A group of diverse children are in a swimming pool, leaning on a white lane divider. They are smiling and looking towards the camera. The pool water is blue, and the lane divider is white with black lines. The background shows a tiled pool deck and some pool equipment.

# FALL 2 2023 SESSION GUIDE

October 29–December 23

Priority Registration for Full Members  
begins 9:00am Thursday, October 12

Registration for Basic & Non-Members  
begins 9:00am Monday, October 16



1923 YEARS OF IMPACT 2023  
**100**

WESTFIELD AREA YMCA



**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 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 & pickleball
- Open family swim & gym

### MEMBERSHIP CATEGORIES

FAMILIES	INDIVIDUALS	SENIORS
One or two adults with children up to age 26 living in same household	<ul style="list-style-type: none"> <li>• Youth</li> <li>• Teen</li> <li>• College</li> </ul>	<ul style="list-style-type: none"> <li>• Young Adult</li> <li>• Adult</li> <li>• Senior</li> </ul>
		<ul style="list-style-type: none"> <li>• Individual</li> <li>• Family</li> </ul>

Amenities may be based on membership category, ask 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 x228**

## BUDDY UP!

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

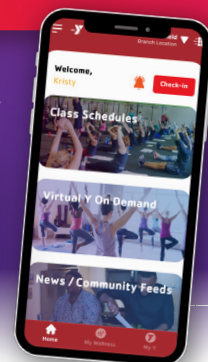
Visit our website for more details.



**WE'RE OPEN ON  
THANKSGIVING DAY!  
6:00am-Noon**



**DOWNLOAD OUR  
APP FOR SCHEDULES,  
EVENTS AND MORE!**



## MAIN Y FACILITY

**220 Clark Street, Westfield**

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

**Saturday  
6:00AM-8:00PM**

**Sunday  
7:00AM-6:00PM**

Parking: Street, Y Lot (Clark St.),  
or Ferris Pl. Lot

## 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

## COMING SOON: CRANFORD YMCA

See back cover

Membership questions? Contact Amanda Aguirre at [aaguirre@westfieldynj.org](mailto:aaguirre@westfieldynj.org) or x258



INVEST IN YOUR BEST SELF

## PERSONAL TRAINING

Available in packages of 5, 10 or 20 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 \$109!**

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



## BE A PART OF HISTORY. BE A PART OF TEAM CENTENNIAL

With a gift of \$100 or more, your name will appear on the Team Centennial display and be included in the time capsule to be put back into the building's cornerstone at the end of 2023.

LEARN MORE OR DONATE:



[westfieldynj.org/team-centennial](https://westfieldynj.org/team-centennial)

## 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 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

### HOURS:

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

**NEW! Saturday**  
8:45am-12:30pm

### FOR MORE INFO:

[westfieldynj.org/kids-club](https://westfieldynj.org/kids-club)



## 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](https://westfieldynj.org/job-opportunities)

FOLLOW US ON LINKEDIN!

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





# NEW! ADAPT-ABILITY

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

## COOKING AND GARDENING | Monday, 5:30-6:30pm

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. Location: Bauer Branch

## MINDFULNESS THROUGH MOVEMENT | Wednesday, 5:30-6:30pm

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

## GAME NIGHT! | Friday, 4:30-5:30pm

Have all sorts of fun playing various games including traditional board games and trivia quiz games! Location: Main Y Facility

**Interested? Please contact our Inclusion Coordinator prior to registering to ensure that we are able to accommodate the needs of the participant in the class:**

**Carly Kaplan: [ckaplan@westfieldynj.org](mailto:ckaplan@westfieldynj.org) or 908-301-9622 x406**

## CARLY KAPLAN INCLUSION COORDINATOR

Carly holds a B.A. in Psychology with a minor in music from Rutgers University and is currently working toward her Master's in Education with a concentration in Teaching Students with Disabilities. She currently works in the Cranford Public School District as a special education teacher. She leads the Y's Summer Inclusion Camp Program, holds a variety of yoga and social-emotional learning certifications and will oversee Adapt-Ability to support participants in achieving fun and successful experiences.



## HAPPENING FOR THE HOLIDAYS



### SWIM WITH SANTA!

**Saturday, December 16**

2:00-3:30pm

Dive into the holiday spirit with a 30-minute session splashing around with Santa and his elves! Parent/guardian must accompany child in the pool if under age 6 or unable to swim independently. \$25/child. **Register by 12/6.**



**An annual tradition since 1947!**



### 76th Annual CHRISTMAS TREE SALE

**Opens 11/25**

**Sat-Sun: 9am-6pm**

**Mon-Fri: 5-9pm**

**at the Elm St. Field in Westfield**  
(entrance on Walnut St.)

**SUPPORT A CAUSE AS YOU DECK THE HALLS!**

Proceeds benefit the Westfield Area YMCA and other local charities.

### ANGEL TREE

**Brighten a child's holiday by bringing Christmas cheer to a family in need!**

Each angel represents a child's Christmas wish. Select one and return your gift (unwrapped) to the tree by December 15.

Gift cards to supermarkets & department stores are especially appreciated!



Support the Strong Kids+ Annual Support Campaign this holiday season and receive a special 100 year anniversary Christmas ornament!

**\$10/Ornament**

Available beginning 11/15 at the Welcome Center.



# FITNESS CLASSES

## ALL CLASSES ARE INCLUDED WITH MEMBERSHIP

### MIND & BODY

#### CHAIR YOGA

Seated and chair-assisted standing movements improve balance and flexibility. Mindfulness and breathing techniques are taught to decrease stress, reduce insomnia and calm the nervous system. Discover the benefits of yoga without having to get up/down from a mat!

#### PILATES

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

#### POWER FLOW YOGA

50 min. of Ashtanga sequences are mixed with various flow asanas at a moderate to advanced exercise level followed by 25 min. of easy asanas that focus on stretching and relaxing 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

This Latin-inspired fun dance fitness party works your entire body!

### COMBO/HYBRID

#### CARDIO & STRENGTH

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

Timed segments of these 3 vital components of fitness. Keep yourself moving and your heart rate up while increasing cardio endurance and muscular and core strength.

#### CIRCUIT TRAINING

Full-body workout that involves resistance training, high intensity cardio and endurance training in a circuit format.

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

Challenge your cardio and endurance levels. Resistance, Intervals, Power, Plyometrics and Endurance training all in 1 hour!

#### 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!

### 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.

### 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.

#### BONE SMART

Stimulate and strengthen your bones with an interdisciplinary workout.

#### 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

Focus on basic functional movements using weights and other props to improve strength, flexibility and balance. Basic TRX exercises are also 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.

## FALL PREVENTION

Wednesday, November 15  
12:30-1:30pm, Main Y Facility

A FREE COMMUNITY EVENT!

A discussion about different strategies to help prevent falls, keep you safe and maintain your independence.

Presenter: Christina Miranda, PT, DPT  
(Board-Certified Neurologic Clinical Specialist)

**Lite/Low Impact classes are great for seniors!**

Questions? Contact Jean White at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org) or x246



# FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:25am <b>TOTAL BODY STRENGTH</b> Kate	6-6:45am <b>TOTAL BODY STRENGTH</b> Heidi	6-6:45am <b>CYCLE &amp; STRENGTH</b> Heidi	8-8:50am <b>TOTAL BODY STRENGTH</b> Jean	6-6:45am <b>CYCLE &amp; STRENGTH</b> Heidi	9-9:50am <b>KICKBOXING</b> Natalie	8:15-9:15am <b>CYCLE &amp; STRENGTH</b> Stew
10:45-12pm <b>POWER FLOW YOGA</b> Karim	9-9:50am <b>CARDIO/ STRENGTH/ CORE INTERVALS</b> Jean	8-8:50am <b>LITE TOTAL BODY FITNESS</b> Lilian	9-9:50am <b>CARDIO &amp; STRENGTH</b> Natalie	8-8:50am <b>LITE TOTAL BODY FITNESS</b> Lilian	10:10-11am <b>YOGA</b> Heather	9:45-10:45am <b>R.I.P.P.E.D.</b> Jenny
	10:10-11am <b>YOGA</b> Liz	9-10am <b>CYCLE, STRENGTH &amp; ABS</b> Jackie	9:10-10am <b>CHAIR YOGA •</b> Madeline	9-9:50am <b>STRENGTH &amp; TRX</b> Jean	11:15am-12:05pm <b>LITE, CARDIO STRENGTH &amp; BALANCE</b> Jenny	10:10-11am <b>YOGA •</b> Heather
	11:15am-12:05pm <b>FUNCTIONAL STRENGTH, BALANCE &amp; BASIC TRX</b> Jean	10:30-11:15am <b>PILATES</b> Jean	10:10-11am <b>YOGA</b> Madeline	9-9:50am <b>ZUMBA! •</b> Peggy	6-6:55pm <b>YOGA</b> Ranji	11am-12pm <b>BARRE</b> Jolene
	12:30-1:25pm <b>TRX</b> Jean	11:30am-12:20pm <b>DELAY THE DISEASE SIT 'N BE FIT!</b> Jean	11:15am-12:05pm <b>LITE, CARDIO STRENGTH &amp; BALANCE</b> Betsy	10:10-11am <b>PILATES</b> Christina/Jean	<div> <b>Located in Weldon Room unless noted:</b>                      • = Kellogg Rm                 </div>	
	6-6:50pm <b>CARDIO/ STRENGTH/ CORE INTERVALS</b> Jackie	5:45-6:40pm <b>CIRCUIT TRAINING</b> Michelle	12:30-1:25pm <b>TRX</b> Jenny	11:15am-12:05pm <b>DELAY THE DISEASE SIT 'N BE FIT!</b> Jean		
	7-7:55pm <b>CYCLE &amp; STRENGTH</b> Erin	6:50-7:45pm <b>ZUMBA!/DANCE FITNESS</b> Natalie	6:15-7pm <b>SPIN</b> Andy	11:30am-12:20pm <b>BONE SMART •</b> Myriam	<div> <b>Zoom options are available for a number of classes!</b>  <b>SCAN TO VIEW</b>  </div>	
		7:20-8:10PM <b>YOGA •</b> Sandeep	7:10-7:40pm <b>RUMBLE/ KICKBOXING</b> 7:40-8:10pm <b>&amp; STRENGTH</b> Jenny	6-6:55pm <b>CYCLE &amp; STRENGTH</b> Stew		
				7:35-8:35pm <b>BALLET</b> 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](mailto:jwhite@westfieldynj.org) or x246

**Current schedules available on our website and app!**



# ADULT SWIM & WATER EXERCISE

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	Shallow Water Cardio, Strength & Core Circuits	Colleen
TUE		
10:30am	Ai Chi	Beth
7:30pm	Shallow Water Cardio, Strength & Core Circuits	Christine
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	Shallow Water, Cardio, Strength & Core Circuits •	Beth
11:30am	<b>NEW!</b> Aqua Yoga	Andrea
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 included with membership.

## Y LIFEGUARD TRAINING December 26, 27, 28 | 10am-5pm

Earn the knowledge and skills to be a certified lifeguard and professional rescuer! Course is for ages 16+ and passing a free physical skills test by one week prior to the course is required before registering.

Join our aquatics staff and receive 80% reimbursement of course fees after 60 days of employment!

### AI CHI

Deep breathing and slow continuous movements improve balance, flexibility, and strength in relaxing shallow warm water. Combines Tai Chi, Qigong and Watsu techniques.

### ARTHRITIS AQUATIC EXERCISE

This Aquatic Exercise Association/Arthritis Foundation class in shallow water integrates gentle exercises to enhance functional movement, balance, flexibility and range of motion.

### AQUA LITE DEEP

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 SHALLOW/DEEP

Engage in a medium-intensity, full body workout in water, utilizing a mix of cardio & strength exercises, use of water properties and resistance equipment to improve strength and cardiovascular capacity.

### NEW! AQUA YOGA

Unite body, mind and spirit through breath, movement and meditation in supportive and shallow water. Creates self regulation and resilience in the nervous system.

### LET'S HIIT IT!

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

### 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.



### SHALLOW WATER CARDIO, STRENGTH & CORE CIRCUITS

This cooler water, higher level class utilizes a variety of equipment for all over strength and suspension work to target your core.

### HEART SMART: HEART PUMPING CARDIO

This high-intensity shallow water class utilizes intervals and the resistance of water for full-body exercises, elevating heart rate and enhancing overall fitness.

### CARDIO CORE

A challenging mix of cardiovascular endurance work and core strengthening and stabilizing exercises. Buoyancy belt provided.

### CARDIO, STRENGTH & ENDURANCE SHALLOW

All over cardio, toning and conditioning class uses the resistance of the water to provide a full body workout.

## 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 9:30am (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)**

Questions? Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kim Koza-Baird at kkoza@westfieldynj.org or x 253



# TEEN PROGRAMMING & EVENTS

## 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 alternate Wednesdays 7:00-8:00pm 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 high school students in Union County. A teen membership is included. **Meets at the Main Y Facility.**

Questions? Contact Erica Smith at [esmith@westfieldynj.org](mailto: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 at the high schools.

## MODEL UNITED NATIONS | Grades 9-12

An academic simulation of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of their assigned country. Runs in conjunction with Westfield HS and Cranford HS.

## TABLETOP GAMING | Grades 6-12

Explore strategy card games like Magic: The Gathering, Pokémon and Dominion, complex cooperative strategy games like Pandemic, Gloomhaven, and Sonar, fun adventures like Ticket to Ride: European Edition, and combat board games like classic Risk and Stratego. \$65 fee for 8-week session (**FREE** for Middle School Initiative Participants). **Meets Tuesdays 7:00-9:00pm at the Main Y Facility.**

## NEW! 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. 8-week session begins November 7. **Meets Tuesdays 4:00-5:00pm at the Main Y Facility.**

## FRIDAY NIGHT SPECIAL EVENTS | Grades 6-11

A fun night for teen members and the community featuring various activities. Registration and waiver are required ahead of time. \$10 to participate (**FREE** for Middle School Initiative Participants).

**Ultimate Dodgeball:** 11/3

**3v3 Basketball Tournament:** 11/17

**Open Mic Night:** 12/8

**DIY & De-Stress (craft night):** 12/15

## TEEN TRIP

### AQUATOPIA INDOOR WATERPARK

Thursday, November 9

Throw it back to summer during the cold of November! Make a splash at Camelback Resort's famous indoor (and heated!) waterpark. We'll gather at the Main Y Facility at 8am and return around 5pm. Fee includes ticket, lunch, transportation and Y chaperones (\$160).

- For grades 6-11
- Open to non-Y members
- Registration and completed waiver required by October 30



## 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 unique program opportunities that help aid the pivotal 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.

### POP-UP FITNESS CLASSES

#### Intro to Free Weights

October 28, 12:30-1:15pm

Learn functional movements using resistance such as dumbbells, kettlebells and resistance bands.

#### Intro to Strength Machines

November 11, 1-1:45pm

Guided by personal training staff members, learn how to properly use each of the machines in the strength training room.

#### Circuit Training

December 2, 12:30-1:15pm

A circuit-style full body workout that combines resistance training, high intensity cardio and endurance exercises.

### REGISTER NOW at the Main Y Welcome Center!

Proof confirming child's status as a middle schooler (report card, school ID, etc.) required at time of registration.

Questions? Contact Jeff Macleod at [jmacleod@westfieldynj.org](mailto: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

**Child Care:** Early Learning Center YMCA

Eileen Rooney, x134 or [erooney@westfieldynj.org](mailto:erooney@westfieldynj.org)

**Preschool:** Robert and Virginia Bauer Family Branch YMCA

Tracy McSweeney, x423 or [tmcsweeney@westfieldynj.org](mailto: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 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](mailto: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. 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](mailto:mmchale@westfieldynj.org)

**NEW! CRANFORD | Cranford Community Center**

Shannon Jackson x610, [smcgillis@westfieldynj.org](mailto:smcgillis@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**

Melinda McHale, x273, [mmchale@westfieldynj.org](mailto:mmchale@westfieldynj.org)

**GARWOOD**

Shannon Jackson, x610, [smcgillis@westfieldynj.org](mailto:smcgillis@westfieldynj.org)

## FAMILY FUN!



### BOUNCING BONANZA!

Friday, November 10

9–10:30am OR 10:45am–12:15pm

Enjoy some indoor family fun with our incredible inflatables! Enjoy arts & crafts when taking a break from the jumping fun. Open to members and the community. \$20/child (ages 2+). Register online or at the Welcome Center.

### FAMILY YOGA NIGHT

Friday, November 17, 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.



## EXTRAORDINARY PARTIES

We make every celebration count!

**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.

**POOL PARTIES ARE ALSO AVAILABLE!**

Contact Jeff Macleod at [jmacleod@westfieldynj.org](mailto:jmacleod@westfieldynj.org) or x248 for more details and to reserve your date.

## CLOTHING DRIVE

Wednesday, 10/18, 7:30am–3:30pm

Drop off: Bauer Branch Parking Lot

**Accepted items:** Clothes, shoes, belts, handbags, comforters, towels, sheets, bedding, curtains, stuffed animals, bikes, strollers & more.  
No items are accepted before or after the drop-off window. Visit our website for more info.



# 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

**NO CLASSES AFTER 3PM ON HALLOWEEN (TUE, 10/31). NO CLASSES ON THANKSGIVING (THU, 11/23).**

## 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)
THU	9am	4:40pm	
FRI	1:30pm	4:40pm	6:25pm
SAT	9:15am	10:25am	12:45pm

## STAGE 3: WATER STAMINA (3-12 yr)

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. 3-6 yr unless noted.

SUN	9:45am	11:30am		
TUE	9am	2pm	4:05pm (3-6, 6-12)	
WED	1:30pm	4:05pm	4:40pm	5:15pm (6-12)
THU	3:30 (3-6)	5:15pm		
FRI	1:30pm	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	7:10pm (6-12)	6:35pm (6-12)
THU	11am	4:05pm (6-12)	4:40pm	11am
FRI	5:50pm	7pm (6-12)		
SAT	11am	11:35am (6-12)	12:10pm	



**SWIM WITH SANTA!**

See page 4 for more details.



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

# YOUTH AQUATICS

## 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)
THU	5:15pm (5-8)	5:50pm
FRI	5:15pm (5-8)	5:15pm (8-12)
SAT	10:25am (5-8)	11:35am (8-12)

\* Wallace Pool, 30 min.

## 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) » •

## STAGE 6: STROKE MECHANICS (5-12 yr)

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.

SUN	9am (5-8)	9am (8-12)
MON	5pm (5-8)	
WED	5:50pm (8-12)	
THU	5:50pm (5-8)	



## 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:**  
10/29, 11/5, 11/19, 12/3, 12/17

Questions? Contact Rob Faggiano at [rfaggiano@westfieldynj.org](mailto:rfaggiano@westfieldynj.org) or x276 or Kim Koza-Baird at [kkoza@westfieldynj.org](mailto:kkoza@westfieldynj.org) or 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 (our Dryland Program)

More information available at [wydevilfish.org](http://wydevilfish.org)

Questions? Contact Meghan Myers at [mmyers@westfieldynj.org](mailto:mmyers@westfieldynj.org) or x263



# 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.

## EXTENDED CROSS COUNTRY DISTANCE TRAINING

November 1-20

Athletes will learn the fundamentals of distance running and techniques unique to off-track running. More experienced athletes will build on the fundamental skills through conditioning and in-depth training. Location: Oak Ridge Park

### DISTANCE (10-15 yr)

Mon, Fri 4-5pm

### DISTANCE PLUS

Mon, Fri 4-5pm

Wed 5-6:30pm

## WINTER CONDITIONING

November 27-December 22

Prepare for the track and field season with off-season training led by Flyers coaches and personal trainers. Engage in core exercises, cardio drills, plyometrics and strength training. Location: Main Y Gym

7-10 yr Mon, Fri 5:30-6:15pm

11-15 yr Mon, Fri 6:20-7:20pm

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

# DANCE ACADEMY

Dance is under the direction of Mariana 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. Joining a class after session begins may be possible if space allows. Current session ends December 21. All classes are in the Main Y Kellogg Room.

## DANCE WITH ME!

Children alongside their caregiver explore the wonders of dance with creative movement using props and themes.

## LITTLE MOVERS

Children are introduced to the wonders of dance through creative movement! Develop motor skills by incorporating props and themes. Students must complete this class before Mini-level.

DAY/TIME	CLASS	AGE
<b>TUESDAY</b>		
4-4:45pm	Acro 1	4-6
5-6pm	Acro 2	6-8
6:10-7:10pm	Musical Theater	8-13
<b>THURSDAY</b>		
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
<b>SATURDAY</b>		
8:15-9am	Little Movers	3-5
9:10-9:55am	Ballet/Tap Mini 1	4-6
10:05-11:05am	Jazz/Hip Hop Mini 2	6-8
11:15am-12:15pm	Jazz/Hip Hop Novice	9-12

## BALLET AND TAP

Learn proper ballet technique with correct alignment. Musicality and terminology introduced. In Tap, develop coordination, a sense of time and basic tap vocabulary.

## BALLET AND JAZZ

Learn proper ballet technique with correct alignment. Musicality and terminology introduced. Experience various jazz styles with an emphasis on basic technique including isolations, turns and jumps.

## 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.

## HIP HOP/COMMERCIAL DANCE

Commercial dance, sometimes called "new style," is the kind of hip-hop dance performed in music videos, TV and films. Includes elements of different genres such as jazz, hip-hop, street dance and music theater.

## NEW! BALLET AND MODERN

Gain strong technique through barre and center work while learning ballet terminology. Modern dance elements such as contractions, suspensions, falls and recovery, skips and leaps are explored and adapted to each level. Ballet shoes required.

## NEW! ACRO

Combines classical dance technique with precision acrobatic elements. Learn flexibility, balance, strength, muscle control, discipline and concentration. Defined by its athletic character, unique choreography and its use of acrobatics in a dance context.

## NEW! MUSICAL THEATER

Expand your stage presence and performance techniques through singing, acting and dancing. Learn classical vocal techniques, develop improvisational skills and perform choreography from Broadway shows. Jazz shoes required.



Questions? Contact Marianna Tsartolia at mtsartolia@westfieldynj.org

# 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.

**NO CLASS: November 18 (Tournament) or December 9 (Rank Testing)**

- 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

Monday	Wednesday	Thursday	Saturday
<b>Protech</b> 6:45-7:30pm	<b>White-Yellow</b> 5:30-6:30pm	<b>Black</b> 6-7:30pm	<b>Adult</b> 8:30-9:30am
<b>Adult</b> 7:30-8:30pm	<b>Camo-Blue</b> 6:30-7:15pm	<b>Legacy/ Leadership</b> 7:30-8:30pm	<b>Intro</b> 9:30-10am
	<b>Brown-Red/Black</b> 7:15-8pm		<b>Camo-Blue</b> 10-10:45am
	<b>Adult</b> 8-9pm		<b>Brown-Red/Black</b> 10:45-11:30am
			<b>White-Yellow</b> 11:30am-12:30pm
			<b>Black</b> 12:30-1:30pm



## 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.

### 1ST GRADE BASKETBALL

Players learn the basics of the sport through fun drills.

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

### 2ND & 3RD GRADE GIRLS BASKETBALL

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

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

### MVP SPORTS SAMPLER

Enhance basic understanding of each sport and continue to progress through new drills.

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

### DEVELOPMENTAL BASKETBALL

Develop basketball skills through drills. Game play introduced.

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

### MVP SOCCER

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

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

### 2ND & 3RD GRADE BOYS BASKETBALL

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

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

### ROOKIE SPORTS SAMPLER

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

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

### ROOKIE SOCCER

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

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

### 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 10-10:45am**

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

### JUNIOR BASKETBALL

Further work on dribbling, passing and shooting skills in preparation for league play. 4-5 years old or placed by instructor recommendation.

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



Questions? Contact Nick Morelli at [nmorelli@westfieldynj.org](mailto:nmorelli@westfieldynj.org) or x227



# BASKETBALL CLINICS

Prepare for our Winter Basketball Leagues by building on fundamental skills that are then used in guided game-play situations. Players learn the basics of passing, shooting, dribbling and defense.

PROGRAM	CLINIC DATE	DAY/TIME	LOCATION
Kindergarten Coed	11/5-11/26	Sunday, 1-4pm	Bauer
1st Grade Coed	11/5-11/26	Sunday, 10am-1pm	Bauer
2nd Grade Coed	11/7-11/28	Tuesday, 5-5:50pm	Main Y
3rd-4th Grade Boys	11/7-11/28	Tuesday, 6-7pm	Main Y
3rd-5th Grade Girls	11/7-11/28	Tuesday, 6-7pm	Main Y



# 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. Located in the Main Y Gym unless noted.

## KINDERGARTEN

Season: 1/7-2/18

Players are introduced to fundamentals, team play, and sportsmanship. First portion is practice with remaining time for game play. 50 minutes on Sunday between 1-6pm. Located at the Bauer Branch Gym.

## 1ST GRADE

Season: 1/2-2/22

Boys & girls learn basketball skills, team play and sportsmanship.

## BOYS LEAGUE

50 minute practice on Saturday between 12-7pm. 1 hour game weekly on Tuesday or Thursday at 6pm. May take place at either the Main Y or Bauer Branch Gym.

## NEW! GIRLS LEAGUE

50 minute practice on Sunday between 9am-1pm. 1 hour game weekly on Tuesday at 6pm or 7pm. Located at the Bauer Branch Gym.

## 2ND GRADE (COED)

Season: 1/2-2/22

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 minute practice on Saturday between 2-4pm. 1 hour game weekly on Tuesday or Thursday at 7pm. **Evaluation Day:** Saturday, 12/9, 2-3:15pm



Interested in volunteer coaching Kindergarten or 1st and 2nd grade leagues? Contact Nick Morelli at [nmorelli@westfieldynj.org](mailto:nmorelli@westfieldynj.org).



## 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. **Season is December-March. Register by 11/15.**

### BOYS

Grades 3-4

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

### GIRLS

Grades 3-5

Practice on Friday 4-5:15pm



Questions? Contact Nick Morelli at [nmorelli@westfieldynj.org](mailto:nmorelli@westfieldynj.org) or x227

# PROGRAMS AND SERVICES AVAILABLE BY AGE

		Age																		
Program	Example/Detail	< 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	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	x				
Dance Classes	Ballet, Tap, Jazz			x	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	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	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)  
westfieldynj.org  

NON-PROFIT ORG.  
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RAHWAY, NJ  
PERMIT NO. 619

## 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.



## CRANFORD YMCA

IN PARTNERSHIP WITH THE TOWNSHIP OF CRANFORD

### FEATURING:

- Fully renovated fitness center with over 50 new pieces of cardio/strength equipment, free weights and a stretching area
- Swim Lessons, Water Exercise and Lap Swim
- Upgraded Locker Rooms
- Multi-purpose space

## OPENING LATE 2023



westfieldynj.org