



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WESTFIELD AREA YMCA  
**Winter 2025**  
Session  
Guide

January 2 – February 22

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

**Registration for Basic and Non-Members** begins 9:00am  
Monday, December 16



 220 Clark St., Westfield

 908-301-YMCA (9622)

 [westfieldynj.org](http://westfieldynj.org)

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.

## 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 (age 13+)
- Fitness Express Center with hydraulic equipment designed to be used in a 30-min. circuit (age 7+, age 7-9 with parent)
- Free Weight Room with perimeter racks, cable column, benches & more (age 15+)
- Strength Training Room with natural lighting and 30+ pieces of equipment (age 13+)
- Men's and Women's Fitness Centers each with a fitness area, whirlpool, sauna, towel service, limited laundry service, day lockers, and permanent kit lockers upon request (age 18+)
- Steam room in men's fitness center
- Two air conditioned racquetball courts (one currently being used for fitness)
- 3,600 sq. ft. fitness studio with spring-loaded wood floor and skylights
- 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

1-2 adults with children up to age 26 living in same household

#### Individual

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

#### Senior

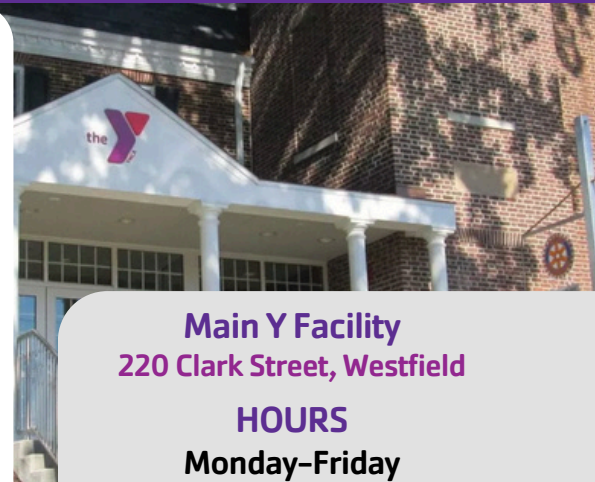
Individual, Family

**NATIONWIDE MEMBERSHIP:** Enjoy access to participating YMCAs across the United States! Visit our website for details.

**BUDDY UP:** Refer a friend and get a FREE month of membership after they join the Y! Visit our website for details.

### Questions about Membership?

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



## Main Y Facility 220 Clark Street, Westfield

### HOURS

**Monday-Friday**  
5:00am-10:00pm

**Saturday**  
6:00am-8:00pm

**Sunday**  
7:00am-6:00pm

### HOLIDAY HOURS

**Christmas Eve** 5:00am-3:00pm  
**New Years Eve** 5:00am-6:00pm

**Christmas Day** Closed  
**New Years 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

### Cranford YMCA

401 Centennial Ave., Cranford

## 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 Shannon McGillis at [smcgillis@westfieldynj.org](mailto:smcgillis@westfieldynj.org) or x268.

## CRANFORD YMCA



In partnership with the Township of Cranford

Scan to view  
Cranford YMCA  
programs



## Personal Training

Age 13+

Available in packages of five, ten, or twenty sessions for 30, 45, or 60 minutes

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 needs and goals.

### INTRO SPECIAL

3 individual 45 min. sessions for \$119!

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

NEW!

NOW OFFERING:

- BOXING-FOCUSED TRAINING
- TEEN PACKAGE!

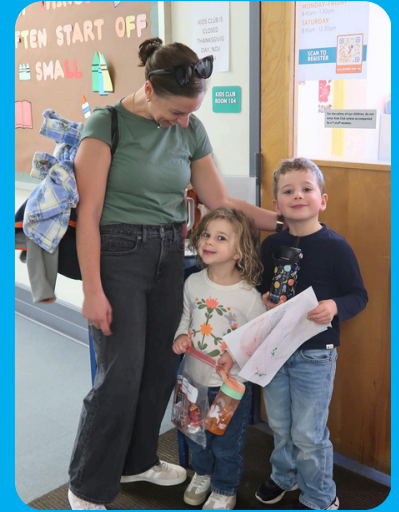
## Kids Club

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

### Hours

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
- Nut free snack/drinks are permitted
- FREE for Gold members; fee for Silver
- 2 hour max. for ages 2yr+ and 1.5 hour max for 18mo.-2yr



SCAN TO LEARN MORE

## Extraordinary Parties

There are TWO choices at the Y for event planning!

**The Complete Package** is just that...we handle everything so you can enjoy your own 90-min. party including set up, clean up, tableware, candles, and music—not to mention we will decorate and provide & serve pizza, cupcakes, and juice boxes for each guest. Our staff will run and supervise a game, organized sport, or craft of your choice and we include our basic inflatables. Popular add-ons include our largest inflatables or a swim party!

**The DIY Package** includes a game, organized sport in our gym, or craft of your choice managed and supervised by our staff.

Contact Dylan Hirtler at [dhirtler@westfieldynj.org](mailto:dhirtler@westfieldynj.org) or x248 for more details or to reserve your party date.

## Adapt-Ability

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

### Cooking

Monday, 5:30-6:30pm

Location: Bauer Branch

Try out some delicious and nutritious recipes for snacks and simple dishes using ingredients that are grown in gardens.

### Game Night

Monday, 6:45-7:30pm

Location: Bauer Branch

Catch up with some 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.

### Group Exercise

Wednesday, 6-6:45pm

Location: Main Y Facility

Led by a Y instructor and inclusion assistants, this low-impact fitness class ensures that everyone can participate at their own pace in a comfortable and supportive group setting.

### 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](mailto:ckaplan@westfieldynj.org) or x406.

# HEALTH & WELLNESS

## FITNESS CLASSES

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time online.

### SUNDAY

8:30-9:15am

**NEW! Body Weight Tabata**

Alex

9:30-10:25am

**Total Body Strength**

Kate

10:45-12:00pm

**Power Flow Yoga**

Karim

### MONDAY

6:00-6:45am

**Total Body Strength**

Heidi

9:00-9:50am

**Cardio/Strength/Core intervals**

Jean

10:10-11:00am

**Yoga**

Liz

11:15am-12:05pm

**Functional Strength, Balance & Basic TRX®**

Jean

12:30-1:25pm

**TRX®**

Jean

6:00-6:50pm

**Total Body Strength**

Jackie

7:00-7:55pm

**Cycle & Strength**

Erin

### TUESDAY

6:00-6:45am

**Cycle & Strength**

Heidi

8:00-8:50am

**Lite Total Body Fitness**

Lilian

9:00-10:00am

**Cycle, Strength & Abs**

Jackie

10:30-11:15am

**Pilates**

Jean

11:30am-12:45pm

**NEW! Arthritis Exercise •**

Patti

11:45am-12:35pm

**Delay The Disease Sit 'N Be Fit †**

Jean

5:45-6:40pm

**NEW! Boot Camp**

Ellery

7:00-7:50pm

**NEW! TRX®**

Chrissy

7:20-8:10pm

**Yoga •**

Sandeep

### ADULT TAEKWONDO

See page 13 for info about Gedman's Black Belt Academy.

### WEDNESDAY

6:00-6:45am

**NEW! Boot Camp**

Ellery

8:00-8:50am

**Total Body Strength**

Jean

9:00-9:50am

**Cardio & Strength**

Natalie

9:10-10:00am

**Chair Yoga •**

Madeline

10:10-11:00am

**Yoga**

Madeline

11:15am-12:05pm

**Lite Cardio, Strength & Balance**

Stacy

12:30-1:25pm

**TRX®**

Jenny

5:00-5:50pm

**NEW! Stretch & Roll**

Chrissy

6:15-7:00pm

**Spin**

Andy

7:10-7:40pm

**Rumble@/Kickboxing**

7:40-8:10pm

**& Strength**

Jenny

### THURSDAY

6:00-6:45am

**Cycle & Strength**

Heidi

8:00-8:50am

**Lite Total Body Fitness**

Lilian

9:00-9:50am

**Strength & TRX®**

Jean

10:10-11:00am

**Core Stretch & Roll**

Chrissy

11:15am-12:05pm

**Delay The Disease Sit 'N Be Fit**

Jean

11:30am-12:20pm

**Bone Smart •**

Kent

6:00-6:55pm

**Cycle & Strength**

Stew

7:35-8:35pm

**Ballet**

Marianna

Classes are in Weldon Room unless noted:

- = Kellogg Room
- † = Gymnasium



Scan to join the Group Fitness Email List and view classes with zoom options

### FRIDAY

9:00-9:50am

**Kickboxing**

Natalie

9:00-9:50am

**Total Body Strength Circuits •**

Kerry

10:10-11:00am

**Yoga**

Heather

11:15am-12:05pm

**Lite Cardio, Strength & Balance**

Jenny

6:15-7:10pm

**Yoga**

Ranji

### SATURDAY

8:00-8:55am

**Cycle & Strength**

Stew

9:10-10:00am

**Power Flow Yoga**

Heather

10:10-11:10am

**R.I.P.P.E.D.®**

Jenny

11:20am-12:20pm

**Barre**

Jolene

Questions about Fitness Classes? Contact Jenny Stanley at [jstanley@westfieldynj.org](mailto:jstanley@westfieldynj.org) or x256.

## LITE/LOW IMPACT

### Arthritis Exercise

Reduce pain, stiffness, and fatigue associated with arthritis. May be done seated or standing.

### Ballet

Build strength, stamina, and posture through a mix of barre and center exercises. Great for beginners and those with more experience. Ballet slippers or cotton socks are 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. May be done seated or standing with modifications based on 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. Great 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.

## Introduction to Weight Training

Age 18+

Thursday, 1/9, 1/16, 1/23, 1/30

12:45-1:30pm

Location: Main Y

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

## 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.

### Total Body Strength Circuits

Designed to target various muscle groups as you work your way through a series of stations or exercises each with a specific strength focus. Various types of resistance are used.

## 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

(Saturday Class): Vinyasa inspired practice is a flow of poses that links breath to movement through dynamic and challenging sequences designed to build strength, increase stamina, and flexibility.

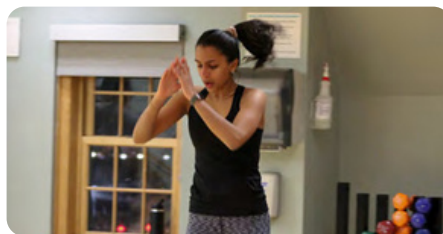
(Sunday Class): Moderate to advanced Ashtanga sequences and flow asanas that relax the body, mind and soul.

### Yoga

Breathing, relaxation and postures.

### 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).



## 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!

## CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time on our website.

## COMBO/HYBRID

### Body Weight Tabata

Tabata intervals (20 sec. work, 10 sec. rest) focus on exercises that build strength and cardiovascular endurance. Intensity may be increased by adding weights.

### Boot Camp

High intensity, full body workout designed to build strength, endurance and agility. Inspired by military training, class involves a combination of cardio, strength and bodyweight exercises done in quick succession to maximize fitness benefits.

### 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.

### R.I.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.E.D.®) or kickboxing followed by 30 min. of strength. Come for one segment or both!

### Questions about Fitness Classes?

Contact Jenny Stanley at [jstanley@westfieldny.org](mailto:jstanley@westfieldny.org) or x256.

# SUMMER DAY CAMPS

## We Camp Hardly Wait for Summer!

Westfield Area YMCA Summer Day Camps 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!

- Priority registration for Family Members begins January 7
- Registration for Basic & Non-Members begins January 9

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



## Camp Info Session

Sunday, December 15

1:00-3:00pm

📍 Main Y Facility



[westfieldynj.org/camp](http://westfieldynj.org/camp)



# NEW! CREATIVE ARTS

## Creating the Cartoons

Age 7-10: Saturday, 9-10am

Age 10-12: Saturday, 10:15-11:15am

Location: Main Y Facility

Explore the exciting world of cartoon voice acting by using scripts from popular shows to bring characters to life with your voice.

Design and draw your own original cartoon characters, create comic book-style scenes, and showcase your new creations in a final presentation for an audience!

## Creative Collaboration

Age 10-15: Saturday, 11:30am-12:30pm

Location: Main Y Facility

Discover the roles involved in bringing a theatrical production to life, from actors and writers to directors, stage managers, set and costume designers. Each week, groups are given a new challenge while exploring different roles and collaborating to create short skits and performances.

Questions about Creative Arts Programs? Contact Jenny Stanley at [jstanley@westfieldynj.org](mailto:jstanley@westfieldynj.org) or x256

# ADULT AQUATICS

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time online.



## WATER FITNESS

### 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 AEA Arthritis Foundation shallow water class incorporates gentle exercises for improved mobility, 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!

Push yourself to the max with Tabata and other heart pumping intervals. Buoyancy belt is provided for deep water classes.

### Hit Your Stride

Get your steps in...in the pool! Challenge your muscles and improve cardiovascular health in an environment that is easy on the joints and fun for everyone. Bring a friend and enjoy the socialization as you walk your way to a healthier you!

### American Red Cross Lifeguard Training Open to the Community Age 15+

This blended learning course provides entry-level participants 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.

Participants are required to pass a physical skills test prior to attending the training dates.

**Course Dates:**  
February 22 & 23  
8:00am-4:00pm

**Physical skills test dates:**  
**February 8:** 6:00-7:30pm  
**February 9:** 1:00-2:30pm

Contact Kayla Spinelli at [kspinelli@westfieldynj.org](mailto:kspinelli@westfieldynj.org) or x253 to register for your physical skills test.

Classes are 45 min. in Rooke Pool unless noted:

• = Wallace Pool

### Cardio, Strength & Core

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

### Heart Smart

Higher-intensity shallow water cardio class uses intervals and the resistance of the water to get the heart rate up with total body moves that improve overall fitness.

### Cardio Core

Challenging mix of cardiovascular endurance work and core strengthening and stabilizing exercises. Buoyancy belt provided to assist with proper alignment.

### Strength, Flexibility & Balance

This shallow water class works to improve balance by increasing overall strength & flexibility. Includes a variety of moves that enhance range of motion and improve overall mobility as well as light to moderate cardio.

## SWIM LESSONS

Age 17+. Lower fee for Gold members.

### Swim Basics

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

Tue 9:45-10:30am (Wallace)

Wed 7:45-8:30pm (Rooke)

### Stroke Development

Develop and build endurance on all four strokes. Set and accomplish goals with your instructor.

Tue 10:30-11:15am (Wallace)

Tue 7:00-7:45pm (Wallace)

Fri 10:30-11:15am (Wallace)



## SWIM THE STATES POOL CHALLENGE

Now-June, Make waves and swim the distance it takes to cross the U.S.! Track your progress, engage in some friendly competition with fellow pool-mates, and earn prizes for reaching milestones along the way. Register at the Welcome Center to get started.

Questions about Adult Aquatics? Contact Beth Folvik at [bfolvik@westfieldynj.org](mailto:bfolvik@westfieldynj.org).

## SUNDAY

4:00pm Let's HIIT It!

## MONDAY

8:00am Arthritis Aquatic Exercise

8:45am Aqua Lite Dual Depth

9:30am Let's HIIT It! •

10:30am Strength, Flexibility & Balance

6:00pm Strength, Flexibility & Balance

## TUESDAY

10:30am Ai Chi

11:20am Hit Your Stride

## WEDNESDAY

8:00am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Aqua Fit Deep •

9:40am Arthritis Aquatic Exercise

10:30am Heart Smart

## THURSDAY

10:30am Cardio, Strength & Core •

11:30am Aqua Yoga

7:30pm Heart Smart

## FRIDAY

8:00am Arthritis Aquatic Exercise

8:45am Aqua Lite

9:30am Cardio Core •

9:40am Arthritis Aquatic Exercise

10:30am Aqua Fit Shallow

# 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.

### Parent/Child: Stage A

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 diaper if not 100% potty-trained.

### Parent/Child: Stage B

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.

### Stage 1: Water Acclimation

Child is still new to the pool. Purpose of the class is to increase comfort with underwater exploration and introduce basic self-rescue skills with the instructor's assistance.

### Questions about Youth Aquatics?

Contact Rob Faggiano at [rfaggiano@westfieldynj.org](mailto:rfaggiano@westfieldynj.org) or x276 or Kayla Spinelli at [kspinelli@westfieldynj.org](mailto:kspinelli@westfieldynj.org) or x253.

SUNDAY		
8am	Parent/Child: Stage B	2-3 yr
8:35am	Parent/Child: Stage A	6 mo-2 yr
9am	Stage 5 »	8-12 yr
	Stage 6 »	
9:10am	Parent/Child: Stage B	2-3 yr
9:45am	Aquatic Conditioning»	6-10 yr
		10-15 yr
	Stage 2	3-6 yr
Stage 4		
10:20am	Stage 2	3-6 yr
	Stage 3	
10:55am	Stage 3	3-6 yr
	Stage 4	
11:30am	Stage 2	6-12 yr
	Stage 3	
12:00pm	Stage 4	6-12 yr
	Stage 5	

MONDAY		
9:30am	Stage 2	3-6 yr
	Stage 3	
10am	Parent/Child: Stage B	3-6 yr
		2-3 yr
1:30pm	Stage 2	3-6 yr
2pm	Stage 3	3-6 yr
3:40pm	Stage 2	3-6 yr
	Stage 4	
4:15pm	Stage 4	6-12 yr
4:50pm	Stage 6	5-8 yr
	Stage 6	8-12 yr
5:25pm	Stage 5	5-8 yr
	Stage 5	8-12 yr
6:45pm	Aquatic Conditioning»	6-10 yr

TUESDAY		
9am	Stage 3	3-6 yr
9:30am	Parent/Child: Stage A	6 mo-2 yr
10am	Stage 1	3-6 yr
	Stage 2	
3:30pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4:05pm	Stage 1	3-6 yr
	Stage 3	
4:40pm	Rainbow Fish	3-12 yr
5:15pm	Stage 2	3-6 yr
	Stage 3	
5:50pm	Parent/Child: Stage B	2-3 yr

Lessons are 30 min. in Rooke Pool unless noted: • = 40 min., Rooke » = 40 min., Wallace

### Stage 2: Water Movement

Child can independently submerge underwater and swim a few feet with or without floatation. Focuses on body position, front/back float, forward underwater movement, rolling from front to back, directional change, and basic self-rescue skills.

### Stage 3: Water Stamina

Child can swim, roll to a float and return to swim width of the pool (20 ft). 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.

### Stage 4: Stroke Introduction

Child can swim/float the length of the pool (60 ft). 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.

### Stage 5: Stroke Development

Child can swim 50 yds. of each 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.

### Stage 6: Stroke Mechanics

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

### Aquatic Conditioning

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



# LEARN TO DIVE

1/5, 1/19, 2/2, 2/16

Perfect for first-time divers ages 5+ and Stage 4+ who have either never tried diving or need to develop the skill of entering the pool hands first. Offered on above Sundays at 10:30am in Wallace Pool.

# RAINBOW FISH

Lessons for children age 3-12 with special/adaptive needs

Swimmers work on skills that are appropriate for their ability level. New students receive a free skill assessment prior to registration.

# COMPETITIVE STARTS

1/12, 1/26, 2/9

For competitive swimmers looking to improve diving starts off the block.

Prerequisite: Stage 6+

WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
1pm	Stage 1	3-6 yr	9am	Stage 2	3-6 yr	1:30pm	Stage 3	3-6 yr	7:30am	Parent/Child: Stage B	2-3 yr
	Stage 2		9:30am	Parent/Child: Stage B	2-3 yr	2pm	Stage 2	3-6 yr	8:05am	Parent/Child: Stage A	6 mo-2 yr
1:30pm	Stage 3	3-6 yr	3:30pm	Stage 3	3-6 yr	3:30pm	Stage 2	3-6 yr	8:35am	Parent/Child: Stage B	2-3 yr
	Stage 4			Stage 5	5-8 yr		Stage 3				
3:30pm	Stage 3	3-6 yr	4:05pm	Stage 3	6-12 yr	4:05pm	Stage 3	6-12 yr	9:15am	Stage 2	3-6 yr
	Stage 3			6-12 yr			Stage 4			8-12 yr	
4:05pm	Stage 2	3-6 yr	4:40pm	Stage 2	3-6 yr	5:15pm	Stage 5	5-8 yr	9:50am	Stage 2	3-6 yr
	Stage 4			Stage 4			8-12 yr			Stage 3	
4:40pm	Stage 2	3-6 yr	5:15pm	Stage 3	3-6 yr	5:50pm	Stage 4	3-6 yr	10:25am	Stage 2	3-6 yr
	Stage 3			Stage 5			5-8 yr			Stage 5	
5:15pm	Stage 2	6-12 yr	5:50pm	Stage 6	8-12 yr	6:25pm	Stage 1	3-6 yr	11am	Stage 3	6-12 yr
	Stage 3			Stage 6			8-12 yr			Stage 4	
5:50pm	Stage 5	5-8 yr									
	Stage 6										
6:25pm	Stage 4	3-6 yr									
	Stage 4		6-12 yr								
7pm	Teen Swim Basics	12-16 yr									
	Teen Stroke Development										

# TEEN SWIM LESSONS

Age 12-16

Lessons are 40 min. in Rooke Pool.

## Swim Basics

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

## Stroke Development

Develop and build endurance on all four strokes.



# 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 seasons throughout the year across 5 pools
- 11 different practice groups geared toward the swimmer's ability
- 2 pre-team programs
- 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 10 teams and individual finishes, and a YMCA National Championship title.

## Questions about Devilfish Competitive Swim Team?

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



# YOUTH & TEEN PROGRAMS

## ACADEMIC & LEADERSHIP

### Leaders Club | Grades 6-12

Wednesday, 7:00-8:00pm

Location: Main Y Facility

This leadership-development community service program 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.

### Achievers | Grades 6-12

Wednesday, 7:00-8:30pm

Location: Main Y Facility

This college readiness, career development, leadership, mentoring and life skills program is offered at no cost to minority middle school and high school students in Union County. Students are provided the opportunity to connect with a diverse group of professionals and have meaningful conversations about financial literacy, higher education, employment, community service and volunteer opportunities, and soft skills. Includes a FREE Y membership.

Contact Nadya Lawrence at [nlawrence@westfieldnj.org](mailto:nlawrence@westfieldnj.org) or x424 for details.

### Youth & Government | Grades 9-12

Modeled after state government, this club is run in conjunction with Westfield 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 school in January.

### Virtual SAT Prep Course | Grades 11-12

January 7, 14, 21, and 28, 6:00-7:00pm

February 4, 11, 18 & 25, 6:00-7:00pm

This course is designed to cover strategies for both the Math and Reading & Writing components of the SAT. Students are required to use their own device (laptop or tablet). Y membership is not required.

### NEW! Babysitter's Training & Pediatric First Aid/CPR Age 11-15

December 30 & 31, 9:00am-2:00pm

Location: Main Y Facility

Learn essential skills for safely and responsibly caring for children and infants!

This training covers basic child care, safety practices, leadership development, and tips for starting a babysitting business, along with techniques to help children interact positively.

Questions about Training Courses? Contact Kayla Spinelli at [kspinelli@westfieldnj.org](mailto:kspinelli@westfieldnj.org) or x253.

## SKI/SNOWBOARD TRIPS

Grades 6-12

Fee includes transportation, lift ticket, chaperones and meal voucher. Registration deadline is 10 days prior to trip date. Y membership is not required.

### Camelback Ski Resort, PA

Friday, January 24, 3:00-11:00pm

### Belleayre Ski Resort, NY

Friday, February 14, 6:00am-7:00pm

### Blue Mountain Resort, PA

Friday, March 7, 12:30-11:00pm

## FRIDAY NIGHT TEEN EVENTS

Grades 6-12

One Friday a month, 7:45-9:45pm

A fun night for teens featuring different activities! Registration and waiver are required in advance. \$10 to play (FREE for Middle School Initiative participants). Y membership is not required.

Pickup Soccer: December 20

Volleyball Tournament: January 17

Pickleball Doubles: February 7

## 5TH GRADE DANCE PARTIES

Hang out with friends and dance with new ones! Held from 7:30-9:30pm at the Bauer Branch. \$10 admission. Drinks and snacks for sale up to \$2. **Registration in advance is required.**

Winter Wonderland: January 31

Name/Theme: February 21

## MIDDLE SCHOOL INITIATIVE

We offer program opportunities that help aid the physical, cognitive, social and emotional development that takes place during these pivotal years. 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.

Registered Middle School Initiative participants receive select teen programs for FREE, such as Leaders Club and Friday Night Teen Events.

### REGISTER NOW AT THE MAIN Y!

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

Questions about Youth & Teen Programs? Contact Dylan Hirtler at [dhirtler@westfieldnj.org](mailto:dhirtler@westfieldnj.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.

### Early Learning Center YMCA

Contact: Eileen Rooney  
erooney@westfieldynj.org or x134

### Bauer Family Branch YMCA (Preschool)

Contact: Tracy McSweeney  
tcsweeney@westfieldynj.org or x423



## KINDERGARTEN WRAPAROUND

A stimulating and enriching 5-day/week theme-based morning program for children who attend afternoon half-day kindergarten in Westfield and Cranford. 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. Includes transportation to public schools for their afternoon program.

### Cranford Cranford Community Center

Contact: Tarajee Russell  
trussell@westfieldynj.org or x271

### Westfield Main Y Facility

Contact: Melinda McHale  
mmchale@westfieldynj.org or x273

## 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 after care until 6:00pm is available for an additional fee.

### Westfield Bauer Family Branch YMCA

Contact: Tracy McSweeney  
tcsweeney@westfieldynj.org or x423

## SCHOOL AGE CHILD CARE

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

### Westfield

Contact: Melinda McHale  
mmchale@westfieldynj.org or x273

### Mountainside

Contact: Amanda McCaskill  
amccaskill@westfieldynj.org or x265

### Garwood

Contact: Shannon McGillis Jackson  
smcgillis@westfieldynj.org or x268

## CHESS

Led by Director of Sports Programs Nick Morelli, who has a chess ELO rating of 2000.

### Intro to Chess Age 6–10

Thursday, 4:00–4:45pm  
Location: Room 202

Looking for a fun hobby? This program is perfect for kids interested in developing a new skill!

### NEW! Level 2 Chess Age 6–10

Tuesday, 4:00–4:45pm  
Location: Room 202

A level up for kids who have already completed Intro to Chess, allowing players to further expand their knowledge of the game. Participant must have completed the Intro to Chess class or receive instructor recommendation.

Tuesday, 5:00–5:45pm  
Location: Room 202

### NEW! Level 3 Chess Age 6–12

Wednesday, 4:00–4:45pm  
Location: Room 202

Participant must have completed the Level 2 Chess class and receive instructor recommendation.

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

# 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!

### Rookie Sports Sampler

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

### Junior Sports Sampler

This fun-filled class introduces athletes to the fundamentals of football, basketball, and other popular sports, emphasizing growth, sportsmanship, and teamwork.

### All Star Sports Sampler

Take your love of sports to an all-star level! This advanced session challenges athletes with drills in popular sports like soccer, basketball floor hockey, and kickball. Learn the core values of sports, have a blast, and grow on and off the field!

### Rookie Soccer

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

### MVP Soccer

Improve the skills necessary to begin game play through teamwork drills and sportsmanship.

### Girls Basketball

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

### 1st Grade Basketball

Players learn the basics of the sport through fun drills.

### 2nd & 3rd Grade Boys Basketball

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

### Developmental Basketball

Develop basketball skills through drills. Game play introduced.

### 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.

### All Star Basketball

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

## MONDAY

4:00-4:45pm Junior Sports Sampler 4-5 yr

5:00-5:45pm All Star Sports Sampler 6-9 yr

## TUESDAY

4:00-4:45pm 1st Grade Basketball 6-7 yr

5:00-5:45pm Girls Basketball 6-9 yr

## WEDNESDAY

4:00-4:45pm Developmental Basketball 6-8 yr

## THURSDAY

4:00-4:45pm All Star Basketball 6-9 yr

## FRIDAY

4:00-4:45pm MVP Soccer 5-7 yr

5:00-5:45pm 2nd & 3rd Grade Boys Basketball 7-9 yr

## SATURDAY

9:00-9:45am Rookie Sports Sampler 3-5 yr

10:00-10:45am Rookie Soccer 3-5 yr

10:00-10:45am Rookie Basketball 3-5 yr

11:00-11:45am Rookie Basketball 3-5 yr

11:00-11:45am Junior Basketball 4-5 yr

### Questions about Youth Sports Classes?

Contact Adrian Sanchez at [asanchez@westfieldynj.org](mailto:asanchez@westfieldynj.org) or x239.

## 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 season start date.

### Kindergarten

Season: 1/5-2/16

Location: Bauer

Players are introduced to fundamentals, team play, and sportsmanship. First portion is practice with remaining time for game play.

- 50 min. on Sunday between 1:00-6:00pm

### 1st Grade

Season: 1/4-2/28

Location: Main Y or Bauer

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

### BOYS

- 50 min. practice on Saturday between 12:00-7:00pm
- 1 hour game weekly on Monday or Tuesday at 6:00pm

### GIRLS

- 50 min. practice on Sunday between 9:00am-1:00pm
- 1 hour game weekly on Monday or Tuesday at 7:00pm

### 2nd Grade

Season: 1/4-2/28

Location: Main Y

Structured team play and man-to-man defense allow athletes to better adapt to the flow of the game. Teams are formed after evaluations.

- 50 min. practice on Saturday between 2:00-4:00pm
- 1 hour game weekly on Monday or Tuesday at 7:00pm

**Evaluation Day:** Saturday, December 7, 2:00-3:15pm

### Questions about Winter Basketball Leagues?

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



# YOUTH SPORTS

## 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 instructors with classes for ages 5 years–adult, from beginners through 5th degree black belts. Program is under the leadership 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 an 8-week Intro class before beginning rank-specific training
- Participants taking more than one class per week should register for the multi-class option

**NO CLASS:** Saturday, 2/22 (Tournament)

### MONDAY

6:30–7:30pm **Protech**

7:30–8:30pm **Adult**

### WEDNESDAY

5:15–6:15pm **White–Yellow**

6:15–7:15pm **Camo–Blue**

7:15–8:00pm **Brown–Red/Black**

8:00–9:00pm **Adult**

### THURSDAY

6:30–7:30pm **Black**

7:30–8:30pm **Legacy/Leadership**

### SATURDAY

8:30–9:30am **Adult**

9:30–10:00am **Intro (Age 5+)**

10:00–10:45am **Camo–Blue**

10:45–11:30am **Brown–Red/Black**

11:30am–12:30pm **White–Yellow**

12:30–1:30pm **Black**

#### Questions about Taekwondo?

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

## FLYERS TRACK CLUB

This year-round track & field and cross country team offers USATF-certified coaching and specific event technique instruction for athletes ages 7–15. Our goal is to provide a safe and fun environment for every team member to improve skills and achieve success, from novice to international competitor.

### Winter Conditioning

Age 7–10, 11–15

January 3–February 26

Location: Main Y Gym

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.

Age 7–10

Wednesday and Friday, 6:15–7:00pm

Age 11–15

Wednesday and Friday, 7:10–8:10pm

### Questions about Flyers Track Club?

Contact Michelle Almeida at [malmeyda@westfieldynj.org](mailto:malmeyda@westfieldynj.org) or x279.

## SPRING T-BALL

### Indoor Clinics

Age 4–6

March 2–30

Location: Bauer Branch Gym

Practice hitting, throwing, base running and fielding to get ready for the next league season! 45 min. clinics take place on Sunday between 12:00–4:00pm.

### Spring Training

Age 3

April 7–May 29

Location: Nomahegan Park in Cranford

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 5:30–6:00pm one night per week (Tuesday or Thursday).

### Spring League

Age 4–6

April 7–June 14

Location: Nomahegan Park in Cranford

Players learn the basics of hitting, throwing, base running and fielding. Practice is 6:00–7:00pm one night per week with a game on Saturday morning (times vary).

### Questions about T-Ball?

Contact Adrian Sanchez at [asanchez@westfieldynj.org](mailto:asanchez@westfieldynj.org) or x239.

# 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 located in Kellogg Room 1 or 2.

Session is January 2–June 21. There is a June performance.

No class 4/13–4/21.

Dance with me and Little Movers are offered in a 15-week session (1/2–4/12).

## 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 the 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.

## Jazz and Tap

Explore jazz styles focusing on basic techniques like isolations, turns, and jumps. 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.

## 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.

## Musical Theater

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

## Hip Hop/Commercial Dance

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

## TUESDAY

4:15–5:00pm	Acro 1	4–6 yr
5:00–6:00pm	Acro 2	7–10 yr
6:00–6:45pm	Jazz/Tap 1	6–9 yr
6:10–7:10pm	Musical Theater	8–13 yr

## THURSDAY

12:00–12:30pm	Dance With Me!	2–3 yr
12:30–1:15pm	Little Movers	3–5
4:15–5:00pm	Jazz/Hip Hop 1	4–6 yr
4:15–5:00pm	Ballet/Tap 1	4–6 yr
5:10–6:10pm	Ballet/Tap 2	6–8 yr
5:10–6:10pm	Hip Hop/Commercial Dance	9–13 yr
6:20–7:20pm	Ballet & Modern	9–12 yr
6:20–7:20pm	Ballet/Tap 3	8–9 yr

## SATURDAY

8:15–9:00am	Little Movers	3–5 yr
8:30–9:00am	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 yr
10:05–10:50am	Ballet/Tap 1	4–6 yr
11:15am–12:15pm	Jazz/Hip Hop Novice	9–12 yr

## Acro

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

## Questions about Dance Academy?

Contact Marianna Tsartolia at [mtsartolia@westfieldynj.org](mailto:mtsartolia@westfieldynj.org).

# 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	Basketball, Pickleball				X	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
School-Age Child Care	Before & After Care						X	X	X	X	X	X	X	X	X	X	X	X	X	X
Sports Classes	T-Ball, Soccer, Basketball, Kickball				X	X	X	X	X	X	X	X	X	X	X					
Dance Classes	Ballet, Tap, Jazz, Hip Hop, Modern			X	X	X	X	X	X	X	X	X	X	X	X					
Early Learning	Full Day, Preschool, Kindergarten, KWrap			X	X	X														
Chess	Intro, Level 2 and Level 3							X	X	X	X	X	X	X						
Creative Arts	Cartoon Drawing and Collaborative Theater								X	X	X	X	X	X	X	X	X			
Flyers Track Club	Developmental & Competitive								X	X	X	X	X	X	X	X	X	X	X	X
Lifeguard Training	Includes CPR and First Aid																X	X	X	X
Racquetball	Reservation Recommended																X	X	X	X
Fitness Facilities	Cardio, Strength (min. age varies/room)																X	X	X	X
Fitness Facilities	Free Weights (min. age varies/room)																X	X	X	X
Fitness Express	Hydraulic equipment designed to be used in a 30 min. circuit								X	X	X	X	X	X	X	X	X	X	X	X
Swim Lessons	Group Classes			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
Devilfish Swim Team	Developmental & Competitive							X	X	X	X	X	X	X	X	X	X	X	X	X
Gedman's Black Belt Academy	Taekwondo Intro-5th Degree					X	X	X	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
Personal Training	Individual Sessions									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	Group Exercise Classes, Lap Swim																			X
Group Fitness	Yoga, Pilates, Cardio, Strength															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.

## UPCOMING EVENTS

### Open House: Stroke Recovery

Wednesday, January 22 | 12:00-2:00pm

Location: Main Y Facility

Free and open to the community! Learn how to improve function and reduce impairment associated with stroke recovery. Get details about exercise programs for neurological disorders, functional training for active aging, and Vagus Nerve Stimulation for motor recovery.

Groups attending include Atlantic Health Rehabilitation, StrokeOT, Stroke Support Group, and Brain Injury Alliance of NJ will be present. Light refreshments will be provided.

### Gut Health: Demystified

Wednesday, February 19 | 12:30-1:30pm

Location: Main Y Facility

Free and open to the community! This informative session focuses on the root causes of common GI issues such as IBS, bloating, reflux, SIBO, food sensitivities, and osteoporosis. Learn how addressing the body from a holistic approach can lead to significant improvements. Presented by Cheryl Schmid, AFMC-SLP of The Well Chat.

WE'RE OPEN ON NEW YEARS DAY!

10:00am-4:00pm



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

## JOIN OUR TEAM!

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 the QR code to view current job opportunities or visit [westfielddynj.org/jobs](http://westfielddynj.org/jobs)