



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **SPRING INTO ACTION**

## **AT THE FANWOOD-SCOTCH PLAINS Y**

**SPRING 2 PROGRAM GUIDE**

**Spring 2 Session: April 29 – June 23, 2024**

**Registration begins Monday, April 15 at 9:00am**

**FSPYMCA.ORG**

# VISIT OUR NEW WELLNESS CENTER!

Our newly expanded Wellness Center is more than double the original size and features an expanded selection of cardio machines, free weights and strength training equipment. Plus, we have added a state-of-the-art EGYM circuit that tailors workouts to each individual, FREE for active FSPY members.

Our new Wellness Center now features:

- 12 treadmills
- 16 elliptical machines
- 7 bikes
- 2 climb mills
- 2 recumbent steppers
- 2 arm bikes
- 12-piece Life Fitness strength circuit
- 9 plate-loaded Hammer Strength machines
- 2 Hammer Strength power racks
- Multiple benches and three racks of free weights



## WHAT IS EGYM?

EGYM's state-of-the-art technology features electronic weight equipment that adjusts to your personalized settings. It helps take the guesswork out of strength training while helping you keep a routine and makes workouts fun!



During an EGYM orientation, a Y wellness instructor will give you your free wristband and walk you through your strength assessment to find your optimal fitness setting. Your instructor will also set the machine to your proper range of motion. After this initial time with the wellness instructor, you are good to go! It's that simple!

Members must schedule an orientation on Acuity at [fspymca.as.me](https://fspymca.as.me) to use the EGYM equipment.

**Scan the QR code or go to [fspymca.as.me](https://fspymca.as.me) to schedule your orientation. You must be an active FSPY member to use EGYM.**



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

### HOURS OF OPERATION

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

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

# REGISTRATION INFORMATION

## SPRING 2 SESSION: APRIL 29 - JUNE 23, 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](http://fspymca.org/join-the-y).

**Online Registration for Spring 2 programs begins:  
 Monday, April 15, 2024 at 9:00am.**

**Registration for fee-based programs will be held online at  
[fspymca.org/register](http://fspymca.org/register) under "Daxko Program Registration."**

**Reservations are required for our group exercise classes.  
 Members can sign up 20 days in advance at [fspymca.as.me](http://fspymca.as.me).**

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

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

Membership and program fees are non-refundable. Program credits must be requested in writing 7 days prior to the program start. Credits are not issued for closings or cancellations due to weather or emergency situations. Visit [fspymca.org](http://fspymca.org) for full membership and program guidelines.

## CONNECT WITH US!

Learn the latest happenings at FSPY



[fspymca.org](http://fspymca.org)



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



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



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



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 that offers 100+ live exercise classes per week, and 1000s of classes on-demand. Learn more on page 4.
- 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 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.

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

## OUR FACILITY FEATURES

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



## CHILD WATCH SERVICES AT THE Y

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 1-10, 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

**NOT A FAMILY MEMBER? Upgrade your membership at [fspymca.org/membership/membership-change-forms/](https://fspymca.org/membership/membership-change-forms/) or, use our new fee-based drop in service:**

- Adult members can bring their child to Child Watch while they work out, swim, or take a fitness class.
- If a parent has a child participating in programs, they can bring a sibling to Child Watch while the parent stays with the youth member in programs.
- Nationwide members can bring a child to Child Watch while they work out.

**DROP-IN FEE IS \$15 PER CHILD/PER VISIT. PARENTS MUST SIGN A GUEST WAIVER IF THE CHILD IS NOT AN ACTIVE YOUTH MEMBER AND COMPLETE PAPERWORK THE FIRST TIME THEY VISIT CHILD WATCH. PARENT MUST STAY IN THE Y FACILITY AND PROVIDE THEIR LOCATION TO CHILD WATCH STAFF.**

# 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.

We'll work with you to develop a custom 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).



## Y WELLNESS 24/7

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

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

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



# YOUTH 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.

### GROUP SWIM LESSONS STRUCTURE: SEPTEMBER – JUNE

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.

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.



### SUMMER 2024 SWIM LESSON REGISTRATION: Begins June 10, 2024 at 9:00 am

There will be two summer swim sessions:

- Session 1: June 24 - July 27
- Session 2: July 29 - August 24

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).**

### 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.

### SHALLOW WATER EXERCISE

This moderate intensity class incorporates aerobic interval training, stretching and strengthening exercises.

**For more information on water exercise classes, please email [aquatics@fspymca.org](mailto:aquatics@fspymca.org).**



### 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.

## 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 incorporates 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.



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

**Online learning for blended course must be completed prior to attending the in-class portion.**

**In-person class schedule below:**

### April

Sunday, April 14 - 1:00-4:00 pm  
Friday, April 19 - 6:00-10:00 pm

### May

Sunday, May 12 - 1:00 -4:00 pm

### June

Sunday, June 2- 10:00-2:00 pm  
Sunday, June 23 - 10:00-2:00 pm

## AMERICAN RED CROSS BABYSITTING COURSE

The American Red Cross babysitting certification and training course is for participants ages 11-15. Participants will gain the knowledge and skills necessary to safely and responsibly give care to children and infants. For more information about upcoming classes, please contact the Aquatics Department at [aquatics@fspymca.org](mailto:aquatics@fspymca.org).

**Active FSPY members can register online at [fspymca.org/register](http://fspymca.org/register) under "Daxko Program Registration." Community members can create a non-member account at [fspymca.org/join-the-y](http://fspymca.org/join-the-y) to register online or 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**

**ARC Babysitting Course**

**Full Member: \$85    Community Member: \$100**

**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, 15 years and older, 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

### MAY

PRE-TEST: April 26 - 6:00 - 7:00 pm

### CLASSROOM/POOL:

Saturday - May 11 9:00 am - 4:00 pm

Saturday & Sunday - May 18 & 19, 9:00 am - 4:00 pm

### JUNE

PRE-TEST: May 17 - 6:00 - 7:00 pm

### CLASSROOM/POOL:

Saturday & Sunday - June 8 & 9, 9:00 am - 4:00 pm

Saturday & Sunday - June 15 & 16, 9:00 am - 4:00 pm

## AMERICAN RED CROSS LIFEGUARDING REVIEW COURSE

This course provides participants, 15 years and older, 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. The Review Course is not intended for those looking to become certified for the first time.

### 1-DAY RECERTIFICATION COURSE:

Sunday, April 14 - 7:15 am - 4:30 pm

Sunday, May 5 - 7:15 am - 4:30 pm

Sunday, June 2 - 7:15 am - 4:30 pm

**Lifeguarding Certification Course**

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

**Lifeguarding Review Course**

**Member: \$247 Community Member: \$278**

**Questions? Please contact Stephanie Uske at [suske@fspymca.org](mailto:suske@fspymca.org).**

# 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		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 use the equipment and special mats for developing gymnastic skills, while learning the equipment. 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. There may be more than one class in the gym at a time. \*\*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 YEARS)

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.

**Saturday: 8:30 – 9:00 am**

### 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.

**Tuesday: 4:00 – 4:45 pm**

**Thursday: 4:00 – 4:45 pm**

**Saturday: 9:15 – 10:00 am**

### 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.

**Wednesday: 5:00 – 5:45 pm**

**Thursday: 4:00 – 4:45 pm**

**Saturday: 9:15 – 10:00 am**

### MIGHTYS (AGES 5-6)

Our highest level preschool class. Students are either currently in Kindergarten or have advanced past Littles.

**Tuesday: 5:00 – 5:45 pm**

**Wednesday: 5:00-5:45 pm**

### 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.

**Wednesday: 1:00 – 2:00 pm**

## Preschool Gymnastics Classes

Price per 8-week session: 30-minute class: \$102

45-minute class: \$127 60-minute class: \$152

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

# 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
- 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. There may be more than one class in the gym at a time.

### ROLLERS (AGES 6-14)

This level provides the foundation of basic gymnastics knowledge, introducing gymnastics skills on all Olympic events. Classes begin with group warm-up/stretch, then gymnasts are grouped by ability when working on the 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.

**Monday: 4:00 – 5:00 pm**      **Thursday: 5:00 – 6:00 pm**

**Tuesday: 6:00 – 7:00 pm**      **Saturday: 10:00 – 11:00 am**

**Wednesday: 4:00 – 5:00 pm**

### 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

**Thursday: 6:00 – 7:30 pm**

**Saturday: 11:00 am – 12:30 pm**

### 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 back bend.

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

**Thursday: 6:00 – 7:30 pm**

**Saturday: 11:00 am – 12:30 pm**

### TUMBLING TECHNIQUES (AGES 7-14)

This class is open to all skill levels to work with our instructors on various tumbling and jumping techniques. Use of our gymnastics equipment will help achieve tricks such as cartwheels, handsprings, round offs and more.

This class is being offered as an 8-week session on Saturdays, 11:00-11:45 am.

Cost per 8-week session: \$127

### 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).

### COMPETITIVE GYMNASTICS CLUB

The Fanwood-Scotch Plains YMCA is very proud of our long history with gymnastics! 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).

## DANCE

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

This class is designed to introduce dancers to terminology, music & rhythm, performance technique, and creative movement. Both Ballet and Tap will be introduced.

**Monday: 4:00 – 4:45 pm**

**Saturday: 10:15– 11:00 am**

### DANCE FUSION (AGES 6-14)

This Dance Fusion class will introduce new movers to the extensive possibilities of dance! Designed for students with limited experience, this sampler 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.

**Wednesday: 4:00 – 5:00 pm**

**Saturday: 11:15am – 12:15 pm**

### ADULT BALLET (AGES 18+)

Learn and build a foundation in ballet technique in a fun and encouraging atmosphere. Explore balance, flexibility, posture, and core strength while practicing classic ballet movement.

**Tuesday: 7:30 – 8:30 pm**



Preschool (ages 3-5) dance classes price per 8 sessions:

30-minute class: \$102     45-minute class: \$127

Preschool (ages 3-5) dance classes price per 7 sessions:

45-minute class: \$112

Youth (ages 6-14) dance classes price per 8-week

session: 60-minute class: \$152

Adult (ages 18+) dance classes price per 8-week

session: 60-minute class: \$162

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

## PRESCHOOL ENRICHMENT

### COOKING AROUND THE WORLD - Part 2 (AGES 3-5)

Food is a fun way to celebrate diversity and to discover a wide world of flavors. We will lead our young chefs on a tasty tour of global cultures and cuisines, and they will be inspired to expand their palates. In addition to this exploration of 8 new international treats, we will learn about geography, people and traditions.

**Tuesdays: 1:00 – 2:30 pm**

**Thursdays: 1:00 – 2:30 pm**

### STORYBOOK ART (AGES 3-5)

Each week we will explore a new book or series. The children will have an opportunity to bring the characters to life by creating a special art project. This class helps develop early literacy combined with an art component.

**Wednesdays: 1:00 – 2:00 pm**



Preschool Enrichment Programs

Price per 8-week session:

Cooking Around the World - Part 2: \$145

Storybook Art: \$130

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

# YOUTH ENRICHMENT PROGRAMS

## CATCH 'EM ALL - (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. Open to anyone who has taken Catch 'Em All 1 or 2 or anyone new to the game.

**Thursday: 5:30 – 6:30 pm**

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

Learn basic cooking techniques through the process of following a recipe. Participate in food preparation as well as learn the importance of presentation. Make and eat healthy foods with friends and take home recipes at the end of each class.

**Tuesday: 4:30 – 5:30 pm**



## 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.

**Wednesday: 5:30 – 6:30 pm**



### YOUTH ENRICHMENT PROGRAMS

Price per 8-week session:

Catch 'Em All: \$95

Young Rembrandts and Let's Cook: \$144

Contact Information:

Catch 'Em All: Katie Lizer at [klizer@fspymca.org](mailto:klizer@fspymca.org)

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

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

**HEALTHY KIDS DAY®**  
April 27 | 12:00 – 3:00 pm  
Free and open to the community  
More details on back cover.

» FIND YOUR JOY.  
FIND YOUR Y.  
[fspymca.org](http://fspymca.org)

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# PRESCHOOL SPORTS

## TINY TOT SPORTS (WALKING TO AGE 3)

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.

**Saturday 9:30 - 10:00 am**

## 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.

**Tuesday: 12:45 - 1:30 pm**



## MINI NINJA WARRIOR (AGES 3-5)

Does your child love to climb, jump and tumble? Join us for our own version of America Ninja Warrior. This program combines FUN obstacles with gymnastics skills. Your child will develop confidence, a love for fitness and strength...all while having FUN!!!

**Friday: 12:45 - 1:30 pm**

**Friday: 4:00 - 4:45 pm**

## 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.

**Monday: 4:15 - 5:00 pm**

**Thursday: 12:45 - 1:30 pm**

## PRESCHOOL T-BALL (AGES 3-5)

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

**Saturday 10:15 - 11:00 am**

# 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!

**Tuesday: 4:30 - 5:15 pm**

## 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.

**Monday: 5:15 - 6:00 pm**

Preschool and Youth Sports  
Price per 8-week session:  
45-minute classes: \$95  
30-minute classes: \$75

Price per 7-week session:  
45-minute classes: \$84

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

## 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 kids all they need to know to play this fun sport. Equipment is provided. May play outside weather permitting.

**Friday: 4:15 - 5:00 pm**



## YOUTH SPORTS

### FLAG FOOTBALL (AGES 6-9)

Learn catching, throwing, flag pulling as well as offensive and defensive fundamentals. The curriculum is designed around player development and teaches proper technique in a safe and high energy environment. Class may be held outdoors weather permitting.

**Thursday: 5:00 - 5:45 pm**

### ELEMENTARY SCHOOL TRACK (GRADES 3 & 4)

Join our co-ed running team and build your endurance and speed. Students from any elementary school are welcome to join. Season runs April through May. Come join the fun and run! Practices are held **Monday and Thursdays from 3:30-4:30pm** at the Fanwood-Scotch Plains Y.

#### Elementary School Track:

Program will run April 8-May 30

Price: \$185

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

### DODGEBALL GAMES (AGES 7-10)

Duck, dip, dive and dodge! Is your child always up for something fun and exciting to do? Get ready and join us for fun at the Y with our new youth dodgeball program. Our staff will lead participants in different variations of the game of dodgeball.

**Tuesday: 5:45 - 6:30 pm**



Youth Sports price per 8-week session: \$95 for 45-minute class

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

## TEEN SPORTS

### MIDDLE SCHOOL TRACK - (GRADES 5-8)

Join our co-ed team and build your endurance and speed. Our spring track program focuses on both short and long distance, with opportunities to learn long jump and possibly hurdles. Students are encouraged to come to practice at least 2x per week and are welcome to the other middle school for practice any time! YMCA membership is required. Runners of all levels welcome. Come join the fun and run!

Program runs 4/8/24- 5/30/24 with practices held Mondays and Wednesdays at Nettingham Middle School, and Tuesdays and Thursdays at Terrill Middle School from 3:00-4:15PM.

### 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.

**Friday: 5:15 - 6:15 pm**

#### Teen Sports

Middle School Track: \$220

Volleyball Clinics: \$126

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: May 19, June 23

TEENS AGES 13-17: May 5, June 2

ADULTS/FAMILIES WITH CHILDREN AGES 8+:

May 12, June 9

Archery workshops are open to community members. Cost is \$25 per workshop. Community members can create a nonmember account at [fspymca.org/join-the-y](http://fspymca.org/join-the-y) to register online or register at the FSPY Welcome Center.

## 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.

Youth Class (Ages 7-12): Wednesday, 4:15-5:15 pm

Advanced Youth Class (Ages 9-17): Wednesday, 5:15-6:15 pm

Family/Adult Class (Child 8+ with adult): Sunday, 2:30 - 3:30 pm

Archery Class Price: \$160 for 8-week session. For more information, please contact Jennifer Glander at [jglander@fspymca.org](mailto:jglander@fspymca.org)



Included  
in Membership

## ADULT SPORTS

### PICKLEBALL (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! On Wednesdays, beginners can learn the sport from our pickleball players.

**Monday: 11:30 - 1:00 pm**

**Wednesday: 12:30 - 2:00 pm, 8:15 - 9:45 pm**

**Friday: 10:30 am - 12:00 pm**

### BADMINTON (AGES 18+) ALL LEVELS WELCOME

Pick up Badminton games for adults.

**Monday: 8:15 - 9:45 pm**

**Wednesday: 6:15 - 8:00 am**

**Sunday: 7:00 - 9:30 am**

### CO-ED VOLLEYBALL (AGES 18+)

Come and play volleyball in our co-ed pick up games. Participants must be over 18 to play or be in high school and on an organized team.

**Tuesday: 8:30 - 9:45 pm**

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



## TEEN FITNESS

Our newly renovated Wellness Center is open to teens ages 14 and over. Our new wellness center is more than double its original size and features an expanded selection of cardio machines, free weights and strength training equipment. Plus, we have added a state-of-the-art EGYM circuit that tailors workouts to each individual, FREE for active FSPY members ages 14 and over.

**Teens ages 12-13 in grades 7-8 can use our Wellness Center during designated times after completing our Teen Wellness program. There are two options for teen wellness described below.**

### **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](http://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.

#### **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. Contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org)

**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.**

**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: Monday-Friday: 3-5pm and Saturday-Sunday: 7am-5pm**



### **GROUP EXERCISE M**

Teens ages 14 and over can join any Group Exercise class. Class descriptions are on pages 22-23.

Family Zumba and Family Stretch and Tone are also open to teen members and are included with membership.

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

# 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 to 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 45 minute class will begin with a fun interactive warm-up stretch then on to one of our skill circuits. There will be time to explore the gym and then we will end with a cool down.

### Assisted Special Needs Gymnastics

Saturdays 12:45-1:30PM

Price: \$127

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. Children must be accompanied by an adult. We offer an environment for individuals with autism, learning disabilities, and other sensory or communications needs.

### FAMILY ZUMBA (AGES 8+)

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

**Sunday: 2:00 – 2:45 pm**

### FAMILY STRETCH AND TONE (AGES 6+)

This class is open to ages 6 and up with a parent/guardian and all levels of fitness. Join our instructor in a rhythmic calisthenics-based class designed to develop strength and flexibility in a fun, noncompetitive environment. Movements and instructions will be easy to follow.

**Thursday: 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](http://fspymca.as.me).

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



# CHILD CARE

## FULL-TIME EDUCATIONAL CHILD CARE

Our 12-month program, licensed by the state of New Jersey, operates Monday – Friday, from 7:00am to 6:30pm. We provide warm and nurturing care for children ages 3 months–5 years, implementing the Creative Curriculum. Staff is trained in CPR and First Aid. For the 2024–2025 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.



Registration is ongoing for new families interested in enrolling in the 2024–2025 school year.

Please contact Diane Romond at [dromond@fspymca.org](mailto:dromond@fspymca.org) for more information on registering your child, or to schedule a tour of our Child Care program.

# PRESCHOOL READINESS

**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 9/1/24**

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 10/1/24**

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: your child must be fully potty trained to swim.

Extend the day by registering for one of our afternoon preschool enrichment programs! See page 11 for details.

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

Registration is ongoing for new families interested in enrolling in the 2024–2025 school year. For more information, or to schedule a tour, 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 School Age Child Care program, visit our website at [fspymca.org](http://fspymca.org) or contact Katie Lizer at [klizer@fspymca.org](mailto:klizer@fspymca.org).



Registration is ongoing for the current and the 2024-2025 school years at [fspymca.org/register](http://fspymca.org/register) under "Daxko Program Registration."

## 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. The final vacation day for the 2023-2024 school year will be on Wednesday, April 10, with a Pirate Day theme.**

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.

**FSPY 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).

Schedule, registration and pricing for Vacation Days for the 2024-2025 school year will be available mid-May.

## 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.**

Parents 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: April 12, May 10, June 14

**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).

# SUMMER CAMP AND ENRICHMENT PROGRAMS

## FIND YOUR FRIENDS. FIND YOUR FUN.

### Summer Camp and Enrichment Programs at the Fanwood-Scotch Plains Y.

At the Y this summer, your kids will make new friends and have tons of fun as they explore new adventures each day. Registration is going on now for the following 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 can be combined to make a full day.
- » Enrichment programs include sports, art, swim, gymnastics, cooking, STEM, and more.

Spots are filling up fast! Contact Katie Lizer at [klizer@fspymca.org](mailto:klizer@fspymca.org) for availability.

View our 2024 Camp Brochure at [fspymca.org/camp](http://fspymca.org/camp) or scan the QR Code.



## NEW! Counselor in Training Program

### 4-week Summer Camp Experience for 9th and 10th Graders.

Our CIT program provides leadership opportunities that prepare teens to become staff members and leaders at camp or elsewhere.

Successful participants will come away from this program with valuable leadership skills that will serve them well at home, in school, and in their own community. CIT's are campers while preparing for future potential opportunities as camp counselors.

Contact Katie Lizer at [klizer@fspymca.org](mailto:klizer@fspymca.org) or visit [fspymca.org/counselor-in-training-cit-program/](http://fspymca.org/counselor-in-training-cit-program/) for more information about the Summer Camp CIT program.

You can also scan the QR code for details.



# 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 Wellness Center orientation with our staff. 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 with one of our Wellness Center staff. For more information, contact Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org).

**Ask about new personal training packages available for purchase April 1-30.** Visit our Welcome Center or email Roberta Catuogno at [rcatuogno@fspymca.org](mailto:rcatuogno@fspymca.org) for details.

Included  
in Membership

## Y ACTIVE ADULT FITNESS PROGRAMS

Registration for group exercise classes is required and can be made up to 20 days in advance 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 that includes exercise using hand weights and resistance bands. This class is designed to increase strength, balance, and flexibility.

#### 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<sup>®</sup> FITNESS - EMBRACING LIFE WITH ARTHRITIS

Enhance<sup>®</sup> Fitness is an evidence-based physical activity program. Classes are designed to safely increase participants' fitness levels through aerobic and strength training. Enhance<sup>®</sup> 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 exercise 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 exercise classes is required and can be made up to 20 days in advance at [fspymca.as.me](http://fspymca.as.me). View class schedules at [fspymca.org/schedules](http://fspymca.org/schedules).

### **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.

### **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.

### **FAMILY STRETCH AND TONE**

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. Children must be accompanied by an adult member.

### **FAMILY ZUMBA**

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. Children must be accompanied by an adult member.

### **HIIT**

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

### **HIIT CORE FUSION**

This class combines core training and high intensity fitness intervals consisting of multi-directional, full body movements and short rest periods for an intense calorie burn. Modifications are always offered and each session ends with a cool down and functional stretching. Combines the core-strengthening and flexibility benefits of Pilates with the intensity of HIIT, focusing on core stability and muscular control.

**Group exercise classes continued on next page.**

## 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.

## YOGA EXPRESS POWER FLOW

A condensed yet invigorating yoga experience designed to fit seamlessly into your busy schedule. The practice is designed to build focus, endurance, and flexibility. The class is designed to get you moving on your mat and experience the best of both worlds. Whether you are new to yoga or a seasoned practitioner, Yoga Express Power Flow offers a variety of postures and sequences that will challenge your body and calm your mind.

## 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 who are newcomers to Parkinson's Disease 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 about 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:**

- Aquatics
- Child Care
- Child Watch
- Facilities
- Fitness
- Dance
- Gymnastics
- Membership
- Sports
- Wellness

Benefits of working for the Fanwood–Scotch Plains YMCA include:

- Competitive wages starting at \$15.73 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 \$160,000 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 [avardy@fspymca.org](mailto:avardy@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 scanning the QR code or visiting our Welcome Center. Any amount, large or small, helps us fulfill our mission of helping those in need in our community.



## OUR MISSION

The Fanwood-Scotch Plains YMCA is dedicated to improving the quality of life of the individuals, families and communities we serve through programs and services that build wholeness of spirit, mind and body. The YMCA is a not-for-profit organization founded on Christian principles, serving people of all ages, races, faith, cultures and socio-economic conditions.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KICK OFF SUMMER WITH HEALTHY KIDS DAY!

SATURDAY, APRIL 27, 2024

12:00-3:00PM, FREE AND OPEN TO THE PUBLIC

The Fanwood-Scotch Plains Y is hosting Healthy Kids Day® on Saturday, April 27, from 12-3pm. This free, annual event will feature a variety of family-friendly activities including bounce houses, face painting, crafts, seed-planting, healthy snacks, and so much more! Healthy Kids Day is an annual event to encourage healthy kids, healthy families and a healthy start to the summer season. We look forward to seeing you! The event is open to the community.

# HEALTHY KIDS DAY®

April 27 | 12:00 - 3:00 pm

Free and open to the  
community

» FIND YOUR JOY.  
FIND YOUR Y.  
[fspymca.org](http://fspymca.org)

