



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTFIELD AREA YMCA Spring 2 2024 Session Guide

April 21-June 22



**Priority Registration for Full Members
begins 9:00am Thursday, April 4**

**Registration for Basic & Non-Members
begins 9:00am Monday, April 8**



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

Find what moves you. Find your Y.

Main Y Facility

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

Classes, Programs and Services

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

Membership

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

MEMBERSHIP CATEGORIES

Family

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

Individual

Youth, Teen, College, Young Adult, Adult, Senior

Senior

Individual, Family

NATIONWIDE MEMBERSHIP

Enjoy access to participating YMCAs across the United States!

Financial Assistance

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

Questions? Contact Susan Morton at smorton@westfieldynj.org or x228.

Questions about Membership?

Contact Amanda Aguirre at aaguirre@westfieldynj.org or x258



MAIN Y FACILITY

220 Clark Street, Westfield

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

Saturday
6:00AM-8:00PM

Sunday
7:00AM-6:00PM

HOLIDAY HOURS

CLOSED MEMORIAL DAY (May 27)

ADMINISTRATIVE SUPPORT OFFICES

111 Ferris Pl., Westfield

ROBERT & VIRGINIA BAUER FAMILY BRANCH YMCA

422 East Broad St., Westfield

EARLY LEARNING CENTER YMCA

170 Elm St., Westfield

GARWOOD FAMILY CENTER YMCA

500 East St., Garwood

CRANFORD YMCA

401 Centennial Avenue, Cranford

DOWNLOAD OUR APP
FOR SCHEDULES,
EVENTS AND MORE!



PERSONAL TRAINING

Packages of five, ten, or twenty sessions for 30, 45, or 60 min.

Our skilled and supportive personal trainers are excited to get you in shape and feeling great! We're here help you to 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.



KIDS CLUB

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

MONDAY-FRIDAY

8:45am-1:30pm

SATURDAY

8:45am-12:30pm

- 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 (peanut free)
- FREE for Gold members; fee for Silver
- 2 hour max. for ages 2yr+ and 1.5 hour max. for 18mo.- 2yr

Visit westfieldynj.org/kids-club to learn more.

ADAPT-ABILITY

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

Cooking and Gardening

Monday, 5:30-6:30

Find out how fun and rewarding it can be to care for a garden! Then try out some delicious and nutritious recipes for snacks and simple dishes using ingredients that are grown in gardens. [Located at the Bauer Branch.](#)

Chair Yoga

Wednesday, 5:30-6:15pm

With the support of a chair, move through a series of focused movements, stretches and yoga postures to help promote mindfulness, movement, and general well-being. [Located at the Bauer Branch.](#)

Game Night

Friday, 4:30-5:30pm

Game Night is a great way to start your weekend! Catch up with friends and share some laughs playing the game of the night. Each week will highlight a different game: Trivia, Uno, Trouble, and BINGO are all on the list. [Located at the Main Y Facility.](#)

NEW! Walk-A-Marathon: Adapt-Ability Friendly!

See page 5 for details.

SPECIAL EVENT! Pop-Up Fitness Class

Wednesday, April 17, 6-7pm

Main Y Facility, Kellogg Room

Open to the community: Enjoy fun, low impact movements, light weight training, and core exercises. In a circuit fitness format, rotate through timed segments of exercises that target cardio, strength, and core to foster overall, general fitness. Class is led by our Fitness Staff in partnership with our Inclusion Assistants, with the goal of providing a safe and successful opportunity for all! After your workout, take some time to cool down while talking with friends, old and new, and replenish with some healthy snacks. [Contact Carly Kaplan to register by 4/15.](#)

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

HEALTH & WELLNESS

FITNESS CLASSES

CLASSES ARE INCLUDED IN MEMBERSHIP!
View schedules in real-time online.

MONDAY

6-6:45am
Total Body Strength
Heidi

9-9:50am
Cardio/Strength/Core Intervals
Jean

10:10-11am
Yoga
Liz

11:15am-12:05pm
Functional Strength, Balance & Basic TRX
Jean

12:30-1:25pm
TRX
Jean

6-6:50pm
Cardio Strength/Core Intervals
Jackie

7-7:55pm
Cycle & Strength
Erin

TUESDAY

6-6:45am
Cycle & Strength
Heidi

8-8:50am
Lite Total Body Fitness
Lilian

9-10am
Cycle, Strength & Abs
Jackie

9-9:50am
Total Body Strength •
Kerry

10:30-11:15am
Pilates
Jean

11:30am-12:20pm
Delay The Disease Sit 'N Be Fit!
Jean

5:45-6:40pm
Circuit Training
Michelle

6:50-7:45pm
Zumba!/Dance Fitness
Natalie

7:20-8:10pm
Yoga •
Sandeep

WEDNESDAY

8-8:50am
Total Body Strength
Jean

9-9:50am
Cardio & Strength
Natalie

9:10-10am
Chair Yoga •
Madeline

10:10-11am
Yoga
Madeline

11:15am-12:05pm
Lite Cardio, Strength & Balance
Betsy

12:30-1:25pm
TRX
Jenny

6:15-7pm
Spin
Andy

5-5:45pm
Stretch & Roll
Chrissy

7:10-7:40pm
Rumble/Kickboxing
7:40-8:10pm
& Strength
Jenny

THURSDAY

6-6:45am
Cycle & Strength
Heidi

8-8:50am
Lite Total Body Fitness
Lilian

9-9:50am
Strength & TRX
Jean

9-9:50am
Zumba! •
Peggy

10:10-11am
Pilates
Christina/Jean

11:15am-12:05pm
Delay The Disease Sit 'N Be Fit!
Jean

11:30am-12:20pm
Bone Smart •
Myriam

6-6:55pm
Cycle & Strength
Stew

7:35-8:35pm
Ballet
Marianna

FRIDAY

9-9:50am
Kickboxing
Natalie

10:10-11am
Yoga
Heather

11:15am-12:05pm
Lite Cardio, Strength & Balance
Jenny

6:15-7:10pm
Yoga
Ranji

SATURDAY

8:15-9:15am
Cycle & Strength
Stew

9:45-10:45am
R.I.P.P.E.D.
Jenny

10:10-11am
Yoga •
Heather

11am-12pm
Barre
Jolene

11:10am-12pm
Yoga •
Heather

SUNDAY

9:30-10:25am
Total Body Strength
Kate

10:45-12pm
Power Flow Yoga
Karim

ADULT TAEKWONDO

See page 11 for info about Gedman's Black Belt Academy of the Westfield Area YMCA.

Classes are in Weldon Room unless noted:
• = Kellogg Room



Scan to view classes with Zoom option available

Questions about Fitness Classes?

Contact Jean White at jwhite@westfieldynj.org or x246

LITE/LOW IMPACT

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 and 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.

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!

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.

NEW! Stretch & Roll

Stretching techniques and the use of foam rollers are combined to help alleviate pain and tension in the muscles and fascia (myofascial release).

STRENGTH

TRX®

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

Total Body Strength

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

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

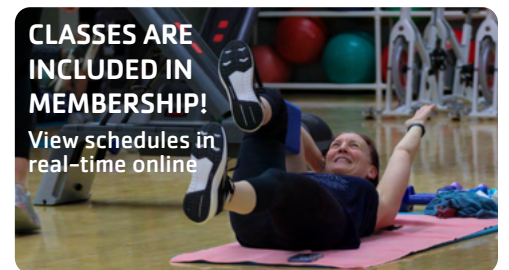
Circuit-style class blends high-intensity cardio, endurance and resistance training for a full-body workout.

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!



CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time online

NEW!

Walk-A-Marathon

6:45pm, Tuesdays

Lace up your sneakers and walk a marathon over the 9-week session. This program breaks down the iconic 26.2-mile distance into 3-mile outdoor walks. Registration required.

- Walks will take place across our service area of Cranford, Garwood, Mountainside and Westfield. Participants are responsible for their own transportation to each walking location.
- The first walking session (April 25) will depart from the Main Y Meeting spot will change each week.

NEW!

Introduction to Weight Training

Tuesday Group:

May 7, 14, 21, 28

Ages 18+ : 12:45-1:30pm

Ages 15-17: 5:45-6:30pm

Thursday Group:

May 9, 16, 23, 30

Ages 18+ : 5-5:45pm

Ages 15-17: 5:45-6:30pm

Build your foundation in fitness and discover your strength! Supervised by Y trainers, clinics consist of a 45-minute class each week that blend weights and strength equipment into one comprehensive 4-week program. Registration required.

HAPPENING AT THE Y

STRONG KIDS+ EVENTS

Thanks to the Strong Kids+ Annual Support Campaign, financial assistance is available for those with a bona fide financial hardship that live or work in our service area.

Proceeds from these events enable kids, families and seniors in need of financial assistance to participate in YMCA programs and memberships.

Spring Clothing Drive

Wednesday, April 24, 7:30am–3:30pm
Bauer Branch parking lot
422 E Broad St., Westfield

RAIN DATE: 4/25

- No items accepted before/after drop off times
- Accepted items: Clothes, shoes, belts, handbags, comforters, towels, sheets, bedding, curtains, stuffed animals, small toys (2 ft. or less), bikes, scooters and strollers. Shoes must be bagged separately.
- NOT accepted: Pots & pans, books, board games, sports equipment, electronics, glass, furniture, large toys, VCR tapes, outdoor play sets or appliances

Donut Glaze & Ceramic Craze!

Sunday, April 28, 9:00–11:00am
Fire Me Up Studio, 117 N Union Ave, Cranford

Join us at the studio where glazing goes beyond the kiln and into the world of doughy goodness! Combine creativity and sweetness to paint your very own ceramic donut. As you perfect your masterpiece, enjoy a delectable array of donuts to satisfy your sweet tooth!

- Open to the community ages 3+
- \$40 to participate (includes one ceramic, paint supplies and refreshments)
- Limited spots available. Registration will close when all spots are filled.
- Register online or at the Welcome Center

Fitness “Fun” Raiser Week

May 3–11

Week-long celebration includes “FUN”tastic special fitness classes and exciting raffles. Plus, bring a friend to try the Y for the whole week! Get a FREE month of membership if they join!

19th Annual Golf Classic

Monday, June 10

See back cover for more details.

COMMUNITY EVENTS

Fall Prevention

Wednesday, April 10, 12:30–2pm
Main Y Facility, Kellogg Room

A presentation on balance and flexibility practice. Outside of learning new exercises, discovering ways to prevent injury, lowering risk factors and emphasizing stability, you’ll walk away with a new outlook, establishing the framework for an enhanced quality of life.

Presented by team members from AmeriCare Physical Therapy in Garwood and Mountainside. **Free and open to the community.**

Mental Health Fair

Sunday, April 28, 11am–2pm
Bauer Branch, 422 E Broad St.

Sponsored by the Westfield Mental Health Council, the “Walk for C.A.K.E. (Compassion, Acceptance, Kindness, Empathy)” begins at 10:30am. The Mental Health Fair begins at 11:00am at the Bauer Family Branch YMCA and includes provider resources, child-friendly activities, presentations and interactive sessions. **Free and open to the community.**

Caregiver’s Guide to Elder Care

Wednesday, May 8, 6–7pm
Main Y Facility, Kellogg Room

Hear from speakers with expertise in the Senior Healthcare system and learn how to navigate options for your elderly loved ones. Topics include differences in Senior living communities and levels of care, home healthcare, services offered by Geriatric Care Managers, and legal documents for proper estate planning. **Free and open to the community.**

TRAINING COURSES

To register for a training course, contact Kayla Spinelli at kspinelli@westfieldynj.org or x253.

Basic Life Support (CPR) & First Aid

Learn or improve your knowledge and skill proficiency in high quality CPR and first aid skills for the adult, child and infant. **Open to the community ages 16+.**

Course requires the completion of the online training portion prior to an in-person practical skills session. Registration at least 3 weeks prior to an in-person session is recommended. In-person sessions are at Main Y Facility from 7–8:15pm on all of the following dates:

April:	May:	June:
4/11	5/2	6/6
4/18	5/9	6/13
4/25	5/16	6/20

Lifeguard Training

Gain the knowledge, skills and certification to be a lifeguard and professional rescuer! **Open to the community ages 15+.**

Blended learning course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisite skills course is required to attend lifeguard training dates.

Required prerequisite course: 4/3
4-day training: 4/8, 4/10, 4/15, 4/17

Come dressed for the pool for the prerequisite course and training dates.

ADULT AQUATICS

WATER EXERCISE

All classes are 45 min. in Rooke Pool unless noted: • = Wallace Pool >> = 55 min.

SUNDAY

4pm Aqua Fit Deep Christine

MONDAY

8am Arthritis Aquatic Exercise Patti
 8:45am Aqua Lite Beth
 9:30am Let's HIIT It! • Beth
 10:30am Strength, Flexibility & Balance Beth
 5:30pm Cardio, Strength & Core Circuits (Shallow) Christine

TUESDAY

10:30am Ai Chi Beth

WEDNESDAY

8am Arthritis Aquatic Exercise Patti
 8:45am Aqua Lite Deep Patti
 9:30am Cardio, Strength & Endurance • Beth
 9:35am Arthritis Aquatic Exercise Patti
 10:30am Heart Smart Beth

THURSDAY

10:30am Cardio, Strength & Core Circuits (Shallow) >> • Beth
 11:30am Aqua Yoga Andrea
 8pm Water Cardio, Strength & Core Circuits (Shallow) Christine

FRIDAY

8am Arthritis Aquatic Exercise Patti
 8:45am Aqua Lite Deep Patti
 9:30am Cardio Core • Beth
 9:35am Arthritis Aquatic Exercise Kayla
 10:30am Cardio, Strength & Endurance Beth

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time on our app and online!



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

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

Aqua Fit Shallow/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.

Water Cardio, Strength & Core Circuits

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

Heart Smart: Heart Pumping Cardio

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

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.

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)

SWIM FIT

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

Tue 7:45pm (Wallace)

Questions about Adult Aquatics?

Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kayla Spinelli at kspinelli@westfieldynj.org or x253

YOUTH AQUATICS



SWIM LESSONS

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.

Classes are 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	3:30pm	5:15pm
WED	3:30pm	4:40pm	5:15pm (6-12)	1:30pm
THU	9am**	4:40pm		
FRI	1:30pm	4:40pm	6:25pm	
SAT	9:15am	10:25am	12:45pm	

**= Instructor recommendation only

Questions about Youth Aquatics?

Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kayla Spinelli at kspinelli@westfieldynj.org or x253

Stage 3: Water Stamina (3-12 yr)

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

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

Stage 4 Stroke Introduction (3-12 yr)

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

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





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)	
WED	6:30pm • (8-12)		
THU	5:15pm (5-8)	5:50pm (8-12)	
FRI	5:15pm (5-8)	5:15pm (8-12)	
SAT	10:25am (5-8)	11:35am (8-12)	5:30pm » (8-12)

*= 30 min., Wallace Pool

Stage 6: Stroke Mechanics (5-12 yr)

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

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

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)



Questions about Youth Aquatics?

Contact Rob Faggiano at rfaggiano@westfieldynj.org or x276 or Kayla Spinelli at kspinelli@westfieldynj.org or x253



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 Saturdays at 6:15pm and Sundays at 5pm in the Wallace Pool.

REGISTER FOR ONE OR MORE DATES:
Saturday (6:15pm): 5/4, 5/11, 5/18, 5/25
Sunday (5pm): 4/21, 5/5, 5/19

DEVILFISH SWIM TEAM

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



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

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

Questions about Devilfish?

Contact Meghan Myers at mmyers@westfieldynj.org or x263

YOUTH SPORTS

SPORTS CLASSES

In addition to enhancing physical health, youth sports classes at the Westfield Area YMCA foster a spirit of healthy competition, collaborative teamwork, and personal growth, all while ensuring the experience remains enjoyable for all!

MONDAY

4-4:45pm	Junior Sports Sampler	4-5 yr
5-5:45pm	Floor Hockey (Pillo Polo)	6-8 yr

TUESDAY

4-4:45pm	1st Grade Basketball	6-7 yr
5-5:45pm	Girls Basketball	6-9 yr

WEDNESDAY

4-4:45pm	Developmental Basketball	6-8 yr
----------	--------------------------	--------

THURSDAY

4-4:45pm	Developmental Basketball	6-8 yr
----------	--------------------------	--------

FRIDAY

4-4:45pm	MVP Soccer	5-7 yr
5-5:45pm	2nd & 3rd Grade Boys Basketball	7-9 yr

SATURDAY

9-9:45am	Rookie Sports Sampler	3-5 yr
10-10:45am	Rookie Soccer	3-5 yr
10-10:45am	Rookie Basketball	3-5 yr
11-11:45am	Rookie Basketball	3-5 yr
11-11:45am	Junior Basketball	4-5 yr
12-12:45pm	Junior Basketball	4-5 yr

Junior Sports Sampler

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

Floor Hockey (Pillo Polo)

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

1st Grade Basketball

Players learn the basics of the sport through fun drills.

Girls Basketball

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

Developmental Basketball

Develop basketball skills through drills. Game play introduced.

MVP Soccer

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

2nd & 3rd Grade Boys Basketball

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

Rookie Sports Sampler

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

Rookie Soccer

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

Rookie Basketball

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

Junior Basketball

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



FALL TRAVEL BASKETBALL

Season: September–November
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.

BOYS

Grades 3-4

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

Grades 5-6

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

GIRLS

Grades 3-5

Practice on Wednesday
5-6:15pm

Have a sixth grader looking to play in the girls league? Let us know!



Questions about Youth Sports Classes or Warriors Travel Basketball?

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

SUMMER TRAVEL LEAGUE

Contact Coach Nick Morelli if interested.

TAEKWONDO

Gedman's Black Belt Academy of the Westfield Area YMCA

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

- No annual commitment or contract required
- Uniform is not required for the 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

6:30–7:30pm	Protech
7:30–8:30pm	Adult

WEDNESDAY

5:30–6:30pm	White–Yellow
6:30–7:30pm	Camo–Blue
7:30–8:30pm	Brown–Red/Black

THURSDAY

6–7:30pm	Black
7:30–8:30pm	Legacy/Leadership

SATURDAY

8:30–9:30am	Adult
9:30–10am	Intro
10–10:45am	Camo–Blue
10:45–11:30am	Brown–Red/Black
11:30am–12:30pm	White–Yellow
12:30–1:30pm	Black

NO CLASS: 6/22 (testing)



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.

SUMMER TRACK

Season: May 31–July 19

Practices are held Monday and Wednesday at Kehler Stadium in Westfield for all ages and ability levels.

TIME	EVENT	AGE
6:30–7:30pm	Distance	7–10 yr
6:30–7:30pm	Sprints	7–10 yr
6:30–7:30pm	Throws	7–15 yr
6:30–8pm	Distance*	11–15 yr
6:30–8pm	Sprints	11–15 yr
6:30–8pm	Distance PLUS**	9–15 yr

*Racewalkers should register for this group

**Coach recommendation required

NEW! INTRO TO CHESS

Looking for a fun hobby? This program is perfect for kids ages 6–10 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:

6–10 yr 4–4:45pm
6–10 yr 5–5:45pm



Questions about Taekwondo or Chess?

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

NEW! Athletic Speed & Agility Clinic Ages 10–15

Unlock your full potential in your sport and elevate your athletic performance! Under the guidance of Y personal trainers, this clinic features drills that will challenge and enhance your agility and speed, helping you achieve your goals.

Clinic is Thursday May 9, 16, 23 and 30 from 5–5:45pm in the Main Y Gym.

Questions about Flyers or Athletic Speed & Agility Clinic?

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

DANCE ACADEMY



The Westfield Area YMCA teaches a variety of dance styles to students of all ages and levels. Our classes develop skilled, well-rounded dancers! Dance Academy is under the direction of Marianna Tsartolia since 2018. Marianna is an alumni of RIOULT DANCE NY and graduated from Merce Cunningham Studio. She has performed in the US and Europe and has worked as a teaching artist since 2000.

All classes are in the Kellogg Room. View the proper attire for each class at westfieldynj.org/dance-academy.

Spring 2 Classes

Offered in 10-week sessions

Thursday classes: 4/11-6/13

Saturday classes: 4/13-6/22

No class on Saturday, 6/8.

Dance With Me!

NEW SATURDAY CLASS TIME ADDED!

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.



Fall 1 Classes

Begin in September. Register NOW!

Ballet and Tap

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

Ballet and Jazz

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

NEW! Jazz and Tap

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

Jazz and Hip Hop

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

Hip Hop/Commercial Dance

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

Ballet and Modern

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

Acro

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

Musical Theater

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

Questions about Dance Academy?

Contact Marianna Tsartolia at mtsartolia@westfieldynj.org.

TUESDAY

4:15-5pm	Acro 1	4-6 yr
5:15-6pm	NEW! Jazz/Tap 1/2	6-9 yr
6:10-7:10pm	Musical Theater	8-13 yr

THURSDAY

11:30am-12pm	Dance With Me!	2-3 yr
12:15-1pm	Little Movers	3-5 yr
1:15-2pm	Ballet/Tap 1	4-5 yr
4:15-5pm	Jazz/Hip Hop 1	4-6 yr
4:15-5pm	Ballet/Tap 1	4-6 yr
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 yr
8:30-9am	Dance With Me!	2-3 yr
9:10-9:55am	Jazz/Hip Hop 1	4-6 yr
9:10-9:55am	Ballet/Tap 1	4-6 yr
10:05-11:05am	Jazz/Hip Hop 2	6-8
11:15am-12:15pm	Jazz/Hip Hop Novice	9-12 yr

YOUTH/TEEN PROGRAMS & EVENTS

NEW!

MIDDLE SCHOOL INITIATIVE

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

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

REGISTER NOW AT THE MAIN Y
Proof confirming middle school status (report card, school ID, etc.) required at time of registration.

TEEN TRIPS

Grades 6–12

Dorney Park

Tuesday, May 28, 8:30am–6:30pm

Explore one of Pennsylvania's best amusement parks with more than 100 attractions including eight massive roller coasters and one of the country's top-ranked waterparks ever! Fee includes admission, one meal, transportation and Y staff chaperones (\$170).

Registration and waiver required by May 10.



Leaders Club

Grades 6–12

A leadership–development community service program that helps teens discover their full potential while making a difference. Club members volunteer at the Y and in the community. \$30 fee for the school year includes shirts and snacks (FREE for Middle School Initiative Participants). Meets Wednesday 7–8pm at the Main Y Facility.

Achievers

Grades 6–12

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

Upcoming speaker topics (Free & Open to the community grades 6–12):

April 15: Working in the FBI

April 29: Motivating yourself in school, personally and financially

Questions? Contact Erica Smith at esmith@westfieldynj.org

Youth and Government

Grades 9–12

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

Tabletop Gaming

Ages 6–12

Explore the wide and varied world of strategic, tabletop board gaming. Examples include: Stratego, Magic: The Gathering, Gloomhaven, Risk, Dominion, and more! \$30 fee for the 6–week session (4/30–6/11). Meets Tuesday 7–8pm at the Main Y Facility. FREE for Middle School Initiative participants!

FRIDAY NIGHT TEEN EVENTS

Grades 6–12

A fun night for teens (non-Y members welcome) featuring various activities. Events take place from 7:45–9:45pm in the Main Y Gym unless noted. Registration and waiver are required in advance. \$10 to participate (FREE for Middle School Initiative Participants).

DIY & De–Stress

April 5

Pickleball Doubles

May 21

NEW! INTRO TO WEIGHT TRAINING CLINIC | Ages 15–17

See page 5 for more details.

NEW! ATHLETIC SPEED & AGILITY CLINIC | Ages 10–15

See page 11 for more details.

Questions about Youth & Teen Programs?

Contact Jeff Macleod at jmacleod@westfieldynj.org or x248



CHILD CARE EDUCATION

REGISTER NOW FOR THE 2024-2025 SCHOOL YEAR!

Early Learning

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

WESTFIELD

Early Learning Center YMCA (Child Care)
Eileen Rooney, x134 or erooney@westfieldynj.org

Robert and Virginia Bauer Family Branch YMCA (Preschool)
Tracy McSweeney, x423 or tmcsweeney@westfieldynj.org

Kindergarten Wraparound

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



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

School Age Child Care

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

WESTFIELD & MOUNTAINSIDE

Melinda McHale, x273, mmchale@westfieldynj.org

GARWOOD

Shannon Jackson, x610, smcgillis@westfieldynj.org



LIMITED SPOTS LEFT! Summer Day Camps

We provide safe, engaging, and meaningful camp experiences with enriching activities, fitness, and social and emotional learning for children ages 3-15.

LEARN MORE:
westfieldynj.org/camp

BE A CAMP COUNSELOR!

Become a role model, gain leadership experience and make lifelong friends this summer!

View camp counselor and other job opportunities on our website.

AVAILABLE PROGRAMS & SERVICES BY AGE

PROGRAM	DETAILS	<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	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	Before & After Care						X	X	X	X	X	X	X	X	X					
Sports Classes	T-Ball, Soccer, Basketball				X	X	X	X	X	X	X	X	X	X	X					
Dance Classes	Ballet, Tap, Jazz, Acro, Hip Hop		X	X	X	X	X	X	X	X	X	X	X	X	X					
Early Learning	Full Day, Preschool, Kindergarten, KWA	X	X	X	X	X	X													
Flyers Track Club	Developmental and Competitive								X	X	X	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
Swim Lessons	Group Classes	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Swim Lessons	Individual Classes	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Devilfish Swim Team	Taekwondo Intro-5th degree							X	X	X	X	X	X	X	X	X	X	X	X	X
Gedman's Black Belt Academy	Personal Training						X	X	X	X	X	X	X	X	X	X	X	X	X	X
Personal Training	Individual Sessions								X	X	X	X	X	X	X	X	X	X	X	X
Kids Club	Facility Babysitting			X	X	X	X	X	X	X	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	X	X	X
Water Fitness	Lap Swim, Group Exercise Classes																	X	X	X
Group Fitness	Yoga, Pilates, Cardio, Strength																	X	X	X

WESTFIELD AREA YMCA

220 Clark Street

Westfield, NJ 07090

908-301-YMCA (9622)

westfieldynj.org



NON-PROFIT ORG.
U.S. POSTAGE
PAID
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.

19th Annual

GOLF CLASSIC

Monday, June 10

Echo Lake Country Club

Day includes a cookout lunch, beverages and snacks on the course, cocktail hour with hors d'oeuvres, buffet dinner, a silent auction and live auction featuring State Senator Jon Bramnick.

A wide variety of sponsorship opportunities are available. All sponsorships are tax-deductible. If you have a vacation home, tickets to sporting events, luxury goods or other items to donate to the auction, please contact Marla Itzkin at 908-301-9622 x264 or mitzkin@westfieldynj.org.

westfieldynj.org/golf-classic
Registration & Payment available online!

See page 6 for more Strong Kids+ Events

Proceeds benefit the Strong Kids+ Annual Support Campaign.