




CRANFORD YMCA YOUTH PROGRAMS

Winter 2025 Session Schedule (January 2-February 22)

No Classes Tuesday, January 28 between 3:00-5:30pm | ★ = No class on 1/11 & 2/1

	SUN	MON	TUE	WED	THU	FRI	SAT
8:30am							Stage A & B (6-35 mo)
9:00am	Stage 2 (3-6 yr)						
9:30am	Stage 4 (3-6 yr)						
10:00am	Stage 2 & 3 (8-12 yr)						Athletic Conditioning (13-15 yr)
							Stage 2 & 3 ★ (4-6 yr)
10:30am	Stage 2 (3-6 yr)					Stage 1 & 2 (2.5-3.5 yr)	
11:00am	Stage 3 (3-6 yr)					Stage 2 & 3 (3-6 yr)	
11:30am	Stage 5 & 6 (8-12 yr)						
12:00pm	Stage 2 (3-6 yr)						KEY    <ul style="list-style-type: none"> All youth classes are an additional fee <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-top: 10px;"> <p>Don't see a class time that works for you?</p> <p>Let us know and we will do our best to accommodate you!</p> </div> <div style="background-color: #00a69a; color: white; border-radius: 15px; padding: 10px; margin-top: 10px;"> <p>HAVE YOU ACTIVATED YOUR AMILIA ACCOUNT?</p> <p>All members must activate their accounts for membership and program registration.</p> <p><small>Visit westfieldynj.org/amilia for step-by-step instructions.</small></p> </div>
12:30pm	Stage 2 (6-12 yr)						
2:00pm		Stage 2 (3-6 yr)	Stage 2 (3-6 yr)		Stage 2 (3-6 yr)		
2:30pm		Stage 3 (3-6 yr)	Stage 3 (3-6 yr)		Stage 3 (3-6 yr)		
3:00pm		Stage 1 & 2 (2.5-3.5 yr)			Stage 1 & 2 (3-6 yr)		
3:30pm		Stage 4 (6-12 yr)	Stage 2 (3-6 yr)		Stage 4 (5-8 yr)		
4:00pm		Stage 3 (3-6 yr)	Swim Team Prep (8+ yr)	Stage 5 & 6 (8-12 yr)	Stage 3 (3-6 yr)	Intro to Chess (6-9 yr)	
4:30pm		Stage 5 (5-8 yr)		Stage 2 (3-6 yr)	Stage 2 (3-6 yr)		
5:00pm		Athletic Conditioning (10-15 yr)	Stage 2 (6-12 yr)	Stage 3 (6-12 yr)	Stage 4 (5-12 yr)	Creating the Cartoon (7-10 yr)	
		Swim Team Prep 8+ yr					
5:30pm		Stage 2 (3-6 yr)	Stage 4 (6-12 yr)	Stage A & B (6-35 mo)	Stage 5 (5-8 yr)		
6:00pm		Stage 4 (3-6 yr)	Stage 3 (3-6 yr)	Stage 2 (5-12 yr)	Swim Team Prep 8+ yr		
6:15pm						Creating the Cartoon (10-12 yr)	
6:30pm		Stage 3 (6-12 yr)	Stage 2 (3-6 yr)		Stage 3 (6-12 yr)		
7:00pm		Stage 2 (6-12 yr)					
		Intro to Weight Training (10-15 yr)					
7:30pm		Swim Team Prep 8+ yr					

HEALTH & WELLNESS

(Ages 10–15)

Intro to Weight Training

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

Athletic Conditioning

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.

ART & ENRICHMENT

(Ages 6–15)

Creating the Cartoon

Dive into the world of cartoon V.O. (voice over), using scripts from popular cartoons to learn how to bring characters to life with their voices. They'll design their own cartoon characters, create comic book-style scenes, and voice their new characters in a final presentation for an audience.

Intro to Chess

Looking for a fun hobby? This program is perfect for kids interested in developing a new skill! Classes will be taught by Director of Sports Programs Nick Morelli, whose chess Elo rating topped 2000.

YOUTH AQUATICS

Individual lessons, stroke evaluations, diving classes & stroke clinics

Stage A&B: Water Exploration (Parent/Child)

Ages 6–36 mo

Parents work with their child to explore the aquatic environment through body positions, floating, blowing bubbles, and fundamental safety. Children are encouraged to enjoy themselves while learning about the water.

Required: Child must wear a swim diaper if not 100% potty trained. Goggles are recommended for ages 24–36 months.

Stage 1: Water Acclimation

Ages 2.5–3.5 yr

Students further develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Required: Child must have taken Stage A or B class and be able to sit on pool edge independently for 30 minutes (without parent).

Stage 2: Water Movement

Ages 3–6, 6–12, 10–15 yr

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. Best for non-swimmers or children that still require a floatation aid.

Stage 3: Water Stamina

Ages 3–6, 6–12 yr

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Required: Child must be able to swim for a distance of 15 feet on front and back without a floatation aid.

Stage 4: Stroke Introduction

Ages 3–6, 6–12 yr

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Required: Child must be able to swim a lap of proper freestyle and backstroke for 25 yards.

Stage 5: Stroke Development

Ages 5–8, 8–12 yr

Students work on stroke technique and improve upon all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Required: Child must be able to swim 50 yards of each proper front and back crawl, breaststroke kick and butterfly kick.

Stage 6: Stroke Mechanics

Ages 5–8, 8–12 yr

Students are introduced to competitive swim skills while refining technique on all major strokes.

Required: Child must be able to swim 100 yards of any combination of strokes.

Dive Class

This class is recommended for competitive swimmers who are looking to perfect their diving technique.

NEW! Swim Team Prep

This class prepares swimmers for competitive swimming by focusing on stroke technique, endurance, and essential skills.

Questions? Contact Kim Koza-Baird at kkoza@westfieldynj.org