



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2 2023 PROGRAM SCHEDULES

FALL 2 SESSION: NOV. 6-DEC. 31, 2023 (8 WEEKS)

Registration for Fall 2 programs begins:
Monday, October 23, 2023 at 9:00am

Registration for fee-based programs will be held online at fspymca.org/register under "Daxko Program Registration" or in person at our Welcome Center. 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.

For the most-up-to-date group exercise, aquatic fitness, pool and gym schedules, please visit fspymca.org/schedules.



To view our full Fall Program Brochure, which includes class descriptions and membership information, please visit fspymca.org/brochures or scan the QR Code.

AMERICAN RED CROSS LIFEGUARDING

AMERICAN RED CROSS LIFEGUARDING CLASSROOM LEARNING SCHEDULE

Course	November
Lifeguard Certification Course (15yrs+)	Pretest Friday 11/3: 6:00-7:00pm Saturdays 11/11 & 11/18 and Sundays 11/12 & 11/19, 9:00am-2:00pm

Lifeguarding Certification Course -

Pretest: \$25 Member: \$342 Community Member: \$394

For more information on these courses at our Y, please email aquatics@fspymca.org.

HEALTH & SAFETY

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

Course	October	November	December
Online Learning for Blended Course (must complete prior to first in-class session)	OPEN	OPEN	OPEN
In-person sessions for Blended Course	10/28 1:30-4:00pm	11/4 & 11/25 1:30-4:00pm	12/2 & 12/30 1:30-4:00pm

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

Full Member: \$84 Community Member: \$105

For more information on Health & Safety programs, please email aquatics@fspymca.org.

PRESCHOOL & SCHOOL AGE GYMNASTICS

PRESCHOOL GYMNASTICS

Class Name	Tuesday	Thursday	Friday	Saturday
Minis (3-4yrs)	5:00-5:45pm			9:00-9:45am
Gymnastics/Dance Combo (3-5yrs)			12:30-1:30pm	
Littles (4-5yrs)	5:00-5:45pm			9:00-9:45am
Mightys (5-6yrs)		4:00-4:45pm		

Preschool Gymnastics Classes -
Price per 8-week session
(classes will be prorated for
holidays)
45-minute class: \$127
60-minute class: \$152
For more information, please
contact Jennifer Glander at
jglander@fspymca.org.

SCHOOL AGE GYMNASTICS

Class Name	Monday	Tuesday	Wednesday	Thursday	Saturday
Rollers (6-14yrs)	4:00-5:00pm	6:00-7:00pm	4:00-5:00pm	5:00-6:00pm	10:00-11:00am
Flippers (7-14yrs)				6:00-7:30pm	
Kippers (7-14yrs)				6:00-7:30pm	

School Age Gymnastics Classes: Cost drafted monthly based on number of classes per month

Rollers: \$57 for 3 classes per month; \$76 for 4 classes per month; \$94 for 5 classes per month

Flippers/Kippers: \$66 for 3 classes per month; \$88 for 4 classes per month; \$110 for 5 classes per month

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

PRESCHOOL, YOUTH & TEEN SPORTS

PRESCHOOL SPORTS

Class Name	Tuesday	Thursday	Friday	Saturday
Pre-K All Star Sports (3-5yrs)	12:45-1:30pm			
Mini Ninja Warrior (3-5yrs)		12:45-1:30pm		11:30am-12:15pm
Preschool Soccer (3-5yrs)			4:00-4:45pm	

Preschool Sports Classes - Price per 8-week session (classes will be prorated for holidays)

45-minute class: \$95

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

YOUTH & TEEN SPORTS

Class Name	Monday	Tuesday	Wednesday	Thursday	Saturday
Ninja Warrior (5-8yrs)		4:00-4:45pm			
Basketball Skills (Grades K-1)				4:00-4:45pm	
Basketball Skills (Grades 2-4)				5:00-5:45pm	
Youth Pickleball (6-11yrs)					12:30-1:15pm

Youth & Teen Sports Classes (classes will be prorated for holidays)

Ninja Warrior (8-week class) - \$95

Basketball Skills (6-week class) - \$71 (Location: Terril Middle School. No classes 11/23 and 12/28)

Youth Pickleball (8-week class) - \$95

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

YOUTH & TEEN SPORTS

NEW! ARCHERY (AGES 8-18)

With a rich history, archery provides an opportunity for all to build on critical physical and mental health skills that can be carried through to multiple aspects outside of the sport. It teaches irreplaceable skills of precise focus, concentration and relaxation while building confidence. Archery at the Y presents opportunities for character growth and health improvements in children while emphasizing fun and safety!

Introductory Sunday Workshops from 1:30-2:30pm, Cost is \$18 per person, per workshop:

Ages 8-12	November 12 & December 3
Ages 13-18	November 19 & December 10
Families with children Ages 8+	November 26 & December 17

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

YOUTH ARCHERY CLASS

This 6-week course will give participants a chance to develop their skills and learn more about this precision sport. Participants must have taken an introductory workshop prior to registering for this program.

Class Name	Sunday
Archery (8-18yrs)	2:45-3:45pm

Archery Classes will be held November 12 - December 17.
Price is \$120 for 6-week session

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

ADULT SPORTS

ADULT SPORTS

Class Name	Monday	Wednesday	Friday	Sunday
Pickleball (18yrs+)	11:30am-1:00pm	12:30-2:00pm	10:30am-12:00pm	
		6:15-8:00am		
Badminton (18yrs+)	8:00-9:45pm	8:00-9:45pm		7:00-9:30am

Adult Sports are included with FSPY membership. For more information, please contact Jennifer Glander at jglander@fspymca.org.

ENRICHMENTS

PRESCHOOL ENRICHMENTS

Class Name	Tuesday	Wednesday	Thursday	Saturday
Into the Wild (3-5yrs)			1:00-2:00pm	
Ooey Gooy Messy Fingers (3-5yrs)	1:00-2:00pm			

YOUTH & TEEN ENRICHMENTS

Drawing 101 (6-11yrs)				10:00-11:00am
Catch 'Em All! (5-11yrs)			5:00-6:00pm	
STEM 101 (9-12yrs)			5:30-6:30pm	
Young Rembrandts (9-12yrs)		5:30-6:30pm		
Let's Cook (NEW AGES: 6-11 yrs)	4:30-5:30pm			

Preschool Enrichment Classes

Into the Wild: \$115

Ooey Gooy Messy Fingers: \$130

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

Youth & Teen Enrichment Classes

Drawing 101, Young Rembrandts, and Let's Cook: \$144

STEM 101: \$126

Catch 'Em All: \$84

For more information on Drawing 101, STEM 101 and Young Rembrandts, please contact Jennifer Glander at jglander@fspymca.org.

For more information on Let's Cook, please contact Roberta Catuogno at rcatuogno@fspymca.org.

For more information on Catch 'Em All!, please contact Kate Lizer at klizer@fspymca.org.