



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**FIND WHERE YOU BELONG.  
FIND YOUR Y.**

## **FANWOOD-SCOTCH PLAINS YMCA PROGRAM GUIDE**

**Winter Session: January 8 – March 3, 2024**

**Registration begins Monday, December 18, 2023 at 9:00 am**  
**[fspymca.org](https://fspymca.org)**

# EXPANDED FACILITY RE-OPENING SOON!

In addition to our new outdoor campsite and fitness studios completed this year, our facility expansion includes:

- An expanded wellness center with new cardio machines, weights and strength training equipment.
- A state-of-the-art EGYM strength training circuit that tailors workouts to each individual.
- An expanded lobby, welcome center and café to better serve you.
- A 2nd story viewing area and expanded pool deck in Pool 2
- A new infant-toddler playground for our child care participants
- Dedicated camp bathrooms and storage

A re-opening date will be announced soon! Members and community members will be invited to an open house including tours, guest passes, and giveaways (while supplies last).

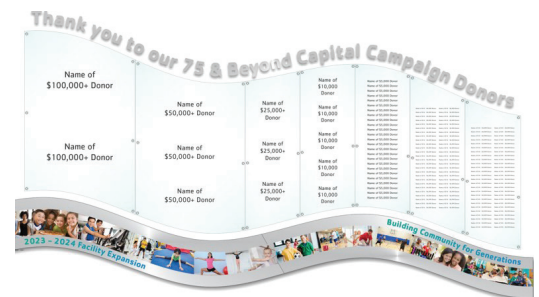
## LEAVE YOUR LEGACY

### Donor Wall

Be a part of our exciting building expansion project and 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.

### Brick Campaign

Our Brick Campaign paves a path for individuals of all ages so they always have a place where they feel welcomed, supported, connected and engaged. Each donation of \$500 and up to our Brick Campaign will receive one (1) brick – with your personal inscription – on our pathway once our project is completed.



Scan the QR code to learn about the ways you can support the Fanwood-Scotch Plains YMCA Capital Campaign.





## TABLE OF CONTENTS

Membership.....	3
Aquatics.....	5-6
Competitive Aquatics.....	6
Health and Safety.....	7
Lifeguard Certifications.....	8
Gymnastics.....	9-10
Preschool and Youth Dance.....	11
Preschool Enrichments.....	11
Youth Enrichments.....	12
Youth, Teen & Adult Sports..	13-14
Teen Fitness.....	15
Adaptive Programs for Youth and Families.....	16
Summer Camp.....	17
Preschool Readiness.....	18
Child Care.....	18
Vacation Full Days.....	19
School Age Child Care.....	19
Personal Training.....	20
Group Exercise Classes.....	21
Healthy Living.....	22
Mental Health Resources.....	23
Join Our Team.....	23
Social Responsibility.....	24



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

### HOURS OF OPERATION

(hours are subject to change;  
visit [fspymca.org](https://fspymca.org) for the most  
up-to-date information)

**Monday-Friday: 5:00am-10:00pm**  
**Saturday-Sunday: 7:00am-5:00pm**

## REGISTRATION INFORMATION

### WINTER SESSION: JANUARY 8-MARCH 3, 2024 (8 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](https://fspymca.org/join-the-y).

**Online Registration for Winter programs begins:**

**Monday, December 18, 2023 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 require reservations that can be made up to 20 days in advance at [fspymca.as.me](https://fspymca.as.me).**

### [fspymca.org](https://fspymca.org)

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

### 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](https://fspymca.org).

## CONNECT WITH US!

Learn the latest  
happenings at FSPY



[facebook.com/fspymca](https://facebook.com/fspymca)



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



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



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



[fspymca.org](https://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.
- Access to EGYM, a state-of-the-art strength training circuit that offers personalized workouts for each individual.
- 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.
- My Y Navigation, a free program to help you reach your health and fitness goals. Learn more on page 4.
- 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.

## OUR FACILITY FEATURES

- An expanded Wellness Center with new cardio machines, weights and strength training equipment.
- Two heated 25-yard indoor pools
- Gymnasium
- Adult-only locker rooms
- Youth locker rooms and family changing areas
- Accredited Preschool and Summer Camp programs.

## WINTER COLLEGE MEMBERSHIP SPECIAL Home on Winter Break?

College Students: Grab your friends and join the Fanwood-Scotch Plains Y.

**1 month for just \$49 and \$0 Joiner's Fee!**

Enjoy all the benefits of membership, including access to our Wellness Center, group exercise classes, open swim and gym and much more.

Learn more and join our Y online today at [fspymca.org/join-the-y](https://fspymca.org/join-the-y).

For membership questions, please contact Kristine Keating at [kkeating@fspymca.org](mailto:kkeating@fspymca.org)



Our Child Watch service is 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 in our Child Watch room.

We offer select morning, evening and weekend hours:

- Monday to Thursday 5:00-8:00pm
- Tuesday, Wednesday and Friday from 8:30-11:30am
- Saturday from 8:00am-1:00pm



## Y WELLNESS 24/7

With Y Wellness 24/7, FSPY members can access Y programs anytime, anywhere.

Visit [YWellness247.org](https://YWellness247.org) or scan the QR code to get started.

Questions? Contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org)





# 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](mailto: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](mailto:rcatuogno@fspymca.org).

# 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.

**If you are interested in reserving a spot, please complete the online form at [fspymca.org/swim-lesson-form](https://fspymca.org/swim-lesson-form), or scan the QR code below.** You do not need to be an active member to complete the form. We will work to get your child into the appropriate lesson as soon as possible and contact you when a spot becomes available.

For more information regarding Swim Lessons at our Y, please contact [aquatics@fspymca.org](mailto:aquatics@fspymca.org).



## AQUATIC FITNESS

Please note: The below classes are free with Fanwood-Scotch Plains YMCA membership. Registration for the MS Water Exercise Program is required at [fspymca.org/register](https://fspymca.org/register) under "Daxko Program Registration."

View the latest class schedules at [fspymca.org/schedules](https://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

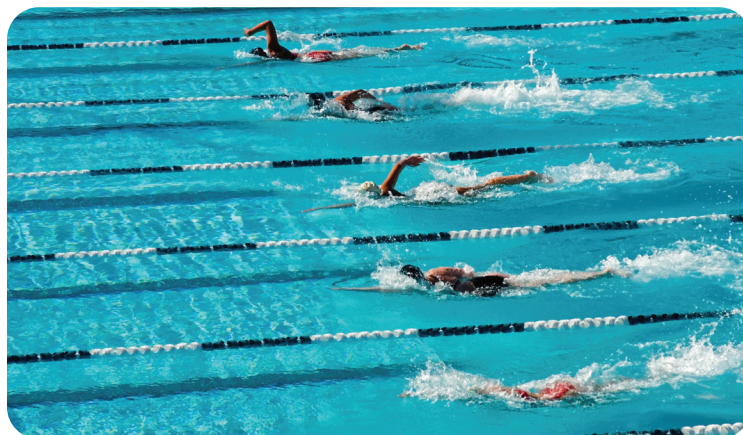
If you're living with MS, this water exercise program may help with building strength and enhancing your quality of life. Improve cardiovascular fitness, range of motion, endurance, flexibility, balance and relieve your MS-related fatigue. Taught by a certified National Multiple Sclerosis Society Instructor. 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](mailto: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](mailto:ckarelus@fspymca.org), or visit [fspyswimming.org](https://fspyswimming.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](https://fspymca.org/register) under “Daxko Program Registration.”**

**Community members can create a non-member account at [fspymca.org/join-the-y](https://fspymca.org/join-the-y) to register online or 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	January	February	March
<b>Online Learning for Blended Course (must complete prior to first in-class session)</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>
<b>In-person sessions for Blended Course</b>	1/6 - 1:00-4:00pm 1/27 - 1:00-4:00pm	2/9 - 6:00-10:00pm 2/18 - 1:00-4:00pm	3/3 - 1:00-4:00 pm 3/10 - 1:00-4:00 pm

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

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

**For more information on Health & Safety programs, please contact Stephanie Uske at [suske@fspymca.org](mailto:suske@fspymca.org).**

# AMERICAN RED CROSS LIFEGUARDING

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

Course	February/March
Lifeguard Certification Course (15yr+)	Pretest Friday -2/16, 6:00-7:00pm
	Saturday & Sunday - 2/24 - 2/25, 9:00am-2:00pm
	Saturday & Sunday, 3/2 - 3/3, 9:00am - 2:00pm

Lifeguarding Certification Course

Pretest: \$25

Member: \$342

Community Member: \$394

# JOIN OUR TEAM!

View all our open positions online at [fspymca.org/careers](https://fspymca.org/careers).



## GYMNASTICS AT A GLANCE

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.
<b>MINIS</b>	3-4 years old	Beginner	Must be 3 years old	No
<b>LITTLES</b>	4-5 years old	Beginner	Minis	No
<b>MIGHTYS</b>	5-6 years old	Intermediate	Littles	No
<b>ROLLERS</b>	6-14 years old	Beginner	Must be 6 years old	No
<b>FLIPPERS</b>	6-14 years old	Intermediate	Rollers	Yes
<b>KIPPERS</b>	7-14 years old	Intermed./Adv.	Swingers	Yes
<b>CLUB</b>	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.

#### MY FRIEND AND ME (WALKING TO 3 YRS)

This intro class allows your toddler to explore our gymnastics gym to help them develop gross motor skills with rolling, balancing, swinging and crawling. Have fun stretching, playing parachute games, running obstacle courses, skill building, social interaction and more! Our structured class helps children transition into more independent gymnastics and sports classes. **Adult chaperone participation required.**

#### 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.

#### 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.

#### GYMNASTICS/DANCE COMBO (AGES 3-5 YEARS)

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

#### Preschool Gymnastics Classes

Price per 8-week session: 45-minute class: \$127 60-minute class: \$152

For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org).

#### PRESCHOOL GYMNASTICS

	Tuesday	Wednesday	Thursday	Saturday
<b>My Friend &amp; Me Walking - 3yrs</b>	9:30-10:15am		9:30-10:15am	
<b>Minis 3-4yrs</b>	4:00-4:45pm			9:00-9:45am
<b>Littles 4-5yrs</b>		4:30-5:15pm	4:00-4:45pm	9:00-9:45am
<b>Mightys 5-6yrs</b>	5:00-5:45pm	4:30-5:15pm		
<b>Gym/Dance Combo 3-5yrs</b>		12:30-1:30pm		



# SCHOOL AGE GYMNASTICS

## GYMNASTICS LESSONS MONTHLY SIGN UP

Our Rollers, Flippers and Kippers classes will run September 2023-June 2024 with one-time registration for each class. Active FSPY members can register online at [fspymca.org/register](https://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 at <https://fspymca.org/gymnastics-classes-withdrawal-form/>
- 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 (AGES 6-14)

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 Fanwood-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](mailto:jglander@fspymca.org).

## SCHOOL AGE GYMNASTICS

	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>Roller</b>	4:00-5:00pm	6:00-7:00pm	4:00-5:00pm	5:00-6:00pm	10:00-11:00am
<b>Flippers</b>				6:00-7:30pm	11:00-12:30pm
<b>Kippers</b>				6:00-7:30pm	

### 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](mailto:jglander@fspymca.org).

## PRESCHOOL AND YOUTH DANCE

### PARENT AND TODDLER MOVE & GROOVE (WALKING to 3 YRS)

Introduce your little one to the world of dance! This class is designed for caretakers and children alike to engage in movement games and activities that will build confidence and spark your child's interest in dancing.

### INTRO TO TAP/BALLET (AGES 3-5)

This class introduces students to steps at the barre, and center. This class is designed to introduce dancers to terminology, music & rhythm, performance technique, and creative movement. Both Ballet and Tap will be introduced.

#### Preschool Dance Classes

Price per 8-week session:

45-minute dance class \$127

For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org).

### BALLET/TAP 1 (AGES 6-14)

A Combo of ballet and tap basics. This class is a great introduction to classical ballet and tap while using your child's imagination and music to create an enjoyable learning environment. Focus is on having fun while learning terms, feet and arm placement, dance etiquette, discipline and technique.

### JAZZ FUSION FUNK (AGES 6-14)

This Dance Fusion class will introduce new movers to the extensive possibilities of dance! Designed for students with limited experience, this class will provide a range of techniques, activities, and styles that will foster the love of movement. This sampler class will explore multiple styles of dance: jazz, lyrical, & Hip Hop.

#### Youth Dance Classes

Price per 8-week session:

60-minute dance class \$152

For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org).

Class Name	Monday	Wednesday	Saturday
Parent Toddler Moove & Groove		10:00-10:45am	9:30-10:15am
Intro to Ballet/Tap	5:00-5:45pm		10:30-11:15am
Gym Dance		12:30-1:30pm	
Ballet /Tap		4:00-5:00pm	
Jazz Fusion Funk			11:30am-12:30pm

## PRESCHOOL ENRICHMENT PROGRAMS

### THE ART OF COOKING (AGES 3-5)

Let's become cooking artists and explore the tasty world of creative cooking and culinary design! We will discover the exciting art possibilities in food by making edible creations. The Art of Cooking class is a wonderful opportunity for children to discover, create and follow simple directions.

### ARCTIC ADVENTURES (AGES 3-5)

Brrr! Come join us for a chilly journey as we head north into the Arctic! We will learn about polar bears and penguins, and we will paint with ice cubes and make some pretend snow. Books, songs, art and sensory experiences are all part of this awesome adventure!

Class Name	Tuesday	Wednesday	Thursday
The Art of Cooking	1:00-2:15pm		1:00-2:15pm
Arctic Adventures		1:00-2:00pm	



#### Preschool Enrichment Programs

Price per 8-week session:

The Art of Cooking: \$145

Arctic Adventures: \$130

For more information, please contact Diane Romond at [dromond@fspymca.org](mailto:dromond@fspymca.org).

# YOUTH ENRICHMENT PROGRAMS

## DETECTIVES IN TRAINING (AGES 6-10)

Your child is first on the scene in this mysterious class! Each week, a new crime happens and students will learn what to look for and how to detect the criminal! From gathering clues, dusting for fingerprints, extracting DNA and analyzing handwriting, students will solve the crime in no time!

### CATCH 'EM ALL 1 (AGES 6-10)

In a small group setting, participants will learn the collectable trading card game of Pokémon. 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.

### CATCH 'EM ALL 2 (AGES 6-10)

The game does not stop here. Must have completed Catch em All 1 Participants will continue learning the rules to the game. With their decks from Catch em all one they will play against other participants in circuit style series of games learning new strategies and techniques.

### INTRO TO CROCHETING (AGES 6-10)

Crochet Time: It's Crochet time! In this beginner crochet class, we will learn and practice basic stitches and techniques. The foundation will be set for a lifetime of fun projects and creations. At the end of sessions each participant will have a completed project to bring home.

### 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 techniques of drawing. All materials are provided.

## STEM CLASS 101 (AGES 6-11 YEARS)

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.

### LET'S COOK! (AGES 6-11 YEARS)

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.

### YOUNG REMBRANDTS (AGES 7-12)

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 ENRICHMENT PROGRAMS

Price per 8-week session:

Catch 'Em All 1 & 2: \$95

Detectives in Training, Intro to Crocheting, STEM 101, Young Rembrandts, Let's Cook, and Drawing 101: \$144

Contact Information:

Catch 'Em All, Detectives in Training and Intro to Crocheting: Katie Lizer at [klizer@fspymca.org](mailto:klizer@fspymca.org).

STEM 101, Young Rembrandts and Drawing 101: Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org)

Let's Cook!: Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org)

Class Name	Monday	Tuesday	Wednesday	Thursday	Saturday
Detectives in Training	5:00-6:00pm				
Catch 'Em All 1				4:30-5:30pm	
Catch 'Em All 2				5:30-6:30pm	
Intro to Crocheting			5:00-6:00pm		
STEM 101				5:00-6:00pm	
Young Rembrandts			5:30-6:30pm		
Drawing 101					10:00-11:00am
Let's Cook!		4:30-5:30pm			



## 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 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!!!

Class Name	Monday	Tuesday	Thursday	Friday	Saturday
<b>Tiny Tots Sports</b>		10:00-10:45am			
<b>PreK Basketball</b>	4:00-4:45pm		12:45-1:30pm		
<b>PreK All Star Sports</b>		12:45-1:30pm			
<b>Mini Ninja Warrior</b>				12:45-1:30pm	10:00-10:45am

### TINY TOT SPORTS (AGES 18 mos.-3 yrs.)

Y sports programs emphasize fun, safety and positive, equal play. Tiny Tot Sports teaches children to share, take turns and interact with others. Parents, join your child in learning basic sport skills in soccer, basketball, t-ball, playground games and more. We ask for parent involvement to provide the most enjoyable and impactful youth experience.

### PRESCHOOL BASKETBALL (AGES 3-5)

With a focus on developing basic basketball skills, team work, and sportsmanship, this is perfect for young children of every ability. Coaches instruct on basketball skills such as dribbling, passing, and shooting.

## YOUTH 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!

### VOLLEYBALL CLINIC (AGES 9-11)

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.

### BASKETBALL CLASS (AGES 6-11)

Dribble, Pass, Shoot! With a focus on developing basic basketball skills, this is the perfect class for a child wanting to try out the sport of basketball. Instructors will teach the importance of teamwork and the basic rules for basketball.

### FLOOR HOCKEY (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.

### 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.

Class Name	Monday	Tuesday	Thursday	Friday	Saturday
<b>Ninja Warrior</b>		4:00-4:45pm			
<b>Floor Hockey</b>			4:00-4:45pm		
<b>Youth Pickleball</b>					11:00-11:45pm
<b>Youth Volleyball Clinic</b>				4:00-4:45pm	
<b>Youth Basketball Class</b>	5:00-5:45pm				

Preschool and Youth Sports

Price per 8-week session:

45-minute preschool or youth sports classes: \$95

For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org).

## YOUTH, TEEN AND ADULT ARCHERY CLASSES

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!

### ARCHERY INTRODUCTORY WORKSHOPS

Join us for an introductory workshop! Learn the basics of archery or improve your skills. Our USA Archery certified instructors work with all skill levels. All equipment is provided. Cost is \$18 per person for the workshop.

#### Sunday Workshops from 1:15-2:15PM

YOUTH AGES 7-12: January 14, February 4, February 25

TEENS AGES 13-17: January 21, February 11

ADULTS/FAMILIES WITH CHILDREN AGES 8+:

January 28, February 18, March 3

### ARCHERY CLASSES

Learn the basics of archery, including range safety, stance, aim and draw. Fun games and competitions will keep everyone engaged. Led by certified USA Archery coaches. Participants must have taken an introductory workshop prior to registering for this program.

	Wednesday	Sunday
Youth Class (Ages 7-12)	4:15-5:15pm	
Teen Class (Ages 13-17)	5:15-6:15pm	
Adult Class (Ages 18+)		2:30-3:30pm

Archery Class Price- \$160 for 8-week session

For more information, please contact

Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org)

## TEEN SPORTS

### WINTER TRACK CONDITIONING - (GRADES 5-8)

Join our Co-ed program and build your endurance and speed. Runners of all levels welcome. If you are looking to introduce your child to the beginning stages of running or improve your running technique for spring track, develop coordination and endurance (or gain endurance for another sport), then this is the program for you. Come join the fun and Run!

Class Name	Thursday	Friday
Winter Track Conditioning	5:00-6:00pm	
Volleyball Clinics		5:00-6:00pm

### VOLLEYBALL CLINICS (GRADES 5-8)

Our volleyball clinics are designed to develop fundamental skills while encouraging good sportsmanship and teamwork. Participants can practice and improve volley and serve skills through drills and games taught by an experienced instructor. This is a great addition to your training, where you can practice and improve your skills.

Teen Sports

Price per 8-week session: \$126

For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org).

Included  
in Membership

## ADULT SPORTS

### ADULT PICKLE BALL (AGES 18+)

#### ALL LEVELS WELCOME

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. On Wednesdays, beginners can come and learn the sport from our Pickle Ball players.

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

### 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](mailto:jglander@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.

### 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**

**Once all 4 classes have been completed, or 1:1 Teen Wellness has been completed, participants can use only the cardio and strength machines in the upper mezzanine during the hours of 3:00-5:00pm, Monday-Friday and 7:00am-5:00pm, Saturday and Sunday.**

### TEEN STRENGTH AND LIFTING (AGES 14-17)

Join our Teen Strength and Lifting class, designed exclusively for teens ages 14-17 seeking a deeper understanding of strength training. Perfect for teens that have completed teen wellness and want to dive deeper into strength training. We go beyond the basics, teaching safe and effective workouts using science-backed methods and explore the optimal rep ranges for teen participants, ensuring workouts are not only challenging but also tailored to individual needs. Provide teens with the knowledge and skills to elevate their strength training experience beyond typical wellness programs. Learn how to gradually get stronger, discover the right exercises for optimal muscle growth, and make friends while staying fit.

### 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 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.

**To enroll in Small Group Teen Wellness, register for each of the 4 classes at [fspymca.as.me](https://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) M

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.

Class Name	Tuesday	Wednesday
Teen Cycle	4:00-4:45pm	
Teen Strength and Lifting		4:00-4:45pm

#### Teen Fitness

**Price per 8-week session: Teen Strength and Lifting: \$109**

**For more information on Teen Fitness programs, please contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org).**



### 7TH GRADERS: RECEIVE YOUR FREE PASS TO FITNESS AND FUN

With our 7th Grade Initiative Program, 7th graders residing in Clark, Scotch Plains and Fanwood can receive a free membership to the Fanwood-Scotch Plains YMCA.

With the membership, 7th graders have access to free programming included with membership like open gym, open swim, teen wellness and teen fitness classes.

Learn more by visiting our website or Welcome Center. Membership is valid through June 2024.



# ADAPTIVE PROGRAMS FOR YOUTH AND FAMILIES

At the Y, we strive to be inclusive and to provide programs for all kids. Our Adaptive Programs provide opportunities for fun, socialization, and physical activity for youth with special needs.

## ASSISTED SPECIAL NEEDS GYMNASTICS (AGES 6-10)

Our Assisted Special Needs Gymnastics Program is a specially designed class for boys and girls with various learning abilities. This class has a smaller coach to student ratio, and allows more individual assistance to each child. A parent/sibling is welcomed and encouraged on the floor with child, if needed. Our instructors will incorporate a range of activities, so that the child receives a fun introduction to gymnastics. The goal of this class is introduce the child to movement and proper use of our equipment. Your child will gain strength, coordination, flexibility, balance, cognitive development, and social and emotional learning.

Each 60 min class will begin with a fun interactive warm up, stretch then onto one of our skill circuits. Time to explore the gym will be given, then end with a cool down and small craft activity.

### Assisted Special Needs Gymnastics

Saturdays 12:45-1:45PM

Price: \$152

For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org)

## INCLUSIVE FAMILY FITNESS CLASSES

Join us for after-school fun included in your membership! Our Family fitness classes are open to FSPY members ages 6 and up and accompanied by an adult. We offer an environment for individuals with autism, learning disabilities, and other sensory or communications needs.

### 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.

### FAMILY ZUMBA (AGES 6+)

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.

### FAMILY STRETCH AND TONE (AGES 6 AND ABOVE WITH PARENT)

This class is open to all ages and all levels of fitness. Join our instructor in a rhythmic calisthenics-based class designed to develop strength and flexibility in a fun, non-competitive environment. Movements and instructions will be easy to follow.

Class Name	Monday	Thursday
Family Zumba	4:00-4:45pm	
Family Stretch and Tone		4:00-4:45pm
Family Yoga		5:00-5:45 pm

Registration for group exercise classes is required and can be made up to 20 days in advance at [fspymca.as.me](https://fspymca.as.me).

For more information about Family Fitness Classes, please contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org).



# GIVE YOUR KIDS A FUN-FILLED SUMMER AT THE Y

## 2024 SUMMER CAMP AND ENRICHMENT PROGRAMS

- Preschool camps for kids ages 2.5-5
- Full-day camps for kids entering grades K-9
- Half-day enrichment programs that can be combined to make a full day
- Full-day enrichment programs

Visit [fspymca.org/camp](https://fspymca.org/camp)  
or scan the QR code.



For a better us.®

Summer Camp and  
Enrichment Program  
registration  
is going on now.  
Don't miss out!

## 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](mailto:dromond@fspymca.org) for more information on registering your child, or to set up an appointment for a tour of our Child Care program.

Registration for the 2024-2025 school year will open on March 12 for new families interested in enrolling.

## 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 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.

Extend the day by registering for one of our afternoon preschool enrichment programs!

Three Day 3s cost per month: \$690  
Registration Fee: \$100 non-refundable deposit  
Optional Lunch: \$85 per month (no registration fee)

Registration for Preschool Readiness for the current school year is ongoing at [fspymca.org/register](https://fspymca.org/register). Registration for the 2024-2025 school year will open on March 12, 2024 for new families interested in enrolling. For more information, please contact Diane Romond at [dromond@fspymca.org](mailto: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](https://fspymca.org).  
Registration is ongoing at [fspymca.org/register](https://fspymca.org/register) under "Daxko Program Registration."  
Registration for 2024-2025 school year begins February 20, 2024.  
More details to come.

For more information on School Age Child Care, please contact Kate Lizer at [klizer@fspymca.org](mailto: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, 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 or at our Welcome Center.

Cost Member: \$83 per child per day/per child

Community Member: \$110 per child per day/per child

For questions regarding Vacation Full Days, please contact Kate Lizer at [klizer@fspymca.org](mailto: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: January 12, February 9, March 8

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

Community Member per Night Out: \$60/\$25 per each additional child  
(Register in person to receive the lower rate for each additional child).

For more information, contact Kate Lizer at [klizer@fspymca.org](mailto: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).....\$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](mailto:rcatuogno@fspymca.org).



### PERSONALIZED WELLNESS ORIENTATION

Get started on a fitness routine with a personalized orientation. Our Wellness Staff will meet with you and introduce you to our Wellness Center. During your orientation, we will discuss your personal fitness goals and provide instruction on proper form/techniques for using the equipment. We encourage you to schedule an appointment in advance. 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](mailto: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](http://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](mailto: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](http://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.

### **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. For more information, contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org).

### **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](mailto: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 \$106 for 2x per week per 8-week session. For more information, contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org).

### **COMMUNITY CAFE**

Join us on Fridays, 1-2pm, in the Community Cafe. Spend some time with your friends learning card games, listening to lectures, doing arts and crafts or playing trivia. A schedule of events will be posted in advance.



## 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](http://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](mailto: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](http://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](https://fspymca.org/give-today).

#### ANNUAL CAMPAIGN

The 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

Together with our supporters, we are creating the foundation for a brighter future. You can make an impact on our community now and for generations to come by donating to our Capital Campaign. Learn more about the ways you can support our Y's building expansion, including our Legacy Wall and Brick Campaign. Learn more at [fspymca.org/capital-campaign](https://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 Anne Vardy at [atavardy@fspymca.org](mailto:atavardy@fspymca.org).**

### 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](mailto:smulholland@fspymca.org).

### 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.

