WESTFIELD AREA YMCA
Fall 2 2022 Session Guide
October 30 – December 23

Priority Registration for Full Members: begins 9:00AM Thursday, 10/13
Open Registration for Basic & Non-Members: begins 9:00AM Monday, 10/17

SEE INSIDE:
- Facilities and Member Benefits
- Fitness Classes and Personal Training
- Swim Lessons and Water Exercise
- Sports Classes, Clinics and Leagues
- Community Events
- Teen Programs
- Child Care Education
- … and more for every age, ability and life stage!
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.

FACILITIES

- 25-yard indoor lap pool (approx. 81°)
- 20-yard indoor recreational/instructional pool (approx. 88°)
- Air-conditioned double basketball gym with 6 hoops
- Cardio Room (ages 13+): 60 pieces of equipment
- Fitness Express Center (ages 7+, ages 7-9 with parent): hydraulic equipment designed to be used in a 30-min. circuit
- Free Weight Room (ages 15+): perimeter racks, cable column, benches & more
- Strength Training Room (ages 13+): 30+ pieces of equipment
- Men’s and Women’s Fitness Centers (ages 18+): each with fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers, and permanent kit lockers (upon request)
- Steam Room (men’s locker rooms)
- Two air-conditioned racquetball courts (one currently used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- Wheelchair accessible family locker rooms
- ADA accessible facility

CLASSES, PROGRAMS AND SERVICES

- All land and water fitness classes included
- Open lap swim, basketball, racquetball and pickleball
- Open family swim & gym
- YMCA Nationwide Membership: access participating Ys across the US

MEMBERSHIP CATEGORIES

FAMILIES
One or two adults with children up to age 26 living in the same household

INDIVIDUALS
Youth, Teen, Young Adult, Adult

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

Veterans can receive a FREE MONTH of membership in November! Ask for details at the Welcome Center.

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 x258.

Buddy Up!

Get a FREE MONTH for EVERY FRIEND that joins the Y!

Download our app!

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

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KIDS CLUB
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 the building
• Drinks and snacks permitted
• Monday–Friday 8:30AM–1:30PM
• 2 hour max. for ages 2 years+ and 1.5 hour max. for 18 mo.–2 years
• FREE for Gold Members; fee for Silver

PERSONAL TRAINING
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.
Available in packages of five, ten or twenty for 30, 45 or 60 minutes.

INTRO SPECIAL: 3 individual 45 min. sessions for $109!
Available at the Welcome Center to members who have not purchased training in the past calendar year.

SENIOR DAY
Wednesday, November 30
9:00am–2:00pm
• Free and open to the community!
• Take a tour and try the Y facility
• Attend any Wednesday water exercise class (see page 6)
• Try "demo" fitness classes (e.g., Bone Smart, Chair Yoga, Gentle Yoga) and a full-length class of Lite Cardio, Strength and Balance
• Lap swim and adult swim times available
• Light refreshments
A more detailed schedule will be available closer to event date.
Questions? Contact Jean White at jwhite@westfieldynj.org or x246
FITNESS CLASSES

MIND & BODY

YOGA
Breathing, relaxation and postures.

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

STRENGTH

TOTAL BODY STRENGTH
Focus on building strength and a strong core using weights and other props like resistance tubing to increase muscular strength and balance.

TRX®
Develop strength, balance, flexibility and joint stability using your body weight, gravity and a TRX Suspension Trainer which is an adjustable strap hung from an overhead anchor point.

CARDIO

CYCLE, CARDIO & STRENGTH
Half cycle or other cardiovascular discipline followed by 30 min. of strength exercises.

CYCLE & STRENGTH
30–40 min. of cycle followed by a focus on strength and abs — all in one great class!

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

SPIN
Class focuses on strength, speed, and endurance — choreographed to great music! An energizing workout sure to raise your heart rate!

ZUMBA! & ZUMBA/DANCE FITNESS
This Latin–inspired fun dance fitness party works your entire body!

COMBO/HYBRID

CARDIO & STRENGTH
A fast paced class with a HIIT (High Intensity Interval Training) format. Segments move quickly from cardio, to strength, to core. Your heart will be pumping the entire class!

CARDIO/STRENGTH/CORE INTERVALS
Incorporates timed segments of these 3 vital components of fitness. Class is structured to keep you moving and your heart rate up while increasing cardiovascular endurance and muscular and core strength.

CIRCUIT TRAINING
Full–body workout that involves resistance training, high intensity cardio and endurance training all accomplished in a circuit format.

ALL CLASSES INCLUDED WITH MEMBERSHIP
Current schedule is available on our website and APP.

R.I.P.P.E.D.
Challenge your cardio and endurance levels with this class. Resistance, Intervals, Power, Plyometrics and Endurance training all in one hour!

NEW! RUMBLE/KICKBOXING & STRENGTH
30 min. of cardio — either Rumble (cardio martial arts class from the makers of R.I.P.P.E.D.) or kickboxing followed by 30 min. of strength. Come for one segment or both!

LITE/LOW IMPACT

BALLET
Build strength, stamina, and healthier posture. Great for beginners and those who have danced before. Use the barre for support, progress through movements and conclude with center work. Ballet slippers or cotton socks required.

BARRE
Improve strength, flexibility and balance with low impact moves inspired by classical ballet. Light weights and other equipment will be used. Cotton socks recommended.

DELAY THE DISEASE SIT ‘N BE FIT!
Address symptoms and issues associated with Parkinson’s. Studies show that movement and exercise are the best ways to delay the disease! Use light weights and other props to improve and maintain strength, flexibility and balance. Class can also be done seated, benefiting anyone who may want/need to sit while exercising.

FUNCTIONAL STRENGTH, BALANCE & BASIC TRX
Focuses on basic functional movements using weights and other props to improve strength, flexibility and balance. Basic TRX exercises will also be incorporated to help improve strength and flexibility.

LITE CARDIO, STRENGTH & BALANCE
Low impact cardio with strength and balance segments. Good for anyone just starting an exercise program.

LITE TOTAL BODY FITNESS
Enjoy fun low impact movements to improve cardiovascular health, lite weight training using weights, bands and exercise balls to maintain strength, and easy core exercises to keep you all-over strong.

Questions? Contact Greg Hatzisavvas at ghatzisavvas@westfieldynj.org or x251
## FITNESS CLASSES

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<td>8:15–9:10am YOGA</td>
<td>9:00–9:50am CARDIO/STRENGTH/CORE</td>
<td>8:00–8:50am LITE TOTAL BODY</td>
<td>8:00–8:50am TOTAL BODY</td>
<td>9:00–9:50am KICKBOXING</td>
<td>8:15–9:15am CYCLE &amp; STRENGTH</td>
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<td>9:30–10:25am TOTAL BODY</td>
<td>10:10–11:00am YOGA</td>
<td>9:00–10:00am CYCLE, STRENGTH &amp;</td>
<td>9:00–9:50am STRENGTH &amp; TRX</td>
<td>10:10–11:00am YOGA</td>
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<td>STRENGTH Kate</td>
<td>Liz</td>
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<td>11:15am–12:05pm</td>
<td>10:30–11:15am PILATES</td>
<td>10:10–11:00am YOGA</td>
<td>9:00–9:50am ZUMBA! •</td>
<td>11:15am–12:05pm LITE CARDIO, STRENGTH &amp; BALANCE</td>
<td>10:10–11:00am YOGA •</td>
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<td>6:00–6:50pm CARDIO/</td>
<td>5:45–6:40pm CIRCUIT TRAINING</td>
<td>12:30–1:25pm TRX</td>
<td>11:15am–12:05pm DELAY THE</td>
<td>6:00–6:55pm YOGA</td>
<td>11:00am–12:00pm BARRE</td>
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<td>STRENGTH/CORE INTERVALS</td>
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<td>7:00pm–7:55pm ZUMBA/DANCE</td>
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<td>5:00–5:50pm YOGA</td>
<td>6:00–6:55pm CYCLE, CARDIO &amp; STRENGTH »</td>
<td>7:00–7:55pm CYCLE &amp; STRENGTH »</td>
<td>7:10–7:40pm RUMBLE/KICKBOXING &amp;</td>
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<td>FITNESS Natalie</td>
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Interested in joining by Zoom? Want to receive a schedule weekly? Have your email added to the distribution list!

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**SAFETY IS OUR #1 PRIORITY**

All Westfield Area YMCA facilities have Global Plasma Solutions Needlepoint Bi-Polar Ionization Air Quality Systems. Proven effectiveness inactivating the COVID-19 virus:
- 10 minutes, 84.2%;
- 15 minutes, 92.6%;
- 30 minutes, 99.4%

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**Questions?** Contact Greg Hatzisavvas at ghatzisavvas@westfieldnj.org or x251

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WATER EXERCISE CLASSES

Arthritis Aquatic Exercise
This shallow water Aquatic Exercise Association/Arthritis Foundation class incorporates gentle exercises that focus on functional movement and balance while increasing flexibility and range of motion.

Aqua Lite
Combine core and cardio conditioning for a full body light/moderate intensity workout in deep water. Buoyancy belt (provided) is required to maintain proper alignment.

Aqua Fit Deep
High intensity, low impact, challenging deep water class provides a full body workout using the properties of water to build cardio, strength and endurance. Buoyancy belt (provided) is required to maintain proper alignment.

Aqua Fit Shallow
Challenge yourself with this medium intensity full body shallow water workout. This class features a variety of cardio and strength moves using the properties of water and drag/resistance equipment to improve strength and cardiovascular capacity.

Aqua Fit Intervals
Improve your cardio fitness level with alternating bursts of high intensity work and rest/recovery periods. Buoyancy belt (provided) is required to maintain proper alignment.

Monday  Wednesday  Friday
8:00am  Arthritis Ex  8:00am  Arthritis Ex  8:00am  Arthritis Ex
   Ann Marie               Ann Marie               Ann Marie
8:50am  Aqua Lite       8:50am  Aqua Lite       8:50am  Aqua Lite
   Ann Marie               Ann Marie               Ann Marie
9:30am  Aqua Fit Deep   9:30am  Aqua Fit Intervals  9:30am  Aqua Fit Deep
   • Beth               • Beth               • Beth
9:40am  Arthritis Ex    9:40am  Arthritis Ex    9:40am  Arthritis Ex
   • Ann Marie           • Ann Marie           • Ann Marie
10:30am Aqua Fit Shallow 10:30am Aqua Fit Shallow 10:30am Aqua Fit Shallow
   Beth                  Beth                  Beth

Above classes included with membership!
Rooke Pool unless noted: * = Wallace Pool

Y LIFEGUARD TRAINING
December 28, 29, 30
10:00am-6:00pm
Gain the knowledge, skills, confidence and certification to be a lifeguard and professional rescuer! This course also includes the Health and Safety Institute, Basic Life Support, First Aid and Emergency Oxygen Administration certifications.
Passing a free physical skills test by one week prior to the course is required before registering. 100% attendance is required. Must be at least 16 years of age by the last day of the course.
Join our aquatics staff and receive an 80% reimbursement of your lifeguard course fees after 60 days of employment!

ADULT SWIM LESSONS
Ages 15+. Lower fee for Gold Members. 45 minutes.

SWIM BASICS (Beginner)
Tuesday, 10:30am
Wednesday, 7:45pm
Develop the personal water safety and basic swimming skills that are recommended for everyone to have around water. Overcome fears and learn the basics at your own pace in a safe non-judgmental environment. Location: Rooke Pool

SWIM FIT (Intermediate–Advanced)
Tuesday, 9:45am
Wednesday, 8:00pm
Challenge yourself with sets expanding technique, endurance and speed. Location: Wallace Pool

Questions?
Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kim Koza-Baird at kkoza@westfieldynj.org or x253

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MEDICARE LUNCHEON LECTURE
12:30-2:00PM, Thursday, November 3

Free for members and the community! Join us for an overview of the Medicare program and what to consider when designing your coverage. The annual enrollment period is 10/15-12/7/22 during which eligible Medicare individuals may select Prescription Drug Plans and Medicare Advantage plans to begin 1/1/23.

Presenter: Richard W. Feder of Feder Insurance Services, a NJ, NY, PA and FL licensed independent agent specializing in assisting clients eligible for Medicare. Location: Main Y Facility

CLOTHING DRIVE
7:30am-2:30pm
Wednesday, October 19
Bauer Branch Parking Lot
visit our home page for list of accepted items

Holiday JUMP!
Friday, November 11 (Veteran’s Day)
9:00-10:30AM - OR - 10:45AM-12:15PM
Join us for some indoor active fun with three of our huge inflatables and an arts and crafts station. This event is perfect for families with children ages 8 and under and open to members and the community.

Register now online or at the Welcome Center — each session will close when maximum capacity is reached.

SWIM WITH SANTA
1:30-3:30pm · Sunday, December 11
- Reserve a 30-minute swim with Santa and his elves
- Enjoy more fun before or after in the arts & crafts room
- Parent/guardian must be in the pool with a child under age 6 or a child who can’t swim
- Register by 12/9 online or at the Welcome Center — each session will close when maximum capacity is reached.

Proceeds benefit the Annual Support Campaign which ensures that no one who lives or works in Cranford, Garwood, Mountainside or Westfield and is experiencing a bona fide financial hardship is denied the opportunity to participate at the Y.

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LEADERS CLUB
Grades 6–12
This club is for Y teen members committed to making a difference both locally and globally. Leaders volunteer at the Y and in the community. One-time fee is for the school year and includes shirts and snacks. The Club meets alternate Wednesdays 7:00–8:00PM at the Main Y Facility.

NEW! FRIDAY TEEN NIGHTS
Grades 6–12
Friday, 8:00–9:30pm
A free open gym night just for our Teen members!
Then one Friday per month there will be a special event instead for teens in grades 6–8 facilitated by our staff with a fee for members and the community.
November 18 – Dodgeball Tournament
December 16 – Capture the Flag Tournament

NEW! TABLETOP GAMING
Grades 6–12
Tuesday, 7:00–9:00pm
First Fall 2 meeting on 11/1 is an open house event. Non-members should RSVP to Jeff Macleod.

ACHIEVERS
Grades 9–12
Achievers is a college readiness, career development, life skills, leadership and mentoring program at the Main Y Facility offered at no cost for diverse high school students in Union County. A teen membership is included.

Y LIFEGUARD TRAINING
see page 6

SKI/SNOWBOARD TRIPS
Dates and locations to be announced! Fee includes lift ticket, coach bus and chaperones.

REC BASKETBALL
see page 13

7TH GRADE INITIATIVE

The Y knows that 7th grade is a pivotal time in which teens start setting future social, health & wellness habits and behaviors. That’s why the Westfield Area YMCA offers all 7th graders in our service area of Cranford, Garwood, Mountainside & Westfield program opportunities for the school year. Register now as a 7th Grade Initiative participant at the Welcome Center so you can access these programs for FREE:

- Leaders Club
- Friday Teen Nights and Friday Teen Night Special Events
- Tabletop Gaming
- Other programs to be announced may include specialized fitness classes

We also invite our 7th graders to take advantage of all the Y has to offer with a Teen membership, or as part of a Family membership. Ask at the Welcome Center for rates and details!

****************************************************
Teen and 7th Grade Initiative: Questions? Contact Jeff Macleod at x248 or jmacleod@westfieldynj.org
Achievers: Questions? Contact Erica Smith at esmith@westfieldynj.org
****************************************************
Y Swim Lessons accommodate varying abilities to help foster a sense of achievement as swimmers progress. Through this approach, advanced swimmers 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. Note: No class 11/24. Class is 30 minutes in Rooke Pool unless noted.

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<td>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.</td>
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<td>Introduces and enhances understanding of the aquatic environment. Instructors guide students through a variety of skills including floating, the progression of going under water, using swim equipment, forward underwater movement, arm and leg movements, and the fundamentals of self-rescue and water safety.</td>
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<td>Stage 2: Water Movement</td>
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<td>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.</td>
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<td>Child can swim, roll to a float and return to swim the width of the pool (20 feet). Student 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.</td>
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<td>ages 6–12 years</td>
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Notes:
- Free swim level assessments are available.
- No class 11/24.
- Class is 30 minutes in Rooke Pool unless noted.

Questions?
Contact Rob Faggiano at rfaggiano@westfieldnj.org or x276 or Kim Koza-Baird at kkoza@westfieldnj.org or x253

- - 9 -

WESTFIELD AREA YMCA • 908-301-YMCA (9622) • westfieldnj.org • 📱 westfieldareaymca
## YOUTH AQUATICS

### Stage 4: Stroke Introduction
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.

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<tbody>
<tr>
<td>ages 3-6 years</td>
<td>11:30am</td>
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<td>ages 6-12 years</td>
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<td>4:05pm</td>
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### Stage 5: Stroke Development
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.

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<tbody>
<tr>
<td>ages 5-8 years</td>
<td>12:00pm</td>
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<tr>
<td>ages 8-12 years</td>
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### Stage 6: Stroke Mechanics
Child can effectively and efficiently swim 100 yards of any stroke or combination of strokes. Student refines stroke technique, develops endurance for competitive and non-competitive strokes, and learns flip turns.

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<td>ages 5-8 years</td>
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<td>ages 8-12 years</td>
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### Aquatic Conditioning
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 — a great option for those who want a competitive workout without team commitment.

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Note: No class 11/24. Class is 30 minutes in Rooke Pool unless noted:
- = 40 minutes, Rooke Pool
- = 40 minutes, Wallace Pool

### LEARN TO DIVE
Diving lessons have returned! Perfect for the first-time diver ages 5 years+, Stage 4+ who has either never tried diving or needs to develop the skill of entering the pool hands first. Offered on three different Saturdays 6:45-7:15pm in the Wallace Pool. Register for one or more dates: November 12, November 26, December 10.

Questions?
Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kim Koza-Baird at kkoza@westfieldynj.org or x253

### DEVILFISH SWIM TEAM
This developmental and competitive year-round 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. Questions? Contact Meghan Myers at mmyers@westfieldynj.org or x263 or visit wydevilfish.org.
DANCE

Dance is under the direction of Mariana Tsartolia who graduated from the Merce Cunningham Studio. She performed in the US and Europe and has worked as a teaching artist since 2000. Most dance classes are offered in a September–December session and a January–June session. Joining a class after a session begins may be possible if space allows. There is a December demonstration and June performance. Dance with Me! and Little Movers are typically offered in 8–week sessions.

Location: Kellogg Room, Main Y Facility. See page 4 for adult ballet. Next session is January–June!

DANCE WITH ME!
Children ages 2–3 years explore the wonders of dance participating with their caregiver in creative movement using props and themes.

LITTLE MOVERS
Children ages 3–5 years are introduced to the wonders of dance though creative movement! Develop motor skills by incorporating props and themes. Students are required to complete this class before Mini-level.

BALLET AND TAP
Learn proper ballet technique with correct alignment. Musicality and terminology are introduced. In Tap, develop coordination, a sense of time and basic tap vocabulary. Mini 1: ages 4–6 years; Mini 2: ages 6–8 years by instructor recommendation.

JAZZ AND HIP HOP
Experience various jazz styles with an emphasis on basic technique including isolations, turns, and jumps. In Hip-Hop, develop your own style while learning the fundamental moves and grooves. Mini 1: ages 4–6 years; Mini 2: ages 6–8 years by instructor recommendation.

BALLET AND JAZZ
Learn proper ballet technique with correct alignment. Musicality and terminology are introduced. Experience various jazz styles with an emphasis on basic technique including isolations, turns and jumps. Ages 8–10 years.

TAE KWON DO

GEDMAN’S BLACK BELT ACADEMY OF THE WESTFIELD AREA Y
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.

- Beginners are required to attend 8-week Intro class before beginning rank-specific training
- Uniform is not required for Intro class
- No annual commitment or contract is required
- Participants taking more than one class per week should choose the unlimited option
- No classes on a rank testing date (12/10)
- Location: Bauer Branch

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<tr>
<th>Monday</th>
<th>Wednesday</th>
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<tr>
<td>Protech</td>
<td>White-Yellow</td>
<td>Black (1D)</td>
<td>Adult</td>
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<td>6:45–7:30pm</td>
<td>5:30–6:30pm</td>
<td>6:00–6:45pm</td>
<td>8:30–9:30am</td>
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<tr>
<td>Adult</td>
<td>Camo-Blue</td>
<td>Black (2D &amp; 3D)</td>
<td>Intro</td>
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<td>7:30–8:30pm</td>
<td>6:30–7:15pm</td>
<td>6:45–7:30pm</td>
<td>9:30–10:00am</td>
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<tr>
<td>Brown-Red/Black</td>
<td>Legacy/Leadership</td>
<td>7:30–8:30pm</td>
<td>Camo-Blue</td>
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<td>7:15–8:00pm</td>
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<td>10:00–10:45</td>
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<td>Adult</td>
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<td>8:00–9:00pm</td>
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<tr>
<td>Brown-Red/Black</td>
<td>White-Yellow</td>
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<td>Black</td>
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<td>10:45–11:30am</td>
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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.

FLYERS WINTER CONDITIONING
Stay in shape during the off-season to prepare for the upcoming track and field season by working with Flyers coaches and personal trainers. Athletes do core work, cardiovascular drills, plyometrics, and strength work. Location: Main Y Facility

Ages 7–10 years: 5:30–6:15pm, Monday & Friday
Ages 11–15 years: 6:30–7:30pm, Monday & Friday

Tae Kwon Do and Dance: Questions? Contact Nick Morelli at nmorelli@westfieldynj.org or x227
Flyers: Questions? Contact Michelle Almeida at malmeida@westfieldynj.org or x279

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We 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. Class is 45 minutes unless noted in the Main Y Gym. Note: No class 11/24.

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<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>CLASS</th>
<th>AGE</th>
<th>DESCRIPTION</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>4:00pm</td>
<td>All Star Basketball</td>
<td>6-9</td>
<td>Learn new skills and be introduced to game play in this fun-filled class.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:00pm</td>
<td>All-Star Sports Sampler</td>
<td>6-9</td>
<td>Engage in fun competitions in a variety of sports.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:00-7:15pm</td>
<td>Basketball Prep</td>
<td>10-14</td>
<td>Enhance fundamentals and work on game-like situations to prepare for future league play.</td>
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<tr>
<td>Wednesday</td>
<td>4:00pm</td>
<td>MVP Sports Sampler</td>
<td>5-7</td>
<td>Enhance basic understanding of each sport and continue to progress through new drills.</td>
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<tr>
<td>Tuesday</td>
<td>4:00pm</td>
<td>Developmental Basketball</td>
<td>6-8</td>
<td>Develop basketball skills through drills. Game play introduced.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:00pm</td>
<td>Developmental Basketball</td>
<td>6-8</td>
<td>Focus on improving the skills necessary to start game play through teamwork drills and sportsmanship.</td>
</tr>
<tr>
<td>Friday</td>
<td>4:00pm</td>
<td>MVP Soccer</td>
<td>5-7</td>
<td>Learn fundamentals of soccer, basketball, football, and more in this sports-filled session.</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00am</td>
<td>Rookie Sports Sampler</td>
<td>3-5</td>
<td>Basic skills including dribbling, passing, shooting and field position are taught in a positive, nurturing environment.</td>
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<tr>
<td>Saturday</td>
<td>10:00am</td>
<td>Rookie Soccer</td>
<td>3-5</td>
<td>Smaller basketballs and lower hoops are used to learn shooting, passing and dribbling through fun engaging activities in preparation for league play.</td>
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<tr>
<td>Saturday</td>
<td>11:00am</td>
<td>Rookie Basketball</td>
<td>3-5</td>
<td>Further work on dribbling, passing and shooting skills in preparation for league play. 4-5 years old or placed by instructor recommendation.</td>
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**Questions?** Contact Nick Morelli at nmorelli@westfieldynj.org or x227

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WESTFIELD AREA YMCA • 908-301–YMCA (9622) • westfieldynj.org • 📷 westfieldareaymca
WINTER BASKETBALL LEAGUES

Basic skills and game play are taught in these co-ed, instructional leagues. Schedules are available once registration ends. Registration closes when maximum capacity is reached or on date listed. Season is 1/3-2/26. Register by 12/14 unless noted.

KINDERGARTEN BASKETBALL LEAGUE
Players are introduced to fundamentals, team play, and sportsmanship. First portion is practice with remaining time for game play.
50 min. on Sunday between 11:00am-6:00pm.

1st GRADE BASKETBALL LEAGUE
Boys and girls learn basketball skills, team play, and sportsmanship.
50 minute practices between 2:00-6:00pm on Saturday or between 9:00am-12:00pm on Sunday. 1 hour games at 6:00pm or 7:00pm on Tuesday and Thursday (Wednesday if needed).

2nd GRADE BASKETBALL LEAGUE
Structured team play and man-to-man defense allow athletes to better adapt to the flow of the game. Teams are formed after evaluations.
50 min. practice Saturday between 2:00-5:00pm and 1 hour game Tues. or Thurs. at 6:00 or 7:00pm.

NEW! REC BASKETBALL
Age 10-14 years
Players practice for the first 30 minutes and then are split into teams to play a game for the remaining time.
5:00-6:15pm, Friday

WARRIORS CO-ED MINI-TRAVEL BASKETBALL LEAGUE
Grade 3-4
Teams practice 75 minutes on Wednesday nights in the Main Y Gym. Home games, away games, and playoffs are played on weekends in a co-ed league of YMCAs and other youth programs. Games are four eight-minute quarters with substitutions every four minutes. Season is December-March. Register by 11/16.

EXTRAORDINARY PARTIES

There are TWO choices at the Y for event planning! The Complete Package is just that...we handle everything so you can enjoy your own 90-minute party including set up, clean up, tableware, candles, and music—not to mention we will decorate and provide & serve pizza, cupcakes, and juice boxes for each guest. Our staff will run and supervise a game, organized sport, or craft of your choice and we include our basic inflatables. Popular add-ons include our largest inflatables or a swim party! A DIY Package is also available and includes a game, organized sport, or craft of your choice managed and supervised by our staff.

Contact Jeff Macleod at x248 or jmacleod@westfieldnj.org for more information and to reserve your party date!
The Westfield Area YMCA continues to adapt to the changing needs of our families and strictly adheres to health and safety protocols for our facilities and programs.

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:** Child Care: Eileen Rooney · x134 · erooney@westfieldynj.org  
Preschool: Tracy McSweeney · x423 · tmcsweeney@westfieldynj.org

**Garwood:** Child Care, Preschool:  
Shannon Jackson · x610 · smcgillis@westfieldynj.org

FULL DAY KINDERGARTEN

The 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 starts at 7:30am and aftercare until 6:00pm is available for an additional fee.

**Westfield:** Tracy McSweeney · x423 · tmcsweeney@westfieldynj.org

KINDERGARTEN WRAP AROUND

This is a stimulating and enriching 5-day/week theme-based morning program for children who attend afternoon half-day kindergarten in Westfield. Our 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 Lincoln School for their afternoon program.

**Westfield:** Melinda McHale · x273 · mmchale@westfieldynj.org

SCHOOL AGE

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 and Mountainside:** Melinda McHale · x273 · mmchale@westfieldynj.org  
**Garwood:** Shannon Jackson · x610 · smcgillis@westfieldynj.org
<table>
<thead>
<tr>
<th>Program</th>
<th>Example/Detail</th>
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<tr>
<td><strong>Sports Leagues</strong></td>
<td>Basketball, T-Ball</td>
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<td><strong>Open Gym</strong></td>
<td>Family, Youth, Teen, Adult Basketball</td>
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<td><strong>Sports Classes</strong></td>
<td>T-Ball, Soccer, Basketball</td>
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<td><strong>Flyers Track Club</strong></td>
<td>Developmental and Competitive</td>
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<td><strong>Lifeguard Training</strong></td>
<td>Includes CPR and First Aid</td>
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<td><strong>Racquetball</strong></td>
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<td><strong>Fitness Facilities</strong></td>
<td>Cardio, Strength (min. age varies/ room)</td>
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<td>Free Weight (min. age varies/room)</td>
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<td><strong>Gedman’s Black Belt Academy</strong></td>
<td>Tae Kwon Do Intro-5th degree</td>
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<td><strong>Summer Day Camp</strong></td>
<td>Traditional, Sports, Specialty, Leadership</td>
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<td><strong>Water Fitness</strong></td>
<td>Lap Swim, Fitness Classes</td>
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<td><strong>Fitness Classes</strong></td>
<td>Yoga, Pilates, Cardio, Strength</td>
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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.

WE ARE HIRING!
PART–TIME AND FULL TIME

Discover your passion and make a lasting difference in the lives of those around you.

LEARN MORE & APPLY!

SENIOR DAY
Wednesday
November 30
Open House Classes
Program Spotlights

see page 3 for details