

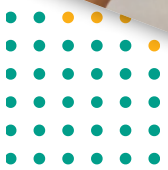


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTFIELD AREA YMCA

SPRING 1 2024 SESSION GUIDE

February 25–April 20



Priority Registration for Full Members
begins 9:00am Thursday, February 8

Registration for Basic & Non-Members
begins 9:00am Monday, February 12



At the Westfield Area YMCA, people of every age, ability and life stage have the opportunity to improve their health, build relationships and grow in a supportive community.

Find what moves you. Find your Y.

MAIN Y FACILITY

- 25-yd. indoor lap pool (approx. 81°)
- 20-yd. indoor recreational/instructional pool (approx. 88°)
- Air-conditioned double basketball gym with 6 hoops
- Cardio Room with natural lighting and 50 pieces of equipment (ages 13+)
- Fitness Express Center with hydraulic equipment designed to be used in a 30-min. circuit (ages 7+, ages 7-9 with parent)
- Free Weight Room with perimeter racks, cable column, benches & more (ages 15+)
- Strength Training Room with natural lighting and 30+ pieces of equipment (ages 13+)
- Men's and Women's Fitness Centers each with fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers and permanent kit lockers upon request (ages 18+)
- Steam room in men's locker room
- Two air-conditioned racquetball courts (one currently used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- **NEW** handicapped-accessible family locker room with 12 individualized changing spaces, each with a shower, grab bar and bench
- ADA accessible facility

CLASSES, PROGRAMS AND SERVICES

- All land and water fitness classes included
- Open lap swim, basketball, racquetball & pickleball
- Open family swim & gym

BUDDY UP!

Refer a friend and get a **FREE** month of membership after they join!

Visit our website for more details.

MEMBERSHIP

Amenities may be based on membership category, ask at the Welcome Center!

MEMBERSHIP CATEGORIES		
FAMILY	INDIVIDUAL	SENIOR
One or two adults with children up to age 26 living in same household	<ul style="list-style-type: none"> • Youth • Teen • College 	<ul style="list-style-type: none"> • Young Adult • Adult • Senior
		<ul style="list-style-type: none"> • Individual • Family

NATIONWIDE MEMBERSHIP

Enjoy access to participating YMCAs across the United States!

FINANCIAL ASSISTANCE

We believe in serving the needs of all members of our community including those suffering a bona fide financial hardship that cannot pay the full cost of membership or programs. Applications are available online and at all Westfield Area YMCA facilities.

Questions? Contact Susan Morton at 908-301-9622 x228



MAIN Y FACILITY

220 Clark Street, Westfield

Monday-Friday
5:00AM-10:00PM

Saturday
6:00AM-8:00PM

Sunday
7:00AM-6:00PM

HOLIDAY HOURS

CLOSED EASTER SUNDAY (3/31)

ADMINISTRATIVE SUPPORT OFFICES

111 Ferris Pl., Westfield

ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

422 East Broad St., Westfield

EARLY LEARNING CENTER YMCA

170 Elm St., Westfield

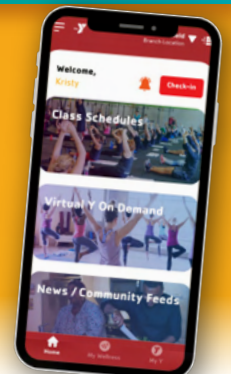
GARWOOD FAMILY CENTER YMCA

500 East St., Garwood

CRANFORD YMCA

401 Centennial Avenue, Cranford

DOWNLOAD OUR APP FOR SCHEDULES, EVENTS AND MORE!



Membership questions? Contact Amanda Aguirre at aaguirre@westfieldynj.org or x258

Horizon Blue Cross Blue Shield of New Jersey Members are eligible to receive a 15% discount on a monthly Y membership/waived Joiner's Fee!

Present your Horizon ID Card at the Welcome Center to apply discount and/or waived initiation fee.

For more information, visit westfieldynj.org/special-promotions



KIDS CLUB

Monday-Friday
8:45am-1:30pm

Saturday
8:45am-12:30pm

Enjoy your workout knowing your child is having an amazing time in the same building!

- Complete registration form at Welcome Center before first visit
- Present child's birth certificate first time attending
- Parent/guardian must be a member and remain in building
- Drinks and snacks permitted
- FREE for Gold members; fee for Silver
- 2 hour max. for ages 2yr+ and 1.5 hour max. for 18mo.- 2yr

For more information, visit westfieldynj.org/kids-club

PERSONAL TRAINING

PACKAGES OF FIVE, TEN OR TWENTY FOR 30, 45 OR 60 MINUTES

Our skilled and supportive personal trainers are excited to get you in shape and feeling great! Help improve your health and wellness in a safe, effective way. Whether you are jump starting your fitness regimen, need post-rehab conditioning, or want sport-specific training, we work with you to meet your specific needs and goals.

INTRO SPECIAL: 3 individual 45 min. sessions for \$119!

Available at the Welcome Center to members who have not purchased training in the past calendar year.

JOIN OUR TEAM!

MORE THAN JUST A JOB

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy the opportunity to make a lasting difference in the lives of those around you.

SCAN FOR CURRENT JOB OPPORTUNITIES



westfieldynj.org/job-opportunities



FOLLOW US ON LINKEDIN!

[linkedin.com/company/westfeldareay](https://www.linkedin.com/company/westfeldareay)

FITNESS CLASSES

LITE/LOW IMPACT

THESE CLASSES ARE GREAT FOR SENIORS!

BALLET

Build strength, stamina, and posture through a mix of barre and center work exercises. Great for both beginners and those with more experience. Ballet slippers or cotton socks required.

BARRE

Improve strength, flexibility, and balance through ballet-inspired moves, light weights, and other equipment. Cotton socks are recommended.

BONE SMART

Stimulate and strengthen your bones with an interdisciplinary workout.

DELAY THE DISEASE SIT N' BE FIT!

Address issues associated with Parkinson's. Studies show that movement and exercise help to alleviate symptoms. Use light weights and props to maintain and improve strength, flexibility, and balance. Class can be done seated or standing with modifications based on individual needs.

FUNCTIONAL STRENGTH, BALANCE & BASIC TRX

Basic functional movements, TRX, weights, and other props are used to improve strength, flexibility, and balance.

LITE CARDIO, STRENGTH & BALANCE

Low-impact cardio paired with strength and balance movements. Good for anyone beginning an exercise routine.

LITE TOTAL BODY FITNESS

Improve heart health and maintain overall strength with gentler movements, light weight training, easy core exercises, and other equipment.

MIND & BODY

CHAIR YOGA

Enjoy yoga's benefits without having to get up/down from a mat! Improve balance and flexibility with chair-assisted movements. Learn mindfulness and breathing techniques that reduce stress and insomnia, and calm the nervous system.

PILATES

Improve core strength and balance, increase flexibility and enhance athletic performance.

POWER FLOW YOGA

50 min. of moderate to advanced Ashtanga sequences and flow asanas followed by 25 min. of stretch-focused asanas that relax the body, mind, and soul.

YOGA

Breathing, relaxation and postures.



CARDIO

CYCLE & STRENGTH

30-40 min. of cycle followed by a focus on strength and abs all in one great class!

KICKBOXING

High-energy workout builds strength and stamina by blending basic punching and kicking combinations with core conditioning.

SPIN

Focus on strength, speed, and endurance. An energizing workout sure to raise your heart rate! Choreographed to great music!

ZUMBA! & ZUMBA/DANCE FITNESS

Engage your entire body in this lively dance fitness class with a Latin flair!



STRENGTH

TOTAL BODY STRENGTH

Improve balance, core, and muscle strength with weights, resistance tubing, and other props.

TRX®

Develop strength, balance, flexibility, and joint stability using body weight and a TRX Suspension Trainer hung from an overhead anchor point.

COMBO/HYBRID

CARDIO & STRENGTH

High Intensity Interval Training (HIIT) format class moves swiftly between cardio, strength, and core exercises.

CARDIO/STRENGTH/CORE INTERVALS

Enhance cardio endurance and muscular/core strength with timed segments of these 3 vital components of fitness.

CIRCUIT TRAINING

Circuit-style class blends high-intensity cardio, endurance and resistance training for a full-body workout.

R.I.P.P.E.D.

Resistance, Intervals, Power, Plyometrics and Endurance training are used to challenge cardio and endurance levels.

RUMBLE/KICKBOXING & STRENGTH

30 min. of Rumble (cardio martial arts by the makers of R.I.P.P.E.D.) or kickboxing followed by 30 min. of strength. Come for one segment or both!

All classes are included with membership!

Current schedules available on our website & app.

Questions? Contact Jean White at jwhite@westfieldynj.org or x246

FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:25am TOTAL BODY STRENGTH Kate	6-6:45am TOTAL BODY STRENGTH Heidi	6-6:45am CYCLE & STRENGTH Heidi	8-8:50am TOTAL BODY STRENGTH Jean	6-6:45am CYCLE & STRENGTH Heidi	9-9:50am KICKBOXING Natalie	8:15-9:15am CYCLE & STRENGTH Stew
10:45-12pm POWER FLOW YOGA Karim	9-9:50am CARDIO/ STRENGTH/ CORE INTERVALS Jean	8-8:50am LITE TOTAL BODY FITNESS Lilian	9-9:50am CARDIO & STRENGTH Natalie	8-8:50am LITE TOTAL BODY FITNESS Lilian	10:10-11am YOGA Heather	9:45-10:45am R.I.P.P.E.D. Jenny
	10:10-11am YOGA Liz	9-10am CYCLE, STRENGTH & ABS Jackie	9:10-10am CHAIR YOGA • Madeline	9-9:50am STRENGTH & TRX Jean	11:15am-12:05pm LITE, CARDIO STRENGTH & BALANCE Jenny	10:10-11am YOGA • Heather
	11:15am-12:05pm FUNCTIONAL STRENGTH, BALANCE & BASIC TRX Jean	10:30-11:15am PILATES Jean	10:10-11am YOGA Madeline	9-9:50am ZUMBA! • Peggy	6:15-7:10pm YOGA Ranji	11am-12pm BARRE Jolene
	12:30-1:25pm TRX Jean	11:30am-12:20pm DELAY THE DISEASE SIT 'N BE FIT! Jean	11:15am-12:05pm LITE, CARDIO STRENGTH & BALANCE Betsy	10:10-11am PILATES Christina/Jean	<div data-bbox="1166 995 1559 1167" data-label="Text"> <p>Located in Weldon Room unless noted: • = Kellogg Rm</p> </div>	
	6-6:50pm CARDIO/ STRENGTH/ CORE INTERVALS Jackie	5:45-6:40pm CIRCUIT TRAINING Michelle	12:30-1:25pm TRX Jenny	11:15am-12:05pm DELAY THE DISEASE SIT 'N BE FIT! Jean		
	7-7:55pm CYCLE & STRENGTH Erin	6:50-7:45pm ZUMBA!/DANCE FITNESS Natalie	6:15-7pm SPIN Andy	11:30am-12:20pm BONE SMART • Myriam	<div data-bbox="1166 1226 1559 1423" data-label="Complex-Block"> <p>Zoom options are available for a number of classes! SCAN TO VIEW</p>  </div>	
		7:20-8:10PM YOGA • Sandeep	7:10-7:40pm RUMBLE/ KICKBOXING 7:40-8:10pm & STRENGTH Jenny	6-6:55pm CYCLE & STRENGTH Stew		
				7:35-8:35pm BALLET Marianna		

SAFETY IS OUR #1 PRIORITY

All Westfield Area YMCA facilities have Global Plasma Solutions Needlepoint Bi-Polar Ionization Air Quality Systems. Proven effectiveness inactivating COVID-19:

- 10 minutes, 84.2%
- 15 minutes, 92.6%
- 30 minutes, 99.4%

Questions? Contact Jean White at jwhite@westfieldynj.org or x246

ADULT SWIM & WATER EXERCISE

ALL CLASSES ARE INCLUDED WITH MEMBERSHIP

AI CHI

Enhance balance, flexibility, and strength through breathing and slow, continuous movements in warm water. Combines Tai Chi, Qigong, and Watsu techniques.

ARTHRITIS AQUATIC EXERCISE

This Association/Arthritis Foundation shallow water class incorporates gentle exercises for improved movement, balance, flexibility, and range of motion.

AQUA LITE DEEP

Light/moderate full-body workout integrates core and cardio conditioning in deep water. Buoyancy belt for proper alignment provided.

AQUA FIT SHALLOW OR DEEP

This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

AQUA YOGA

Unite body, mind, and spirit with breath work, movement, and meditation in shallow water, enhancing nervous system regulation and resilience.

LET'S HIIT IT!

Tabata and other heart pumping intervals in deep water to get your week started!

CARDIO, STRENGTH & ENDURANCE

Experience a full-body strength and conditioning workout, using provided equipment like noodles, drag bells, and hand buoys to enhance strength gains.

STRENGTH, FLEXIBILITY & BALANCE

This shallow water class enhances balance, strength, flexibility and mobility through varied exercises, including light cardio.



CARDIO, STRENGTH & CORE CIRCUITS

This shallow/deep water, higher level class uses a variety of equipment for all over strength and suspension work to target the core.

HEART SMART: HEART PUMPING CARDIO

High-intensity class involves intervals and water resistance for full-body workouts, boosting heart rate and overall health.

ADULT SWIM LESSONS

Ages 15+. Lower fee for Gold Members.

BEGINNER

Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone. Overcome fears and become water-confident.

Wed 7:45pm (Rooke)

INTERMEDIATE

Develop and build endurance on all four strokes.

Tue 10:30am (Wallace)

Thu 1:15pm (Wallace)

SWIM FIT

Challenge yourself with sets expanding technique, endurance and speed. Great for triathlon or competitive-type swim.

Tue 7:45pm (Wallace)

Fri 5am (Wallace)

Real-time schedules for Adult Classes, Lap Swim, Family Swim, and more available on our app!



SUN		
4pm	Aqua Fit Shallow/Deep •	Christine
MON		
8am	Arthritis Aquatic Exercise	Ann Marie
8:45am	Aqua Lite Deep	Ann Marie
9:30am	Let's HIIT It! •	Beth
9:35am	Arthritis Aquatic Exercise	Ann Marie
10:30am	Strength, Flexibility & Balance	Beth
5:30pm	Cardio, Strength & Core Circuits (Shallow)	Christine
TUE		
10:30am	Ai Chi	Beth
WED		
8am	Arthritis Aquatic Exercise	Simone
8:45am	Aqua Lite Deep	Simone
9:30am	Cardio, Strength & Endurance •	Beth
9:35am	Arthritis Aquatic Exercise	Patti
10:30am	Heart Smart	Beth
THU		
10:30am	Cardio, Strength & Core Circuits (Shallow) •	Beth
11:30am	Aqua Yoga	Andrea
8pm	Cardio, Strength & Core Circuits (Deep) •	Christine
FRI		
8am	Arthritis Aquatic Exercise	Ann Marie
8:45am	Aqua Lite Deep	Ann Marie
9:30am	Cardio Core •	Beth
9:35am	Arthritis Aquatic Exercise	Ann Marie
10:30am	Cardio, Strength & Endurance Shallow	Beth

In Rooke Pool unless noted: • = Wallace Pool
All classes are 45 min.

Questions? Contact Kayla Spinelli at kspineli@westfieldynj.org or Kim Koza-Baird at kkoza@westfieldynj.org or x 253

ADAPT-ABILITY

Physical, recreational and social programs for young adults age 18+ with special/adaptive needs

COOKING AND GARDENING

Monday, 5:30-6:30pm

Location: Bauer Branch

Explore how fun and rewarding it can be to care for a garden! Participants will then try out delicious and nutritious recipes for snacks and simple dishes using ingredients that are grown in gardens.

MINDFULNESS THROUGH MOVEMENT

Tuesday, 4:30-5:15pm

Location: Bauer Branch

Yoga-based class offers variations and modifications for practicing breathing exercises, movements and postures to promote mindfulness and relaxation.

GAME NIGHT!

Friday, 4:30-5:30pm

Location: Main Y Facility

Have all sorts of fun playing various games including traditional board games and trivia quiz games!

Interested? Please contact Carly Kaplan, Inclusion Coordinator prior to registering to ensure that we are able to accommodate the needs of the participant in the class at ckaplan@westfieldynj.org or 908-301-9622 x406.

EASTER EGG HUNT IN THE POOL

Saturday, March 23

Location: Cranford YMCA

Visit with the Easter Bunny and spend 30 minutes swimming for Easter eggs. Find the most eggs to win a prize! Geared toward children ages 2-7. \$25/child (free for adults) benefits the Strong Kids+ Annual Support Campaign.

TIME SLOTS:

2-2:30pm

2:30-3pm

3-3:30pm



FAMILY YOGA NIGHT

Friday, April 12

6:15-7pm

Connect with your family while finding your inner zen! Learn family-friendly yoga poses and have fun together at the same time. For families with children ages 5-10. Free for Family members, \$10 for basic members and \$15 for non-members. Register online or at the Welcome Center.

BASIC LIFE SUPPORT (CPR) AND FIRST AID COURSES

Open to members and the community, ages 16+

Learn skills that could save a life! Gain or improve your knowledge and skill proficiency in high quality CPR and first aid skills for the adult, child and infant.

Course requires the completion of the online training portion prior to an in-person practical skills session:

Saturday, March 9
12-1:15pm

Thursday, April 11
7-8:15pm

Sunday, March 21
7-8:15pm

Thursday, April 25
7-8:15pm

Registration at least 3 weeks prior to the in-person session is recommended.

To register and gain access to online training, contact Kim Koza-Baird at kkoza@westfieldynj.org or x253

SPRING CLOTHING DRIVE

Wednesday, April 24, 7:30am-3:30pm

Drop off: Bauer Branch Parking Lot

422 E Broad St., Westfield

- No items are accepted before or after the drop off window.
- Accepted items: Clothes, shoes, belts, handbags, comforters, towels, sheets, bedding, curtains, stuffed animals, small toys (2 ft. or less), bikes, scooters and strollers. **Shoes must be bagged separately.**
- NOT accepted: Pots & pans, books, board games, sports equipment, electronics, glass, furniture, large toys, VCR tapes, outdoor play sets or appliances
- The A&E Clothing Corp collects American second hand clothing and other items and resells them in the US and to other developing countries

Proceeds from the Clothing Drive will benefit the Strong Kids+ Annual Support Campaign.

YOUTH AQUATICS

Swim lessons accommodate varying abilities to help foster a sense of achievement as swimmers progress. This approach allows advanced swimmers to flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime. Free swim level assessments are available.

Class is 30 min. in Rooke Pool unless noted: • = 40 min., Rooke Pool » = 40 min., Wallace Pool

PARENT/CHILD: STAGE A (6m-2 yr)

Instructors use songs and games to encourage students and parents to learn skills, explore the environment and equipment used in swim lessons, and learn how to be safe in and around water. Child is required to wear a swim-type diaper if not 100% potty-trained.

SUN	8:35am
TUE	9:30am
SAT	8:05am

PARENT/CHILD: STAGE B (2-3 yr)

Introduces and enhances understanding of the aquatic environment. Instructors guide students through a variety of skills including floating, the progression of going underwater, using swim equipment, forward underwater movement, arm and leg movements, and the fundamentals of self-rescue and water safety.

SUN	8am	9:10am
TUE	5:50pm	
THU	9:30am	
SAT	7:30am	8:40am

STAGE 2: WATER MOVEMENT (3-12 yr)

Child can independently submerge underwater and swim a few feet with or without flotation. The focus is on body position, front/back float, forward underwater movement, rolling from front to back, directional change, and basic self-rescue skills. 3-6 yr unless noted.

SUN	10:20am	10:55am		
MON	7:00pm			
TUE	10am	1:30pm	5:15pm	
WED	3:30pm	4:40pm	5:15pm (6-12)	1:30pm
THU	9am**	4:40pm		
FRI	1:30pm	4:40pm	6:25pm	
SAT	9:15am	10:25am	12:45pm	

**= Instructor recommendation only

STAGE 3: WATER STAMINA (3-12 yr)

Child can swim, roll to a float and return to swim width of the pool (20 feet). Continues to focus on self-rescue skills while learning to swim longer distances, tread water, and retrieve an object from the bottom of the shallow end. 3-6 yr unless noted.

SUN	9:45am	11:30am		
TUE	9am	2pm	4:05pm (3-6)	4:05pm (6-12)
WED	2pm	4:05pm	4:40pm	5:15pm (6-12)
THU	3:30 (3-6)	5:15pm		
FRI	2pm	3:30pm	4:05pm (6-12)	
SAT	9:50am	11am	12:10pm	

STAGE 4: STROKE INTRODUCTION (3-12 yr)

Child can swim/float/swim the length of the pool (60 feet). Student develops proper front crawl including rudimentary rotary breathing, back crawl, breaststroke kick and butterfly kick. The water safety conversation continues and is reinforced through skills like treading water and elementary backstroke. 3-6 yr unless noted.

SUN	12pm			
MON	3:30pm (6-12)	4pm		
TUE	3:30pm			
WED	2pm	6:35pm (3-6)	6:35pm (6-12)	7:10pm (6-12)
THU	4:05pm (6-12)	4:40pm		
FRI	5:50pm	7pm (6-12)		
SAT	11am	11:35am (6-12)	12:10pm	

STAGE 5: STROKE DEVELOPMENT (5-12 yr)

Child can swim 50 yards each of proper front crawl, back crawl, breaststroke kick and butterfly kick. Improve upon all major competitive strokes. The water safety conversation continues and is reinforced through treading water and sidestroke.

SUN	10:30am* (8-12)	12pm (5-8)
MON	4:30pm (5-8)	5pm (8-12)
WED	6:30pm* (8-12)	
THU	5:15pm (5-8)	5:50pm (8-12)
FRI	5:15pm (5-8)	5:15pm (8-12)
SAT	10:25am (5-8)	11:35am (8-12)

*= 30 min., Wallace Pool

STAGE 6: STROKE MECHANICS (5-12 yr)

Child can effectively and efficiently swim 100 yards of any or combined strokes. Student refines stroke technique, develops endurance for competitive and non-competitive strokes and learns flip turns.

SUN	9am » (8-12)	
MON	5pm (5-8)	
WED	5:50pm • (8-12)	
THU	6:30pm • (5-8)	6:30pm • (8-12)



Questions? Contact Kayla Spinelli at kspinelli@westfieldynj.org or Kim Koza-Baird at kkoza@westfieldynj.org x253

YOUTH AQUATICS

AQUATIC CONDITIONING (6-15 yr)

Child has completed the group swim lesson program (through Stage 6) and can effectively and efficiently swim 150 yards of any combination of strokes. Student builds endurance, refines competitive strokes and improves starts and turns. Great for those who want a competitive workout without team commitment.

SUN	9:45am (10-15) »
MON	6:15pm (6-10) •
TUE	7pm (10-15) »

LEARN TO DIVE

Perfect for first-time divers ages 5 years+ and Stage 4+ who have either never tried diving or need to develop the skill of entering the pool hands first. Offered on select Sundays 5-5:30pm in Wallace Pool.

REGISTER FOR ONE OR MORE DATES: 2/25, 3/10, 3/24, 4/14

Questions? Contact Kayla Spinelli at kspinelli@westfieldynj.org or Kim Koza-Baird at kkoza@westfieldynj.org x253

DEVILFISH COMPETITIVE SWIM TEAM

This year-round developmental and competitive program provides a high level of training and professional instruction for swimmers ages 6-18. It is designed to motivate and challenge swimmers to reach individual goals while enjoying the benefits of a team sport!

- 3 competitive seasons throughout the year across 5 pools
- 11 different practice groups and 2 pre-team programs geared toward the swimmer's ability
- Swimming practice is paired with training and conditioning performed outside of the pool (Dryland Program)

Questions? Contact Meghan Myers, mmyers@westfieldynj.org or x263

SPRING SEASON TRYOUTS: March 12-14
Visit wydevilfish.org for details.

Our program boasts two Olympic Trial qualifiers, four YMCA National Champions, multiple National top ten teams and individual finishes, and a YMCA National Championship title.



TAE KWON DO

GEDMAN'S BLACK BELT ACADEMY OF THE WESTFIELD AREA YMCA

Develop overall physical fitness, strength, flexibility, confidence and self esteem and apply the lessons learned to maintain personal safety. Classes are for ages 5 years-adult, beginners through 5th degree black belts. Program is led by a team of certified ATA (American Taekwondo Association) instructors, under the leadership of Master Instructor Pamela Gedman. Location: Bauer Branch



Monday	Wednesday	Thursday	Saturday
Protech 6:30-7:30pm	White-Yellow 5:30-6:30pm	Black 6-7:30pm	Adult 8:30-9:30am
Adult 7:30-8:30pm	Camo-Blue 6:30-7:30pm	Legacy/Leadership 7:30-8:30pm	Intro 9:30-10am
	Brown-Red/Black 7:30-8:30pm		Camo-Blue 10-10:45am
			Brown-Red/Black 10:45-11:30am
			White-Yellow 11:30am-12:30pm
			Black 12:30-1:30pm

- No annual commitment or contract required
- Uniform is not required for Intro class
- Beginners are required to attend 8-week Intro class before beginning rank-specific training
- Participants taking more than one class per week should choose the unlimited option

NO CLASS:

3/23 (testing), 4/20 (tournament)

Questions? Contact Nick Morelli at nmorelli@westfieldynj.org or x227

NEW! INTRO TO CHESS



Looking for a new hobby? This program is perfect for kids ages 6-11 who are brand new to the game and interested in developing a new skill! Classes will be taught by Director of Sports Programs Nick Morelli, whose Chess Elo rating topped at 2000. Classes meet Tuesday in Room 201/202.

6-8 yr 4-4:45pm

9-11 yr 5-5:45pm

Questions? Contact Nick Morelli at nmorelli@westfieldynj.org or x227

DANCE ACADEMY

Dance is under the direction of Marianna Tsartolia since 2018. Marianna is an alumni of RIOULT DANCE NY and graduated from the Merce Cunningham Studio. She has performed in the US and Europe and has worked as a teaching artist since 2000.

Session runs 1/2-6/22 concluding with a performance in June. Joining a class after session begins is possible if space allows. All classes are in the Kellogg Room.

CLASSES OFFERED IN A 13-WEEK SESSION:

DANCE WITH ME!

Children and their caregivers delve into dance and creative movement using props and themes for exploration.

NEW SATURDAY CLASS TIME ADDED!

LITTLE MOVERS

Children explore dance through creative movement and enhance motor skills with props and themes. Students are required to complete this class before Mini-level.



BALLET AND TAP

Proper ballet technique and alignment are learned with musicality and terminology. In tap, develop coordination, rhythm, and basic tap vocabulary.

BALLET AND JAZZ

Learn ballet with proper technique and alignment. Musicality and terminology are introduced. Explore jazz styles with a focus on basic techniques like isolations, turns, and jumps.

NEW! JAZZ AND TAP

Explore jazz styles with a focus on basic techniques like isolations, turns, and jump. In tap, develop coordination, rhythm, and basic tap vocabulary.

JAZZ AND HIP HOP

Explore different jazz styles and techniques such as isolations, turns, and jumps. In Hip-Hop, develop a unique style while learning the fundamental moves.

HIP HOP/COMMERCIAL DANCE

Commercial dance, also known as "new style," is the type of hip hop seen in music videos, TV, and films. Blends elements from jazz, hip hop, street dance, and musical theater.

BALLET AND MODERN

Learn terminology and strengthen technique through barre and center work. Modern dance elements such as contractions, skips, and leaps are explored and tailored to each level.

ACRO

Unique choreography and acrobatic elements are combined with classical dance techniques. Enhances flexibility, balance, strength, control, and discipline within a dance framework.

MUSICAL THEATER

Enhance stage presence and performance with singing, acting, and dancing. Learn classical vocal methods, build improvisational skills, and Broadway choreography.

View proper attire for each class at westfieldynj.org/dance-academy.

DAY/TIME	CLASS	AGE
TUESDAY		
4:15-5pm	Acro 1	4-6
5-6pm	Acro 2	7-9
5:15-6pm	NEW! Jazz/Tap 1/2	6-9
6:10-7:10pm	Musical Theater	8-13
THURSDAY		
11:30am-12pm	Dance With Me!	2-3
12:15-1pm	Little Movers	3-5
1:15-2pm	Ballet/Tap 1	4-5
4:15-5pm	Jazz/Hip Hop 1	4-6
4:15-5pm	Ballet/Tap 1	4-6
5:10-6:10pm	Ballet/Tap 2	6-8
5:10-6:10pm	Hip Hop/Commercial Dance	9-13
6:20-7:20pm	Ballet Modern	9-12
6:20-7:20pm	Ballet/Tap 3	8-9
SATURDAY		
8:15-9am	Little Movers	3-5
9:10-9:40am	Dance With Me!	2-3
9:10-9:55am	Ballet/Tap 1	4-6
10:05-11:05am	Jazz/Hip Hop 2	6-8
11:15am-12:15pm	Jazz/Hip Hop Novice	9-12

Questions? Contact Marianna Tsartolia at mtsartolia@westfieldynj.org

T-BALL



INDOOR CLINICS (4-6 yr)

Session: 3/3-3/24

Practice hitting, throwing, base running and fielding to get ready for the next league season! 45 minute clinics take place on Sunday between 12-4pm at the Bauer Branch Gym.

SPRING TRAINING (3 yr)

Session: 4/2-5/23

Players are introduced to the T-Ball experience on the same fields that our leagues operate on! Learn the basics of hitting, throwing, base running and fielding. Meets 5-5:30pm one night per week (Tuesday or Thursday) at the Garwood Family Center YMCA T-Ball fields.

SPRING LEAGUE (4-6 yr)

Season: 4/1-6/15

Players learn the basics of hitting, throwing, base running and fielding. Practice is 6-7pm one night per week with a game on Saturday morning (times vary) at the Garwood Family Center YMCA T-Ball fields.



Questions? Contact Adrian Sanchez at asanchez@westfieldynj.org or x239

YOUTH SPORTS CLASSES

Westfield Area YMCA sports classes emphasize teamwork, individual development, and most of all...fun! We focus on the life lessons to be learned from sports, and coaches strive to instill positive self-image in each player as they progress at their own pace.

JUNIOR SPORTS SAMPLER

Learn fundamentals of soccer, basketball, football, and more in this sports-filled session.

4-5 yr **Mon** 4-4:45 pm

FLOOR HOCKEY (PILLO POLO)

An introductory hockey class using safe, padded pillo polo sticks.

6-8 yr **Mon** 5-5:45 pm

1ST GRADE BASKETBALL

Players learn the basics of the sport through fun drills.

6-7 yr **Tue** 4-4:45 pm

GIRLS BASKETBALL

Prepare for future league play in this informative, skill building program.

6-9 yr **Tue** 5-5:45 pm

DEVELOPMENTAL BASKETBALL

Develop basketball skills through drills. Game play introduced.

6-8 yr **Wed** 4-4:45 pm

6-8 yr **Thu** 4-4:45 pm

MVP SOCCER

Focus on improving the skills necessary to start game play through teamwork drills and sportsmanship.

5-7 yr **Fri** 4-4:45 pm

2ND & 3RD GRADE BOYS BASKETBALL

Prepare for future league play in this informative, skill building program.

7-9 yr **Fri** 5-5:45 pm

ROOKIE SPORTS SAMPLER

Learn fundamentals of soccer, basketball, football and more in this sports-filled session.

3-5 yr **Sat** 9-9:45 am

ROOKIE SOCCER

Learn the basic eye, hand, and foot skills to prepare for playing soccer in a positive nurturing environment.

3-5 yr **Sat** 10-10:45 am



ROOKIE BASKETBALL

Smaller basketballs and lower hoops are used to learn shooting, passing and dribbling through fun engaging activities in preparation for league play.

3-5 yr **Sat** 10-10:45 am

3-5 yr **Sat** 11-11:45 am

JUNIOR BASKETBALL

Further work on dribbling, passing and shooting skills in preparation for league play.

4-5 yr **Sat** 11-11:45 am

4-5 yr **Sat** 12-12:45 pm

Questions? Contact Nick Morelli at nmorelli@westfieldynj.org or x227

WARRIORS TRAVEL BASKETBALL

Practices are held weekly in the Main Y Gym. Home and away games are played on weekends in a league of YMCAs and other youth programs. Games are four eight-minute quarters with substitutions every four minutes. Registration for March-June season is open now.



GIRLS

Grades 3-5
Practice on Wednesday
5-6:15pm



BOYS

Grades 2-3
Practice on Thursday
5-6:15pm or 6:15-7:30pm

Grades 4-5
Practice on Wednesday
5-6:15pm or 6:15-7:30pm



Questions? Contact Nick Morelli at nmorelli@westfieldynj.org or x227

FLYERS TRACK CLUB

This year-round track & field and cross country team offers USATF-certified coaching and specific event technique instruction for athletes ages 7-15. Our goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitor. [Season is 3/18-5/17.](#)

Practices are held Monday and Wednesday at Kehler Stadium in Westfield for all ability levels ages 7-15:



AGE	EVENT	TIME
7-10	Distance	5:55-6:55pm
7-10	Sprints	5:55-6:55pm
7-15	Throws	5:55-6:55pm
11-15	Distance	7-8pm
11-15	Sprints	7-8pm
9-15	Distance PLUS*	7-8pm

*Distance PLUS requires coach recommendation.



Questions? Contact Michelle Almeida at malmeida@westfieldynj.org or x279



POOL PARTIES ARE ALSO AVAILABLE!

EXTRAORDINARY PARTIES

THE COMPLETE PACKAGE: A 90-minute all-inclusive party with setup, cleanup, pizza, cupcakes, juice boxes, games/sports/crafts (your choice!) basic inflatables and more. Popular add-on includes our largest inflatables!

THE DIY (DO IT YOURSELF) PACKAGE: Includes a game, organized sport or craft of your choice managed and supervised by our party staff.

Contact Jeff Macleod at jmacleod@westfieldynj.org or x248 for more information or to reserve your date.

YOUTH/TEEN PROGRAMS & EVENTS

NEW!

MIDDLE SCHOOL INITIATIVE

This program for grades 6-8 focuses on fostering healthy habits and behaviors as middle schoolers begin to navigate the shift from childhood to adolescence. We offer program opportunities that help aid the physical, cognitive, social and emotional development that takes place during these pivotal years.

Registered Middle School Initiative participants receive select teen programs for **FREE**, such as Leaders Club, Sitter Fun 101, Tabletop Gaming, Friday Night Special Events & Pop-Up Fitness Classes.

REGISTER NOW AT THE MAIN Y!

Proof confirming middle school status (report card, school ID, etc.) required at time of registration.



TEEN TRIPS

Grades 6-12

SKI/SNOWBOARDING TRIP

Sunday, March 10



Available to members and the community! Fee includes lift ticket, coach bus, and Y staff chaperones. Trip leaves from the Main Y Facility at 6am and returns at 7pm.

LEADERS CLUB

Grades 6-12

A leadership-development community service program that helps teens discover their full potential while making a difference. Club members volunteer at the Y and in the community. \$30 fee for the school year includes shirts and snacks (**FREE** for Middle School Initiative Participants).

Meets Wednesday 7-8pm at the Main Y Facility.



ACHIEVERS

Grades 6-12

This college readiness, career development, life skills, leadership and mentoring program is offered at no cost for diverse middle and high school students in Union County. A teen membership is included. **Meets alternate Mondays at the Main Y.**

Questions? Contact Erica Smith at esmith@westfieldynj.org

YOUTH AND GOVERNMENT

Grades 9-12

Modeled after state government, this club is run in conjunction with Westfield HS and Cranford HS and gives students a voice to debate and express their concerns. Delegates research various government policies and current state issues and initiate legislation for the annual 3-day conference. **Register now at the high schools.**

SITTER FUN 101

Ages 11-14

Master the art of keeping kids entertained, engaged and safe while babysitting. Learn valuable tips and strategies to create fun, growth-focused experiences and activities for the children you care for. **Meets Tuesday 4-5pm at the Main Y. 8-week session begins March 5.**

FRIDAY NIGHT SPECIAL EVENTS

Grades 6-12

A fun night for teen members and the community featuring various activities. Events are 7:45-9:45pm in the Main Y Gym. Registration and waiver are required ahead of time. \$10 to participate (**FREE** for Middle School Initiative participants).

February 9: Ultimate Dodgeball Pickup

March 22: Pickleball Pickup

April 5: DIY & De-Stress (Craft Night)

Questions? Contact Jeff Macleod at jmacleod@westfieldynj.org or x248

CHILD CARE EDUCATION

EARLY LEARNING

Programs for children ages 6 months-5 years provide a caring, safe and healthy place to learn foundational skills, develop healthy trusting relationships and build self-confidence and self-reliance. Children develop gross and fine motor, cognitive, social/emotional and language skills. All programs follow the Creative Curriculum, a nationally recognized framework rooted in educational philosophy and theory as well as in practice. Full and half-day programs are available year-round or for the school year.

WESTFIELD

Early Learning Center YMCA (Child Care)

Eileen Rooney, x134 or erooney@westfieldynj.org

Robert and Virginia Bauer Family Branch YMCA (Preschool)

Tracy McSweeney, x423 or tmcsweeney@westfieldynj.org



Our Preschool at the Bauer Branch is recognized by Grow NJ Kids as a 4-star rated program!

FULL DAY KINDERGARTEN

The Kindergarten curriculum prepares children for first grade and includes Everyday Math, Handwriting without Tears, Creative Curriculum and Healthy U. Kindergarten follows the Westfield Public school calendar and is 8:30am-2:30pm. Before care starting at 7:30am and aftercare until 6:00pm is available for an additional fee.

WESTFIELD

Robert and Virginia Bauer Family Branch YMCA

Tracy McSweeney, x423 or tmcsweeney@westfieldynj.org

KINDERGARTEN WRAP AROUND

A stimulating and enriching 5-day/week theme-based morning program for children who attend afternoon half-day kindergarten in Westfield. The curriculum enhances a half-day program by developing educational and social skills through arts & crafts, learning centers, music, games, physical education, special events, use of the outdoor play area and more. Children are transported to public school for their afternoon program.

WESTFIELD

Main Y Facility

Melinda McHale, x273, mmchale@westfieldynj.org

CRANFORD

Cranford Community Center

Shannon Jackson x610, smcgillis@westfieldynj.org

SCHOOL AGE CHILD CARE

Programs are offered after school for K-5th grade. Students receive homework support, enjoy arts & crafts, play games and participate in recreational and physical activities both indoors and outdoors.

WESTFIELD & MOUNTAINSIDE

Melinda McHale, x273, mmchale@westfieldynj.org

GARWOOD

Shannon Jackson, x610, smcgillis@westfieldynj.org



SUMMER DAY CAMPS

We provide safe, engaging, and meaningful camp experiences with enriching activities, fitness, and social and emotional learning for children ages 3-15. Campers learn new skills, express themselves, make lasting friendships, and have a blast!

- Traditional, Sports, S.T.E.A.M. & Leadership programs
- One week sessions or all summer long
- Full-day, Half-day & extended day
- Indoor & Outdoor
- Locations based in Cranford, Westfield, & Mountainside

REGISTRATION FOR SUMMER 2024 IS OPEN NOW!

Limited spots available.



westfieldynj.org/camp



PROGRAMS AND SERVICES AVAILABLE BY AGE

Program	Example/Detail	Age																		
		< 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+
Sports Leagues	Basketball, T-Ball				X	X	X	X	X	X	X	X	X							
Open Gym	Family, Youth, Teen, Adult Basketball					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Open Swim	Family, Youth, Teen, Adult	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
School-Age Child Care	After School						X	X	X	X	X	X								
Sports Classes	T-Ball, Soccer, Basketball, Yoga				X	X	X	X	X	X	X	X	X	X	X					
Dance Classes	Ballet, Tap, Jazz			X	X	X	X	X	X	X	X	X	X	X						
Early Learning	Full Day, Preschool, Kindergarten, Enrichments	X	X	X	X	X	X													
Flyers Track Club	Developmental and Competitive								X	X	X	X	X	X	X	X				
Lifeguard Training	Includes CPR and First Aid																	X	X	X
Racquetball	By Reservation											X	X	X	X	X	X	X	X	X
Fitness Facilities	Cardio, Strength (min. age varies/room)								X	X	X	X	X	X	X	X	X	X	X	X
Fitness Facilities	Free Weight (min. age varies/room)																X	X	X	X
Swim Lessons	Group	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Swim Lessons	Individual	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Devilfish Swim Team	Developmental and Competitive							X	X	X	X	X	X	X	X	X	X	X	X	X
Gedman's Black Belt Academy	Tae Kwon Do Intro-5th degree						X	X	X	X	X	X	X	X	X	X	X	X	X	X
Personal Training	Individual														X	X	X	X	X	X
Kids Club	Babysitting			X	X	X	X	X	X	X	X	X	X							
Summer Day Camp	Traditional, Sports, Specialty, Leadership				X	X	X	X	X	X	X	X	X	X	X	X				
Water Fitness	Lap Swim, Fitness Classes														X	X	X	X	X	X
Fitness Classes	Yoga, Pilates, Cardio, Strength														X	X	X	X	X	X

WESTFIELD AREA YMCA

220 Clark Street
Westfield, NJ 07090
908-301-YMCA (9622)
westfielddynj.org



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OUR MISSION

The Westfield Area YMCA is a nonprofit human service organization dedicated to developing the full potential of every individual and family in the communities it serves through programs that build healthy spirit, mind and body for all.

Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923.
Financial assistance is available for YMCA programs and memberships.



The Westfield Area YMCA is a member agency of the Westfield United Fund.

The Main Y is a drop-off location for the Westfield Food Pantry. Thank you for your generosity.

FREE & OPEN TO
THE COMMUNITY!

HEALTHY KIDS DAY!

SATURDAY, MARCH 2
1:30-4:30pm
Main Y Facility

- Games
- Sports Demos
- Healthy Snacks
- Inflatables
- Prizes
- Family FUN!



POP-UP SPIRIT STORE

NOW MARCH 1-15!

Grab new Y Apparel for a limited time!

- Men's
- Women's
- Unisex
- Youth
- Accessories

...and **MORE!**

A portion of the proceeds from the store will benefit the Strong Kids+ Annual Support Campaign. More information available closer to opening date.