



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTFIELD AREA YMCA Spring 1 2025

Session Guide

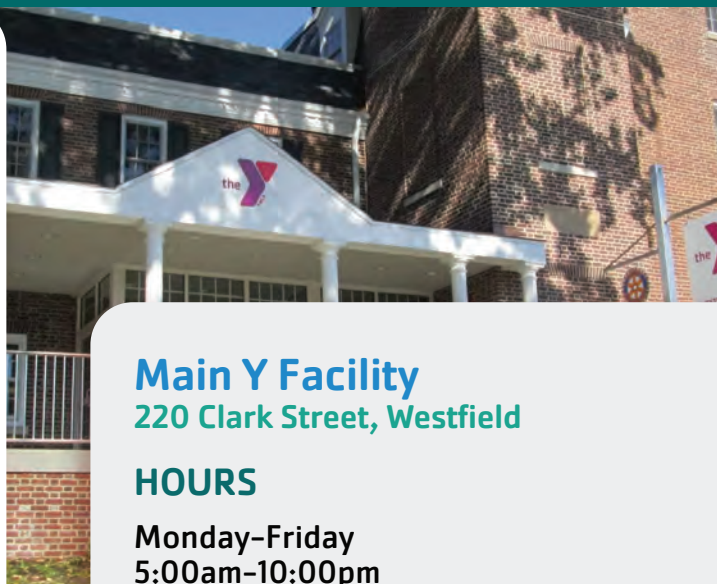
February 23–April 19

Priority Registration for Full Members begins 9:00am
Thursday, February 6

Registration for Basic and Non-Members begins 9:00am
Monday, February 10



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	Individual	Senior
1-2 adults with children up to age 26 living in the same household	Youth, Teen, College, Young Adult, Adult, 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 or x258

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 or x268.

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

CLOSED EASTER SUNDAY (4/20)

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 Avenue, Cranford

**Horizon Blue Cross Blue Shield
of New Jersey Members
are eligible to receive a 15%
discount on a monthly Y
membership/waived Joiner's Fee!**

Present your Horizon ID Card at the
Welcome Center to apply discount
and/or waived initiation fee.

For more information, visit
westfieldynj.org/special-promotions.



Cranford YMCA

Cranford YMCA is the newest branch of the Westfield Area YMCA in partnership with the township of Cranford

Scan to view
Cranford YMCA
Programs

or visit
www.westfieldynj.org/cranford-ymca



SCAN TO REGISTER

Kids Club | 18mo-9 yr

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

- Present child's birth certificate first time attending
- Parent/guardian must be a member and remain in the building
- Nut free snacks & drinks are permitted
- FREE for Gold members; fee for Silver
- 1.5 hour max. for 18mo.- 2yr and 2 hour max. for ages 2yr+

HOURS

Mon-Fri:

8:45am-1:30pm

Sat

8:45am-1:30pm

More details:

westfieldynj.org/kids-club

Personal Training | 13+ yr

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.

NOW OFFERING:

- Boxing-focused training
- Teen packages

A
BETTER
US
STARTS WITH U

WE WANT YOU ON OUR TEAM!

Scan QR code to view current job opportunities or visit westfieldynj.org/jobs

Working at the Y, you'll discover more than a job...you'll enjoy the opportunity to make a lasting difference in the eyes of those around you!



GREAT SUMMERS START AT THE Y!

Summer Camp

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



LIMITED SPOTS AVAILABLE!

HEALTH & WELLNESS

FITNESS CLASSES

Classes are in Weldon Room unless noted:

- = Kellogg Room
- + = Gymnasium



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

SUNDAY

8:30-9:15am
NEW! Body Weight Tabata
Alex

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

10:45am-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
Arthritis Exercise •
Patti

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

5:45-6:40pm
Boot Camp
Ellery

7:00-7:50pm
TRX®
Chrissy

7:20-8:10pm
Yoga •
Sandeep

WEDNESDAY

6:00-6:45am
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
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

11:30-12:20pm
Bone Smart •
Myriam

6:00-6:55pm
Cycle & Strength
Stew

7:35-8:35pm
Ballet
Marianna

ADULT TAEKWONDO

See page 12 for info about Gedman's Black Belt Academy of the Westfield Area YMCA.

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

11:15-12:15pm
Barre
Jolene

Questions about Fitness Classes? Contact Jenny Stanley at jstanley@westfieldynj.org or x256

FITNESS CLASSES

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 both 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.

Free Hearing Screenings

Wednesday, March 12

10:00am-2:00pm

Location: Main Y Facility

Hearing Life of Westfield will offer 5-minute hearing screenings to the community. An appointment is required.

Contact Jean White at jwhite@westfieldynj.org or x246 to schedule your appointment.

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.

CLASSES ARE INCLUDED IN MEMBERSHIP!

View schedules in real-time on our website.

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!

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.P.E.D.®

Resistance, Intervals, Power, Plyometrics and Endurance training are used to challenge cardio and endurance levels.

Rumble®/Kickboxing & Strength

30 min. of Rumble (cardio martial arts by the makers of R.I.P.P.E.D.®) or kickboxing followed by 30 min. of strength. Come for one segment or both!

Questions about Fitness Classes?

Contact Jenny Stanley at jstanley@westfieldynj.org or x256.

STRONG KIDS+ EVENTS

Thanks to the Strong Kids+ Annual Support Campaign, financial assistance is available to individuals and families with a bona fide financial hardship that live or work in our service area of Cranford, Garwood, Mountainside or Westfield.

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



Easter Egg Hunt in the Pool

Sunday, April 13

Location: Cranford YMCA
401 Centennial Ave., Cranford

Visit with the Easter Bunny and spend 30 minutes swimming for Easter Eggs. Find the most eggs to win a prize! Geared toward children ages 2-7. \$25 to participate (free for adults).

TIME SLOTS:

1:00-1:30pm 1:30-2:00pm
2:00-2:30pm 2:30-3:00pm

Spring Clothing Drive

Tuesday, April 22, 7:30am-3:30pm

Location: Bauer Branch Parking Lot
422 E. Broad St., Westfield

- No items accepted before/after drop off times
- Accepted items: Clothes, shoes (must be bagged separately), belts, handbags, comforters, towels, sheets, bedding, curtains, stuffed animals, small toys (2 ft. or less), bikes, scooters, and strollers.

Save the Date: 20th Annual Golf Classic

Monday, June 9

Sponsorships available! Contact Marla Itzkin at mitzkin@westfieldynj.org or x264.

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.

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 x406.

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, 6:00-6:45pm

Location: Main Y

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.

CREATIVE ARTS

Creating the Cartoons

Age 7-12

Saturday, 9:00-10:00am (7-10 yr)

Saturday, 10:15-11:15am (10-12 yr)

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 or x256.

ADULT AQUATICS

WATER FITNESS INCLUDED IN MEMBERSHIP!

Let's HIIT It!

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

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.

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.

Ai Chi

Enhance balance, flexibility, and strength through breathing and slow, continuous movements in warm water. Combines Tai Chi, Qigong, and Watsu techniques.

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!

Aqua Fit

This medium-intensity, full-body workout combines cardio and strength exercises. Drag and buoyancy equipment may be used.

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.

NEW! Aqua Dance Party

Follow along and enjoy some of your favorite songs during this high-energy workout full of classic Aqua Zumba moves!

NEW! Aqua Dance Lite

A lower-intensity version of Aqua Dance Party!

Cardio Core

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

Questions about Adult Aquatics?

Contact Beth Folvik at bfolvik@westfieldynj.org.



View pool schedules in real-time on our website!

Classes are 45 min. in Rooke Pool unless noted: • = Wallace Pool

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 •

9:40am Arthritis Aquatic Exercise

10:30am Heart Smart

THURSDAY

10:00am NEW! Aqua Dance Party •

11:00am NEW! Aqua Dance Lite

7:00pm 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

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 8:00-8:45pm (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)

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.

Certification course dates:

April 26 & 27, 8:00am-4:00pm

May 31 & June 1, 8:00am-4:00pm

June 7 & 8, 8:00am-4:00pm

Recertification course dates:

March 15, 8:00am-6:00pm

May 3, 8:00am-6:00pm

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

To schedule a test, contact 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.

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. The purpose of the class is to increase comfort with underwater exploration and introduce basic self-rescue skills with the instructor's assistance.

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.

Questions about Youth Aquatics?

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

SUNDAY		
8:00am	Parent/Child: Stage B	2-3 yr
8:35am	Parent/Child: Stage A	6-24 mo
9:00am	Stage 5 •	5-8 yr
		8-12 yr
9:10am	Parent/Child: Stage B	2-3 yr
		3-6 yr
9:45am	Stage 2	3-6 yr
	Stage 4	3-6 yr
	Aquatic Conditioning » •	6-10 yr 10-15 yr
10:20am	Stage 2	3-6 yr
	Stage 3	3-6 yr
10:55am	Stage 3	3-6 yr
	Stage 4	3-6 yr
11:30am	Stage 2	3-6 yr
	Stage 3	3-6 yr
12:05pm	Stage 2	6-12 yr
	Stage 3	6-12 yr
	Stage 4	6-12 yr
12:40pm	Parent/Child: Stage A & B	6mo.-3 yr

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.

MONDAY		
9:30am	Stage 2	3-6 yr
	Stage 3	3-6 yr
10:00am	Parent/Child: Stage B	2-3 yr
1:30pm	Stage 2	3-6 yr
2:00pm	Stage 3	3-6 yr
3:40pm	Stage 2	3-6 yr
	Stage 4	3-6 yr
4:15pm	Stage 4	6-12 yr
4:50pm	Stage 6	5-8 yr
		8-12 yr
5:25pm	Stage 5	5-8 yr 8-12 yr
6:45pm	Aquatic Conditioning •	6-10 yr

Lessons are 30 min. in Rooke Pool unless noted:

» = 40 min.
• = Wallace Pool

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 & non-competitive strokes and learns flip turns.

TUESDAY		
9:00am	Stage 3	3-6 yr
9:30am	Parent/Child: Stage A	6-24 mo
10:00am	Stage 1	3-6 yr
	Stage 2	3-6 yr
3:30pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4:00pm	Stage 1	3-6 yr
	Stage 3	3-6 yr
4:35pm	Rainbow Fish	3-12 yr
5:10pm	Stage 2	3-6 yr
	Stage 3	3-6 yr
5:45pm	Parent/Child: Stage B	2-3 yr
6:20pm	Stage 5 »	5-8 yr
	Stage 6 »	6-12 yr

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.

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 free skill assessment prior to registration.

Teen Swim Lessons

Age 12-16

Lessons are 30 min. in Rooke Pool.

Learn essential water safety and basic swimming skills at your own pace in a judgment-free zone. Develop and build endurance on all four strokes.

WEDNESDAY		
1:00pm	Stage 1	3-6 yr
	Stage 2	
1:30pm	Stage 3	3-6 yr
	Stage 4	
3:30pm	Stage 3	3-6 yr
		6-12 yr
4:00pm	Stage 2	3-6 yr
	Stage 4	
4:35pm	Stage 2	3-6 yr
	Stage 3	
5:10pm	Stage 2	6-12 yr
	Stage 3	
	Stage 4	
5:45pm	Stage 5	5-8 yr
	Stage 3	3-6 yr
6:20pm	Stage 4	3-6 yr
		6-12 yr
6:55pm	Stage 2	3-6 yr
	Stage 3	
7:30pm	Teen	12-16 yr

Competitive Starts

3/2, 3/16, 3/30, 4/13

For competitive swimmers looking to improve diving starts off the block. Offered on the above Sundays at 10:30am in Wallace Pool.

Prerequisite: Stage 6+

THURSDAY		
9:00am	Stage 2	3-6 yr
3:30pm	Stage 3	3-6 yr
	Stage 5	5-8 yr
4:00pm	Stage 2	3-6 yr
	Stage 4	6-12 yr
4:35pm	Stage 2	3-6 yr
	Stage 4	
5:10pm	Stage 3	3-6 yr
	Stage 5	5-8 yr
5:45pm	Stage 2	3-6 yr
	Stage 6	5-8 yr
6:20pm	Stage 1	3-6 yr
	Stage 5	8-12 yr

FRIDAY		
1:30pm	Stage 3	3-6 yr
2:00pm	Stage 2	3-6 yr
3:30pm	Stage 2	3-6 yr
	Stage 3	
4:00pm	Stage 3	6-12 yr
	Stage 4	
4:35pm	Stage 3	3-6 yr
5:10pm	Stage 5	5-8 yr
		8-12 yr
5:45pm	Stage 4	3-6 yr
		6-12 yr
6:20pm	Stage 1	3-6 yr
	Stage 2	
6:55pm	Stage 2	3-6 yr
	Stage 3	

Learn to Dive

2/23, 3/9, 3/23, 4/6

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 the above Sundays at 10:30am in Wallace Pool.

SATURDAY		
7:40am	Parent/Child: Stage A & B	2-3 yr
8:10am	Parent/Child: Stage A	6-24 mo
8:45am	Parent/Child: Stage B	2-3 yr
9:00am	Stage 6 •	5-8 yr
9:20am	Stage 2	3-6 yr
	Stage 3	
9:30am	Stage 5 •	5-8 yr
9:55am	Stage 2	3-6 yr
	Stage 3	
10:30am	Stage 1	3-6 yr
	Stage 4	6-12 yr
11:05am	Stage 3	6-12 yr
	Stage 2	
11:40am	Stage 1	3-6 yr
	Stage 2	
12:15pm	Stage 3	3-6 yr
	Stage 4	
12:45pm	Stage 2	3-6 yr
	Stage 6	5-8 yr
1:20pm	Rainbow Fish	3-12 yr
2:00pm	Rainbow Fish	3-12 yr
2:30pm	Rainbow Fish	3-12 yr
6:15pm	Stage 5 » •	8-12 yr
	Stage 6 » •	



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.

DEVILFISH SPRING TRYOUTS

Tuesday, March 11- Thursday, March 13

Visit wydevilfish.org for tryout times and additional details.

Questions about Devilfish Competitive Swim Team?
Contact Meghan Myers at mmyers@westfieldny.org or x263.

YOUTH & TEEN PROGRAMS

ACADEMICS & 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@westfieldynj.org or x424 for more information.

Youth & Government | Grades 9-12

Meets at the Westfield High School

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.

Virtual SAT Prep Course | Grades 11-12

March 4, 11, 18, and 25, 6:00-7:00pm

April 1, 8, 15, and 29, 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
11-15 yr

UPCOMING COURSES: February 17, March 8, April 15,

April 17, June 25

Time: 9:00am-4:30pm

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@westfieldynj.org or x253.

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.

SKI/SNOWBOARD TRIPS

Grades 6-12



Blue Mountain Resort, PA
Friday, March 7
12:30-11:00pm

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

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.

3v3 Basketball

March 14

Dodgeball Tournament

April 18

Questions about Youth & Teen Programs?

Contact Dylan Hirtler at dhirtler@westfieldynj.org or x248.

CHILD CARE EDUCATION

EARLY LEARNING

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

Early Learning Center YMCA

Contact: Eileen Rooney
erooney@westfieldynj.org or x134

Bauer Family Branch YMCA (Preschool)

Contact: Tracy McSweeney
tmcswweeney@westfieldynj.org or x423

Main Y Facility (Preschool)

Contact: Shannon McGillis
smcgillis@westfieldynj.org or x268

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
tmcswweeney@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

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

Garwood

Contact: Megan Gallagher
mgallagher@westfieldynj.org or x224

Mountainside

Contact: Amanda McCaskill
amccaskill@westfieldynj.org or x265

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 2–3 Chess Age 6–10

Tuesday, 4:00–4:45pm
Tuesday, 5:00–5:45pm
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. Kids are split into groups based on chess knowledge. Participant must have completed the Intro to Chess class or receive instructor recommendation.

NEW! Level 4 Chess Age 6–12

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

Participant must have completed the Level 3 Chess class and/or receive instructor recommendation.

NEW! Level 5 Chess Age 6–12

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

Participant must have completed the Level 4 Chess class and/or 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!

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

12:00-12:45pm **Junior Basketball** 4-5 yr

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.

Questions about Youth Sports Classes?

Contact Adrian Sanchez at asanchez@westfieldynj.org or x239

SPRING WARRIORS TRAVEL BASKETBALL

Practices are held weekly in the Main Y Gymnasium. Home and away games are played on weekends in a league of YMCAs and other youth programs. Games are four eight-minute quarters with substitutions every four minutes.

Registration for the March-June season is open now.

BOYS LEAGUE

Grades 2-3

Practice on Thursday

5:00-6:15pm or 6:15-7:30pm

Grades 4-5

Practice on Wednesday

6:15-7:30pm

GIRLS LEAGUE

Grades 3-5

Practice on Wednesday

5:00-6:15pm



Questions about Warriors Travel Basketball? Contact Nick Morelli at 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, 3/29 (Testing)

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 or x227.

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 or x239.



FLYERS TRACK CLUB

Season: March 17–May 16

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.

Practices are held on Monday and Friday at Kehler Stadium in Westfield:

TIME	EVENT	AGE
5:55–6:55pm	Distance	7–10 yr
5:55–6:55pm	Sprints	7–10 yr
5:55–6:55pm	Throws	7–15 yr
7:00–8:00pm	Distance	11–15 yr
7:00–8:00pm	Distance PLUS *	9–15 yr
7:00–8:00pm	Sprints	11–15 yr
7:00–8:00pm	Sprints PLUS *	9–15 yr

*Distance PLUS & Sprints PLUS require coach recommendation.

ATHLETIC CONDITIONING

Age 9–15

March 6, 13, 20, and 27, 5:15–6:00pm

Location: Main Y Gymnasium

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

Questions about Flyers Track Club or Athletic Conditioning?

Contact Michelle Almeida at malmey@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.

Session is January 2-June 21. There is a June performance. Joining a class after the session begins is possible if space allows.

No Class: 4/13-4/21

Dance With Me!

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

Little Movers

Children explore dance through creative movement and enhance motor skills with props and themes. Students are required to complete this class before Mini-level.

Dance With Me! and Little Movers are offered in a 15-week session (1/2-4/12) and a 6-week session (4/24-5/31).

Ballet and Tap

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

Ballet and Jazz

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

Jazz and Tap

Explore jazz styles with a focus 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.

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. 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.

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 yr
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

All classes are located in Kellogg Room 1 or 2.



Questions about Dance Academy?

Contact Marianna Tsartolia at 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				☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑					
Open Gym	Basketball, Pickleball				☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑			
Open Swim	Family, Youth, Teen, Adult	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
School-Age Child Care	Before & After Care						☑	☑	☑	☑	☑	☑	☑							
Sports Classes	Soccer, Basketball, Sport Samplers				☑	☑	☑	☑	☑	☑	☑									
Dance Classes	Ballet, Tap, Jazz, Hip Hop, Acro, Modern, Musical Theater			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑					
Early Learning	Full Day, Preschool, Kindergarten, KWrap	☑	☑	☑	☑	☑	☑													
Chess	Intro-Level 5							☑	☑	☑	☑	☑	☑	☑						
Creative Arts	Cartoon Drawing and Collaborative Theater								☑	☑	☑	☑	☑	☑	☑	☑	☑			
Flyers Track Club	Developmental & Competitive								☑	☑	☑	☑	☑	☑	☑	☑	☑			
Lifeguard Training	Includes CPR and First Aid																	☑	☑	☑
Racquetball	Reservations recommended											☑	☑	☑	☑	☑	☑	☑	☑	☑
Fitness Facilities	Cardio, Strength (min. age varies/room)														☑	☑	☑	☑	☑	☑
Fitness Facilities	Free Weights (min. age varies/room)																			
Fitness Express	Hydraulic equipment to be used in a 30-min. circuit									☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Swim Lessons	Group and Individual Classes	☑	☑		☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Devilfish Swim Team	Developmental & Competitive						☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Gedman's Black Belt Academy	Taekwondo Intro-5th Degree					☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Kids Club	Facility Babysitting			☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Personal Training	Individual Sessions														☑	☑	☑	☑	☑	☑
Summer Camp	Traditional, Sports, Specialty, Leadership				☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑	☑
Water Fitness	Group Exercise, Classes, Lap Swim																			
Group Fitness	Low Impact, Strength, Cardio, Hybrid, Mind & Body															☑	☑	☑	☑	☑

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.



Sports Demos

Saturday, March 1
1:00-4:00pm
Main Y Facility

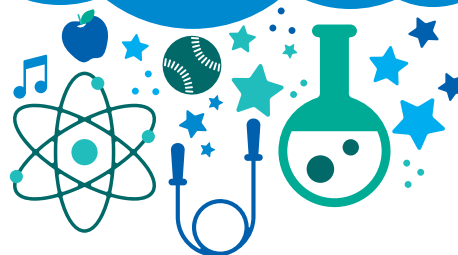


Games



Healthy Snacks

HEALTHY KIDS DAY®



Family Fun



Prizes