



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WESTFIELD AREA YMCA

WINTER 2024 SESSION GUIDE

January 2–February 24

Priority Registration for Full Members begins 9:00am Thursday, December 14
Registration for Basic & Non-Members begins 9:00am Monday, December 18

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
- **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

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

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.



NATIONWIDE MEMBERSHIP

Enjoy access to participating YMCAs across the United States!

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

NEW YEAR'S EVE: Open-6:00pm

NEW YEAR'S DAY: 10:00am-4:00pm

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

OPENING SOON!

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

HOLIDAY HAPPENINGS

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 or guardian must accompany child in the pool if under age 6 or unable to swim independently. \$25/child benefits the Strong Kids+ Annual Support Campaign.



Limited Edition Holiday Ornaments are available now at the Welcome Center!

\$10/ornament

Contribution benefits the Strong Kids+ Annual Support Campaign

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 18.



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

Tuesday, 4:30-5:15pm

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

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 or 908-301-9622 x406

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 members
- 2 hour max. for ages 2yr+ and 1.5 hour max. for 18mo.- 2yr

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

Saturday
8:45am-12:30pm

FOR MORE INFO:
westfieldynj.org/kids-club



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 \$119!

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

BOUNCING BONANZA!

Monday, January 15

9-10:30am OR 10:45am-12:15pm

Holiday JUMP is back with an exciting new name! Enjoy all of the same 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+) benefits the Strong Kids+ Annual Support Campaign. Register online or at the Welcome Center.



BLOOD DRIVE

Monday, January 29

1-6pm, Main Y Facility

Giving blood saves lives!

Register online at
redcrossblood.org.



**American
Red Cross**



IN MY CAMP ERA

SUMMER DAY CAMPS

We're looking forward to another amazing summer in our Camp Era! Are you ready for it?

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. and Leadership programs
- One week sessions or all summer long
- Full-day, Half-day and extended day
- Indoor and Outdoor
- Locations based in Cranford, Westfield, and Mountainside

EARLY BIRD SPECIAL

Pay in full for camps and get a 10% discount. Not valid for Before Care or After Care. Offer is valid online or in-person 1/4-1/21 only.

REGISTRATION

- Priority registration for Family Members begins January 4
- Registration for Basic & Non-Members begins January 8

LEARN MORE ABOUT CAMP:

OPEN HOUSE

SATURDAY, JANUARY 6

10am-12pm, Main Y Facility



SCAN OR SEARCH:
westfieldynj.org/camp



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.

**CURRENT SCHEDULES
AVAILABLE ON OUR
WEBSITE & APP**

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.

**All classes are
included with
membership!**

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!

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> Located in Weldon Room unless noted: • = Kellogg Rm </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> Zoom options are available for a number of classes! SCAN TO VIEW  </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.

SHALLOW WATER CARDIO, STRENGTH & CORE CIRCUITS

This shallow 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.

CARDIO CORE

A challenging mix of cardio endurance and core strengthening and stabilization exercises. Buoyancy belt provided to assist with proper alignment.

CARDIO, STRENGTH & ENDURANCE SHALLOW

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



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	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	Shallow Water Cardio, Strength & Core Circuits •	Beth
11:30am	Aqua Yoga	Andrea
8pm	Shallow Water Cardio, Strength & Core Circuits	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.

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



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)

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

YOUTH/TEEN PROGRAMS & EVENTS

SKI/SNOWBOARD TRIPS

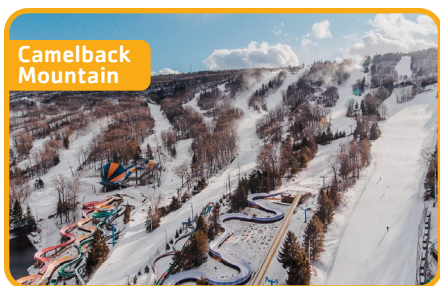
Grades 6-12

Available to members and the community! Fee includes lift ticket, coach bus, and Y staff chaperones. Friday trips leave from Edison & Roosevelt Schools at 3pm and return at midnight. Weekend trips leave at 6am and return at 7pm.

Friday, January 26: Camelback, PA

Friday, February 16: Blue Mountain, PA

Sunday, March 10: Belleayre Resort, NY



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 WELCOME CENTER!

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

LEADERS CLUB

Grades 6-12

A club for Y teen members committed to making a difference both locally and globally. Leaders volunteer at the Y and in the community. \$30 fee for the school year (**FREE** for Middle School Initiative Participants). **Meets alternate Wednesdays 7-8 pm at the Main Y.**

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 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. **Meetings begin at the high schools in January.**

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. Offered in an 8-week session. **Meets Tuesday 4-5 pm at the Main Y.**

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). **Held on Tuesday 7-9 pm at the Main Y.**

FRIDAY NIGHT SPECIAL EVENTS

Grades 6-12

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

January 19: Pickleball Doubles Tournament

February 9: Ultimate Dodgeball Pickup

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

Child Care: Early Learning Center YMCA

Eileen Rooney, x134 or erooney@westfieldynj.org

Preschool: Robert and Virginia Bauer Family Branch YMCA

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

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

GARWOOD

Shannon Jackson, x610, smcgillis@westfieldynj.org

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



FOLLOW US ON LINKEDIN!

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

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



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)
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 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	1:30pm	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	11am	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)
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

Questions? Contact:

Rob Faggiano at rfaggiano@westfieldynj.org (x276), Kim Koza-Baird at kkoza@westfieldynj.org (x253), or Kayla Spinelli at kspinelli@westfieldynj.org

YOUTH AQUATICS

• = 40 min., Rooke Pool » = 40 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	5:50pm (5-8)

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:

1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18



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

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

Questions? Contact:

Rob Faggiano at rfaggiano@westfieldynj.org (x276), Kim Koza-Baird at kkoza@westfieldynj.org (x253),
or Kayla Spinelli at kspinelli@westfieldynj.org

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.



WINTER CONDITIONING

January 5-February 23

Prepare for the track and field season with off-season training led by Flyers coaches and personal trainers. Focus on core work, cardiovascular drills, plyometrics, speed, and strength work. 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 malmeyda@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. Dance session is 1/2-6/22. There is a June performance. Dance with Me and Little Movers are offered in a 13-week session (1/2-3/30).

DAY/TIME	CLASS	AGE
TUESDAY		
4-4:45pm	Acro 1	4-6
5-6pm	Acro 2	6-8
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
9:10-9:55am	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

DANCE WITH ME!

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

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.

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 choreography from Broadway shows.

Visit the Dance Academy webpage to view proper attire for each class.

Questions? Contact Marianna Tsartolia at mtsartolia@westfieldynj.org



SPRING 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 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.

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.

**T-BALL REGISTRATION
IS OPEN NOW!**

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

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 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: 2/24 (Tournament)

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 7:30-8pm		Camo-Blue 10-10:45am
			Brown-Red/Black 10:45-11:30am
			White-Yellow 11:30am-12:30pm
			Black 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.

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

MVP SPORTS SAMPLER

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

5-7 yr Tue 4-4:45 pm

2ND & 3RD GRADE GIRLS BASKETBALL

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

7-9 yr Tue 5-5:45 pm

JUNIOR SOCCER

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

4-5 yr Wed 4-4:45 pm

DEVELOPMENTAL BASKETBALL

Develop basketball skills through drills. Game play introduced.

6-8 yr Thu 4-4:45 pm

6-8 yr Thu 5-5:45 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

JUNIOR BASKETBALL

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

4-5 yr Sat 9-9:45 am

4-5 yr Sat 11-11:45 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



NEW!

INTRO TO CHESS

Ages 6-11

Looking for a new hobby? This program is perfect for kids 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

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 start 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 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 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 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.

Questions? Contact Adrian Sanchez at asanchez@westfieldynj.org or x239 for Kindergarten & 1st Grade Leagues and Nick Morelli at nmorelli@westfieldynj.org or x227 for 2nd Grade Leagues.

Please contact us if you are interested in volunteer coaching!



SPRING 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.



BOYS

Grades 2-3

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

Grades 4-5

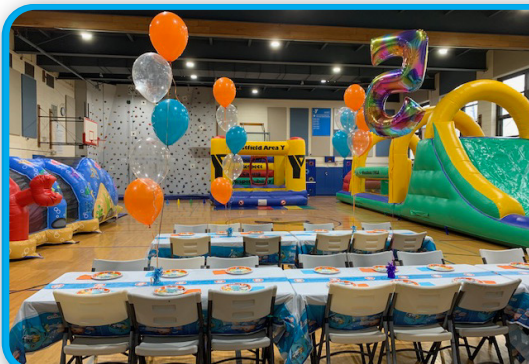
Practice on Wednesday
5-6:15pm or 6:15-7:30pm

GIRLS

Grades 3-5

Practice on Wednesday
5-6:15pm

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



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.

POOL PARTIES ARE ALSO AVAILABLE!

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

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)

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.

IT'S BACK!

POP-UP SPIRIT STORE

February 14–March 31

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.

WE'RE OPEN NEW YEARS DAY

10:00am–4:00pm

**First 400 members to come in
will receive a special New Years
Day Giveaway Item!**