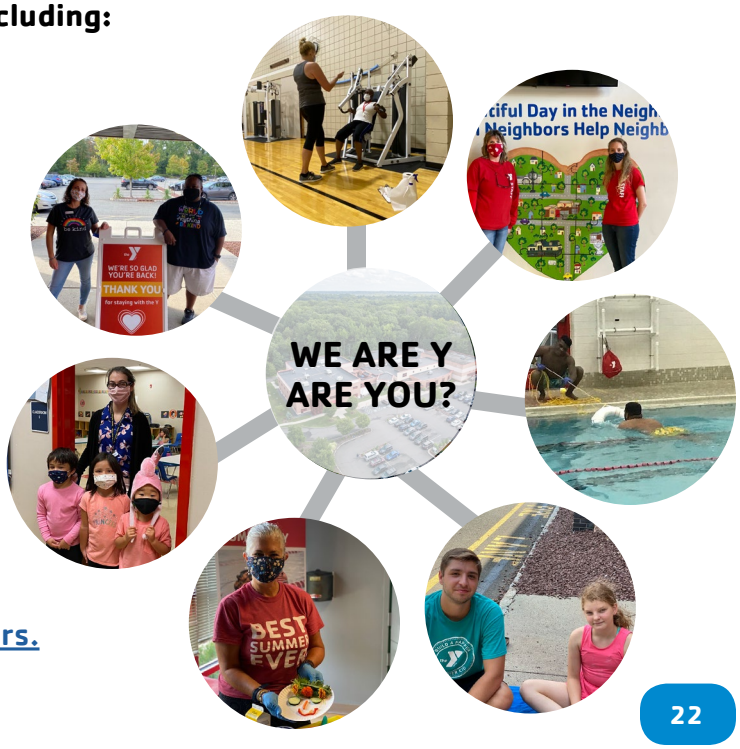
For more information on our Healthy Living programs, please contact Donna Peart at dpeart@fspymca.org.

JOIN OUR TEAM

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Fanwood-Scotch Plains YMCA, you'll discover more than a job — you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

We are currently hiring in a number of departments including:

- Summer Camp
- Educational Child Care
- School Age Child Care
- Facilities
- Health & Safety
- Wellness & Fitness
- Aquatics
- Membership



Benefits of working for the Fanwood-Scotch Plains YMCA include: Free YMCA membership; flexible schedules; job training and career development opportunities; a fun, friendly and inclusive work environment, and more!

Learn more and apply online today at fspymca.org/careers.

SOCIAL RESPONSIBILITY

GIVING TO THE FANWOOD-SCOTCH PLAINS Y

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/give-today.

WE ARE Y STRONG CAMPAIGN

The We Are Y Strong 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 nearly $230,000 in financial assistance supported largely by 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.

STEWARDS OF CHILDREN

PARTNERS IN PREVENTION: PREVENTING CHILD SEXUAL ABUSE

YMCAs 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

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.