



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF MONTCLAIR
973-744-3400
montclairymca.org



IGNITE YOUR SPIRIT MORE FUN WITH FRIENDS



FALL 1 & 2 PROGRAM AND MEMBERSHIP GUIDE

FALL 1
SEP 11-OCT 29

FALL 2
OCT 30-DEC 17

PARK STREET BRANCH FALL 1 & 2
REGISTRATION BEGINS: TUE, SEP 5

WELCOME TO THE YMCA OF MONTCLAIR



20/20 MEMBERSHIP

The Y is better with friends and now we've made it even better with our 20/20 referral program. When you become a partner in health and refer a friend, you'll both receive a 20% savings off the standard membership rate as long as you both remain members. Cannot be combined with other offers. Restrictions apply. See our website for details at montclairymca.org/2020membership.

Mission Statement

The YMCA of Montclair welcomes all. We are a nonprofit that strengthens individuals, families and community by developing spirit, mind and body.

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Nurturing the potential of every child and teen.

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HEALTHY LIVING

Improving the nation's health and well-being.

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SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

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MEMBERSHIP

Information

ADULT MEMBERSHIP

Young Adult - Ages 18-22*

Adult - Ages 23-64

Senior - 65+**

Adult Members are entitled to the following facilities and programs:

- Two Swimming Pools
- Indoor Track
- Cardiovascular
- Weight Room Fitness Center
- Boxing Room
- Basketball & Volleyball
- Steam & Sauna
- All Adult Fitness Classes
- Life Circuit Training
- Handball, Racquetball & Squash court times (45 min)
- Water Exercise

Adult Membership with Permanent Locker

In addition to the facilities and programs listed with the Adult Memberships, adult members may be able to rent a permanent locker in order to store personal items overnight in the men's or women's locker rooms.

Kit (Box) Size Locker (Limited Availability)

Available in both the men's and women's daily locker room area.

Membership Fee + \$12/month

Large Locker (Limited Availability)

Men's Permanent Locker Area

Membership Fee + \$31/month

Women's Permanent Locker Area

Membership Fee + \$25/month

MEMBERSHIPS

Youth Membership - Ages 6-12

Youth membership includes participation in youth fitness classes, youth open gym, and swim times. For an additional fee, youth are also entitled to register for instructional classes such as swim and sports classes. Youth members registering for programs must possess a current membership throughout the duration of the session.

Teen Membership - Ages 13-17

Teen membership, includes afternoon swim, gym, racquetball, use of the Fitness Rooms, track and lap pool times. Teen members must use the youth locker room facilities. Teens are welcome to participate in adult group exercise classes. Proof of age required.

Family Membership

The Y offers a family reduced rate of 10% when there are two or more full memberships, at least one of which is an adult. Children must be under 18 years of age and all must reside in the same household.

* Proof of age is required. Young adult must be 18 years old and out of high school in order to utilize the Adult locker rooms.

**Proof of age is required.

NOW AVAILABLE!

Adult members can rent a permanent locker in order to store personal items overnight in the men's or women's locker rooms.*

Kit/box size locker in men's and women's daily locker room area: **\$12 PER MONTH**

Large locker in men's permanent locker room: **\$31 PER MONTH**

Large locker in women's locker room: **\$25 PER MONTH**



Please ask our membership staff for assistance.
*Subject to availability.



JOINER'S FEE

All new adult members must pay a one-time Joiner's Fee with the initial payment. The purpose of the Joiner's Fee is to allow for a Building Improvement Fund. Members renewing after a lapse of 45 days must pay the Joiner's Fee as they are considered NEW members. Maximum of two adults per joiner's fee living in same household.



MEMBERSHIP

Information

MEMBERSHIP PAYMENT PLANS

E-Pay

Convenient automatic monthly payment plan gives you the option to be a member as long as you choose!

- Available for teen, young adult, adult, senior, family and 20/20 memberships.
- Automatic payments from Checking Account, Visa or MasterCard, Discover or American Express on the 15th of each month.
- Down payment of two months (the first prorated according to the date membership starts) due at sign up.

Annual

Pay in full for your membership each year.

Program Payment Options

- Credit Card: Visa, MasterCard, Discover or American Express
- Check
- Cash

Refund Policy

- If the Y cancels a class due to low enrollment, a full refund of program fees will be issued.
- A 75% refund of program fees will be made if a member cancels one week or more prior to the start of a program.
- Refunds will not be issued once a program has started unless for medical reasons, supported by a Doctor's note. Refunds/credits will be issued for the remainder of the session.

All membership payments are non-refundable and non-transferable.

Membership Holds

As a courtesy, we allow members to put their membership on hold twice for up to 6 months in a calendar year. There is a \$10 fee charged for each month that the membership is held. Members must complete the Membership Hold form located at the Member Services Desk by the 8th of the month.

For a complete listing of membership policies, please visit montclairymca.org/policies.

Membership Age	Joiner's Fee*	Full Payment Plan Annual Fee	E-Pay Monthly Plan		
			Down payment 1st 2 months	Monthly Withdrawal	20/20
Youth 6-12	-	\$117			
Teen 13-17	-	\$225	\$37.50	\$18.75	-
Young Adult 18-22	\$50	\$402	\$67	\$33.50	\$26.75
Adult 23-64	\$100	\$750	\$125	\$62.50	\$50
Senior 65+	\$100	\$498	\$83	\$41.50	\$33

*Joiner's fee required of all new members or memberships that have lapsed more than 45 days

FINANCIAL ASSISTANCE

The YMCA of Montclair strives to provide positive program and membership experiences for individuals and families, including those who are economically disadvantaged. Individuals and families who reside within our service area and would like more information regarding the financial assistance program are encouraged to call the YMCA of Montclair at 973-744-3400 to receive an application.



YOUR SAFETY

To ensure the safety of all, the YMCA of Montclair will verify each member and guest through the National Sex Offender Registry (NSOR) and has the right to deny access to those on the NSOR. If you have any questions, please contact Andi Williams, Branch Director.



MY Y. YOUR Y.

As a YMCA of Montclair member, you can use nearly 50 other participating YMCAs in NJ for free. Just bring your Y membership card and a photo ID to the Y you are visiting. Some restrictions may apply and may vary among the participating Ys, so please call ahead prior to your visit. The opportunity is available as long as use of visiting branches does not exceed use at your home branch and is valid for family and adult members only.

AWAY PROGRAM

The AWAY (Always Welcome at Ys) Program gives members access to 2,300+ YMCAs across the United States and in 130 countries around the world. All you need is your membership card and a photo ID to present at the Member Services Desk of the host YMCA. As each Y has their own usage and fee guidelines, we recommend that you call ahead prior to your first visit. Visit ymca.net to find the YMCA nearest to your travel destination.





MEMBERSHIP AND PROGRAM REGISTRATION

New and lapsed members may only sign up or renew in person. Lapsed members must renew their membership within 45 days of the expiration date or will need to pay the Joiner's fee to renew.

REGISTRATION

Current members who have their email address on file with the YMCA of Montclair are encouraged to register for classes online. Phone registrations cannot be accepted. All classes are listed in this brochure and on our website at montclairymca.org with days, fees and times. All fees are non-refundable except as indicated under the refund policy on page 4.

GUEST PASSES

Members age 18 and older are welcome to bring guests to the Y for 50% off the daily adult guest rate. Photo ID and a guest waiver is required for all guests. Members must co-sign the guest's waiver form and accompany their guest in the facility. Guests are entitled to the same facility and fitness class privileges as members with the exception of adult basketball & volleyball open gym. Guests may visit the Y up to six times per year. Members are limited to two guests per day. The Y reserves the right to limit the number of guests in the building at any given time. All guests are expected to abide by the YMCA Code of Conduct and the Rules and Regulations of the YMCA of Montclair.



Guests under the age of 18 are not permitted on Youth, Teen, or 7th Grade memberships unless an adult accompanies the member and guest. Guests are not permitted on Summer, College, or any short term memberships.

Fee	Adult/Young Adult Daily Rate	\$20
	Youth/Teen Guests	\$5

MEMBERSHIP CARDS

Membership Cards are issued to all members. Please present your card at the Front Desk for scanning at the Rapid Check In station. Members who don't have their ID will be asked to go to a separate station to be manually checked in. Access to the Y facilities may be denied if the membership card is not presented. For your convenience, apps are available to access your card on your smart phone.

Replacement Card Fee \$5 per card

BABYSITTING SERVICES

For a nominal fee, babysitting is available.

Mon-Fri	8:30am-2pm
Mon-Thu	5:30-8:30pm
Sat	8:30am-12pm



Rates start at \$4 for 1-1/2 hours per child, or \$15 per month for unlimited babysitting (1 child). Visit montclairymca.org for a complete listing of prices.



FACILITY ACCESSIBILITY

Our facility and programs are accessible to individuals with disabilities.

INCLEMENT WEATHER SCHEDULE

Classes canceled due to inclement weather are not made up due to scheduling conflicts. Credits and/or refunds will not be given.



Holiday Closings

Mon. Sep 4 - Labor Day
Thu. Nov 23 - Thanksgiving

Annual Maintenance Closing

Sun. Aug 27 - Mon. Sep 4





- **Code of Conduct:** The YMCA of Montclair is a membership organization for youth development, healthy living and social responsibility. Membership is a privilege. Our members:
 - behave in a mature and responsible way;
 - respect the rights of others, and
 - report to staff when assistance is needed.
 A Code of Conduct violation could result in a suspended or terminated membership.
- All programs, activities and schedules are subject to change. For the most current information (pool schedules/fitness class schedule), please check our website at montclairymca.org.
- Membership cards must be presented at every visit.
- Cell phones may only be used in the lobby areas.
- **Photos:** Permission must be granted from Y Administration prior to taking any photos or videos.
- The Y is not responsible for personal items. Secure all items in a locked locker or in the security lockers located by the lower entrance.
- Proper athletic attire and footwear is required. Rubber sole and closed toe shoes only. For safety reasons, open toe shoes are not permitted.
- Adult fitness classes are open to members 13 and older. Mature behavior must be exhibited at all times by teen members in order to participate in the adult classes.
- For safety reasons, children may not accompany adults into workout areas. Please utilize our babysitting services located in the Nursery.
- Cardio Rooms are for Y members 13 and older. 11 & 12 year old youth members may use the cardio rooms only after completing fitness orientations with the fitness staff and must be accompanied by an Adult Member.
- The Weight Room is for Y members 13 and older.
- **Youth Facility Usage:**
 - Youth members under the age of 10 must be under the supervision of an adult at all times while at the Y.
 - With all the youth programs offered (open youth gym and swim, the fitness arcade and youth fitness classes), it is easy to follow the policy of remaining in staff supervised areas.
 - Youth members must be engaged in an activity. Wandering the building is not permitted.
 - All youth activities end at 8pm. Youth may remain in the building after 8pm with direct parent/ guardian supervision or when involved in a supervised Y program.

HOURS OF OPERATIONS



MONDAY-FRIDAY
5AM-10PM

Locker Rooms Close at 10:15pm

SATURDAY & SUNDAY
7AM-7PM

Locker Rooms Close at 7:15pm



Locker Rooms close 15 minutes after workout areas close. Please plan accordingly.



POOL FACILITIES

The YMCA of Montclair has two pools located at the Park Street Facility.

SMALL POOL

25 yard pool with 4 lanes. Depth of pool is 3 1/2 feet to 8 1/2 feet deep and water temp is between 84-86 degrees

LARGE POOL

25 yard pool with 6 lanes. Depth of pool is from 4 ft deep to 10 ft deep with a water temp between 79-81 degrees.

POOL ACTIVITIES

Water Fitness Programs
Youth Swim
Senior Swim
Birthday Parties/Youth Groups
Private Swim Lessons
Adult Lap Swim
Youth Swim Team Program
Family Swim
Adult and Youth Swimming Lessons

Stop by the **Welcome Center** for a summer pool schedule or check online*

ADULT LAP SWIM available daily *Schedule subject to change.

Youth swim is limited to members 6-12 years of age.

Family swim requires both youth and adult family member participation. Guest fees may apply.

All swimmers must wear a bathing cap. Thank you for your cooperation.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

THE GEYER FAMILY BRANCH

159 Glenridge Avenue • 973-783-7640

The Geyer Family Branch is a one of a kind facility in the Y world. It's designed specifically for families to learn, grow and explore together. The Geyer Family Branch is dedicated to offering dynamic programs and classes for children ages 6 months- 6 years and their families. Your child can learn how to swim, dance, play sports, explore art, cook, become a hands-on scientist or adjust to an educational setting in our pre-school readiness programs—all under one roof. In the summer, we offer high-quality day camps for a variety of age groups. Whether it's learning important life skills in the pool, building self-esteem in the gym or unleashing their imagination and creativity in the arts, the Geyer Family Branch is a great place to grow!



FALL PROGRAM

- Aquatics • Gym • Performing Arts
- Pre-School Readiness • Arts and Science and more!

AQUATICS

Splashing in the pool, learning to swim, building confidence in the water. These classes take place in the pool and will give your children skills and memories that last a lifetime!



ARTS & SCIENCES

Explore the kitchen, dance studios, art room and the music room, we've got something for every taste, talent and tempo. Find your creative spark!



GYM

Sign up for one of our gym classes where children will develop new skills, have fun, and begin to develop strength, endurance and flexibility.



PERFORMING ARTS

In parent/child classes, exploring movement and dance is a unique way to bond. Child only classes range from ballet to hip hop.



A yearly membership fee plus class fees apply. Please visit our website at montclairymca.org and click on "Geyer Family Branch" for information on our facility and our classes. Please also stop by our branch at 159 Glenridge Avenue in Montclair for a visit!



TAKE A TOUR TODAY! 973-783-7640



YOUTH DEVELOPMENT

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STAYCATION

Grades 1-6

When our service area schools are closed, we offer a Staycation program offering games, art, physical play, occasional field trips and more.

Advanced registration is required. Please see our register by dates on our website. Late registrations cannot be accepted. Registration is available online at montclairymca.org/staycation or in person. All registered families will receive a detailed email prior to their selected date, with the day's details. Please see our website for overall program information.

Questions?

Contact kgriffiths@montclairymca.org or 973-415-6102.

FEE **Members** \$65 a day per child
Community \$80 a day per child

SUGAR & SPICE

Grades 4-7

This monthly nutrition class on Thursdays offers hands on snack making and food preparation. Naturally, you will be eating in class! Come and learn ways to substitute high sugar for something equally as "sweet" and how to fuel your body the right way so you can stay strong and healthy. Limited spaces available; pre-registration required up until the day before by calling and paying over the phone to 973-415-6102. See our website for dates and details. Sorry no refunds available for missed classes.

Members only \$10 per class

YOUTH NIGHTS

Grades 4-7

You work so hard!!! Parents need some nights off and so do youth! While moms and dads go out to dinner or relax at home, youth in grades 4-7 can come "hang out" under the supervision of trained, energetic staff at the Y.

The gym will be open for organized activities or free play. Swimming, movies, and specific activities can be arranged when requested. Special events/theme nights will be held periodically.

FEE \$10 for members

Members may bring up to 2 guests each (grades 4-7) for \$15 per person (emergency contact paperwork required). Snack included. See our website for dates.

Registration is required each Friday by 6pm and requires a minimum of 15 youth to have program.

TOGETHERHOOD™
Volunteer Opportunities - Page 21

THE R.E.C. ROOM

Ages 7-12

Recreation/Education Center

The R.E.C. Room offers youth members a place to go for homework help, activities, fitness and games. Ages 7-12 are invited to take part in these activities located on the 2nd floor. Anyone under the age of 7 requires their own adult supervision (parent/guardian). Activities such as arts & crafts, reading, board games, electronic games and more are offered on a regular basis.

R.E.C. Room	Mon-Thu	3:30-8pm
	Fri	3:30-9pm
	Sat	12-3pm/4:30-7pm
	Sun	12-6pm

TEEN ROOM

Free to members ages 13-18



If you are a teen member, you are encouraged to stop by to play board games, use the iPads, and play Xbox games, read, and hang out with your friends. This is a great place for teens to just relax. Teen room is supervised by staff at all times.

Location	Park Street Branch, 2nd floor	
Art Room	Mon-Thu	3:45-7pm
	Fri	4:30-9pm
	Sat-Sun	2-7pm

ADVENTURE GUIDES "FRIENDS FOREVER"



Through the Adventure Guides program, parents and children develop strong bonds that support self-esteem and communications skills, setting the foundation for positive, lifelong relationships: "Friends Forever." Together, parents guide their children through a wide array of experiences aimed at helping children reach their full potential. They do this within a supportive small community of other parent-child pairs, which is their Circle. In Adventure Guides, parents and children develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families, and community service projects. Through Adventure Guides, you and your child will grow closer and develop memories and friends to last a lifetime. For more information, please call Kim Burrows, 973-415-6118.

Boys' Weekend	October 13 - 15
Girls' Weekend	October 27 - 29

GIRL POWER SERIES

Grades 5-7

Young ladies, we want you to join us on Wednesdays! Let's work together to increase everyone's self esteem, identify personal role models, increase our leadership and good nutrition and have some fun with friends. Games, snack making, guest speakers and more. Each series covers different material so sign up for both! Certificates for participation and a "girls only" party held before the holiday break in December. **Membership required.**

Workshop Time Weds. 4:30-5:45pm
Fee (6 classes) \$100

Each series is 6 classes (Fall 1 or Fall 2)
See our website for dates and more details.

7TH GRADE INITIATIVE PROGRAM

Free membership with participation.

The 7th grade initiative is a program designed to help youth in 7th grade remain active and gain life-long fitness practices. The goal is to help them develop healthy habits through exercise, classes, and positive peer/social interactions, mentoring and fun. Community service required as well as a few weekend activities at the Y.

All 7th Graders in our service areas are eligible for a free membership for the school year. If your 7th grader already has a membership, payments can be put on hold and/or an extension to their membership is given.

In order to be eligible for the program, 7th graders and a parent/guardian must attend a mandatory orientation. Space each night is limited and **registration is required.** See our website for dates and registration details.



TNT: TEENS AND TRAINING

Grades 7-11

Teens and Training gives participants opportunities to work on skills that guide them into becoming young adults in the working world. Every class meets on Tuesdays and is hands-on fun with skills-based learning. Skills acquired are applicable to daily life and future job opportunities. Register for as many classes as you want. Rewards and recognition for those who attend nine or more workshops during Fall I and Fall II dates combined. Please refer to our website for workshop titles, dates and times. **Online registration is required in advance by 2pm each Tuesday.**

LEADERS CLUB

Grades 7-12

Some of the best things to come from participants in our leaders' club are events that they plan and organize to raise scholarship funds and having them join our staff! Become a part of this great group of teens who continue to raise the bar on leadership skills and helping others through social responsibility. Please see our website for dates as there are some exceptions throughout the year.

Day Thursdays every other week.
Time 7-8:30pm

BIRTHDAY PARTIES BOOKING NOW FOR THE FALL!

For youth members in grades 1st-6th.

HAPPY BIRTHDAY TO YOU!

Come and celebrate with your family and friends at the Y with a choice of parties. One hour in the area of your choice and one hour in the 'party room.'

Gym party for up to 40 guests (4-6pm only on Sat)

Pool party for up to 40 guests (4-7pm only on Sun)

Art party for up to 20 youth (3:30-4:30pm only on Sat)

Our friendly staff will help with your set up and will take care of the cleanup at the end. Gym staff will be on hand to organize games based on the birthday child's requests. Art parties could be pizza and paint, jewelry making or something of your choosing (supplies are not included in rental rate and will be discussed).

Contact psparty@montclairymca.org for more information or call 973-744-6161 x144. Contracts must be signed and a deposit paid in order to reserve any dates and times. Deposits are non refundable.

NEW! ADULT FITNESS PARTIES

Adult spin & fitness parties now available. Call Kimberley Griffiths at 973-415-6102 for more details.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



BEFORE AND AFTER SCHOOL PROGRAMS

Looking Ahead to Fall... Before and After School Programs Offered in Public Schools in Montclair, Bloomfield, Verona and Cedar Grove School Age Child Care is designed to provide care for children Kindergarten through eighth grade while parents are working. Children will participate in the program at the school they attend during the school day.

School Age Child Care provides a warm, caring and safe environment under the guidance of experienced staff. Every child in the program is provided the opportunity to develop his/her social skills. Developmentally appropriate activities that stimulate creativity and encourage learning through fun and discovery are offered during Extended Care. For a 2017-2018 School Age Child Care Brochure, please visit us online at montclairymca.org or call Lisa Aulisi at 973-415-6134.

Children who need to start the program on the first day of school must be registered on or before Thursday, August 24, 2017. EARLY REGISTRATION IS REQUIRED!

LATE REGISTRATIONS: AUGUST 25 - SEPTEMBER 6

Children registered between August 25 and September 6 will not be permitted to start the program until Monday, September 11. Time is needed to ensure proper staff/child ratios.

Beginning September 7, a waiting period of two business days is required before starting the program.

YOUTH SPORTS CLASSES

CLASSES AGE/FEE

All-Star & MVP Basketball

All youth will have the opportunity to learn the basics of the sport through drills in dribbling, shooting, passing, defense and teamwork. A great opportunity to keep your child active and learn how to be the next NBA/WNBA stars! Get the whole basketball game and skills package!

All-Star (Beginners)	⋮	9-12
Mon 3:45-4:30pm		
MVP (Advanced)	⋮	9-12
Mon 4:30-5:15pm		
FALL 1 & 2		\$90/session

Rookie & Starter Basketball

Start the little ones out early. This class will teach the basic basketball skills to our 6-8 year old members. It's the same game but smaller hoops and basketballs. They will learn shooting, passing, dribbling, defensive and offensive moves.

Rookie (Beginners)	⋮	6-8
Wed 3:45-4:30pm		
Starter (Advanced)	⋮	6-8
Wed 4:30-5:15pm		
FALL 1 & 2		\$90/session

She Got Game

This class is for our girls who love to hoop. Girls will learn the basics in basketball which include shooting, passing, dribbling, defensive and offensive moves, and so much more. The class will include fun basketball drills and games. They will also learn the importance of being on a team and have a great time with friends.

She Got Game 1	⋮	6-8
Tue 3:45-4:30pm		
She Got Game 2	⋮	9-12
Tue 4:30-5:15pm		
FALL 1 & 2		\$90/session

CLASSES AGE/FEE

Intramurals Basketball Leagues

These leagues give our most eager athletes the opportunity for full court action each and every Saturday during the Fall 1 and 2 sessions. Athletes will be divided into teams; with corresponding shirt colors and brackets will be created for each level to show what days each team has a game and against whom.

Shooting Stars	⋮	6-8
Sat 10:30am-12pm		
Big Shots	⋮	9-12
Sat 12-1:30pm		
FALL 1 & 2		\$90/session

Flag Football

Get in the Game! Our new flag football class is geared toward those youth who want to learn how to play the sport, brush up on the rules, tactics, skills, and improve their game and most importantly - HAVE FUN! Flag football is for boys and girls 6-12 years of age. Participants should anticipate a challenging class that focuses on fundamentals, good sportsmanship and fun. Players will perform drills and games that teach the basic offensive skills, defensive skills and positions.

Flag Football 1	⋮	6-8
Sat 2-2:45pm		
Flag Football 2	⋮	9-12
Sat 2:45-3:30pm		
FALL 1 & 2		\$90/session
Location TBA		

Panthers Prep

Ready, set, go! Preparation is the key to success. If you are between the ages of 10-12 years old and are going to try out for the Panthers Travel Basketball team this class is just for you! Each week you will work on strength and conditioning, speed and agility, shooting, ball handling and defense.

★ This class does not guarantee a spot on the team, it will prep you for the Panthers tryouts.

Tue 6-7pm	⋮	9-12
FALL 1 & 2		\$100/session

**NEW YOUNG
ATHLETE
TRAINING**

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PANTHERS TRAVEL BASKETBALL TEAM

If you are between the ages of 10-14 (coed) and you are an advanced or skilled basketball player then come be a part of the Panthers Travel Basketball Team. Participation in the past does not excuse a player from attending required tryouts nor guarantee a position on the team.

Tryouts Times: Youth who are interested in trying out for the TBB team need to attend 2 tryout dates for their age group. The makeup day is available for youth who are unable to attend the two try out days.

Grades 5/6 (Co-ed)

Fri, Nov 3 5pm
 Sat, Nov 4 2:30pm
 Sun, Nov 5 12pm (make up day)

Grades 7/8 (Co-ed)

Fri, Nov 3 6:30pm
 Sat, Nov 4 4pm
 Sun, Nov 5 1pm (make up day)

Additional Information:

Interested participants must bring a copy of their birth certificate to tryouts and proof of grade their grade to tryouts. Participants must hand in their paperwork in order to get a number for tryouts. Applications will be available at tryouts for you to complete beforehand. Please come at least 20 minutes beforehand to complete.

Season Mid-November – Mid-March
Fee \$325
Location Park Street Branch

Membership is required

CLASSES

AGE/FEE

Bump, Set, Spike (Intro to Volleyball 9-12 & 13-17 Girls Only):

Come learn the fundamentals of volleyball in this class. Volleyball is an exciting sport combining team play and individual skills. This class promises no try outs, no getting cut and no bench warmers! Every child plays in every game while making friends and learning new volleyball techniques.

Bump, Set, Spike 1 : 9-12
 Wed 5:15-6pm
Bump, Set, Spike 2 : 13-17
 Tue 5:15-6pm
FALL 1 & 2 \$90/session

Radical Racquetball

Are you interested in learning a new sport? If so come rally with us. This introductory class will teach you the basics of racquetball. Come learn strategies, sportsmanship, and make new friends all while having fun!

Thu 6-6:45pm : 9-12
FALL 1 \$90/session
FALL 2 \$79/session

Ball Is Life

Attention ALL basketball players 13-17 years old, this class is just for you! In this class you will be able to improve and practice your basketball skills. Half the class will take place in our weight and cardio rooms where you will work out as a team. Then we will move to the gym to improve your basketball skills and scrimmage. This class is for any athlete looking to stay in shape year round.

★ This class is highly recommended for any player interested in trying out for the YMCA Panthers 7/8 grade travel basketball team.

Mon 5:15-6:15pm : 13-17
FALL 1 & 2 \$100/session

CLASSES

AGE/FEE

60 Minute Skills – Basketball

Do you love the game of basketball? Do you want to take your game to the next level? If so, then this is the class for you! In this class you will be able to work one-on-one with a personal basketball trainer, and you will get the time and attention needed to take your game to the next level. **By Appointment Only.**

Thu 4:30-5:15pm : 6-17
Fall 1 & 2 \$70/1-on-1 session
 As low as \$50 per session if bought in a package.

Strength for Your Sport

Whether you play Basketball, Soccer, Baseball, Football, Volleyball, or Tennis the Strength for Your Sport Class is designed for youth (ages 9-17) at any level of their game. With the help of our training experts and age appropriate coaching, youth are supported to reach their full potential. Whatever the sport, it's vital to their success that they have the basic athletic fundamentals of: body awareness, coordination, balance, speed, strength and agility to maximize their full athletic abilities and reduce injuries.

Strength for Your Sport 1 : 9-12
 Thu 4:30-5:15pm
Strength for Your Sport 2 : 13-17
 Thu 5:15-6pm

FALL 1 \$100/session
FALL 2 \$88/session

Above the Rim Teen Basketball League

Do you think you have what it takes to play above the rim? The Above the Rim teen basketball league is open to teens ages 13-17 and welcomes all levels. Scrimmages will be held every Friday from 5-7pm. Whether you're on a team or not, this league is a great way to stay fit and satisfy your competitive spirit. League includes referees and team shirts are provided.

Fri 5-7pm : 13-17
FALL 1 & 2 \$90/session



HEALTHY LIVING

Improving the nation's health and well-being.

YOUTH SWIM

The YMCA of Montclair Aquatics Program fosters a student-centered and caring atmosphere, with well-trained professionals giving personalized attention. Our nurturing staff will help youth, adults and seniors develop valuable skills and a lifetime love of the water, while instilling responsibility and safety instruction. All programs are subject to change and can be cancelled based on low enrollment.

Attendance is important! Class Make Up Policy

In order to achieve the greatest benefit from swim lessons, attendance at every class is highly recommended. For safety reasons, make up classes are not available due to instructor/student ratios. Refunds and credits will not be issued due to absences.

New Progressive Swim Lesson

Participants need to be evaluated in order to be placed in the right level. The only exception is for beginners who can sign up for Polliwog 1. All programs must be registered in person or online for current members. Unfortunately, phone reservations will not be accepted. We encourage early registration since classes fill on a first come first serve basis. **NEW this session: members may enjoy easy one-time enrollment so, not only does it mean that there's no need to re-enroll each session, it means your child's place is guaranteed!** Register for both Fall I and Fall II classes from Sept. 5 onwards.

Swim Level Evaluation Times

Mon-Fri: 3-5pm / Sat: 10am-2pm

PARK STREET PROGRESSIVE SWIM CLASS SCHEDULE

Fall 1: SEP 11-OCT 29

7 weeks

Fall 2: OCT 30-DEC 17 (No class Thanksgiving*) **7 weeks**

AGES 6-14 YEARS		Age	Mon	Tue	Wed	Thu	Sat	Fee/Session
Polliwog 1 Beginner		1st Grade and up	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4:45-5:25 pm 5:30-6:10 pm 6:10-6:50 pm	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4-4:40 pm	9:50-10:30 am 10:45-11:25 am 11:30-12:10 pm 12:15-12:55 pm	\$78 per session *\$68 Fall 2 session
Polliwog 2 Beginner		1st Grade and up	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4:45-5:25 pm 5:30-6:10 pm 6:50-7:30 pm	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4:45-5:25 pm	9:50-10:30 am 10:45-11:25 am 11:30-12:10 pm 12:15-12:55 pm	\$78 per session *\$68 Fall 2 session
Guppy Advanced Beginner		1st Grade and up	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4:45-5:25 pm 5:30-6:10 pm 6:10-6:50 pm	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4-4:40 pm 4:45-5:25 pm	9:50-10:30 am 10:45-11:25 am 11:30-12:10 pm 12:15-12:55 pm	\$78 per session *\$68 Fall 2 session
Minnow 1 Intermediate		1st Grade and up	4-4:40 pm 5:30-6:10 pm 6:15-6:55 pm	4-4:40 pm 6:10-6:50 pm	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4-4:40 pm 4:45-5:25 pm 6:45-7:25 pm	9-9:40 am 9:50-10:30 am 10:45-11:25 am	\$78 per session *\$68 Fall 2 session
Minnow 2 Intermediate		1st Grade and up	5:30-6:10 pm 6:15-6:55 pm	4:45-5:25 pm 6:50-7:30 pm	4-4:40 pm 4:45-5:25 pm 7-7:40 pm	4-4:40 pm 4:45-5:25 pm	9-9:40 am 9:50-10:30 am 10:45-11:25 am	\$78 per session *\$68 Fall 2 session
Fish Swimmer (Pool Location Varies)		1st Grade and up	4-4:40 pm	4:45-5:25 pm 6:10-6:50 pm	4:45-5:25 pm	4-4:40 pm 6-6:40 pm	10:45-11:25 am 11:30-12:10 pm	\$78 per session *\$68 Fall 2 session
Flying Fish Advanced Swimmer		1st Grade and up	4:45-5:25 pm	4-4:40 pm	4-4:40 pm	4:45-5:25 pm	9:50-10:30 am	\$78 per session *\$68 Fall 2 session
Porpoise Stroke Development		Successful completion of Flying Fish	4-4:40 pm	6:50-7:30 pm			9:00-9:40 am	\$88 per session
Barracuda Endurance Workout		Successful completion of Flying Fish	4:45-5:25 pm			6-6:40 pm	11:30-12:10 pm	\$88 per session *\$77 Fall 2 session
Marlins Pre-Lifeguard		13 and up					11:30-12:10 pm	\$88 per session
Advanced Stroke Clinic A.S.C.		13 and up		4:45-5:25 pm			12:15-12:55 pm	\$88 per session
Teen Swim		13-16		6:10-6:50 pm			12:15-12:55 pm	\$88 per session

*FALL 2 Thursday Classes will be prorated since the Y will be closed on Thanksgiving Day.

Marlins (Pre-Lifeguard Prep)

For members ages 13+

The Marlins Club is designed to prepare members who are interested in becoming lifeguards. It focuses on the importance of safety in and around an aquatic environment, while training participants in the necessary techniques, mechanics and water rescue. Successful completion will qualify participants to register for one of our American Red Cross Lifeguard Classes.

Advanced Stroke Clinic (ASC)

Advanced Stroke Clinic is a class that commits to one particular stroke for the entirety of a session, focusing on technique while building endurance for efficient swimming. It is ideal for, but not limited to participants who are interested in joining our Dolphins Swim Team.

Requirements

Must have completed all of our levels, and at least (1) Porpoise and (1) Barracuda session, and obtain Aquatic Director's approval in order to register.

Dolphins Swim Team

The YMCA of Montclair Swim Team offers a year round opportunity for competitive swimming in both YMCA and USA Swimming competitions as well as seasonal instructional clinics for aspiring competitive athletes. The team is comprised of girls and boys from age six through high school. For more information about the team and for tryout information, please see the team website at mydolphins.org.

Teen Swim Lessons Ages 13+

Teen Swim is a class exclusively for teens who are learning how to swim. This class will increase their confidence, while developing basic water skills in a pleasant learning environment with peers of the same age group.

Private Lessons

To better accommodate members' busy schedules, we provide one-on-one personal instruction in packages of 3 or 6 half hour lessons. For this offer, we do not require the participant to be enrolled in our progressive swim program. Please call the Aquatics office for days and times at 973-415-6135.

MEMBERSHIP REQUIRED

Packages 3/30 min. lessons for \$120
6/30 min. lessons for \$230

Extended Private Lessons

Provided to current participants of our progressive group lessons. Packages of 3 or 6 half hour lessons will focus on areas to improve in order to advance swimmers to the next level. Please call the Aquatics office for days and times at 973-415-6135.

MEMBERSHIP REQUIRED

Individual Packages
3/30 min. lessons for \$99
6/30 min. lessons for \$180

Swim Team Private Lessons

Private lessons are available with a swim team coach to swimmers on our Dolphin's Swim Team. For more information, please call the Aquatics office at 973-415-6135.

3/30 min. lessons for \$120
3/45 min. lessons for \$160

Semi-Private Lessons

(2 students & 1 instructor)
Must be same level.

Packages 3 for \$150
6 for \$300

Please note: Membership is required for all private lessons.





HEALTHY LIVING

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ADULT SWIM

Adult Swim Lessons

Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons -- we can help you. All levels of instruction offered and will be determined the first night of class.

FALL 1
FALL 2

Sep 11-Oct 29
Oct 30-Dec 17
(no class 11/23*)

Days
Mon & Wed

Tue & Thu
Sat

Times
10-10:45am (S)
7:45-8:30pm (S)
8:30-9:15pm (S)
9-9:45am (S)

Member	Fall 1	Fall 2
Mon & Wed	\$130	\$130
Tue & Thu	\$130	\$120*
Sat	\$70	\$70

Community		
Mon & Wed	\$200	\$200
Tue & Thu	\$200	\$185*
Sat	\$110	\$110

*Prorated: No class on Thanksgiving

Adult Swim Clinic

Large Pool. For adults who want to improve endurance and increase their distance swimming. Membership required.

Days Sat or Sun
Times 9-10am

Member
1 day a week \$50 per session
2 days a week \$100 per session

Aqua Step

Enjoy a Step Aerobics workout in the pool. This class utilizes step benches in the water to provide a safe and fun workout for all levels of fitness. This class is taught in the shallow end of the large pool.

Membership Required
See website or front desk for schedule.

Aqua Fitness

This is a more vigorous cardiovascular program, which also includes a variety of movements using the natural resistance of the water to improve muscular strength and endurance. Participants should feel comfortable in deep-water, as class includes a deep-water exercise segment.

Membership Required
See website or front desk for schedule.

Water Exercise Classes included FREE with membership.

Aquacise

This moderate intensity cardiovascular, strength, and flexibility workout provides a fun and safe workout with minimal impact on the knees and other joints. This workout is good for anyone with injuries, joint problems, or anyone who loves the water. Swimming proficiency is not required but you must have a general level of comfort in the pool.

If you are new to class please see the instructor before class begins so that you can address any concerns. Come ready to make a splash and have a blast!

Membership Required
See website or front desk for schedule.

CPR TRAINING

See page 21.





HEALTHY LIVING

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JUMPSTART OR FITSTART ONE ON ONE FITNESS ORIENTATION

FREE WITH MEMBERSHIP

Our trained staff will help you develop a basic exercise program which meets your needs and preferences. Please call 973-744-6131, or stop by the front desk to schedule an appointment for your free Jumpstart or Fitstart appointment. Come dressed for exercise! If you have any specific medical restrictions, limitations, or concerns relating to exercise, please contact:

Washima Redding

Senior Health and Wellness Director
973-415-6111
wredding@montclairymca.org

Chris Domenic

Health and Wellness Director
973-415-6131
cdomenic@montclairymca.org

All payments are made at the Welcome Center. Outside personal trainers are not permitted. Members using personal trainers other than YMCA of Montclair personal training staff may have their membership privileges revoked.

PERSONAL TRAINING

Our nationally certified personal trainers can help you get motivated to train safely and effectively with results! Intake interview precedes your first session.

- Single PT session** \$70
- The Start-Up Pack (3)** \$200
(Save \$10)
- The Conditioning Pack (5)** \$325
(Save \$25)
- The Training Pack (10)** \$580
(Save \$120)
- The Endurance Pack (20)** \$1100
(Save \$300)

Call for an appointment:

Washima Redding

Senior Health and Wellness Director
973-415-6111 or

Chris Domenic

Health and Wellness Director
973-415-6131
cdomenic@montclairymca.org

YOGA PRIVATE TRAINING SESSIONS

Relax, refresh, and renew. Private instruction is the best (and most convenient) way to work on specific aspects of your yoga practice, whether you are looking for a basic, vigorous, restorative, or therapeutic practice. Nothing compares to learning in a private space with the undivided attention of an instructor. Sign up today and watch your practice transform!

Session Rates:

- 1 session** \$80
- 3 pack** \$230
- 5 pack** \$375
- 10 pack** \$720

GROUP TRAINING

Train together and save!

Training for

- 2 members** \$40 each p/hr
- 3 members** \$38 each p/hr
- 4 members** \$35 each p/hr
- 5 members** \$30 each p/hr

THE FIT PACK \$325 (save \$25)

Three personal training sessions with a nationally certified personal trainer and two (2) 45 minute sessions with a registered dietitian. Includes: Before and after body composition.

NUTRITIONAL CONSULTATION

\$70

One hour session our registered dietician. Session may include diet analysis, discussion of eating habits, behavior modification strategies, and basic menu planning.

PERSONAL TRAINING TRI-PACK \$99

Not sure whether you want to commit to a Personal Trainer? New Personal Training clients can try Personal Training with the new Tri-Pack. This package offers **three 45 minute Personal Training sessions** to be used within 3 months. Reasons to train with a Personal Trainer: motivation, safety (learn correct form and reduce injury risk), consistency, and education.

Call for an appointment:

Washima Redding

Senior Health and Wellness Director
973-415-6111
wredding@montclairymca.org

Chris Domenic

Health and Wellness Director
973-415-6131
cdomenic@montclairymca.org

*Available once to all clients who are new to our personal training program.

YOUNG ATHLETE TRAINING

The season is never over! Sharpen your athletic performance in the off season with our sport specific personal trainers. Designed for any teen athlete looking to improve The 3 Ss.

Stamina, Strength and Speed.

- Single** \$50
- 3 Sessions** \$135
- 5 Sessions** \$225
- 10 Sessions** \$400
- 20 Sessions** \$700

SAVE WITH FRIENDS

- 2 Members** \$45 per person
- 3 Members** \$40 per person
- 4 Members** \$35 per person
- 5 Members** \$30 per person



HEALTHY LIVING

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TRX RIPPED TRAINING (6 WEEKS)

For beginners or fitness junkies, TRX Rip Trainer offers a total-body workout, centered on your core. Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, strength, mobility, balance and coordination challenges. Originally created to meet the needs of combat sport athletes and physical therapists, Rip Training variable resistance exercise is a multi-faceted approach to strength and cardiovascular conditioning. The exercises can easily be adapted to your fitness level.

Date Sun, Sep 10- Tue, Oct 17
Days/Times or Fee Sun 2-2:45pm
Tue 5:45-6:30pm
\$99

FALL INTO FITNESS (8 WEEKS)

This **8 week** program is designed to jumpstart your body to maximize Fat Burning & Lean Muscle Gains. Once you choose your team and trainer from a variety of day and time options, you will meet once a week for 1 hour where you will be weighed in, then have a TEAM training session where you will be challenged with a group workout. At the beginning of each week members will receive their 7 day workout syllabus that includes recommended Group Exercise Classes as well as individual exercises customized for your individualized goals. Each participant will work together to reach their common fitness goals within a supportive and encouraging group setting.

Date Sun, Sep 10 - Sun, Oct 29
Fee \$50

YOUTH FITNESS

CLASSES	AGE
Free with Membership	

Kid Fit **Ages 6-9**
The exercise rooms are designed for youth 10 and up so we came up with the perfect fit for younger kids to stay active. This class features fitness, fun games and challenges designed for all ages and levels.
Mon. & Wed. **4:30-5:15pm**

Youth Yoga **Ages 10-14**
The best way to learn yoga is to start early! Flexibility, strength, stamina and mental clarity are just some of the many benefits.
Mon. & Wed. **4:45-5:30pm**

Youth Cycling **Ages 10-14**
This class is made for youth. Participants must be tall enough to pedal properly while seated on the bike.
Tue. & Thu. **4:45-5:30pm**

Registration is not required for free classes. Youth members are supervised in class only. Parents and guardians are responsible for their children before and after class.

CLASSES	AGE/FEE
Youth Group Training	Ages 10-16

This class covers basic conditioning principles, safety, training room etiquette and procedures in a fun and motivating environment. The class will vary the format each week and include resistance training and cardiovascular segments.
Tue. & Thu. **4:30-5:15pm**
Fall 1 & 2 **\$130/session**

Youth Running Club **Ages 8-13**
Instill a healthier lifestyle in children by encouraging them to run regularly. Along with ample running time, the program will involve keeping a log to track progress. Curriculum includes:
• Warm up, cooling down, stretching
• Exercise physiology and good form
• Running safety and hydration
• Guidance on running a race
Wed. **4:30-5:15pm**
Fall 1 & 2 **\$85/session**



GROUP EXERCISE CLASSES

CLASSES

Free with membership, just show up! If you are not sure which class may be most appropriate for you or have any questions concerning your participation in a group exercise class, please call Washima Redding, Senior Health and Wellness Director, at 973-415-6111.

Active Older Adults–Level I

Class includes range of motion exercises incorporating gentle strengthening and balance, finishing with relaxation. Exercises are done standing or seated in a chair, utilizing various exercise props. Class does NOT include aerobics.

Active Older Adults – Level II

Class includes range of motion exercises, incorporating more challenging strengthening and balance exercises. Exercises are done standing or on floor mats, utilizing various exercise props. Class does not include aerobics.

Active Older Adults – Level III

This class will help you develop muscular strength and cardiovascular endurance while promoting flexibility. Have fun moving to music, stretching and using light weights. Exercises include standing floor movement and mat work. Class DOES include aerobics.

African-Caribbean Dance

This class incorporates traditional African Caribbean dance moves with modern day music. Connect your mind and body to the rhythms of the beat.

Athletic Conditioning with the Medicine Ball, Slide and Kettlebell

Participants perform a variety of dynamic movements to develop functional strength and cardiovascular fitness. This is a great multipurpose workout.

Back to Abs

Strengthening and stretching for the key postural muscles of the midsection, back, and legs for a healthy back, and a flat abdomen.

CLASSES

Belly Dance

This class may just surprise you and keep you coming back for more! This dance utilizes the abdomen, trunk, spine and neck, working with the body instead of against it. This class combines both a cardiovascular and aerobic workout while improving posture, toning muscle, and reducing stress. You will have to try it and see for yourself!

Boot Camp

This class is a classic combination of intense cardiovascular work mixed with some muscular strength conditioning. You will be challenged with calisthenics, plyometrics, and core conditioning to propel your way into fitness. Come prepared to sweat! This class is suitable for all levels of fitness.

Buddy Program

Members helping members with special needs to exercise. The Y will provide training and ongoing support from volunteers. For more information call Robin Mitchell at 973-744-3400 x115.

Butt and Gut

A butt-kicking, gut-wrenching class aimed at improving your lower body and core. This class is for all levels. It incorporates exercises specifically designed to target your lower body and abdominal.

Cardio Kickboxing

This intense class combines traditional kickboxing moves to develop strength, power, and cardiovascular fitness.

Circuit Training

Circuit Training is a form of conditioning combining resistance training and high-intensity aerobics that is easy to follow. Time between exercises is short, often with rapid movement to the next exercise.

CLASSES

Dance Fitness with Stephanie

A great way to build cardio fitness, stamina and sculpt your muscles all while moving to the beat of some great tunes. The playlist offers something for everyone from pop, Latin, afro Caribbean, hip hop etc. so grab your dancing shoes, some water and dance like no one is watching. This class also incorporates the use of hand weights.

NEW Fit To Fight

Fit to Fight is a hybrid of "Old School" boxing drills, "New School" MMA drills along with conditioning, cross training and instruction on proper striking techniques. Fit to Fight infuses Muay Thai, Boxing, & MMA. This is a non-contact class. Fit to Fight is safe for any fitness level. (Limited to 15 people per class)

Heavy Bag Boxing

A full boxing circuit with heavy bags, mitt work, and conditioning exercises. Gloves limited; advisable to bring your own gloves.

H.I.I.T.

High-intensity interval training (HIIT), is a form of interval training. An exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

NEW Intro To Weight Lifting

Intro to Weight Lifting is a 6 week program designed to teach members the fundamentals of basic weight training. It is designed for beginner level participants, those whom it may be the first time lifting a weight and/ or those not sure of proper form.

Strong Warrior Challenge

13 and up in the large Gymnasium – Advance Registration required

Join us for our advanced physical and mental challenge. A 25 station circuit with 30 and 60 second intervals at each station. On completion of all stations, rest for 2 minutes and then attack the circuit again for round 2.

Date Sun, Sep 10, Oct 1, Nov 5 & Dec 3 **Time** 8-9am **Member** Free



HEALTHY LIVING

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GROUP EXERCISE CLASSES

CLASSES

Just Stretch/Stretch Express

This class is all about stretching. A variety of techniques will be used to stretch the entire body, finishing with some gentle relaxation, leaving you feeling great!

Line Dancing

Line dancing is exactly what its name implies; people dancing in lines to music. Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows. Come join the fun!

Low Impact Workout

This is a high intensity, yet low-impact, complete body workout. Class includes cardiovascular conditioning, and strength training with weights.

Pilates-Mat

This is a GROUP EXERCISE Pilates class done on a mat with an emphasis on movement quality, posture, and breathing. Exercises are designed and sequenced to strengthen the core.

Pump It Up!

Free weights and dynamic calisthenics for strength training and balance, cardio bursts for endurance, plus stretching for flexibility, all in a convenient group exercise format.

Rowing

This class is cardio focused on the rower with a mix of strength training off the rower. Learn proper rowing techniques. Limited spots available. All levels welcome.

Sculpting

This group training class will improve muscular strength and endurance. All levels welcome.

Step & Sculpt

This famous low-impact, cardiovascular exercise format, uses adjustable step platforms plus a muscular strengthening component to provide a complete workout.

Studio Cycling Classes

Set to inspirational music, an instructor leads the class through a challenging workout which includes sprints, climbs, flats, lifts, and more. This class is great for the beginner and advanced exerciser since you control your own resistance level.

CLASSES

T'ai Chi

There are no extreme demands on muscles. Indeed, the relaxation of muscle is a basic focus, as is learning to shift weight properly while paying attention to balance control.

Total Body Conditioning

After a thorough warm up, you will learn how to work out with minimal equipment, such as med balls, battling ropes, slide boards, and resistance bands. This class covers it all: core, agility, muscle endurance, power and more. All levels welcome!

YMCA of Montclair Running Club

Good for 12 months of program (includes Running Club Official T-shirt unless otherwise indicated via email to registrants). We run outside in good weather months March–November, and host indoor runner specific activities during bad weather months November–March.

Day Every Sat
Time 8:30am
Member \$30
Community \$45

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance and achieve long term health benefits.

YOGA

Free with membership, just show up!

The physical practice of yoga integrates spirit, mind and body while developing strength, flexibility, relaxation and general well being. All movements can be modified to decrease or increase the intensity.

All Levels

Open to all levels of students–beginner to advanced. Poses can be modified to accommodate all levels.

Chair yoga

Focuses on basic yoga postures, breathing techniques, meditation and supported standing poses for balance and bone density.

YOGA

Gentle/Restorative

Each week you will explore a different series of basic poses focusing on stretching and gentle transition through the poses.

Iyengar

A detailed and refined approach to yoga that emphasizes muscular and skeletal alignment, and creates strength, flexibility, and balance. Deep stretching occurs through holding poses for longer periods while also building strength.

Level I

Focus on basic yoga poses (asanas), breathing techniques (pranayama), as well as meditation.

Level II

An intermediate level class that may incorporate more challenging backbends and inversions.

Power Yoga

A challenging sequence of asanas designed to build strength, flexibility, and balance.

Vinyasa

A flowing style of yoga, linking one asana to the next.

Intro to Yoga Classes (6 weeks)

Spend 6 weeks learning the basics. An emphasis will be placed on learning how to breathe through your practice and how to effectively use props to go deeper in your poses. Open to all levels, but recommended for anyone new to Yoga.

Mindfulness Meditation

Meditation is effective for stress reduction and pain management. Promotes inner calm, wisdom, wakefulness and joy. Generally class is conducted with participants in a seated position; however, other variations are used as well.

Yin Yoga and Meditation

Yin Yoga targets the connective tissues that normally are not exercised very much in a more active style of asana practice. The aim is to increase circulation in the joints, improve flexibility, cultivating awareness of inner silence, and bringing to light a universal, interconnecting quality.

ACTIVE OLDER ADULTS

CLASSES



HackensackUMC Mountainside Screenings and Lectures at the YMCA

Free Glucose Screening

Thu. Sep. 14 9-11am

Free to the Community.

Pre Diabetes and Diabetes can only be diagnosed by a healthcare provider. No need to fast. Receive educational materials.

Stroke: Every Second Counts

Mon. Oct. 16 10-11am

If you are having a stroke, it's critical that you get medical attention right away. Immediate treatment may minimize the long-term effects of a stroke and even prevent death.

Stroke Screening

Mon. Oct. 30 10-11am

Registration is required.

Fee: \$30

Evaluate your risk for stroke through cholesterol testing, blood pressure, pulse check, carotid artery assessment and stroke-related counseling from staff physicians.

Register at

mountainsidehosp.com/events or
1-888-973-4MSH (4674)

The Heart of the Matter

Mon. Nov. 20 10-11am

With heart failure, the weakened heart can't supply the cells with enough blood, negatively impacting our body. Join us to learn signs and symptoms of heart failure and your risks.

CLASSES

Monthly Book Club

Mondays 9:30am

Sep. 25, Oct. 30, Nov. 27, Dec. 18

Each month the group is given a different book to discuss.

Current Events Discussion

Mondays 10:30-11:30am

Sep. 25, Oct. 30, Nov. 27

Come discuss current events, trends, and how they relate to the past. Bring in articles to discuss. Share your view point in a friendly manner.

Pickle Ball

Mondays 11am-12:15pm

This popular game is a mix of tennis, badminton and table tennis. Open play is in the gym. Paddles and instruction provided.

Volunteering with Pre-K Children

Tuesdays 10-11am

2 times a month

Enjoy volunteering in a classroom at the Montclair Community Pre-K. Have fun helping the children with different activities.

Knit and Crochet

Tuesdays 10-11am

Sep. 19, Oct. 3 & 17

Get together with other members while you enjoy and learn a new skill. Instructor brings yarn.

Healthy Eating Lectures

Tuesdays 11:15am-12:15pm

Sep. 12 & Nov. 14

Jessica Serdikoff, RD, from Brookdale Shoprite will give monthly interactive lectures and food demonstrations.

Jewelry & Gift Table Sale

Wed. Nov. 8 9:30-11am

Donate jewelry and gently used small gifts starting in October.

Bake Sale

Wed. Nov. 15 9am-12pm

5-7pm

Bring individually wrapped baked goods on sale day.

CLASSES

Rummikub, Scrabble and Board Games

Fridays 9:30-11am

Learn a fast moving game with numbers and tiles.

Verona Park Fitness Walks

Fridays 11am

(Sept-Oct.)

Meet at the boathouse and join others to take a 30-45 minute brisk walk (1 or 2 miles) around Verona Park.

YMCA Senior/Teen Center

Mon.-Fri. 8am-1pm

The Senior Center provides a place for seniors to chat with friends after class, attend lectures and join clubs.

Seton Hall University's School of Nursing Free Screenings and Lectures at the YMCA

Blood Pressure and Mini Health Assessment

Tue. Oct. 3 9-11am

Nursing students will conduct mini health assessments and blood pressure screenings.

Stress & Self Care

Mon. Oct. 23 10-11am

Stress is part of our everyday life. Learn how to minimize the negatives effects stress has on the body and how to take better care of yourself.

Healthy Brain & the Fear of Dementia

Thu. Nov. 16 11am-12pm

Learn how to keep your brain healthy and how to prevent or minimize symptoms of dementia.

If you have any comments or questions please contact: Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wredding@montclairymca.org, or **Lisy Espindola,** Health and Wellness Director at 973-415-6128 or lespindola@montclairymca.org



HEALTHY LIVING

Improving the nation's health and well-being.

- RACQUETBALL
- HANDBALL
- SQUASH

OPEN COURT TIMES FOR FULL MEMBERS

All racquets must have wall guards and wrist straps. Goggles must be worn at all times. Paddles not allowed on courts. Youth members must be accompanied on court by a parent or another adult.

- Reservations may be made during business hours by calling 973-744-3400.
- Reservations may only be booked two weeks in advance.
- A member may not reserve more than one block of time in advance. Example: Member plans to play on Tuesday and Wednesday must play on Tuesday and then reserve for Wednesday.
- Reservations are to be made by only one member of each group.
- Members may only play back to back reservations after their initial reserved time if no one else is scheduled to play.

Reservations for court times

Racquetball 45 minutes
Squash 60 minutes

COURT TIMES
 Mon-Fri 5 am-10 pm
 Sat-Sun 7 am-7 pm



INDOOR SOCCER Ages 18+

For Adults only (18+). Smaller goals and a softer ball will be used to keep the games interesting. Indoor soccer is a great way to stay fit and socialize with other soccer-loving adults!

ADULT BASKETBALL

Refer to Gymnasium Recreation Schedule listed below for days, times and age requirements. Only members are permitted to play. Guests are not permitted to participate in Adult Basketball.

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Basketball Must be Young Adult or Adult member * Minimum age - 25 yrs	*10:30am-1pm	*12-1:30pm **7:15-10pm	*12-1:30pm	*12-1:30pm **7:15-10pm	*12-1:30pm	*12-1:30pm	*1:30-3:30pm
Adult Indoor Soccer			8-10pm				
Family/Adult Pickle Ball					8-10pm		
Youth Open Gym 10-12 yrs							3:30-4:30pm
Teen Open Gym must be a current team member 13-17 yrs	2:30-3:45pm	2:30-3:45pm	2:30-3:45pm	2:30-3:45pm	2:30-3:45pm	7-10pm	4:30-6pm
Family Gym No full court games. All ages.	6-7pm						6-7pm

Parents must remain in the building for children under 10.

- Birthday Parties may be scheduled from 4-5p on Saturdays in the gym.
- Youth Open Gym is for youth members only ages 8-12.
- Teen Open Gym is for teen members only ages 13-17.

- Young Adult and Adult members are not permitted during youth and teen gym times.
- The YMCA of Montclair reserves the right to make schedule changes when necessary. Notification of any changes will be made available whenever possible



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

CPR CLASSES LIFEGUARD SWIM TEST

A swim test is required for anyone who would like to participate in a lifeguard training course.

Fall 1 Mon. Sep. 18
Fall 2 Mon. Nov. 20
Fee \$35

AMERICAN RED CROSS - LIFEGUARDING TODAY

Must be 15 years of age or older and successfully pass required swim test. This course includes CPR for the Professional Rescuer and Standard First Aid.

*Must have 8 students to hold class.

Fall 1 Sep 20 - Nov 1
Mon and Wed
7-10PM
Fall 2 Nov 22, 2017- Jan 3, 2018
Mon and Wed
7-10PM

Fee **Member** \$165
Community \$295

CPR CLASSES

Become American Red Cross CPR certified through a professional and authorized trainer. Classes are held for two consecutive Saturdays from 12-2PM, and certification is valid for 2 years from the date of successful completion. Must pre-register. For more information or to register please contact the Aquatic Office at (973) 415-6135.

Member Fee \$80 **Class Fee** \$135

RE-CERTIFICATION CLASSES

Certifications expired? No problem! Lifeguard/CPR/First Aid and basic CPR/AED/First Aid certifications can be renewed through our re-certification classes held every Friday. Students will be required to pre-register with the Aquatic Office the Monday before the class. For more information or to register, please contact the Aquatic Office at (973) 415-6135.

Days Fridays
Times 3-7pm
Lifeguard **Member** \$160 **Community** \$290
CPR **Member** \$75 **Community** \$130



MENTAL HEALTH FIRST AID TRAINING

The YMCA of Montclair is excited to offer Adult and Youth Mental Health First Aid to members of the public. As participants (18 and over) you will learn a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health problems.

Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. Mental Health First Aid is an empirically-backed public education and prevention tool – it improves the public’s knowledge of mental health problems and connects people with care for their mental health problems.

Fee \$170 per 8 hour training module (Adult or Youth).

Cost includes course materials, snacks and certificates upon completion. See our website for dates and how to register. Discounts for multiple participants from the same agency/organization.

TOGETHERHOOD™

Together We Volunteer.

The YMCA of Montclair provides so many opportunities to the community within its facility. Togetherhood is an opportunity for Y members to give back outside of our facility. Activate your social responsibility by participating in the Y’s cause to strengthen our communities. We want to provide you, our members, with fun, convenient and rewarding ways to support your neighbors. Contact the Youth, Teen and Family department at 973-415-6102 or kgriffiths@montclairymca.org for more information and group meeting dates. **All ages welcome!**



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.



LIVESTRONG AT THE YMCA

helps adult cancer survivors reclaim their health and wellbeing following a cancer diagnosis. We offer a welcoming community where survivors can improve strength and physical fitness, diminish the severity of side effects, develop supportive relationships, and improve their quality of life.

WHAT YOU WILL GET FROM THE PROGRAM:

- Small group, supportive environment
- 12-week program meeting twice per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- **FREE** 12-week YMCA membership for the participant and immediate care giver **(for first time participants only)**

FALL SCHEDULE SEP 18 - DEC 11
DAYS MON & WED
TIME 12:15-1:45PM
 6:30-8PM



DEP-DIABETES EXERCISE PROGRAM

is an exercise and also an educational program for people with type 2 diabetes or pre-diabetes with proven results of lowering participants A1C levels, and getting blood sugar back on track. The program meets twice a week in a small group setting.

WHAT YOU WILL GET FROM THE PROGRAM:

- Pre and post-exercise glucose checks each class
- Pre and post-program A1C checks with proven decrease every session
- Individualized member orientation, fitness testing, and 12 week cardio and resistance training exercise program from a Certified Diabetes Exercise Specialist
- **FREE** 12 week membership for the participant **(for first time participants only)**

DATES SEP 19 - DEC 12
DAYS TUE & THU
TIME 10-11AM
 5:30-6:30PM
MEMBER \$75
COMMUNITY \$100



NEW ONE STEP AT THE YMCA

assists people diagnosed with Multiple Sclerosis (MS) by helping to alleviate the symptoms of this illness and delay its effects. We offer a welcoming community where people with MS can improve strength and physical fitness, diminish the severity of their symptoms, develop supportive relationships, and improve their quality of life.

WHAT YOU WILL GET FROM THE PROGRAM:

- Small group, supportive environment
- 12-week program meeting twice per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- **FREE** 12-week YMCA membership for the participant **(for first time participants only)**

FALL SCHEDULE SEP 26 - DEC 19
DAY TUE & THU
TIME 6:30-7:30PM





ADULT SWIM CLINIC

For adults who want to improve endurance and increase their distance swimming.

Days

Sat or Sun

Times

9-10am

Member

1 day a week \$50 per session

2 days a week \$100 per session

Large Pool. Membership required.



NEW ONE STEP AT THE YMCA

assists people diagnosed with Multiple Sclerosis (MS) by helping to alleviate the symptoms of this illness and delay its effects.

FOR FULL DETAILS PLEASE GO TO PAGE 23.



FIT TO FIGHT

Fit to Fight is a hybrid of "Old School" boxing drills, "New School" MMA drills along with conditioning, cross training and instruction on proper striking techniques. Fit to Fight infuses Muay Thai, Boxing, & MMA. This is a non-contact class.

Fit to Fight is safe for any fitness level.
(Limited to 15 people per class)

YMCA OF MONTCLAIR
montclairymca.org



Park Street Branch
25 Park Street
Montclair, NJ 07042
973-744-3400

Geyer Family Branch
159 Glenridge Avenue
Montclair, NJ 07042
973-783-7640

Outdoor Education Center
131 Germantown Road
West Milford, NJ 07480
973-697-2929