



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**FALL
INTO
FUN**

FANWOOD-SCOTCH PLAINS YMCA FALL PROGRAM GUIDE

**NEW FORMAT!
LEARN MORE
ON [PAGE 3](#)**

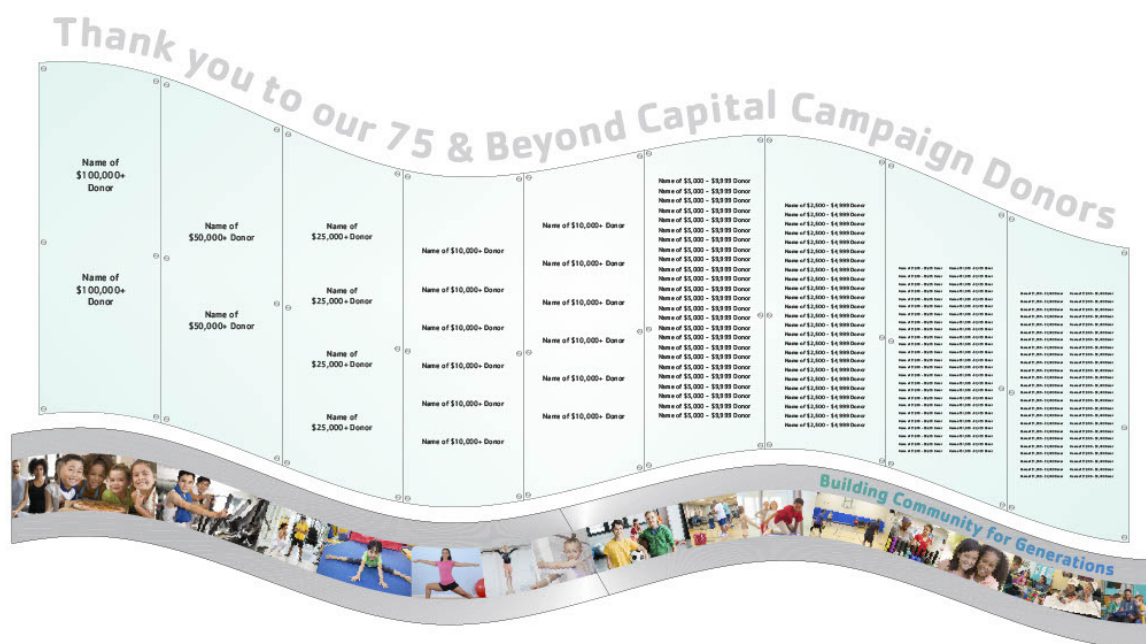
**Fall 1 Session: Sept. 11–Nov. 5, 2023
Fall 2 Session: Nov. 6–Dec. 31, 2023**

fspymca.org

LEAVE YOUR LEGACY

Be a part of our exciting building expansion project and coinciding Capital Campaign! Show your support of the Fanwood-Scotch Plains YMCA with our Legacy Wall, which will be featured in a prominent location in our building.

Donors of \$1,000 and above will receive special recognition with their name on our Legacy Wall. In addition, we will have a separate wall in Pool 2 – where we are adding a viewing deck – for our Swim Team. Recognition on both walls is available at the same levels. Shown here is a rendering of the main Legacy Wall; final wall, including photos at bottom, may look different.



RECOGNITION LEVELS

Our Legacy Wall will feature names of different sizes for gifts of \$1,000 and above.

- Bronze \$1,000+
- Silver \$2,500+
- Gold \$5,000+
- Platinum \$10,000+

Donations can be made in memory of, in honor of, or to showcase your support for our YMCA and its future. **Scan the QR Code to make a donation today and forever be a part of the Fanwood-Scotch Plains YMCA.**



SCAN ME

The Fanwood-Scotch Plains YMCA – an organization which has served the individuals, children and families of Scotch Plains, Fanwood and Clark for over 75 years – needs your support to secure its future. In 2022, we embarked on a [building expansion project](#) to pave a path forward for our Y, so we can be here for 75 more years and beyond. If our Y has made a positive impact on your life, or you believe in the Y's mission and values, please consider making a [donation to our Capital Campaign](#) so we can bring our full project to completion. Together, we can create a brighter future for our YMCA and the individuals and families in our community.

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

STAFF

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FALL 2023 PROGRAM GUIDE

NEW FORMAT!

This brochure features membership information, program descriptions and pricing. Schedules for the Fall 1 and Fall 2 Sessions will be featured as an addendum at fspymca.org/brochures, or pick up copies at the Welcome Center.

REGISTRATION INFORMATION

FALL 1 SESSION: SEPT. 11-NOV. 5, 2023 (8 WEEKS)

Registration for Fall 1 programs begins:
Monday, August 28, 2023 at 9:00am

FALL 2 SESSION: NOV. 6-DEC. 31, 2023 (8 WEEKS, THURSDAY & MONDAY ARE 7 WEEKS DUE TO HOLIDAY SCHEDULES)

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

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.

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 require reservations that can be made up to 20 days in advance at fspymca.as.me.

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: 5:00am-10:00pm
Saturday-Sunday: 7:00am-5:00pm

The Y is closed on:
Labor Day
Thanksgiving Day
Christmas Day

You're invited to
TRY
the Y

Sept. 5-10, 2023

Free & open to the community

Participate in a group exercise class or open gym, work out in our Wellness Center, take a swim in our pool and explore all our Y has to offer. Learn more at fspymca.org.

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.
- Access to [Y Wellness 24/7](#), an online platform exclusively for our members that offers 100+ live exercise classes per week, and 1000s of classes on-demand led by nurturing and motivating YMCA instructors from over 40 YMCAs. Learn more on page [22](#).
- 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 (by reservation in Acuity, fspymca.as.me) and adult sports such as Pickleball and Badminton (varies by session).
- Lap swimming for ages 13+ (and participants 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 1 and over at our Child Watch Room. Beginning September 12, Child Watch will be open:
 - Monday to Thursday from 5:00-8:00pm.
 - NEW! Tuesday, Wednesday, Friday from 8:30-11:30am
 - NEW! Saturday from 8:00am-1:00pm

CONNECT WITH US!

Learn the latest happenings at FSPY



facebook.com/fspymca



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



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



youtube.com/fanwoodscotchplainsymca



fspymca.org



Download our mobile app on your phone

OUR FACILITY FEATURES

- 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
- Two new state-of-the-art fitness studios dedicated to mind-body classes and Spin.

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, open and lap swim and Wellness Center usage during designated times. Includes participation in fitness programs for their age group. 7th grade members can also register for fee-based programs for teens. This membership runs through June 2024.

Membership fees are non-refundable.

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

We are currently waiving the Joiner's Fee - a savings up to \$100!

MEMBERSHIP CATEGORIES	MONTHLY FEE	JOINER'S FEE
FAMILY	\$105.00	\$100.00 \$0
ADULT	\$70.00	\$75.00 \$0
SENIOR COUPLE	\$81.00	\$50.00 \$0
SENIOR ADULT	\$58.00	\$50.00 \$0
YOUNG ADULT	\$49.00	\$25.00 \$0
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, and participants 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. 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. 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 by reservation. 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. You can call the Welcome Center at 908-889-8880 or visit fspymca.as.me to make a reservation for Open Gym.

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 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. Saunas are available to members in the Adult Locker Rooms. 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 can accompany children ages 5 and younger in the Youth 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. During our construction, please follow all signs for designated pick-up and drop off zones. Stopping in front of the building to drop off and pick up is prohibited.

MEMBERSHIP GUIDELINES

Guest Policy: Active members are provided 3 complimentary passes per calendar year to FSPY. Members will be charged \$10.00 per additional guest. All membership types, **except youth membership**, can bring a **guest 13 years of age or older** to the Y. Limit 2 guests per visit.

- A parent/guardian must sign a waiver for guests under the age of 18 before the guest can visit the Y.
- Guests 18 and over must present a valid photo ID and sign a waiver.

- All guests must follow the FSPY usage guidelines and age restrictions for specific areas of the Y, such as the Wellness Center, Gym and Pool.

- Members must stay with their guests at all times during their visit.

To sign a guest waiver online, go to fspymca.org/join-the-y and create a non-member account for the guest.

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 "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 some currently have restrictions on visitors.



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 Roberta Catuogno at rcatuogno@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
- And more!

For more information, please contact Roberta Catuogno at rcatuogno@fspymca.org.

AQUATICS

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 September through June. 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.

Please note: All of our classes for infants through adults are currently full through June. Wait lists are available for each level at fspymca.org/register. If you are interested in swim classes for the 2023-2024 year through June, please put the participant's name on a wait list.

You do not need to be an active member of the Fanwood-Scotch Plains YMCA to go on the swim lesson wait list. You can create a non-member account at fspymca.org/join-the-Y.

We are working to accommodate as many swimmers as possible and fill spots as they become available.

For more information regarding Swim Lessons at our Y, please email aquatics@fspymca.org.

AQUATICS

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: \$62 for 3 classes per month; \$82 for 4 classes per month; \$102 for 5 classes per month
Price for a 45-minute swim class: \$98 for 3 classes per month; \$130 for 4 classes per month; \$162 for 5 classes per month
September will be pro-rated based on class start date. Session begins September 11, 2023.
For more information on swim lessons, please email aquatics@fspymca.org.

AQUATICS

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. Registration is only required for the MS Water Exercise Program at fspymca.org/register under “Daxko Program Registration.”

View the latest class schedules at fspymca.org/schedules.

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 \$53 per 8-week session for 1 class per week.

For more information on water exercise classes, please email aquatics@fspymca.org.

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.



HEALTH & SAFETY

Please check the Schedules Addendum for Fall 1 and Fall 2 available at fspymca.org/brochures or at our Welcome Center for days/times of programs. Some programs may run Fall 1 only or Fall 2 only while others may run both sessions.

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.

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.



AMERICAN RED CROSS BABYSITTING COURSE

This is a Red Cross certification and training course intended for participants aged 11-15 to provide them with the knowledge and skills necessary to safely and responsibly give care to children and infants. For more information, please email aquatics@fspymca.org.

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.

Cost: \$89 for FSPY Members

\$105 for Community Members

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. Please check the Schedules Addendum for Fall 1 and Fall 2 available at fspymca.org/brochures or at our Welcome Center for days/times of programs. 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 email aquatics@fspymca.org.

AMERICAN RED CROSS LIFEGUARDING CERTIFICATION 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 must be 15 years old by the final date of the course. **Please register for the pretest first. Upon completion, you will be instructed to register for the full course.**

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. Participants must have a current or recently expired (no more than 30 days prior to the final course session) American Red Cross certification in order to be eligible for re-certification.

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR REVIEW COURSE

This is a Red Cross course intended for current Lifeguarding Instructors to renew their LGI certification. It is not intended for those interested in becoming certified instructors, nor is it intended for standard lifeguards to re-certify.

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR CERTIFICATION COURSE

This Red Cross certification and training course is intended for current Red Cross Lifeguards who are interested in becoming certified to run Lifeguarding certification courses. Participants must be currently certified lifeguards and at least 18 years of age at the time of the certification course. This course is not intended to certify new Lifeguards.

Lifeguarding Certification Course -

Pretest: \$25

Member: \$342 Community Member: \$394

Lifeguarding Review -

Member: \$252 Community Member: \$284

Lifeguarding Instructor Review Course -

Member and Community Member: \$184

Lifeguard Instructor Certification Course -

Member: \$473 Community Member: \$525

JOIN OUR TEAM!

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



PRESCHOOL & SCHOOL AGE GYMNASTICS

Join us for Youth Gymnastics at the Fanwood-Scotch Plains YMCA! Please check the Schedules Addendum for Fall 1 and Fall 2 available at fspymca.org/brochures or at our Welcome Center for days/times of programs. Some programs may run Fall 1 only or Fall 2 only while others may run both sessions.

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. Skills listed are suggested for each level and are subject to the makeup of each class, as each group and individual is unique and may progress slower or faster than anticipated. 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!

YOUTH GYMNASTICS AT A GLANCE

Class Name	Ages	Ability	Prerequisite	Teacher Rec.
MINIS	3-4 years old	Beginner	Must be 3 years old	No
LITTLES	4-5 years old	Beginner	Minis	No
MIGHTYS	5-6 years old	Intermediate	Little's	No
ROLLERS	6-14 years old	Beginner	Must be 6 years old	No
FLIPPERS	7-14 years old	Intermediate	Rollers	Yes
KIPPERS	7-14 years old	Intermed./Adv.	Flippers	Yes
CLUB	N/A	Advanced	Coach Evaluation	Yes

PRESCHOOL GYMNASTICS**

Our preschool classes offer fun and exciting age-appropriate gymnastics activities that utilize the equipment and special mats for developing gymnastic skills, while learning equipment understanding. The circuits in our classes are designed to help young children refine gross motor movements while improving strength, balance, coordination and decision making skills. They provide an excellent foundation for our Gymnastics Program.

**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.

MINIS (AGES 3-4)

Children will begin to develop an understanding of gymnastics terminology and skill. This is a perfect intro to basic gymnastics with a fun and engaging instructor.

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.

LITTLES (AGES 4-5)

This class can either be the next progression for 4 year olds after Minis or a starting point for older children. In preparation for further gymnastics development, children will start learning more challenging skills and terminology.

MIGHTYS (AGES 5-6)

Our highest level preschool class. The Mightys are students either currently in Kindergarten or who have advanced past Littles.



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

UPDATED GYMNASTICS LESSONS SIGN UP

Our Rollers, Flippers and Kippers classes will run September 2023–June 2024 with one-time registration for each class, beginning Monday, August 28 at 9:00am. Active FSPY members can register online at fspymca.org/register or in-person at the Welcome Center.

- Payment for these classes will be drafted monthly on the 1st of each month from your credit card on file at the Y.
- To cancel out of the monthly program, 15 days written notice must be given by filling out our form [here](#).
- If there are no spots available, we will have wait lists for each level. We will work to open spots in our classes to accommodate as many participants as possible.

Our school-age gymnastics classes provide an opportunity to learn gymnastics skills on Beam, Bar, Floor and Vault. 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 (AGES 6–14)

This level provides the foundation of basic gymnastics knowledge for your child, working on the basics and introducing gymnastics skills on all Olympic events. Begins with group warm-up/strength, then gymnasts are grouped by ability when working on gymnastics apparatus. There may be more than one class in the gym at a time.

Prerequisite: Must turn 6 years old by the first class.

Skills Developed: Half-turn on Toe, Front Support on Beam, Forward Roll, Casting on Uneven Bars, Pullover, Tuck and Pike Jumps on Trampoline, Dismounts on Beam, Shimmy on Bars, Cartwheels, and Arabesques.

FLIPPERS (FORMERLY SWINGERS, AGES 7–14)

Further develop skills on the four Olympic events while building fitness and conditioning. There may be more than one class in the gym at a time.

Prerequisite: Teacher recommendation or previous gym experience.

Skills Developed: Handstands, Round-offs, Cartwheel on Low Beam, Pullover, Bridge Kick-Over, Jump up on to Block, Front Support to Mount Beam, Pullover with no Spot on Bars, Multiple Casts in a Row, Tuck and Straddle onto Vault, Back Hip Circle.

KIPPERS (AGES 7–14)

This class focuses on complex beginner skills and progresses to more advanced gymnastics skills.

Previous gymnastics experience required.

Prerequisite: Teacher recommendation; ability to perform a solid round off and unassisted backbend.

Skills Developed: Conditioning, Cartwheel Variations, Walkovers, Full Turn on Toe, Cat Leap on Beam, Split Leap, Handstand without Spot, Bridge Kick Over, Round Offs.

COMPETITIVE GYMNASTICS CLUB

The Farwood-Scotch Plains YMCA has a long history with gymnastics that we are very proud of! Our club members are dedicated to learning new skills, cheering each other on and putting in the work to succeed. Members compete at their skill level at local, state, regional, and national level competition in the New Jersey YMCA Gymnastics League following USA-G Junior Olympic Program rules and guidelines. For more information regarding our Club, please contact Jennifer Glander at jglander@fspymca.org.

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

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

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

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

PRESCHOOL, YOUTH & TEEN SPORTS

Join us for sports classes at the Fanwood-Scotch Plains YMCA! Please check the Schedules Addendum for Fall 1 and Fall 2 available at fspymca.org/brochures or at our Welcome Center for days/times of programs. Some programs may run Fall 1 only or Fall 2 only while others may run both sessions.

PRESCHOOL SPORTS

PRE-K 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.

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 in the Gymnastics Gym! This program combines FUN obstacles with gymnastics skills. Your child will develop confidence, a love for fitness and strength...all while having FUN!!

PRESCHOOL SOCCER (AGES 3-5)

Learn the basics of the game of soccer in a fun atmosphere. While playing soccer your child also will be stimulating their motor skills and coordination.

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

NINJA WARRIOR (AGES 5-8)

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

BASKETBALL SKILLS (GRADES K-4)

Using basic games and fun drills, your child will learn teamwork, fair play, and the basic skills of basketball while preparing for our basketball season. This is a 6-week class with 2 additional weeks for make-ups in the case of inclement weather.

YOUTH PICKLEBALL (AGES 6-11)

Look out, there's a new ball game in town. A paddle sport created for all skill levels. Combines elements of tennis, ping pong, and badminton. The rules are simple and the game is easy to learn. This new program will teach all kids need to know to play this fun sport. Equipment is provided and classes will be held outdoors weather permitting. This is a 6-week class with 2 additional weeks for make-ups in the case of inclement weather.

ULTIMATE FRISBEE (AGES 9-11)

An exciting non-contact sport played with a disc you throw by hand. It combines the best elements of soccer, football and basketball, but there is no ball. Pass the disc to your teammates, moving it down the field to score. Ultimate Frisbee stresses sportsmanship and fair play. Participants will learn the rules and how to play, while having fun! This is a 6-week class with 2 additional weeks for make-ups in the case of inclement weather.

VOLLEYBALL CLINIC (GRADES 4-9)

Our Volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and scrimmages aimed at developing the whole player. Participants will learn aspects of the game such as passing, setting and serving in a fun atmosphere. Classes will be held at Terrill Middle School.

MIDDLE SCHOOL CROSS COUNTRY (GRADES 5-8)

Join our co-ed cross country team and build your endurance and speed. The program runs the week of Sept. 18 through Nov. 3. Practices will be held Mondays and Wednesdays at Terrill and Tuesdays and Thursdays at Nettingham 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 at any time. YMCA membership is required. Runners of all levels are welcome. Come join the fun and run!

Youth & Teen Sports Classes

(classes will be prorated for holidays)

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

Basketball Skills (6-week class) - \$73

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

Ultimate Frisbee (6-week class) - \$73

Volleyball Clinic (6-week class) - \$126

Middle School Cross Country (9/18-11/3): \$185

For more information, please contact Jennifer Glander at

jglander@fspymca.org.

NEW! ARCHERY (AGES 8-18)

With a rich history, archery teaches the irreplaceable skills of precise focus, concentration and relaxation, while building confidence in youth. Archery at the Y presents opportunities for character growth and health improvements in children while emphasizing fun and safety!

Learn the basics of archery or improve your skills. Our USA Archery certified instructors work with all skill levels. All equipment is provided.

Join us for an introductory workshop! Cost is \$18 per person for the workshop.

Sunday Workshops from 1:30-2:30pm

Ages 8-11	November 12 & December 3
Ages 12-14	November 19 & December 10
Families with children Ages 8+	November 26 & December 17

Fall 2 - Price per 6-week Archery Class: \$120 For more information, please contact Jennifer Glander at jglander@fspymca.org.



Included
in Membership

ADULT SPORTS

View the latest Gym Schedule, which includes Adult Sports days/times, at fspymca.org/schedules.

ADULT PICKLEBALL (AGES 18+) ALL LEVELS WELCOME

Racquet sport combining elements of tennis, badminton and ping pong. Played indoors 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. On Wednesdays, beginners can come and learn the sport from our Pickleball players.

ADULT BADMINTON (AGES 18+) ALL LEVELS WELCOME

Pick up Badminton games for adults.

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

PRESCHOOL ENRICHMENTS

Join us for Preschool Enrichments at the Fanwood-Scotch Plains YMCA! Please check the Schedules Addendum for Fall 1 and Fall 2 available at fspymca.org/brochures or at our Welcome Center for days/times of programs. Some programs may run Fall 1 only or Fall 2 only while others may run both sessions.

COOKS AND BOOKS (AGES 3-5)

Calling all budding chefs! Come join us as we prepare tasty treats and read fun stories. We will learn how to follow a recipe and will use a variety of ingredients and cooking tools. The skills developed in this class include measuring, safety, nutrition and following directions.



Preschool Enrichment Classes -

Price per 8-week session (classes will be prorated for holidays)
Cooks and Books: \$130 (Fall 1 Session only. See Fall 2 schedule addendum for Fall 2 Preschool Enrichment offerings.)

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

YOUTH & TEEN ENRICHMENTS

Join us for Youth & Teen Enrichments at the Fanwood–Scotch Plains YMCA! Please check the Schedules Addendum for Fall 1 and Fall 2 available at fspymca.org/brochures or at our Welcome Center for days/times of programs. Some programs may run Fall 1 only or Fall 2 only while others may run both sessions.

NEW! SHOWTIME PERFORMERS (AGES 6-11)

LIGHTS! CURTAINS! ACTION! Give your aspiring performer the opportunity to discover acting. Participants will learn the building blocks of acting through enriching and entertaining theatre games. You'll be asking for their autograph by the end of the session!

NEW! DRAWING 101 (AGES 6-11)

We will start with the basics of drawing including how to break down complex objects into simple shapes, draw from life, and learn about different drawing techniques.

NEW! STEM 101 (AGES 9-12)

Young engineers will build creations each week in this STEM-themed class. Our team will provide different challenges and projects weekly that will create a fun, engaging and one-of-a-kind experience.



NEW! YOUNG REMBRANDTS (AGES 9-12)

Participants will create masterpieces using their creativity and a variety of mediums. Led by our talented art staff, future artists will have a great time imagining, creating and designing projects each session. All materials are provided.

Youth & Teen Enrichment Classes – Price per 8-week session (classes will be prorated for holidays)

60-minute class: \$144

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

NEW! LET'S COOK (AGES 6-11)

Learn basic cooking techniques through the process of following a recipe. Understand food preparation techniques as well as the importance of presentation. Make healthy foods with friends and take home your own unique recipe book.

Cost per 8-week session: \$144
(classes will be prorated for holidays)

For more information, please contact Roberta Catuogno at rcatuogno@fspymca.org.



NEW! CATCH 'EM ALL! (AGES 5-11)

In a small group setting, participants will learn the collectable trading card game of Pokemon. Learn the rules of the game and how to construct your own deck. Then, play against other participants in a circuit-style series of games with the goal of becoming self-sufficient and able to play independently outside of class. At the end of the session, students will keep the deck that they make.



Cost per 8-week session: \$95
(classes will be prorated for holidays)

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

TEEN FITNESS

Any 12–13 year old may use the cardio equipment in our Wellness Center during the following designated times if accompanied by an active adult member: M–F, 3–5pm; S–S, 7am–5pm.

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, or can use our cardio equipment when accompanied by an active adult member (see below). We offer two options for teens who want to get fit and have fun at our Y.

SMALL GROUP TEEN WELLNESS (GRADES 7–8)

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 setting. Conducted in small groups, teens will learn how to safely and effectively use the machines in our Wellness Center. Participants will be supervised at all times during the 45-minute sessions.

Once all 4 classes have been completed, or 1:1 Teen Wellness has been completed, participants can use the cardio and strength machines that were shown in Teen Wellness during the following times: Monday–Friday from 3:00–5:00pm and Saturday and Sunday from 7:00am–5:00pm.

TEEN & FAMILY GROUP EXERCISE CLASSES - Included with membership

Registration for group exercise classes is required and can be made up to 20 days in advance at fspymca.as.me.

FAMILY YOGA (AGES 6+)

Open to children ages 6 and up, along with their parent/guardian. Classes blend breathing, postures and meditation to develop strength, flexibility and overall relaxation. A fantastic opportunity to do something together as a family.

TEEN AND FAMILY ZUMBA (AGES 8+)

All are welcome in this inclusive, fun class for ages 8 and up. Enjoy the international dance sensation with your friends and family in an easy-to-follow format led by our talented instructors.

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

Small Group Teen Wellness is included with membership. To enroll, register for each of the 4 classes at fspymca.as.me. Each participant is required to complete classes 1, 2, 3 and 4, although they do not need to be completed in order.

TEEN CYCLE (AGES 11–17)

Cycle to the beat with our instructor, your friends and great music! Participate in group indoor cycling combined with strength training. Must be 4'10" tall.

7TH GRADERS: GET YOUR TICKET TO FREE FUN AND FITNESS

Free membership for 7th graders in Fanwood, Scotch Plains and Clark

Sign up today. It's easy to get started!

1. Both student and parent/guardian must visit the Y to complete and sign a Membership Application and Code of Conduct.
2. Present your school ID, roster or report card.
3. Student will receive an ID card and begin their membership right away!

*Both parent/guardian and 7th grader must be present to activate membership.

Membership is valid through June 2024.

7TH
GRADE
INITIATIVE
7GI

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 2023–2024 School Year, 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 indoor space 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.



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 READINESS

For the 2023–2024 school year, we are excited to offer Preschool Readiness programs at the Fanwood–Scotch Plains YMCA! These programs for kids ages 2.5–3 years old prepare students for preschool through activities designed to help them learn, grow and thrive. Both programs follow the SP–F School District calendar.

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

TODDLER PLUS

2-day classes (T/TH) for children who will be 2.5 years old by 9/1/23

Our state-licensed 3-hour preschool program runs from September to June, Tuesday & Thursday from 9:00am–12:00pm. This program includes the Creative Curriculum and CATCH health and wellness programs as well as music and gym. Your child does not need to be potty trained to attend.

THREE DAY 3s

3-day classes (M/W/F) for children who will be 3 years old by 10/1/23

Our state-licensed 3-hour preschool program runs from September to June, Monday–Wednesday–Friday from 9:00am–12:00pm. Families have the option of adding an additional hour for Lunch Bunch from 12:00–1:00pm.

Three Day 3s includes the Creative Curriculum and CATCH health and wellness programs as well as swimming (one day per week), music (one day per week) and gym (one day per week). Please note: to swim your child must be fully potty trained.

Registration for Preschool Readiness is ongoing at fspymca.org/register under “Daxko Program Registration” or in person at our Welcome Center. For more information, please contact Diane Romond at dromond@fspymca.org.

SCHOOL AGE CHILD CARE (SACC)

Our state-licensed YMCA School Age Child Care program is available to kids in grades K-4 enrolled in the Scotch Plains-Fanwood School District. For the 2023-2024 School Year, after care will be held at our main YMCA building and will include bussing from each school. The program will run 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, Social Competence and Conflict Resolution. Student must be an active FSPY member to participate.

To learn more about our updated program, visit our website: fspymca.org.
Registration is ongoing at fspymca.org/register under "Daxko Program Registration."



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

VACATION FULL DAYS

When school's out, the Y is in. This program is offered for kids in grades K-5 on days that the Scotch Plains-Fanwood Public Schools are closed due to holidays or scheduled 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).

Tuesday, September 5: Olympic Day

Wednesday, September 6: Wild Crazy Kids

Monday, September 25: Alstede Farms Field Trip

Monday, October 9: Funplex Trip

Thursday, November 9: Rock and Roll Dance Party

Friday, November 10: Wacky Wild Challenge

Tuesday, December 26: Hello Winter!

Wednesday, December 27: Animal Awareness

Thursday, December 28: Lights, Camera, Action!

Friday, December 29: New Year's Eve Party

Monday, January 15: Martin Luther King Jr. Day

Monday, February 19: Super Hero Adventures

Monday, March 25: Space Station Exploration

Tuesday, March 26: Jersey Lanes Bowling Trip

Wednesday, March 27: Under the Sea

Thursday, March 28: Funplex Trip

Friday, March 29: Around the World

Wednesday, April 10: Ah Hoy Matey! Pirates Life for Me

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](https://fspymca.org) or at our Welcome Center.

Cost: \$83 per child per day

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

KIDS NIGHT OUT

Kids Night Out is for children in Kindergarten through 4th grade. It typically occurs the second Friday of every month, October 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: October 13, November 10, December 8

Cost per Night Out: \$40/\$15 per each additional child

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

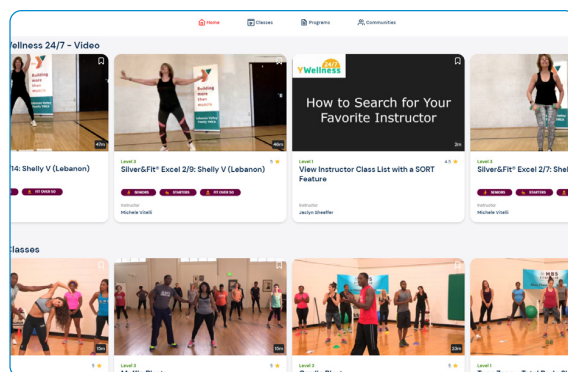


Y Wellness 24/7, powered by Burnalong, celebrates a brand new engagement experience providing 100+ live classes per week, and 1000s of classes on-demand led by over 50 nurturing and motivating YMCA instructors from a variety of YMCA associations. The weekly live classes include choices such as Cycling, Tai Chi, Zumba®, Total Body Conditioning, and Bootcamp. Plus, over 20 senior classes per week such as Zumba Gold®, Better Balance, SilverSneakers®, and more!

Virtual wellness anytime, anywhere.

Included with FSPY membership.

- All your favorite classes, taught by YMCA instructors from across the nation, available 24/7.
- Easily set goals and stick with them!
- Personal account allows you to set your favorite classes and instructors to personalize your virtual experience.
- Connect with instructors and members from all over the country by joining our online community Facebook group!



Visit ywellness247.org or scan the QR code to get started! To set up an account once on the site, please click "New User? Start Here."



Questions? Contact Roberta Catuogno at rcatuogno@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).....\$250 per person

Package of 10 (55-min. sessions).....\$450 per person

For more information on Personal Training, please contact Roberta Catuogno at rcatuogno@fspymca.org.

PERSONALIZED WELLNESS ORIENTATION

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 one time for 60 minutes. During the orientation, the trainer will assess your personal fitness needs, provide instruction on proper form/technique and answer any questions you have to get you started on your fitness journey. Available to new members and current members once every 4 months. To get started, see one of our Wellness Center staff and book your free orientation today. For more information, contact Roberta Catuogno at rcatuogno@fspymca.org.

Included
in Membership

Y ACTIVE ADULT FITNESS PROGRAMS

Registration for group exercise classes is required and can be made up to 20 days out 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!

CHAIR YOGA

A blend of movements done both seated and standing using the chair for stability. The exercises are for all levels of fitness but would be of most benefit for those with limited mobility and/or balance issues.

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.

For more information on Y Active Adult Fitness Programs, please contact Roberta Catuogno at rcatuogno@fspymca.org.

GROUP EXERCISE CLASSES

Have fun and stay fit in our group ex classes. Our trained and certified staff conduct classes for individuals of all ages and stages of fitness. Sneakers required. Bring a towel and water to class. Registration for group ex classes is required and can be made up to 20 days in advance at fspymca.as.me.

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.

BOLLYWOOD CARDIO DANCE

A combination of Bollywood dance moves working every part of the body. The dynamic choreography is inspired by the music and dance of Bollywood, the film industry of India. Participants will benefit from strength training, cardiovascular exercise, toning and tightening of muscles, agility and flexibility training, and mental well-being.

BOOT CAMP

Work at your own pace as your instructor takes you through a series of both strength training and cardio full body movements using a variety of equipment. This class will have you feeling strong, powerful and accomplished.

CYCLE INDOOR

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

CYCLE FUSION

A 60-minute, all levels cycle and strength class. Pedal to the beat of music while being guided through choreographed cycle moves. Finish with a 15-minute strength and sculpting session.

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.

MEDITATION

A 30-minute partly-guided silent mantra meditation class designed to help release stress and anxiety, and create a peaceful, relaxed mind and body.

PILATES/CORE STRENGTH

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

RESTORATIVE YOGA

A gentle class in which multiple props are used to support the body as participants hold postures for longer lengths of time. An opportunity to release physical and mental stress and move out of the "fight or flight" nervous system into rest, digest and restore.

STEP

Moderate step class designed for all exercisers. Interval class incorporates cardio, strength and flexibility using steps and hand weights.

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

A mix of strength exercises using weights and cardio conditioning exercises that work your entire body and enhance your cardiovascular fitness. No matter what your age or ability, this class is for those who are looking to work out their entire body, build muscle, and burn calories.

YOGA

Dynamic vinyasa flow with powerful sequencing and mindful movement that cultivates balance, stability, flexibility and vigor. Modifications will be offered for all levels of experience.

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.

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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 \$53 for 1x per week per 8-week session or \$105 for 2x per week per 8-week session (prices will be prorated for holidays). For more information, contact Roberta Catuogno at rcatuogno@fspymca.org.

COMMUNITY CAFE

Join us on Fridays from 11:30am-1:00pm in our Community Cafe. Spend some time with your friends learning card games, listening to lectures, doing arts and crafts or learning how to knit or crochet. A schedule of events will be posted in advance.



the YMCA

**BELONGING
BEGINS WITH US**

» **JOIN US FOR A CELEBRATION OF COMMUNITY!**

WELCOMING WEEK: SEPTEMBER 8-17, 2023
MORE DETAILS COMING SOON!

For a better us.®

WELCOMING AMERICA **US**
BELONGING BEGINS WITH

MENTAL HEALTH RESOURCES

HERE 2 HELP MENTAL HEALTH COALITION – BRIDGING HEALTHY MINDS & BODIES

One in five people in the United States (an estimated 50 million), will experience a mental health disorder this year, making it the leading cause of disability in our country. Of these 50 million, more than half 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:

- Child Care • Facilities • Aquatics
- Membership • Child Watch
- Wellness & Fitness • Sports
- Dance • 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.

HERE FOR GOOD – ANNUAL CAMPAIGN

The Here for Good Annual 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 \$200,000 in financial assistance supported largely by campaign donations. Assistance is provided to families based on demonstrated need.

75 & BEYOND – CAPITAL CAMPAIGN

Help us ensure the future of our YMCA! We're undergoing a building expansion project and donations to our Capital Campaign will allow us to bring our full vision to completion. Learn more at fspymca.org/capital-campaign.

MATCHING GIFTS

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

ENDOWMENT FUND

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

For more information on giving to the Y, please contact our CEO, [Kim Decker](#).

TOGETHERHOOD

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 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.

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.

