STRONG SWIMMER
CONFIDENT SELF

SPRING 2019 PROGRAM GUIDE

SPRING 1 / REGISTRATION
MARCH 4 – APRIL 28
Family Members: February 18
Member & Community: February 25

SPRING 2 / REGISTRATION
APRIL 29 – JUNE 23
Family Members: April 15
Member & Community: April 22
Welcome to the YMCA of Montclair

Dear Members of the Community

What would the Y be without water? Lessons for children and adults (it’s never too late), water exercise classes (free with membership), our Dolphins swim team and lifeguard and recertification classes are some of the water-based activities you’ll find here at the YMCA of Montclair. Swimming is not only a healthy activity that exercises the entire body—it’s a skill that can both save lives and enrich them. For over 100 years, the Y has taught people how to swim and be comfortable in the water.

New this spring, we’re introducing a new swim lesson curriculum across both of our branches. Improvements include certifying instructors in the new curriculum, a simplification of class names and emphasis on drowning prevention.

The Y introduced the country to the concept of group swim lessons more than 100 years ago, and each year, we build on that, teaching more than a million children invaluable water safety and swimming skills.

If you want to learn how to swim, use the natural resistance of water to help you get or stay healthy and be comfortable in the water, we can help you make a big splash.

Best in health,

Buddy Evans
President/CEO
bevans@montclairymca.org

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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NEW FAMILY MEMBERSHIPS

2 Adult Household
2 adults and dependent children up to age 18, living in the same household.

1 Adult Household
1 adult and dependent children up to age 18, living in the same household.

Senior Couple
2 adults 65 years of age, living in the same household.

FAMILY MEMBERSHIPS BENEFITS:

- Pay one monthly fee for the whole family
- Priority registration for programs
- Free nursery services at both branches
- Family gym and swim times
- Special programming for family members

INDIVIDUAL MEMBERSHIPS

Young Adult – Ages 18–25*
Adult – Ages 26–64
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

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.

Youth members under the age of 10 must be under the supervision of an adult at all times while at the Y. They must be engaged in an activity or in the REC room under supervision. Wandering in the building is not permitted. After 8:00pm youth members will need to be with direct parent/guardian supervision. Youth members may not be dropped off for an extended period of time without being registered for an activity.

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.

*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.
MEMBERSHIP PAYMENT PLANS

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

Annual Pay in full for your membership each year. 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/month fee. 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.

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<tr>
<th>Membership Age</th>
<th>Joiner’s Fee*</th>
<th>Full Payment Plan Annual Fee</th>
<th>E-Pay Monthly Plan</th>
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**FAMILY MEMBERSHIP**

<table>
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<tr>
<th>Household Type</th>
<th>Joiner’s Fee</th>
<th>Full Payment Plan Annual Fee</th>
<th>E-Pay Monthly Plan</th>
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</thead>
<tbody>
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<td>2 Adult Household</td>
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<td>Down payment 1st 2 months</td>
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<td>+ $25 each additional adult</td>
<td>$99</td>
<td>Monthly Withdrawal</td>
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<td>1 Adult Household</td>
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<td>Senior Couple</td>
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<td>$160</td>
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</table>

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

MEMBERSHIP AND PROGRAM REGISTRATION

New memberships are processed in person. Renewals may be processed in person or online. Memberships that have lapsed must be renewed in person within 45 days of expiration to avoid paying the joiner’s fee.

REGISTRATION

Family members can enjoy priority registration one week before the community. For your convenience, we encourage all current members to create a login and utilize our on-line registration. Please contact our Member Service department with any questions you may have, we are here for you!

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 fees are non-refundable except as indicated under the refund policy on our website.

MEMBERSHIP CARDS

Membership Cards are issued to all members and are required for access to the facility. 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.

Replacement Card Fee $5 per card
As a YMCA of Montclair adult or family member, you can visit any participating Y in the United States and Puerto Rico, at no additional cost. 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. See our website for additional policies and restrictions.

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

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.

Facility Closings
Sunday, April 21 Easter
Monday, May 27 Memorial Day

GENERAL Information

KIDS KORNER
INFANTS TO 6 YEAR OLDS

While you work out, your child/children can enjoy time [up to 1 1/2 hours] in Kids Korner! We offer age and developmentally appropriate activities including but not limited to art, music, games, story time and movement related. Questions? contact Kgriffiths@montclairymca.org or 973.415.6102

MON–FRI 8:30AM–2:00PM
5:30PM–8:30PM
SAT & SUN 8:30AM–12:30PM

FAMILY MEMBERSHIPS FREE
MEMBERS $5 per child for 1 1/2 hours

NATIONWIDE MEMBERSHIP
As a YMCA of Montclair adult or family member, you can visit any participating Y in the United States and Puerto Rico, at no additional cost. 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. See our website for more details. Visit ymca.net to find the YMCA nearest to your travel destination. For more info visit montclairymca.org/nationwide

YOUR SAFETY
The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

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 visit our website or stop by the Park Street Branch Welcome Center to receive an application.
HOURS OF OPERATIONS

MONDAY–FRIDAY
5AM–10PM
Locker Rooms Close at 10:15pm

SATURDAY & SUNDAY
7AM–7PM
Locker Rooms Close at 7:15pm

Code of Conduct violation could result in a suspended or terminated membership.

Please visit our website for a complete listing of policies and facility usage guidelines.

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 ft to 8 1/2 ft deep
• Water temp is 86–88 degrees

LARGE POOL
• 25 yard pool with 6 lanes
• Depth of pool is from 4 ft to 10 ft deep
• Water temp is 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 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.
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!

GEYER REGISTRATION BEGINS

SPRING 1: MARCH 4 – APRIL 28
Family Members: February 18
Kinder and New Members: February 25

SPRING 1: APRIL 29 – JUNE 23
Family Members: April 15
Kinder and New Members: April 22

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!

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.

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!

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
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.

Girls Weekend  April 12-14  Boys Weekend  May 3-5

TEEN ROOM
Free to members ages 13–18
The teen room is a space for them to relax, talk, do homework and play video or board games. Supervised by Y staff. Location and times may vary.

DAY/TIME
Mon/Tues/Thurs  3:30-7pm
Wed  3:30-6:30pm
Sat  3:30-6pm

R.E.C. ROOM
Interactive play area for ages 7–12
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. Anyone under the age of 7 requires their own adult supervision (parent/guardian).

DAY/TIME
Mon-Fri  3:30-8:15pm
Sat  12-3pm/4:30-7pm
Sun  12-5pm

HAPPY BIRTHDAY TO YOU!
Youth Members Grades 1–6
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 available on Saturdays
- Pool party available on Sundays

Y party hosts will help with your set up and we will take care of the clean up at the end. Gym staff will be on hand to organize games based on the birthday child’s requests.

Contact kgriffiths@montclairymca.org for more information or call 973-415-6102. Contracts must be signed and a deposit paid in order to reserve any dates and times. Deposits are non refundable.

FAMILY SPORTS
Playing sports is a fun way to stay healthy. In addition to the physical benefits, studies show that playing sports can enhance social skills and mental well-being in children and adults alike. Here are a few sports offerings to help make a positive social-emotional impact on every member of your family.

SPRING 1 SESSIONS  March 4–April 28
Week 1  Basketball
Week 2  Arena Flag Football
Week 3  Dodgeball
Week 4  Soccer
Week 5  Basketball
Week 6  Arena Flag Football
Week 7  Floor Hockey
Week 8  Soccer

SPRING 2 SESSIONS  April 29–June 23
Saturdays
2pm–2:45pm

Free with membership
STAYCATION  Grades 1-7
You don’t have to take the day off when schools are closed! We have you covered with our Staycation program. We offer full day coverage from 7:30am-6:30pm. All day activities, such as games, art, gym, outside playground, field trips*, homework help and free choice.

Advanced registration is required. Please see our website for the required register by dates. Register online at montclairymca.org/staycation. Families will receive an email a day or 2 prior with all of the details as where it will be held and what to bring. There is a 25% admin fee for every change/cancellation for your child’s Staycation registrations.

FAMILY $65 / YOUTH $75 / COMMUNITY $85 per child

For information regarding Pre K and Kindergarten Staycation, please contact the Family Center at 973-783-7640.

FOODIES WELCOME: FOUR FOR FREE  Grades 3-5
Nutrition Workshops – Join our local nutritionist for healthy choices and hands on snack making. Registration is required in your Y account for all 4 workshops before the first class. Limited spaces so don’t delay.

DATES  March 21, March 28, April 4 and April 11
TIME  4:15-5:15pm

YOUTH NIGHTS  Grades 4-7
Adults – take the night off! Go out with friends or have a date night! Or choose to stay at home for a quiet evening reading and relaxing. Send the kids to us for Youth Nights! We offer open gym, free swim and special events. You can bring a friend who is not a member (paperwork necessary).

DATES  March 9, April 13, May 11
DAY  2nd Saturday of the month
TIME  7:30-10pm
FAMILY $5 / YOUTH $10 / COMMUNITY $15

SPECIAL: TEEN NIGHT – 7th-10th grade / Members only
DATE  March 16
TIME  7:30-10pm
Full court games until 9pm
Small pool open 7:45-8:45pm
Pizza and open gym 9:15-10pm

FAMILY $5 / YOUTH $10
Registration required by 5pm on same day.
Questions contact: kgriffiths@montclairymca.org
or 973.415.6102

MENTORING MEN  Grades 7-10
The recent Lovett Grant awarded to the YMCA of Montclair is providing this special opportunity for young men. The Y core values of Honesty, Respect, Responsibility and Caring are at the forefront of this workshop. Areas that will be covered are manners, gender roles, bullying and the importance of integrity. Conversations, activities, role modeling and games will help these young men complete their ‘training’. Registration required by emailing kgriffiths@montclairymca.org no later than Mondays at 3pm. DINNER PROVIDED!!!! Limited spaces-register and commit early to attending

SPRING 1 ONLY
DAY/TIME  Wed, March 13, 20, 27, April 3, 10
FEE  FREE FOR MEMBERS

TNT (TEENS & TRAINING)  Grades 5-7
A series of workshops that are hands on and relative to youth today. We will explore topics such as bullying, social media, communications, peer leadership, volunteerism, and more. Register by emailing dmontalvo@montclairymca.org by Thursdays 3pm.

SPRING 1 ONLY
DAY/TIME  Wed, April 24
FEE  FREE FOR MEMBERS

7TH GRADE FIELD TRIP  Grade 7
All 7th grade students who are current YMCA of Montclair members are invited on a field trip. Hop on the bus with your friends and classmates and take a ride up to Camp at the Lake in West Milford. We will spend the day outside participating in outdoor educational and team building games. Included will be a cook out, GaGa games, outdoor sports and weather permitting, boating.

Registration required by May 16 at 6pm. Notification will go out in the event of inclement weather. Emergency form to complete before bus departure.

DAY/TIME  May 18
Bus departs at 9:30am.
Return to the Y at 4:30pm
(traffic/weather permitting)
FEE  $45 per 7th grader

PANTHERS SPRING 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 tryout days.

Grades 5/6 (Co-ed)  Grades 7/8 (Co-ed)
Fri, March 15  5pm  Fri, March 15  6pm
Sat, March 16  3:30pm  Sat, March 16  4:30pm
Sun, March 17  1pm  Sun, March 17  2pm

Additional Information:
Interested participants must bring a copy of their birth certificate to tryouts and proof of 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 youth who are unable to attend the two tryout days.

Season Mid March—Beginning of June
Fee  Family $400
  Youth / Teen $450
  + YMCA Membership is required

Location  Park Street Branch

YMCA OF MONTCLAIR
### Flag Football
Get in the Game! Our new flag football league 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 1st-4th grade. 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.

| Spring 2 | May 4-June 22 |
| Location | TBD          |
| Flag Football 1 | Sat | 10-11am | 1-2 |
| Flag Football 2 | Sat | 11-12pm | 3-4 |
| Family Member $88 / Youth $110 |

### 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 star! Get the whole basketball game and skills package!

| All-Star (Beginners) | Mon | 3:45-4:30pm | 4-6 |
| MVP (Advanced) | Mon | 4:30-5:15pm | 4-6 |
| Family Member $88 / Youth $110 |

### 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) | Wed | 3:45-4:30pm | 1-3 |
| Starter (Advanced) | Wed | 4:30-5:15pm | 1-3 |
| Family Member $88 / Youth $110 |

### 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 | 4-6 |
| Family Member $88 / Youth $110 |

### 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 | Tue | 3:45-4:30pm | 1-3 |
| She Got Game 2 | Tue | 4:30-5:15pm | 4-6 |
| Family Member $88 / Youth $110 |

### Ultimate Frisbee
Ultimate Frisbee is the ultimate fun! It’s an exciting non-contact team sport that you will love. It mixes the best features of sports such as soccer, basketball, football and netball.

| Spring 2 | Location | TBD |
| Family Member $88 / Youth $110 |

### 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.

| Spring 1 & 2 | 1-10 |
| Family Member $88 / Youth $125 |

### Intramurals Basketball Leagues
These leagues give our most eager athletes the opportunity for full court action each and every Saturday during the sessions. Athletes will be divided into teams with corresponding shirt colors and brackets will be created for each team. Each player will receive a t-shirt, guaranteed playing time, and warm ups/drifts before tip off! All game will be refereed. All games will be played at the YMCA 25 Park Street Montclair NJ 07042

| Spring 2 |
| Shooting Stars | Saturdays | 1-2 |
| Hot Shots | Saturdays | 3-4 |
| Big Shots | Saturdays | 5-6 |

Games will be played on Saturday mornings at the Y. Schedules to be determined after registration.

| Family Member $100 / Youth $125 |

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For More Information on Youth Sports Classes contact Alesha Clayton at 973-559-9283 or via email at aclayton@montclairymca.org
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 format will vary each week and include resistance training and cardiovascular segments.

**SPRING 1 & 2**
**Tue & Thu** 4:30-5:15pm
FAMILY MEMBER $99/session
YOUTH/TEEN MEMBER $125/session

Advanced Youth Group Training Ages 13-17
This class is specifically designed for youth athletes looking to improve their fitness level by way of intense cardiovascular and strength training with a certified Personal Trainer (Ray Brown) who specializes in athletic performance training.

**SPRING 1 & 2**
**Tue/ Thu** 5:15-6pm
FAMILY MEMBER $99/session
TEEN MEMBER $125/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:
- Warming up, cooling down, stretching
- Exercise physiology and good form
- Running safety and hydration
- Guidance on running a race

**SPRING 1 & 2**
**Thu** 4:30-5:15pm
FAMILY MEMBER $90/session
YOUTH/TEEN MEMBER $100/session

Kids Kick Fit Ages 8-12
Class includes instruction on the art of self mastery, razor sharp focus, resilience, and the ability to bounce back. Spend 8 weeks learning the basics of striking and conditioning. Kid friendly techniques will also be instructed to combat stress and anxiety. Class meets 2 x’s a week.

**SPRING 1 & 2**
**Tue & Thu** 4:30-5:15pm
FAMILY MEMBER $99/session
YOUTH MEMBER $125/session

### Snow Camp Grades PK-8
School is closed for a snow day – We can help! When schools are closed due to inclement weather it does not have to mean a missed day of work for parents! The Y will be there for you when the Montclair Public School System has an emergency closing. Snow Camp does not run when a State of Emergency is declared. Contact Lisa Aulisi at 973-415-6134 for details.

**Time** 8am-6:30pm
**Location** Geyer Family Y, 159 Glenridge Ave
**Member** $65 per child/day
**Youth/Teen** $75 per child/day
**Community** $85 per child/day

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**BEFORE AND AFTER SCHOOL PROGRAMS**
Offered in Public Schools in Montclair, Bloomfield, Verona and Cedar Grove

- A safe and caring environment for your child before or after school with experienced staff?
- Dependable and consistent care for your child during your working hours?
- A place for your child to interact with other children their own age at their own school?
- A variety of activities to enhance your child’s day that are fun and exciting?
- Your child to be active after school instead of in front of a TV?
- An opportunity for your child to complete homework in a supervised environment?

If you have answered yes to any of the above questions, then you have found the best place for your child before or after school.

After registering, a waiting period of two business days is required before starting the program.

For additional program information, see the SACC brochure at montclairymca.org or contact Lisa Aulisi at 973-415-6134.
UNLEASH YOUR SUMMER SUNSHINE

Looking to get a jumpstart on your child’s summer plans? Then save the date and join us for our annual Summer Camp Fair, an information event designed specifically for those parents and caregivers who will be sending campers to the Y this summer for the very first time, or those transitioning to another one of our summer camps.

Register for the Camp Fair at montclairymca.org/camps/fair

MORE CAMP INFORMATION AVAILABLE ON OUR WEBSITE
montclairymca.org/camps

CAMP FAIR

NEW TO YMCA OF MONTCLAIR CAMPING?

SUNDAY FEB 24

Geyer Family Branch
159 Glenridge Ave.

2–4PM
TIME FOR TWOS  
**2 YEAR OLDS**
For most children this is their first introduction to the camp experience. We focus on socialization, verbal communication skills, and positive social behavior. Children participate in group free play, art, music, story time, and physical activities.

JUNE BUGS  
**AGES 3–KINDERGARTEN**
June Bugs offers children ages 3–Kindergarten a safe, fun, and creative first time camp experience. Children grow in self-reliance, confidence, and self-esteem, while building lots of new skills. Children are grouped according to their age, and move through the program center to different activities and adventures throughout the day.

EARLY ADVENTURES  
**AGES 3–6**
Early Adventures Camp offers children a safe, fun and creative first time camp experience. Activities include swim lessons, gym activities, storytelling, arts and crafts, music, dance and special events created around weekly themes.

NEW DISCOVERIES  
**AGES 4–9**
New Discoveries Camp offers daily activities, including swim, sports, arts and crafts, drama and science. All weeks are theme-based and include special event Fridays, such as Wacky Wild West, Carnival Day and Olympic Hoopla. Monday camp opening includes skits and an introduction to the week ahead. Wacky Wednesdays include Crazy Hat Day, Mismatch Day and Crazy Hair Day. Before and after camp care are available.

EXPLORERS  
**AGES 7–11**
Explorers Camp offers a combination of fun-filled activities and trips to local attractions. Campers participate in a daily schedule of games, recreational swim and activities based around weekly themes.

CAMP AT THE LAKE  
**AGES 5–13**
Camp at the Lake offers swim lessons, sports, crafts, nature, science, outdoor survival skills, hiking, archery, low ropes challenge, boating and fishing. This American Camp Association accredited camp provides children with exciting adventures, cooperative learning and tons of fun! FREE transportation provided from bus stops in Montclair, Upper Montclair, Verona, Cedar Grove, Bloomfield, West Orange and Clifton.

VOYAGERS TEEN  
**AGES 12–14**
If you like field trips, hands on activities, leadership skills building and giving back to your community, you will want to be a Voyager! Each week campers spend 2 days ‘in house’ building up their leadership skills, participating in extracurricular activities (cooking, karaoke, poetry, dance, etc) and volunteering locally. Wednesday through Friday are spent on field trips–near and far including some overnight trips!

A.C.E.: ACADEMIC CAMP EXPERIENCE  
**ENTERING 2ND–5TH GRADES**
Research has shown that during the summer months, students can lose up to 6 months of school work- putting them behind in September when they go back to school. A.C.E. camp is an academic camp that not only has kids going up the summer slide, but it is done in a creative way so it feels like camp and not summer school. A.C.E. camp uses themes and plans accordingly, incorporating them into the math, reading and literacy classes. Included is science, art, music, physical play and one field trip per session (Friday).

SUMMER SPARKS  
**GRADES 1ST–6TH**
Summer Sparks enrichment programs are completely hands on as well as highly interactive. Program examples are science, writing, social skills, building, drama, music, travel and so much more. It’s your child’s choice of morning or afternoon sessions or sign up for a full day (2 sessions). Enrichment activities expand the minds of campers and keep them educationally engaged in a fun way during the summer months.

YBA: YOUTH BASKETBALL ALL-STARTS  
**AGES 8–13**
Youth Basketball All Stars Camp (YBA) continues to be the perfect place for your basketball enthusiasts. YBA is an intense program for basketball players of varying abilities. Campers further develop their skills, learn game strategies and achieve goals on and off the court. Each day is spent improving fundamentals, performing interactive drills, building offensive and defensive skills, playing tournaments and getting in shape.

**LIMITED SPACES PER SESSION**

SUMMER QUEST  
**AGES 14–15**
Teens today are already equipped with the desire to work, earn money and be independent. The YMCA knows this because we have hired a few Quest graduates! Quest gives teens the skills and know-how to enter the workforce with confidence, leadership and experience. Counselors work with the campers in creative and skills based ways. After two weeks of hands on learning, the teens get to put their newly acquired skills to the test by interning for two weeks in a camp working with kids or within the Y with membership. They receive ongoing supervision, role-modeling and feedback for their camp and future portfolio.

G.A.P.: GAINING ACADEMICS PROGRAM  
**ENTERING 1ST–4TH GRADES**
G.A.P. camp helps bridge the gap between the summer months and the new school year. It prepares the campers to return back to school more confident and with increased skills. G.A.P. focuses on reading, writing and math in an engaging and hands on way- it is camp after all!
WHY HAS THE CURRICULUM CHANGED?
Through feedback from parents, staff, and aquatics experts, YMCA of the USA has updated the swim curriculum to focus on water safety skills as a foundation for all ages. Once water safety skills have been mastered, we will introduce stroke development and techniques. The skills and topics taught in each stage are based on the developmental milestones of youth.

WHAT HAS CHANGED?
The biggest change you will notice is the name of the stages. The stage names have been changed to represent the skills being taught in each stage. The next noticeable change is the ages for each stage. Expanding the ages allows for more progression through stages. Our curriculum is now focused on teaching basic water safety skills then progressing to stroke development and technique.

HOW WILL I KNOW WHAT LEVEL MY CHILD SHOULD BE IN?
If your child is currently in lessons, the new swim lesson stage will be marked on their report card at the end of Winter Session.

A / WATER DISCOVERY
Parents and caregivers accompany their child in Stage A. Water Discovery introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION
Parents and caregivers accompany their child in Stage B. Water Exploration focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

B+ / WATER EXPLORATION
B+ starts out as a Parent/Child Stage B Class but ends as a Child Only Stage 1 Class. The child will take turns going with the parent and then with one of the instructors. The goal is to slowly have the parent participation phased out.

1 / WATER ACCLIMATION
Water Acclimation increases students’ comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. In this child only class, instructors will help develop your child’s basic skills to propel and glide through the water with assistance; teach participants about basic water safety and how to be responsible for their own decisions to help keep them safe.

2 / WATER MOVEMENT
In the Water Movement Stage, students focus on forward movement in the water and basic self-rescue skills performed independently. Milestones worked on in this stage are: explore the aquatic environment using personal skills without instructor help; develop basic skills to propel and glide through the water without instructor help and about basic water safety and how to be responsible for their own decisions to help keep them safe.

3 / WATER STAMINA
The Water Stamina Stage develops intermediate self-rescue skills performed at longer distances than in previous stages. Milestones worked on in this stage include: integrating arm action, leg action and rhythmic breathing in back and front glides; developing forward movement on the front and back and practicing skills and safety techniques in deep water.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.
NEW Y SWIM LESSON PROGRAM!

The YMCA of Montclair will be introducing a new curriculum to its progressive swim lessons. We are now offering the National YMCA Swim Lesson Curriculum! These lessons are offered year-round for swimmers of all ages and skill levels. The YMCA swim lessons emphasize water safety, skill, and stroke development. This new swim curriculum will also help guide the swimmers to a steady track onto the Swim Team and to “Swim for Life.”

In stages 1–3 students learn personal water safety and achieve basic swimming competency by learning two benchmark skills—swim, float, swim and Jump, push, turn, grab. Having mastered the fundamentals, students in stages 4–6, learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social emotional and cognitive well-being, and foster a lifetime of physical activity. YMCA swim lessons have a low child-to-instructor ratio to ensure plenty of time in the water. We strive to foster a student-centered and caring atmosphere with well-trained professionals.

YMCA SWIM LESSONS (YSL) CLASS SCHEDULE

**SPRING 1: MARCH 4 - APRIL 28**

**SPRING 2: APRIL 29 - JUNE 23**

<table>
<thead>
<tr>
<th>AGES 6–14 YEARS</th>
<th>Age</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Sat</th>
<th>Fee Per Session</th>
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<tbody>
<tr>
<td>Stage 1</td>
<td>1</td>
<td>6 – 11</td>
<td>5:30–6:10 pm</td>
<td>5:30–6:10 pm</td>
<td>4-4:40 pm</td>
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<td>Formerly Polliwig 1</td>
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<td>7-7:40 pm</td>
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<td>4-4:55-5:25 pm</td>
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<td>4-4:40 pm</td>
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<td>6:15-6:55 pm</td>
<td>Family $95 Spring 2 $83 (Mon Class) Family 2 $101 (Mon Class)</td>
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</tbody>
</table>

**Porpoise Club**
Stroke Development

8 – 16 and successful completion of Stage 6

4-4:40 pm

9-9:40 am

Family $95 Spring 2 $83 (Mon Class) Family 2 $101 (Mon Class)

**Barracuda Club**
Endurance Workout

8 – 16 and successful completion of Stage 6

4:45-5:25 pm

5:30-6:10 pm

6-6:40 pm

11:30-12:10 pm

Family $95 Spring 2 $83 (Mon Class) Family 2 $101 (Mon Class)

**Marlins**
Pre-Lifeguard

13 – 17

12:15-12:55 pm

Family $95 Youth/Teen $115

**Advanced Stroke Clinic (ASC)**

8 – 17 and successful completion of Porpoise or Barracuda

4:45-5:25 pm

12:15-12:55 pm

Family $95 Youth/Teen $115

**Tween Swim**

11 – 17

12:15-12:55 pm

Family $95 Youth/Teen $115

Spring 2 session Monday classes will be prorated due to the Memorial Day holiday.

**New Swim Lesson Participants** need to be evaluated in order to be placed in correct swim stage. The only exception is for beginners who can sign up for Stage 1. All programs must be registered in person or online for current members. We encourage early registration since classes fill on a first come first serve basis.

Swim Level Evaluation Times
Mon-Thu: 3-4 / Fri: 3-5 / Sat: 10-2

Attendance is important!
If a class is missed, due to an illness or injury and a Dr’s note is provided, a make-up class can be scheduled if space permits. Please speak with the Aquatics Office directly for further details 973.415.6130.

YMCA OF MONTCLAIR
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 each class meeting. All of the strokes will be covered during the session. Focus is 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 stages, and at least (1) Porpoise and (1) Barracuda session, and obtain Aquatic Director’s approval in order to register.

Tween Swim Lessons
For members age 11 to 17

Tween Swim is a class exclusively for youth 11 yrs and up 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
We provide one-on-one personal instruction to better accommodate members’ busy schedules. Private lessons can be scheduled in packages of 3 or 6 lessons. You may choose a 30 minute or a 45 minute option. Membership is required for all private lessons. Please contact the Aquatics Office for more information at: (973) 415-6135.

MEMBERSHIP REQUIRED

Packages
- 3/30 min. lessons for $150
- 6/30 min. lessons for $270
- 3/45 min. lessons for $195
- 6/45 min. lessons for $350

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

Packages
- 3/30 min. lessons for $165
- 6/30 min. lessons for $300
- 3/45 min. lessons for $195
- 6/45 min. lessons for $360

Semi-Private Lessons
(2 students & 1 instructor)
Must be same level.

Packages
- 3/30 for $160
- 6/30 for $300

Please note: Membership is required for all private lessons.

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 mymdolphins.org.
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 are offered and will be determined in your first class.

SPRING 1 – March 4-April 28
SPRING 2 – April 29-June 23

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Fee Per Session</th>
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</thead>
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<tr>
<td>Mon &amp; Wed</td>
<td>10-10:45am</td>
<td>Family $140</td>
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<td></td>
<td>7:45-8:30pm</td>
<td>Sat Class $70</td>
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<td>Tue &amp; Thu</td>
<td>8:30-9:15pm</td>
<td>Member $168</td>
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<tr>
<td>Sat</td>
<td>9-9:45am</td>
<td>Community $210</td>
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</table>

*All Adult Swim Lessons are held in the small pool.

Spring 2 session Monday classes will be prorated due to the Memorial Day holiday.
Family $131. Member $158. Community $197.

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Fee Per Session</th>
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<tbody>
<tr>
<td>Sat</td>
<td>9-10am</td>
<td>Family $65/session</td>
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<td></td>
<td>2 day/week $120/session</td>
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<tr>
<td>Member</td>
<td>1 day /week $77/session</td>
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<tr>
<td></td>
<td>2 day/week $140/session</td>
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</table>

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.

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 we can address any concerns. Come ready to make a splash and have a blast!

Membership Required
See website or front desk for schedule.

LIFEGUARD SWIM TEST
A swim test is required for anyone who would like to participate in our lifeguard training course.

Dates of the Lifeguard Swim Tests
Fri, March 22 7-9pm
Fri, May 3 7-9pm
Fri, May 31 7-9pm
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/AED, Basic First Aid & Emergency Oxygen. *Must have 8 students to hold class.

Spring Offering 1
March 23-31
Classes meet March 23, 24, 30, 31
Time 9:30am – 6pm
Spring Offering 2
May 4-12
Classes meet May 4, 5, 11 & 12
Time 9:30am-6pm
Spring Offering 3
June 1-9
Classes meet June 1, 2, 8 & 9
Time 9:30am-6pm

*Must have 8 students to hold class.

Family $175
Member $215
Community $305
Healthy Living

Questions, concerns, or to schedule an appointment, 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

Lisy Espindola
Health and Wellness Director
973-415-6128
lespindola@montclairymca.org

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 973-415-6131, 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 or Chris.

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 $75
- The Start-Up Pack (3) $210 (Save $15)
- The Conditioning Pack (5) $350 (Save $25)
- The Training Pack (10) $600 (Save $150)
- The Endurance Pack (20) $1,100 (Save $400)

Please call to schedule an appointment.

Special discount pricing for seniors. See a Membership Sales Representative for more info.

Yoga/Pilates Training Sessions

Relax, refresh, and renew. Private instruction is the best (and most convenient) way to work on specific aspects of your yoga or pilates practice. Work on your alignment, improving your posture, strength, balance and coordination. 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

Youth Personal Training

Whether your child is an athlete or just looking to get more physically fit, let one of our certified personal trainers help get them there.

By designing individual programs made directly to accommodate all fitness levels, kids will reach their goals while building self esteem and having fun.

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

Save with Friends

- 2 Youth Members $30 per person
- 3+ Youth Members $25 per person
GROUP TRAINING
Train together and save! We all could use a little bit of support sometimes. Finding it harder to get the motivation you need to get through your workouts?
You need a Buddy! Let us help pair you with your new workout buddy. Just submit your goals, fitness level and times of availability and the Health & Wellness Dept will pair you with your new workout partner.

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 $350 (save $25)
Three personal training sessions with a nationally certified personal trainer and two (2) 45 minute sessions with a registered dietician. Includes: before and after body composition.

NUTRITIONAL CONSULTATION $75
One hour session with 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 30 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.
Please call to schedule an appointment.

ONE-ON-ONE STRETCHING
Stretching has huge benefits for our overall health, but with assisted one-on-one stretching you can achieve even better results. Not only will the trained practitioner be able to help you get deeper into your stretch, but most importantly they will know the proper form to stretch, to help you prevent unnecessary injuries and increase the results.

Benefits of assisted stretching include:
- Relieved stiffness and soreness
- Improved performance in sports and physical activity
- Improved circulation
- Reduction of physical and mental stress
- Improved flexibility, balance and range of motion
- Increased muscle function and mobility for all ages

We also offer individual stretching sessions for children (athletes and non-athletes) 10 and older.

TRIPACK (three 45min. sessions) for $99
(available for purchase 1 x only)
1 session $50 (45min. session)
10 sessions $450 (save $50)

YOUTH RATES 45 min session
1 session $45 per session
10 sessions $400 (save $50)

ADULT FITNESS PARTIES
Members Only
Adult members are able to celebrate their birthdays here by having a spin or fitness party. Gather up your friends and celebrate your coming new year in a fun, healthy new way!

Contact kgriffiths@montclairymca.org or 973.415.6102 for more details.

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.
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.

**Stretch, Endurance, and Balance – Level I**
Class includes range of motion exercises incorporating gentle strengthening and balance. Exercises are done standing or seated in a chair, utilizing various exercise props.

**Stretch, Endurance, and Balance – 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.

**Stretch, Endurance, and Balance – Level III**
This class will help you develop muscular strength and cardiovascular endurance while promoting flexibility. Exercises include standing floor movement and mat work.

**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.

**Afro-fit is an African Dance Revolution**
(ADR) movement! Featuring dance moves from Afrobeats, soca, dancehall, kompa, and Afro-latin dance cultures. Afro-fit marries fitness with dance to provide you with a full body workout. Be prepared to sweat and move for a fun 60-minute workout.

**Athletic Conditioning with the Medicine Ball, Slide and Kettlebell**
Participants perform a variety of dynamic movements to develop functional strength and cardiovascular fitness.

**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.

**Belly Dance**
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.

**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 abdominals.

**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. (Limited to 15 people per class)

**Core and More**
This class is an advanced version of the “Back to Abs” class. A combination of intense cardiovascular work mixed with muscular strength conditioning for the total body with primary focus on core training.

**Dance Fitness**
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, and Afro Caribbean, so grab your dancing shoes, some water and dance like no one is watching. This class may also incorporate the use of hand weights.

**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.

**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.

**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** Mar 3, Apr 7, May 5, Jun 9  **Time** 8-9:30am
**Members** FREE  **Community** $20
Check out our online schedule for the most up to date class information: montclairymca.org/groupfit

**CLASSES**

**Just Stretch/Stretch Express**
A variety of techniques will be used to stretch the entire body, finishing with some gentle relaxation, leaving you feeling great!

**La Blast**
Created by Louis Van Amstel, La Blast is a revolutionary program that is a fusion between fitness and ballroom dancing. It is a serious calorie burning workout that will get you into great shape while you have fun.

**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.

**CLASSES**

**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.

**T’ai Chi**
This class is a series of precise flowing movements that will help develop balance, mental focus, strength, flexibility, and calmness. No extreme demands are placed on your muscles.

**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!

**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.

**CLASSES**

**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.

**Kundalini Yoga**
An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras.

**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.

**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.

**Yoga**
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.

**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, cultivate awareness of inner silence, and bring to light a universal, interconnecting quality.

**CLASSES**

**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.

**Yoga**
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.

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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.
**Fee based classes.** 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.

**Sprint 8 Express & Elite Classes**

Sprint 8 is a 20 minute program that incorporates fast twitch muscle fibers utilizing short periods of all out work then a short recovery phase...then back to it! Ideal for the busy person looking to get in great shape.

This program takes the guess work out of your training! Type in your data and GO! Sprint 8 is adaptable for any age and fitness level whether it be the first time working out to an elite athlete because the program is customizable to all!

**Sprint 8 Express**

This is a scientifically proven, high intensity fat burning and muscle building program that utilizes 20 min workouts that ANYONE can fit into their busy schedule. You will be monitored by a Fitness Professional and your results will be collected and assessed. Limited spots available.

- **Begins** Mar 4
- **Days** Mon, Wed, Fri
- **Times** 11am, 2pm, 7pm
- **Fee** $60 (8 weeks)
- **Choose from any of the 3 days and time options all for 1 low price!**

**Sprint 8 Elite**

This class is 20 minutes on the Sprint 8 then another 20 minutes of high intensity training off of the machine. This program is designed for intermediate to advanced fitness levels.

- **Begins** Mar 5
- **Days/Times** Tue / 5:30am & Thu / 7pm
- **Fee** $75 (8 weeks)

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**TRX Rip 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. The exercises can easily be adapted to your fitness level.

- **Date** March 5–Apr 14
- **Days/Times**
  - Tue 5:45-6:30pm or
  - Sun 2-2:45pm
- **Fee** $60 (Only $10 a session!)

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**Olympic Lifts**

Improve weightlifting strength. The class starts with perfecting technique, through Snatch or Clean and Jerk, moving to more strength work through pulls, squats or presses.

**RAW Power**

Lift with proper technique and understand how increasing weights and repetitions impacts your body differently. Tap into your inner strength and power to maximize results. This class may also include the use of kettlebells.

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**IT’S TIME TO TAKE YOUR WORKOUTS TO THE NEXT LEVEL!**

Our NEW Functional Training Studio (FTS) will assist you in not only reaching your fitness goals, but crushing them! Functional training focuses on training movement patterns rather than isolating individual muscles. The new FTS will offer specialized classes geared towards helping you reach your peak performance potential. You will also be able to use this area during Open Studio where trainers will coach you on proper form and technique. The room is fully equipped with a Tire-Flip, Power Rack, Bumper Plates, Turf, Weighted Sled, Kettlebells, Battling Ropes, Slam Balls, a self-powered Assault Air Runner, Assault Air Bike and so much more to prime you for the best version of YOU yet!

**ARE YOU READY FOR THE CHALLENGE?**
MONTHLY BOOK CLUB

Last Monday of the month  9:30am
Each month the group is given a different book to discuss.

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.

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.

Rummikub, Scrabble and Board Games

Fridays  9:30-11am
Learn a fast moving game with numbers and tiles. Come to socialize while getting exercise for your brain!

BRIDGE GAME

Fridays  10:30am-11:30am

ADDITIONAL HEALTH AND WELLNESS LECTURES AND SCREENINGS

Different lectures, health screenings, workshops and activities will be held during the Spring. Dates and times will be provided at the beginning of each month. Pick up a monthly calendar at the front desk or view online.

If you have any comments or questions please contact:
Washima Redding
Senior Health & Wellness Director
973.415.6111
wredding@montclairymca.org

Lisy Espindola
Health and Wellness Director
973.415.6128
lespindola@montclairymca.org

Register for Functional Studio Classes at:
ftsmymca.as.me
**ADULT SPORTS CLASSES**

- **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

**New 40 and over Adult Basketball**
Basketball for adults 40 and over gives adults an opportunity to participate in an organized team sport while having fun, meeting friends and getting fit.
Tuesdays 8-10pm
**Free with Membership**

**Basketball**
Adult pickup basketball games held every Monday, Wednesday and Sunday. Must be a young adult or adult member. Only members are permitted to play. Guests are not permitted to participate in adult basketball.
Mondays & Wednesdays 7:15-10pm
Sundays 10:30am-1pm
**Free with Membership**

**Volleyball**
Hit the courts with the folks who actually invented the game of volleyball — the Y! Bump, set and spike your way to fun and fitness with volleyball among friends. Have fun playing volleyball Monday mornings. Anyone over 18 can play. Round up friends and come to the Y!
Fridays 7am-8:30am
**Free with Membership**

**Pickle Ball**
Pickleball is an excellent sport and a fun way to stay active. Two to four players use solid paddles made of wood to hit a ball similar to a wiffle ball over a net, with a playing field the approximate size of a badminton court. The net height and game rules are similar to tennis.
Mondays 11am-12:15pm
**Free with Membership**

**Racquetball/Squash**
If you’re looking for a great way to build endurance and rally some friendly one-on-one competition, racquetball is for you. Fast-paced games build endurance and quick reflexes — a great way to get and stay fit while having fun. Come to the Y and enjoy this fast paced sport.
If you love squash, you’re in luck! We have 2 courts where you can play this unique sport.
Reservations must be made during business hours by calling 973-744-3400.
Monday-Friday 5am-10pm
Saturday and Sunday 7am-7pm
**Free with Membership**

**ACTIVITY SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

**Adult Basketball**
Must be minimum of 18 yrs and have an adult membership
* Minimum age – 25 yrs
10:30am-1pm *12:15-1:30pm 7:15-10pm *12-1:30pm 7:15-10pm *12-1:30pm 7:15-10pm *12-1:30pm
**Pickle Ball**
11am-12:15pm
**40 and over Adult Basketball**
8-10pm
**Adult Volleyball**
7-8:30am
**Youth Open Gym**
8-12 yrs
3-4pm
4-6pm 2-4pm
**Teen Open Gym**
must be a current teen member 13-17 yrs
4-6pm 2:30-3:45pm 2:30-3:45pm 2:30-3:45pm 2:30-4pm 6-10pm 4-6pm
**Family Gym/Sports**
No full court games. All ages.
Open Gym 6-7pm
Family Sports 11:30am-12:30pm

Parents must remain in the building for children under 10.
- Birthday Parties may be scheduled from 4-5pm 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.
- Family Gym is for parents and children with family membership. Parent must participate with child.
- 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.

YMCA OF MONTCLAIR

CPR CLASS
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 Aquatics Office at 973.415.6135.

Family $60  Member $80  Community $135

Laptop UPCYCLE
The YMCA of Montclair has partnered with Laptop Upcycle to close the achievement gap, the technology gap and the excuses gap. Members and community are encouraged to donate unwanted, working laptops. Any donations or inquiries can be addressed to kgriffiths@montclairymca.org or 973.415.6102.

MENTAL HEALTH FIRST AID AVAILABLE TO ALL!
The YMCA of Montclair recognizes the importance of Social Responsibility, which is why we offer Mental Health First Aid (MHFA) training! Become a first aider and help us eliminate stigmas associated with mental health and learn a five–step action plan to help loved ones (children, colleagues, neighbors and so many others). MHFA improves the public’s knowledge of mental health and connects people with care for their unique situations.

Classes are held from 9am - 5:30pm (light snack included plus class materials and certificate after completion of the 8 hour course).

FEE $70 per person
Participants must be 18 or over. Registration required 3 days in advance.

Please call for more information on up and coming dates for both courses.

VOLUNTEERS WANTED
Resolve to get involved! The Y knows some of our accomplishments would not be possible without volunteers! We are looking for our Y members to be a part of volunteering within the four walls of the Y. Examples are: be a fitness friend to someone in youth or adult classes, become a buddy to someone who needs one on one support, volunteer by coaching, use your skills in math or homework tutoring and so much more. We are confident that there is a need that will fit you, with long and short term requirements to meet your schedule! If you are interested in learning more, contact the Youth, Teen and Family Department at 973.415.6102 or kgriffiths@montclairymca.org

LIFEGUARD CERTIFICATION
Page 17
**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** APR 9-JUN 27  
**DAYS** TUE & THU  
**TIME** 10-11AM OR 5:30-6:30PM  
**MEMBER** $125  
**COMMUNITY** $175

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**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)

**DATES** TBD  
**DAY** MON & WED  
**TIME** 12:15-1:45PM OR 6:00-7:15PM (PENDING ENROLLMENT)

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**MOVE WITH PARKINSON’S**
Using dance and music to create a supportive and safe environment for people with a diagnosis of Parkinson’s to dance, move and feel free to express themselves using their bodies.

**DAY** EVERY TUESDAY  
**DAY** 11:30AM  
**FEE** $5

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**ONE STEP AT THE YMCA**
assists people diagnosed with Multiple Sclerosis (MS) by helping to alleviate the symptoms of this illness and delaying 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)

**DATES** APR 16-JUL 9  
**DAY** TUE & THU  
**TIME** 6:30-7:30PM
YMCA OF MONTCLAIR’S INDOOR TRIATHLON 2019

Sunday, April 28, 2019 / 7–9am

REGISTER TODAY:
Individual
$50 member/$60 Community
Relay
$25 member/$30 Community
(2–3 people per team)

Get ready for race day by signing up for our 10 Weeks to a 10K Training Program

10 WEEKS TO 10K TRAINING

This is a program for all levels of runners and run/walkers. With help from motivational coaches and teammates, we can run together to conquer 6.2 miles.

Training includes:
• Run 3 x’s a week with the training team
• Separate training plans for beginners and intermediates
• Race entry fee and race t-shirt included for the 37th Annual Montclair Run on June 2, 2019
• Continuous support and motivation from run coaches
• Training program begins March 25
• Registration is open now

SAVE THE DATE

FAMILY MEMBERSHIP BENEFITS

- Pay one monthly fee for the whole family
- Priority registration for programs
- Free nursery services at both branches
- Family gym and swim times
- Special programming for family members

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• Registration is open now
IGNITE YOUR PASSION!
GET YOUR SWEAT, SET, AND REPS ON

Take your workouts to the next level and come try out our NEW Functional Training Studio!

For more info on classes and workouts see page 22

10 WEEKS TO A 10K PROGRAM SEE PAGE 27.
BE READY FOR MONTCLAIR RUN!

37TH ANNUAL MONTCLAIR RUN

SAVE THE DATE

SUNDAY JUNE 2

Two Races: 10K & 2 MILE
An Unforgettable Race For A Cause Awaits!!

This year funds raised will benefit Mental Health services in our community and support our Chronic Disease efforts.

• 10K USATF Certified Course
• 2 mile family fun run/walk for the whole family.
• All proceeds benefit scholarships for programs in the community.
• Registration available on line.
• Team registration and sponsorship opportunities are also available.

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

10 WEEKS TO A 10K PROGRAM SEE PAGE 27.
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