



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**MAKE A
SPLASH
THIS
SPRING**

FANWOOD-SCOTCH PLAINS YMCA PROGRAM GUIDE

Spring 2 Session: April 25-June 26, 2022

fspymca.org



FIND WHAT MATTERS MOST. **FIND YOUR Y.**

This year, our Y turns 75 years old. As we celebrate our past and look forward to our future, we're focused on what matters most – our community and the individuals and families we serve. When you make a donation to our 75 STRONG Campaign, you are strengthening our community and creating a better us for those who live here.



[FSPYMCA.ORG/GIVING](https://fspymca.org/giving)

TABLE OF CONTENTS

Membership	4-7
Special Events	8
Aquatics.	9-12
Health and Safety	13
Lifeguard Certifications.	14
Competitive Aquatics.	14
Gymnastics	15-16
Youth, Teen & Adult Sports.	17-18
Music Lessons	18
Teen Fitness.	19
Specialty Youth Programs	20
Birthday Parties.	20
Child Care	21
Preschool Programs.	21
School Age Child Care	22
Vacation Full Days.	22
Personal Training.	23
Group Exercise Classes	23-24
Healthy Living	25
Mental Health Resources	26
Join Our Team	26
Social Responsibility	27

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 Annual Campaign. Applications are available at our Welcome Center or online at fspymca.org.

STAFF

PROGRAM STAFF - 908-889-8880

Tracy Crane, Associate Executive Director

tcrane@fspymca.org

Susan Mulholland, Senior Director - Membership and Marketing

smulholland@fspymca.org

Jennifer Donahue, Senior Program Director - Healthy Living, Wellness & Sports

jdohue@fspymca.org

Ellen Daudelin, Director - Aquatics/Health & Safety

edaudelin@fspymca.org

Zach Smith, Associate Aquatics Director

zsmith@fspymca.org

Chris Karelus, Director - Competitive Aquatics

ckarelus@fspymca.org

Jennifer Glander, Director - Sports and Fine Arts

jglander@fspymca.org

Andrew Krasovsky, Director - Healthy Living

akrasovsky@fspymca.org

Kate Lizer, Director - SACC & Camp

klizer@fspymca.org

Diane Romond, Director - Child Care

dromond@fspymca.org

Kristine Keating, Director - Membership Engagement

kkeating@fspymca.org

Andrea Ganzman, Director - Marketing, PR & Communications

aganzman@fspymca.org

Anthony Nunez, Director - Facilities

anunez@fspymca.org

EXECUTIVE ADMINISTRATIVE STAFF - 908-889-1999

Kim Decker, Chief Executive Officer

kdecker@fspymca.org

Amy McBride, Director - Finance & Human Resources

amcbride@fspymca.org

Anne Vardy, Administrative Assistant

avardy@fspymca.org

Susan Graveson, Business Manager

sgraveson@fspymca.org

SPRING 2 2022 PROGRAM GUIDE

REGISTRATION INFORMATION

SPRING 2 SESSION: APRIL 25-JUNE 26, 2022 (9 WEEKS)

You must be an active member of the Fanwood-Scotch Plains YMCA to participate in programs.

To join our Y, visit fspymca.org/join-the-y.

**Online Registration for Spring 2 programs begins:
Monday, April 11, 2022 at 9:00am.**

**REGISTRATION FOR FEE-BASED PROGRAMS WILL BE
HELD ONLINE AT [FSPYMCA.ORG/REGISTER](https://fspymca.org/register) UNDER
"DAXKO PROGRAM REGISTRATION."**

***Registration for our group exercise classes still require
reservations that can be made up to 13 days in advance at
fspymca.as.me.***

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](#) or by visiting our Welcome Center.

fspymca.org

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



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-10:00pm
Saturday-Sunday: 7:00am-3:00pm**

The Y is closed on:
Memorial Day

CONNECT WITH US!

Learn the latest
happenings at FSPY



facebook.com/fspymca



[@FSPYINSTA](https://www.instagram.com/FSPYINSTA)



[@fspymca](https://twitter.com/fspymca)



[youtube.com/
fanwoodscotchplainsymca](https://youtube.com/fanwoodscotchplainsymca)



fspymca.org



Download our mobile app
on your phone



MEMBERSHIP

FULL MEMBERSHIP INCLUDES

- Free land- and water-based group exercise classes, including mind-body, cardio and strength classes, as well as aquatic fitness 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
- My Y Navigation, a free program to help you reach your health and fitness goals. Learn more on page [7](#).
- Free wellness seminars and events
- Open basketball and select adult sports
- Lap swimming for ages 13+ (and individuals enrolled in our 7th Grade Membership program) in two pools throughout the day (select hours). Access to Family Swim and Open Swim.
- Three (3) free guest passes per year. Learn more on page [6](#).
- Child Watch included with Family Membership. While parents work out, swim or participate in one of our fitness classes, they can drop off their child ages 2 and over at our Child Watch Room. Select hours apply. Reservations for Child Watch are required at least 24 hours in advance at fspymca.as.me.

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. We continue to monitor guidance from the CDC and state Health Department. Find our most up-to-date procedures on the [Your Safety, Our Priority](#) page of our website.

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.

7TH GRADE MEMBERSHIP

7th Graders in our service area can enjoy a free membership including open gym and lap swim. Includes participation in programs at our member rate or free programs that are offered for their age group. This membership runs September through June.

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
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	

FACILITY AND USAGE 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 13 years of age and older, as well as those enrolled in our 7th Grade Membership Program. Lap swim is for continuous lap swimmers; all other swimmers are to use the water walking lanes, including those wearing aqua joggers and/or using exercise equipment. All non-swimmers must stay in the shallow end. Reservations are no longer needed and drop-ins are welcome! To view lap swim times, please visit our website at fspymca.org/schedules or our Welcome Center.

Open Swim: All membership types, except Youth Memberships, may participate in Open Swim. 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 ages 8-11 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. Open Swim is limited to 25 participants; if the pool is at capacity, you may be asked to wait until space becomes available. Schedules are subject to change; visit fspymca.org/schedules or our Welcome Center for the most up-to-date schedules.

Family Swim: For full member families; reservations are not needed for Family Swim. Family Swim is limited to 50 participants; if the pool is at capacity, you may be asked to wait until space becomes available. Schedules are subject to change; visit fspymca.org/schedules or our Welcome Center for the most up-to-date schedules.

Gymnasium: Please visit fspymca.org/schedules or our Welcome Center for the Open Gym schedule. All membership types, except Youth Memberships, may participate in Open Gym. Children under the age of 12 must be part of a Family Membership and accompanied by an adult family member while in the gym. Children may not be in the Gym while parents participate in an Adult Class. Many of our group exercise classes also are held in the gym. You can call the Welcome Center at 908-889-8880 or visit fspymca.as.me to make a reservation for group exercise classes.

Wellness Center: The Wellness Center is available to all Full Members age 14 and older (7th-8th graders, please see page [19](#) 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. Saunas are available to members in the Adult 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

Guest Policy: Active members are provided 3 complimentary passes annually to the Y; \$10.00 per guest thereafter. Guests must be 18 years or over and accompanied by an FSPY member who is age 18 or over, present a valid photo ID and complete a waiver. 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: 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 program credits must be submitted, in writing, 7 days prior to the start of the session using a Credit Request form (available from your program director).
- 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. **You must contact your program director to request a program credit.**
- Credits are not given for closings due to weather or emergency situations.
- 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 and non-transferable.**

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.

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 rooms, restroom areas and on the pool deck. 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 many 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 make a monthly donation by clicking [here](#) or by visiting our Welcome Center. Any amount, large or small, helps us fulfill our mission of helping those in need in our community.



MY Y NAVIGATION

If you're new to our Y or need some extra help reaching your health goals, our certified staff members can get you started on a routine that works for YOU. We will create a personalized plan based on your fitness level to strengthen you in mind, body and spirit. This program is free with FSPY membership.



Your wellness has never been more important! Did you know regular exercise boosts immunity? It also improves blood pressure, blood sugar levels, sleep, mood and confidence at any age. If you're looking to get back into a regular workout routine safely, let our Y help bring you back into a healthy lifestyle, with the attention, care and guidance from our talented and credentialed staff and instructors.

Our **MY Y NAVIGATION** program is designed to be a personalized fitness plan. Here's how it works:

- As a benefit of your Fanwood-Scotch Plains YMCA membership, enroll in the **MY Y NAVIGATION** program at no additional cost by contacting Andrew Krasovsky at akrasovsky@fspymca.org.
- With the help of your Wellness Coach, activities from our wide variety of menu options will be suggested and discussed to help you meet your goals.
- You will receive a follow-up communication from your coach on a regular basis to ensure you are on track to meet your goals.

We'll create a custom plan just for you!

We'll work with you to develop a plan based on your goals and interests. Wellness options include:

- Group exercise classes
- Mind-body classes
- Personal Training
- Nutritional Counseling
- Wellness Center usage
- Aqua exercise classes
- Lap Swimming
- Swim lessons
- Weight Loss Program
- And more!

For more information, please contact Andrew Krasovsky at akrasovsky@fspymca.org.

SPECIAL EVENTS



30 Years of Celebrating Healthy Kids



HEALTHY KIDS DAY®

**SATURDAY, APRIL 30
12:00–3:00PM**

For 30 years, Healthy Kids Day has been where fun and play become lifelong memories. Join us April 30 from 12:00–3:00pm for a day of healthy, fun activities that celebrate kids being kids!

FREE
& Open to
the Public!

National Sponsor



Learn more fspymca.org

For a better us.®



Join us for our new color run!

SAVE THE DATE: Sunday, May 22, 2022

5K begins at 9:30am

1-Miler begins at 9:00am

COLORS FOR COURAGE

5K & 1-MILE FUN RUN TO SUPPORT MENTAL HEALTH AWARENESS

The race is a partnership between the Fanwood-Scotch Plains Y and the Scotch Plains-Fanwood PTA Council, with proceeds benefiting programs and services that support the health and wellness of individuals of all ages. Learn more and register today at raceforum.com/courage.

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.

UPDATED GROUP SWIM LESSONS STRUCTURE

Enjoy a worry free one time sign up for all of your swim lessons. Our swim programs work on developing sequence based skill sets that organically build on one another. Students learn faster, are safer in water sooner, and progress quickly through the various stages until they succeed.

- Session runs September through June and you only need to sign up for lessons once during this time.
- Your lesson day and time remains the same throughout the program duration; children progress through swim lessons until they have successfully achieved the benchmarks of the program or met their personal goals.
- Requires a minimum 2-month commitment, with 30 days notice to opt out of lessons.
- Easy, automatic monthly draft for the duration of your swim lessons. Payment drafted on the 1st of each month.

A new registration will be held for the Summer 2022 Session. Registration for the Summer session begins June 13, 2022 at 9:00am. All new and returning participants will need to register at that time for Summer.

Please note: All of our classes are currently full through June. We encourage those interested in monthly swim lessons when they resume in September to add yourself or your child to the wait list. **You do not need to be a Y member to add your name to the wait list.** As spots become available or new classes open, we will add individuals from the wait list to our classes. Class wait lists can be found online at fspymca.org/register under "Daxko Program Registration."

When adding yourself to the wait list, please double check that the primary member's email on your account is correct. Once you receive a spot in a class, you will receive an email to the primary member's email address on file from [Ellen Daudelin](#). Once you receive the email from [Ellen](#), you will have 24 hours to respond if you would like the spot, otherwise we will move to the next person on the wait list.

AQUATICS

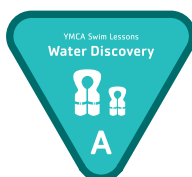
We offer swim lessons for youth, teens and adults at varying levels from beginners to more advanced swimmers.

STAGE DESCRIPTIONS

SWIM STARTERS

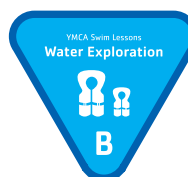
PARENT & CHILD

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.

Price for a 30-minute swim class: \$75 for 4 classes per month; \$94 for 5 classes per month

Price for a 45-minute swim class: \$120 for 4 classes per month; \$150 for 5 classes per month

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

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.

AQUATIC FITNESS

Please note: The below classes are free with Fanwood-Scotch Plains YMCA membership and registration is no longer needed to attend. Registration for the MS Water Exercise Program is required at fspymca.org/register under “Daxko Program Registration.”

LABLAST® SPLASH

Dive into the future of aqua fitness with LaBlast® SPLASH – the cardio-building, joint friendly, outrageously fun water fitness class that celebrates the true beauty of dance in the water. Take your mind, body and soul on a journey through dances from different countries, cultures and characteristics. LaBlast® is a workout in disguise while learning the true skill of dance. Taught by a certified LaBlast® SPLASH instructor.

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.



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. This class is open to the community. Cost is \$56 per 9-week session for 1 class per week (Mondays are \$50 for 8 weeks; no class Memorial Day).

Class Name	Monday	Wednesday	Thursday	Friday
LaBlast® Splash (Pool 1)			8:15–9:00pm	
Deep Water Cardio (Pool 1)	8:15–9:00pm	8:45–9:30am	8:45–9:30am	
Gentle Shallow (Pool 1)	12:30–1:15pm	12:30–1:15pm		12:30–1:15pm
MS Water Exercise (Pool 2)	11:30am–12:15pm	11:30am–12:15pm		11:30am–12:15pm

For more information on water exercise classes, please contact Ellen Daudelin at edaudelin@fspymca.org.

HEALTH & SAFETY

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 to 4 hours to complete the online portion. The in-person portion is a 2.5-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	May	June
Online Learning for Blended Course (must complete prior to first in-class session)	OPEN	OPEN
In-person sessions for Blended Course	5/9 & 5/23 5:30-8:00pm	6/6 & 6/20 5:30-8:00pm

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.

JOIN OUR TEAM!

View all our open positions online at fspymca.org/careers.



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 – 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. 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 at the Welcome Center. 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. Participants should be at least 15 years old.

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.

AMERICAN RED CROSS LIFEGUARDING CLASSROOM LEARNING SCHEDULE

Course	May	June
Lifeguard Full Course (15yrs+)	Saturdays 4/30 & 5/7: 10:00am–2:00pm Sundays 5/1 & 5/8: 10:00am–6:00pm Pretest Thursday 4/28: 5:00–6:00pm	Saturdays 6/4 & 6/11: 10:00am–2:00pm Sundays 6/5 & 6/12: 10:00am–6:00pm Pretest Thursday 6/2: 5:00–6:00pm
Lifeguard Review (15+yrs)	Sunday 5/15: 9:30am–6:00pm	Sunday 6/26: 9:30am–6:00pm

Lifeguarding Full Course
Lifeguarding Review

Pretest: \$25

Member: \$350
Member: \$225

Community Member: \$400
Community Member: \$250

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 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 to have fun!

PRESCHOOL GYMNASTICS

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.

PreK Gymnasts (AGES 3-4):

Gymnastics classes for 3 and 4 year olds

Little Gymnasts (AGES 4-5)

Gymnastics classes for 4 and 5 year olds

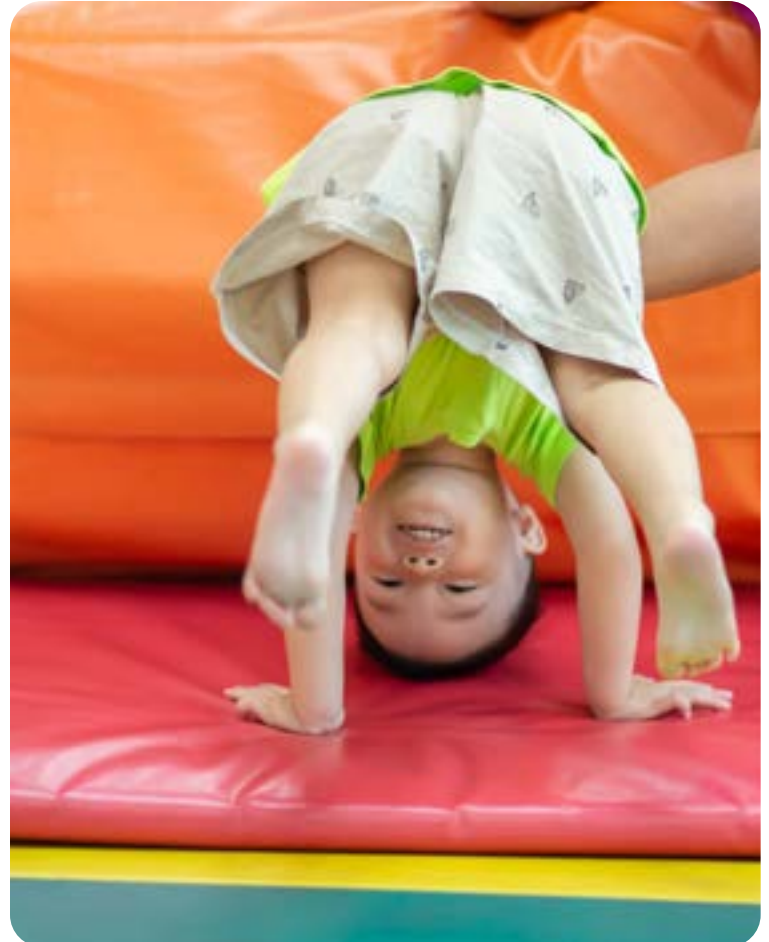
Mighty Gymnasts (AGES 5-6):

Gymnastics classes for 5 and 6 year olds

Gymnastics/Dance Combo (AGES 3 - 5)

This class is designed as an introduction to both gymnastics and dance for ages 3-5. The first ½ hour is in the gymnastics gym, then teachers will escort students to the dance studio for ½ hour of dance.

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



Class Name	Monday	Tuesday	Thursday	Friday	Saturday
PreK Gymnasts (3-4yrs)					9:00-9:45am
Gym/Dance Combo (3-5yrs)				10:45-11:45am	
Little Gymnasts (4-5yrs)	1:00-1:45pm	5:15-6:00pm			
Mighty Gymnasts (5-6yrs)			4:15-5:00pm		

Price per 9-week session

Preschool Gymnastics Classes: \$126 (Monday class is \$112, no class Memorial Day)

Gymnastics/Dance Combo: \$133

For more information, please contact Jennifer Glander at jglander@fspymca.org.

YOUTH GYMNASTICS

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 attain skill mastery on all four events.

ROLLERS (GRADES 1-8)

This level provides the foundation of basic gymnastics knowledge for your child. This class will include basic instruction on all 4 events - vault, bars, beam and floor exercise, as well as safety skills. Gymnasts will learn new skills, build self-confidence, strength and flexibility.

Skills developed: Half-turn toe, front supported walks, jumps on beam, front support, forward roll, casting on uneven bars, rolls, cartwheels, half turn on toe bridges.

SWINGERS (teacher recommendation)

Invited gymnasts must have successfully passed the previous steps on our skill evaluation for placement in this class. The Swinger class is for participants who have a strong foundation of the gymnastics skills and are ready to learn more advanced elements, while continuing to increase coordination, balance, strength and flexibility. These gymnasts will begin to learn short sequences to further increase gymnastics development and coordination.

Prerequisite: completed sessions of our Rollers class with teacher recommendation or previous gymnastics experience.

Skills developed: handstands, round-offs, bridge kick overs, cartwheel variations, full turns on toe, cartwheels, handstands and leaps on low beam, front support to mount beam, pullover with no spot on bars, multiple casts in a row, tuck and straddle onto vault, donkey kick to handstand on vault.

Class Name	Tuesday	Wednesday	Saturday
Rollers		4:00-5:00pm 5:15-6:15pm	10:00-11:00am 11:15am-12:15pm
Swingers	4:00-5:00pm		12:30-1:30pm



GYMNASTICS CLUB

The best way to become a club member is through our Youth Gymnastics Program. As gymnasts advance through our classes, they are learning the skills needed to prepare for future competition, whether on a high school or club team, to include strength, flexibility, determination and technique. Athletes will be guided by skilled and trained instructors to help improve each athlete's proficiency and knowledge of gymnastics and tumbling. For more information regarding our Club, please contact Jennifer Glander at jglander@fspymca.org.

Price per 9-week session for Youth Gymnastics Classes

Rollers & Swingers: \$134

For more information, please contact Jennifer Glander at jglander@fspymca.org.

PRESCHOOL SPORTS

ALL STAR SPORTS (AGES 3-5)

Bat it! Kick it! Toss it! Children will be introduced to the fundamental concepts of sports and fitness as they build a foundation for an active lifestyle. Our goal is to strengthen their hand eye coordination, and promote the development of the large motor skills. Your child will practice dribbling, shooting, kicking, passing, throwing and batting.

GYM GAMES (AGES 3-5)

Your child will play many different games and sports. From sharks and minnows to turtle tag and on and on, games are designed to get your child moving and having a great time while playing and experiencing fun new games and sports. These are the games played on the playground and in gym classes – give your child a head start!

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!!!



Class Name	Tuesday	Thursday	Friday	Saturday
All Star Sports (3-5yrs)	5:00-5:45pm	12:45-1:30pm		10:45-11:30am
Gym Games (3-5yrs)			1:00-1:45pm	
Mini Ninja Warrior (3-5yrs)	12:45-1:30pm			

YOUTH & TEEN SPORTS

NINJA WARRIOR (GRADES K-4)

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

HAVE A BALL 1 (GRADES 3-5)

Participants will learn new skills, burn some energy, disconnect from technology and interact with their peers in a fun, safe environment. Participants will learn aspects of the game and play Dodgeball, Volleyball, Kickball and more. Come have a ball with us!

Class Name	Tuesday	Wednesday	Thursday
Ninja Warrior (Grades K-4)	4:00-4:45pm		
Have A Ball 1 (Grades 3-5)			5:00-5:45pm
Have A Ball 2 (Grades 6-8)		5:00-6:00pm	
T-Ball (Grades K-2)			4:00-4:45pm

HAVE A BALL 2 (GRADES 6-8)

The Y is the place to be for Tweens & Teens! Participants will learn new skills, burn some energy, disconnect from technology and interact with their peers in a fun, safe environment. Participants will learn aspects of the game and play Dodgeball, Volleyball, Kickball and more. Come have a ball with us!

T-BALL (GRADES K-2)

Your child will learn how to run, catch, throw and hit through various fun drills and games. Learn the fundamentals while having fun!

Price per 9-week session –

45-minute Preschool or Youth Sports Class: \$98

60-minute Youth Sports Class: \$115

For more information, please contact Jennifer Glander at jglander@fspymca.org.

YOUTH & TEEN RUNNING PROGRAMS

MIDDLE SCHOOL TRACK (GRADES 5-8)

Join our co-ed team and build your endurance and speed. Program runs 4/4/22-5/26/22 with practices held Mondays and Wednesdays at Nettingham Middle School, and Tuesdays and Thursdays at Terrill Middle School from 3:00-4:15pm. Students are encouraged to come to practice at least 2x per week and are welcome at the other middle school for practice any time! YMCA membership is required and registration is currently ongoing at fspymca.org/register under "Daxko Program Registration." Runners of all levels welcome. Come join the fun and run!



Price for Middle School Track: \$169

For more information, please contact Jennifer Glander at jglander@fspymca.org.

Included
in Membership

ADULT SPORTS

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.

CO-ED VOLLEYBALL - HIGH SCHOOL-ADULT

Pick-up games in our gym for high schoolers through adults.



Class Name	Monday	Wednesday	Friday	Sunday
Pickleball	11:30am-1:00pm		11:15am-12:45pm	
Badminton		6:15-8:00am		8:00-9:30am
Co-Ed Volleyball	8:30-9:45pm	8:30-9:45pm		

For more information on Adult Sports, please contact Jennifer Glander at jglander@fspymca.org.

PIANO LESSONS

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 Jennifer Glander at jglander@fspymca.org.

Piano Lessons:

30-minute lessons - \$126 for 4 lessons

45-minute lessons - \$192 for 4 lessons



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.

Teen Wellness will be held once a week for 9 weeks.

Participants can choose from Mondays or Wednesdays at 3:15pm or 4:15pm.

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 12:00-3:00pm on Saturdays and Sundays.



1:1 TEEN WELLNESS (GRADES 7-8)

This 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

NEW! POWER HOUR

Power Hour is an exciting new 45-minute total body strength training and conditioning class for teens ages 15 and over. The new drop-in style class incorporates body weight exercises mixed with traditional dumbbell free weight movements designed to stimulate muscle strengthening, hypertrophy and overall endurance.

Led by one of our certified trainers, proper exercise techniques will be developed as participants of all levels enhance their skills, knowledge and strength through this progressive program. Teamwork will be encouraged with various fitness challenges presented to those daring enough to take them on.

Classes take place Wednesdays at 4:00pm beginning April 6. Power Hour is pay as you go before each class at our Welcome Center - just \$10 per class. Open to active members of the Fanwood-Scotch Plains YMCA; advance registration not required. The more classes you take, the more results you'll see.



Join us, challenge yourself and discover your own Power Hour.

SPECIALTY YOUTH PROGRAMS

KIDS NIGHT OUT

Kids Night Out is for children in Kindergarten through 4th grade. It typically occurs the second Friday of every month, September through June.



Have an opportunity to go out without the kids, while they watch a movie and have some popcorn, enjoy a pizza dinner and participate in free swim. Open to active FSPY members.

Kids Night Out will be held from 6:00-9:45pm on: May 13, June 10

Cost per Night Out:

\$38/\$15 per each additional child

For more information, contact Katie Lizer at klizer@fspymca.org.

MIDDLE SCHOOL NIGHT OUT

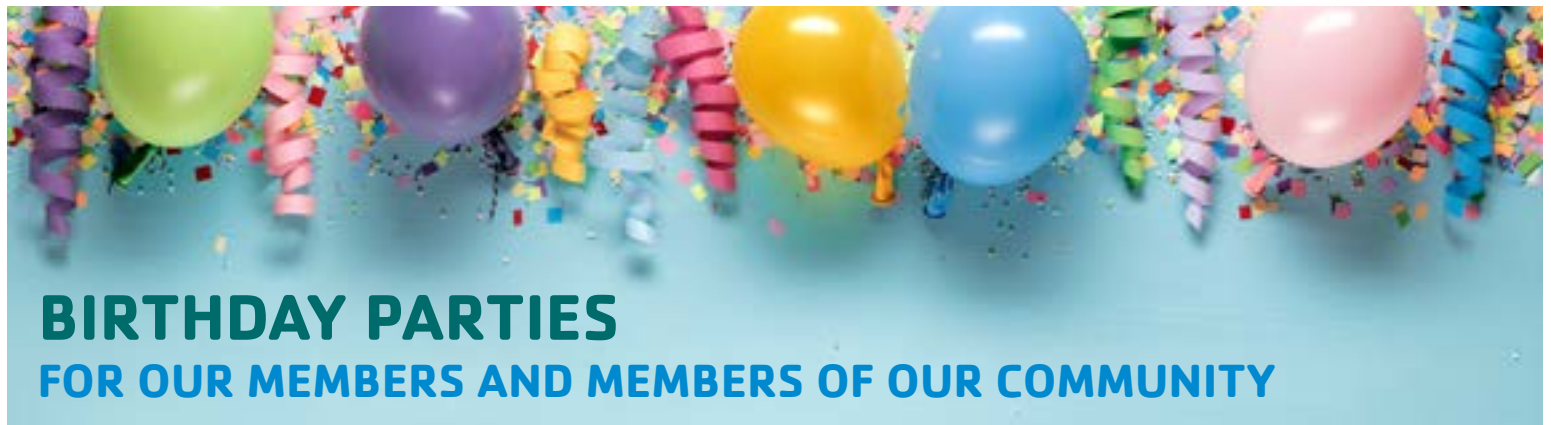
Middle Schoolers: This one's for you! Join the Fanwood-Scotch Plains YMCA the second Friday of the month throughout the school year for our special Middle School Night Out program. Specifically tailored for 5th to 8th graders, the night revolves around socializing with friends and being active at the Y.



Middle School Night Out will be held from 8:00-9:45pm on: May 13

Open to active FSPY Members: \$10 per Middle Schooler

Parents/Guardians must sign a waiver prior to their child's first Middle School Night Out.



BIRTHDAY PARTIES

FOR OUR MEMBERS AND MEMBERS OF OUR COMMUNITY

Let us host your child's best birthday party ever! Music and games, smiles and laughter - get the action started with your favorite sport or tackle our obstacle course with our Mini Ninja Warrior option. 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. Balloons, centerpieces or other table décor are welcome (walls and ceiling cannot be decorated).

Y Members: \$382 for the first 15 children; each additional child, \$12 (max 24).

Community Members: \$420; each additional child \$12 (max 24).

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

Y Members: \$273 for the first 15 children; each additional child, \$10 (max 24).

Community Members: \$303; each additional child \$10 (max 24).

For more information on birthday parties, email birthdayparties@fspymca.org.

CHILD CARE

FULL-TIME EDUCATIONAL CHILD CARE

Our 12-month program, licensed by the state of New Jersey, operates Monday - Friday, from 7:00am to 6:30pm. 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 and 2022-2023 School Years, we are offering 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 will take part in: literature from story time, fine arts with music & art classes, physical education that develops their gross motor skills, and science lessons that help them explore the world around them. Plus, swimming lessons are included for our 3s and 4s classes.

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.



CHILD CARE MONTHLY FEE SCHEDULE

SEPTEMBER 2022-AUGUST 2023 - 12 equal monthly payments

Age Group	Cost per month
INFANTS (3 months – 18 months)	\$1865
TODDLERS (18 months – 3 years)	\$1680
FULL DAY 3S (3 year olds)	\$1470
Full Day 4s (4 year olds)	\$1470

Please contact Diane Romond at dromond@fspymca.org for more information on registering your child, or to set up an appointment for a tour of our Child Care program.

PRESCHOOL PROGRAMS



COOKING AROUND THE WORLD PART 2 (AGES 3-5)

Get your passport ready! It's time to travel around the world and learn about 9 new countries and their cultures through cooking and food exploration.

Tuesdays, 1:00-2:30PM OR

Thursdays, 1:00-2:30PM

Cost per 9-week session: \$130

For more information on Preschool Programs, please contact Diane Romond at dromond@fspymca.org.

SCHOOL AGE CHILD CARE (SACC)

Our state-licensed YMCA School Age Child Care programs are available to public elementary & middle schoolers in Scotch Plains-Fanwood. For the 2022-2023 School Year, before and after care will be held at each SP-F elementary school, and after care will be held at the two public middle schools. Before care is held from 7:00am until school starts and after care runs 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.

Cost for the 2022-2023 School Year:

BEFORE CARE: \$275 per month (5 days/full-time only)

AFTER CARE: \$450 per month (5 days/full-time only)

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

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

Friday, April 15 – YMCA Carnival

Monday, April 18 – Pump It Up Field Trip

Tuesday, April 19 – YMCA Olympians

Wednesday, April 20 – Jersey Lanes Bowling Field Trip

Thursday, April 21 – Breaking into Spring

Friday, April 22 – Book Adventures

Cost: \$80 per child per day



A registration/health form will need to be completed before your child's participation in our Vacation Full Days Program. The form is available on our [website](#) or at our Welcome Center.

For questions regarding Vacation Full Days, please contact Katie Lizer at klizer@fspymca.org.

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?

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.

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 Andrew Krasovsky at akrasovsky@fspymca.org.

Included
in Membership

Y ACTIVE ADULT FITNESS PROGRAMS

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.

For more information on Y Active Adult Fitness Programs, please contact Andrew Krasovsky at akrasovsky@fspymca.org.

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.



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.

BAREFOOT FUSION

This class is a blend of Pilates (core-based moves) with light strength exercises. The class is meant to be done barefoot. A variety of equipment such as light weights, bands and disks will be used.

BOX STRONG

A full body workout that uses boxing moves to get the heart rate going, mixed with intervals of strength exercises using weights and body weight.

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 plyometrics, 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.

PERSONALIZED WELLNESS ORIENTATIONS

Get started on a fitness routine with a personalized orientation. Our trainers will meet with you and introduce you to our Wellness Center. You will meet with a trainer three 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. To get started, see one of our Wellness Center staff and book your orientation today. For more information, contact Andrew Krasovsky at akrasovsky@fspymca.org.



LINE DANCING

For all levels! Enjoy learning different line dances utilizing all genres of music. Class is taught by our instructor David, 2018 winner of the US Line Dancing Choreography Championships and an experienced Line Dancing Instructor.

PILATES/CORE STRENGTH

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

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.

TOTAL BODY CONDITIONING

Cardio and strength training intervals using a variety of equipment to increase muscular strength and endurance.

YOGA

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

ZUMBA®

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

HEALTHY LIVING

Let us help you get on the path to healthy living. Our Y provides programming that has been 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.

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. For more information, contact Jennifer Donahue at jdonahue@fspymca.org.



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 for \$56 for 1x per week per 9-week session or \$113 for 2x per week per 9-week session. For more information, contact Jennifer Donahue at jdonahue@fspymca.org.

To learn more about our Healthy Living programs, please contact Jennifer Donahue at jdonahue@fspymca.org.



MENTAL HEALTH RESOURCES

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 tcrane@fspymca.org.

JOIN OUR TEAM

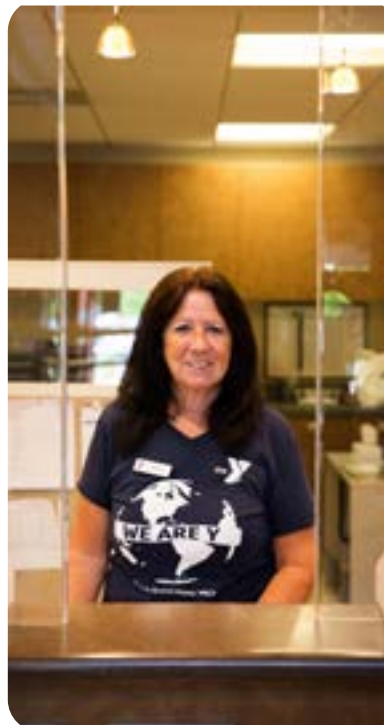
Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Fanwood-Scotch Plains YMCA, you'll discover more than a job — you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those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

We are currently hiring in a number of departments including:

- Membership • Educational Child Care • Camp
- School Age Child Care • Health & Safety
- Wellness & Fitness • Aquatics • Child Watch
- Sports • Birthday Parties • Gymnastics

Benefits of working for the Fanwood-Scotch Plains YMCA include: Competitive wages starting at \$15 per hour and higher; 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.

75 STRONG CAMPAIGN

The 75 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 more than \$160,000 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.

COMMUNITY CHAMPIONS MONTHLY GIVING

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 make a monthly donation by clicking [here](#) or by visiting our Welcome Center. Any amount, large or small, helps us fulfill our mission of helping those in need in our community.

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

Experience the satisfaction of helping neighbors in your community through the Fanwood-Scotch Plains Y Togetherhood Program. Togetherhood is a member-led volunteer service program that connects people from all backgrounds to plan and implement service projects that meet our communities' most pressing needs. In the process, volunteers form lasting connections with one another, reducing social isolation and building stronger communities. Discover how volunteering can give you an outlet to explore your passion, discover your purpose and improve your well-being. If you are interested in getting involved and sharing your talents, please contact Susan Mulholland at smulholland@fspymca.org.

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.