WELCOMING ALL
GETTING HEALTHY TOGETHER

FALL 2019 PROGRAM GUIDE

FALL 1 – SEP 9 – OCT 27
REGISTRATION BEGINS
MONDAY, AUGUST 12 - Family
MONDAY, AUGUST 19 - Members
MONDAY, AUGUST 26 - Community

FALL 2 – OCT 28 – DEC 15
REGISTRATION BEGINS
MONDAY, October 7 - Family
MONDAY, October 14 – Members
MONDAY, October 21 – Community
Dear Members of the Community

Fall is a time where families settle in to back-to-school routines. Here at the Y, we offer families programming to help make those routines possible, like before and after school-age child care and afterschool youth activities.

We also recognize that connecting as a family is just as important, and so we offer inclusive family memberships. For the price of dinner and a movie, a family of 4 can enjoy all that the Y offers each month including family gym, family swim, and events such as free family nights. Family memberships include free babysitting, preferred registration, and member pricing. Call our Welcome Center at 973-744-3400 to learn more.

Fall is also the time that Ys across the nation hold Welcoming Week, an initiative of Y-USAs national partner Welcoming America. During Welcoming Week, communities bring together immigrants and U.S.-born residents in a spirit of unity to build strong connections across their communities and affirm the benefits of welcoming everyone.

This fall, our Y will host Welcoming Week events and launch our new diversity, equity and inclusion committee. The committee will help us better harness the diversity of perspectives and needs in our communities so we can continue growing, serving, and WELCOMING ALL.

The Y. For A Better Us.

Best in health,

Buddy Evans
President/CEO
bevans@montclairymca.org

Mission Statement

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

Table of Contents

Membership and Facility Information........... 3–6

YOUTH DEVELOPMENT
Nurturing the potential of every child and teen
Geyer Family YMCA ........................................ 7
Youth/Teen Programs ....................................... 8–9
Youth Sports Classes ...................................... 10
Youth Fitness Classes ..................................... 11

AQUATICS
Youth/Teen Aquatics ..................................... 12–14
Adult Aquatics ............................................... 15

HEALTHY LIVING
Improving the nation’s health and well-being
Adult Personal Training ................................. 16–17
Functional Training Studio .............................. 17
Group Exercise Classes ................................. 18–19
Adult Lectures and Activities .......................... 20
Adult Sport Classes ........................................ 21

SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors
Chronic Disease Programs ............................. 22
Community Programs ..................................... 23
JOINER’S FEE
All new Adult Memberships require a one-time Joiner’s Fee as part of the initial payment—this is not an annual charge. The Joiner’s Fee supports a building improvement fund that allows the Y to update equipment and maintain building services for the benefit of all Members. The Joiner’s Fee is also applied to renewing Memberships after a lapse of 45 days or more.

INDIVIDUAL MEMBERSHIPS

Young Adult – Ages 18-25†
Adult – Ages 26-64
Senior – 65+

Adult Memberships include the following amenities:
- Two Swimming Pools
- Indoor Track
- Cardiovascular
- Weight Room Fitness Center
- Boxing Room
- Basketball & Volleyball
- Steam Room & Sauna
- All Adult Fitness Classes
- Life Circuit Training
- Handball, Racquetball & Squash
- Water Exercise Classes

Teen Membership – Ages 13-17
Membership includes afternoon swim, open gym time, racquetball, Fitness Rooms, indoor track and lap pool times. Teens are also welcome to participate in adult group exercise classes. Teen Members must use the youth locker room facilities; they are not permitted in the adult locker rooms.

Youth Membership – Ages 6-12
Youth fitness classes, youth open gym and swim times are just some of the many benefits of a Youth Membership. Members are also entitled to register for fee-based instructional classes including swim lessons and sports related programs. Participants registered for classes or programs must maintain an active Membership for the duration of the session.

Members under the age of 10 must be accompanied by a parent or guardian at all times while at the Y unless engaged in a structured activity or in the REC room under the supervision of Y staff; wandering around the building unattended is not permitted. After 8pm Youth Members are required to be under the direct supervision of a parent or guardian.

*Proof of age is required.
†Young Adults must be 18 years old and out of high school to use the Adult Locker Rooms.

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 rooms:
**$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

Monthly E-Pay Our convenient automatic monthly payment plan gives you the option to be a Y Member as long as you choose—without the pressure of a contract.

Annual Payment Pay for your Membership in full for a 12-month period. Membership payments are non-refundable and non-transferable in part or in whole.

Membership Holds As a courtesy, the Montclair YMCA offers Members the opportunity to put their Membership on hold twice within a calendar year for up to a total of six months. Membership holds incur a $10 per month service fee drafted by e-pay during the course of the hold. To put a Membership on hold, the required form must be completed at the Member Services Desk by the 8th of the month in which the hold is to begin. The monthly service fee will be waived for medical holds supported by a doctor’s note.

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

<table>
<thead>
<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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<td>Down payment 1st 2 months: $19.50 Monthly Withdrawal: $9.75</td>
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FAMILY MEMBERSHIP

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<th>Down payment 1st 2 months</th>
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<td>+ $25 each additional adult</td>
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<td>1 Adult Household</td>
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<td>Senior Couple</td>
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</table>

*Joiner’s Fee is required of all new Members or renewals of 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 have the benefit of priority registration for programs one week before individual Members and the Community. Current Members have the option of creating an online account, using the email address provided to the Y, to register for classes and programs. Class/program fees are non-refundable except as indicated under the Refund Policy on our website. Phone registrations cannot be accepted.

Please visit the Member Services Desk or our website at montclairymca.org.

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 facility 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

COMMUNITY MEMBER

A Member of the community that doesn’t hold a Y Membership and is welcome to participate in designated Y programs. Facility access cards will be issued to participants in these programs. Please present your card at the front desk for scanning at the rapid check in station.
GUEST PASSES
Members 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. Guests may not participate in adult basketball.

Members under the age of 18 are only permitted to bring in a guest (under 18) if there is a parent/guardian (also a member) who will remain with the youth during their entire visit. Guests are not permitted on Summer, College, or any short-term membership. Please 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
Due to scheduling conflicts classes canceled due to inclement weather are not made up. Credits and/or refunds will not be given.

FACILITY CLOSINGS
Monday, September 2 - Labor Day
Thursday, November 28 - Thanksgiving
Wednesday, December 25 - Christmas

KIDS KORNER
6 MONTHS TO 6 YEAR OLDS

Children can enjoy your workout time too! Kids Korner offers age and developmentally-appropriate activities for children 6 months to 6 years old. If you choose to bring snacks for your child, please remember Kids Korner is a nut-free environment. Children may remain in Kids Korner for up to 1½ hours during any visit. Parent or caregiver must remain in the Park Street YMCA facility.

Mon–Fri  8:30am–2pm
Mon–Fri  5:30pm–8:30pm
Sat & Sun  8:30am–12:30pm

Free with Family Membership
Member $10 per child

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 stop by the Park Street YMCA Welcome Center or visit montclairymca.org.

YOUR SAFETY
As part of the YMCA strict child protection and safety policy. Guests over 18 are screened in real time against the National Registry of sex offenders prior to being admitted. Govt issued photo ID is required for all guests.

NATIONWIDE MEMBERSHIP
The YMCA of Montclair is part of the YMCA Nationwide system. Adult and Family Members can visit any Y in the United States and Puerto Rico that participates in the Nationwide system at no additional cost; just present your Y Membership card and a photo ID. Some restrictions may apply and participation varies at different locations; please call the specific facility prior to arrival. Visit ymca.net to find the YMCA closest to your travel destination. For more information visit montclairymca.org/nationwide.
HOURS OF OPERATION

MONDAY–FRIDAY
5am–10pm

SATURDAY & SUNDAY
7am–7pm

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

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:
• conduct themselves in a mature and responsible manner,
• respect the rights and property of others, and
• report to staff when assistance is needed.

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

For a complete listing of policies and facility usage guidelines visit montclairymca.org.

POOL FACILITIES

The YMCA of Montclair Park Street YMCA facility has two pools

Small Pool
• 25 yards with 4 lanes
• Depth is 3½ ft to 8½ ft
• Water temp is 86–88 degrees

Large Pool
• 25 yards with 6 lanes
• Depth is 4 ft to 10 ft
• 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 at montclairymca.org*

Please visit our website for pool swim test requirements.

ADULT LAP SWIM available daily
Children ages 5–12 must complete requirements of swim test to be allowed to swim without parent or supervising guardian being within arm’s reach at all times.
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.

*Schedule is subject to change.
Dedicated to offering dynamic classes and programs for children six months to nine years old, the Geyer Family YMCA is a one-of-a-kind facility in the Y world designed specifically for families to learn, grow and explore together. Your child can learn 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.

Whether it’s learning important life skills in the pool, building self-esteem in the gym or unleashing imagination and creativity in the art rooms, the Geyer Family YMCA is a great place to widen horizons!

**SESSION 1 SEP 9 – OCT 27**
**REGISTRATION BEGINS**
Monday, Aug 12 – Family Members  
Monday, Aug 19 – Kinder & New Members  
Monday, Aug 26 – Community Members

**SESSION 2 OCT 28 – DEC 15**
**REGISTRATION BEGINS**
Monday, Oct 7 – Family Members  
Monday, Oct 14 – Kinder & New Members  
Monday, Oct 21 – Community Members

**AQUATICS**
The introduction to aquatics includes splashing in the pool, building confidence in the water, and starting the journey to swimming ability. Classes (beginning with a parent/child format) take place in the pool and give children skills and memories that last a lifetime.

**GYM**
Gym classes at Geyer are designed to help young children develop new skills that build confidence with every step taken, every ball bounced, and every game played. When developing strength, endurance and flexibility, the fun is a bonus.

**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.

**Kinder Members** (age 2 mos – 5 years), **Youth Members** (age 6–9 years) and children of the same ages who are part of a Family Membership have access to the Geyer Family YMCA. Family members are welcome to join the little ones for family programs, or to just sit on the sidelines while the kids have all the fun. Programs and classes may have additional fees. Stop by the Geyer Family YMCA to tour the facility built with kids in mind or, visit montclairymca.org and click Geyer Family YMCA.
## YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

### Staycation
**School Vacation Program**
[montclairymca.org/staycation](http://montclairymca.org/staycation)
When school is closed, the Y is open. Working parents can register their school-age children in Staycation—a full day program providing kids with games, art, reading, indoor & outdoor play and even field trips. Registered families will receive a detailed email the day before each Staycation date. Registration is required by 2pm, payment and a youth profile is required in advance.

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>Family</td>
<td>$65</td>
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<tr>
<td>Youth</td>
<td>$75</td>
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<tr>
<td>Community</td>
<td>$85</td>
</tr>
</tbody>
</table>

### Squad Goals
**Grades 4-7**
Far from ordinary, this youth class is full of hands-on games that promote problem solving, team work, character development and fun! Squad Goals is a great opportunity to be with friends, make new ones and learn how to work as a team to accomplish the daily goals!

| Mon       | 4:30-5:15pm (Fall 2) |
| Youth     | $50                  |

### Trail Blazers – Specialty Course
**Grades 5-7**
Participants will learn about “being well and staying well” through activities touching on peer relations, physical fitness, nutrition, substance abuse prevention, stress management and adventures taking place inside and outside of the Y. For the last class participants will board a school bus and go to Camp at the Lake (West Milford, NJ) where there will be a cookout and outdoor adventure activities. Permission slips signed by a parent will be required when registering.

**Membership Required**

| Dates          | Sep 10, 17, 24 and Oct 2 |
| Trip Day       | Sat, Oct 5               |
| Tue            | 4:30-5:30pm              |
| Youth/Teen     | $75                      |

### Youth Self Defense Skills
**Grades 4-7**
You can never be too careful these days! Join the Montclair Police Department and Y staff to explore self-defense, group discussions, activities, hands-on learning and some basic techniques to keep kids safe. This is a must have for the independent youth!

**Free – Membership Required**

| Thu       | 4:30-5:15pm (Fall 2) |
| Room      | Holm Room             |
| Youth/Teen| Free                   |

### Youth Night
**Grades 4-7**
Swimming, gym games, including basketball and special events are planned once a month just for you! Supervised by Y staff, the fun also includes snacks and water. Advance registration is required not later than 7pm the Friday before. Montclair YMCA Members register in their Y account; Community members register in person or by calling with payment.

| Dates     | Oct 12, Nov 9 |
| Time      | 7:30-10pm     |
| Family    | $5            |
| Youth     | $15           |
| Community | $20           |

### TNT: Tweens and Training
**Grades 5-7**
Bullying, social media, communication, peer leadership, volunteerism, social, emotional and physical skills are just a few of the topics covered in this series of hands-on, interactive workshops. Each session will cover different issues and have new activities. Advance registration is necessary. There is limited space for this course. Register early. Please register in your Y account before the first class.

**Membership Required**

| Wed       | 4:45-5:30pm |
| Room      | Art Room – 2nd floor |
| Youth/Teen| $60 for either Fall I or Fall II $100 for both |

### 7TH GRADE INITIATIVE PROGRAM
7th graders in our service area are eligible for a free one year membership if they join our program. Orientations for student and parent are required. See our website for details as well as the link to register.

### R.E.C. ROOM
**INTERACTIVE PLAY AREA**
Ages 7-12
The R.E.C. Room provides Youth Members a place to go for homework help, activities, fitness and games. Supervised by Y staff, this is a great place to fill a gap between sports classes and swimming lessons, or to just drop by after school. Youth Members under the age of 7 must be accompanied by a parent/guardian while in the R.E.C. Room.

**Free – Membership Required**

| Mon–Fri | 3:30-8:15pm |
| Sat–Sun  | 1-5pm       |
**TEEN ROOM**

**FOR MEMBERS AGES 13-18**

The Teen Room is a coed space for teens to relax, talk, read, do homework or play video or board games and always supervised by Y staff.

**Free - Membership Required**

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Mon/Tue/Thu</td>
<td>3:45-7pm</td>
<td>Art Room/2nd Floor</td>
</tr>
<tr>
<td>Wed</td>
<td>Closed</td>
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</tr>
<tr>
<td>Fri</td>
<td>3:45-8pm</td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>3:45-7pm</td>
<td></td>
</tr>
</tbody>
</table>

**Diverseability Youth Night**  
**Ages 7-12**

Special Event

Youth who need a night out, but require a little more support and supervision are invited for their own special Youth Night Out. The fun includes free swim followed by BINGO in the gym—complete with prizes! (Youth must be able to change independently in the locker room.) Volunteers will be recruited to provide additional support and supervision for all to have a successful and fun night! All abilities are welcome. Registration and payment are required not later than Oct 17.

Members can register and pay online in their Y account. Community members must complete a registration form (available online or by emailing kgriffiths@montclairymca.org) and pay in advance in person or over the phone. Any adult wishing to accompany their youth is welcome for free.

**Date**  
Oct 19

**Sat**  
7:30-9:30pm

**Family**  
$10

**Youth**  
$15

**Community**  
$20

**LEADERS CLUB**  
**Grades 7-12**

Our youth are the future leaders and Leaders Club offers them an opportunity to brush up on their current skill set as well as expand it. Bi-weekly meetings include discussions and debates, creating and implementing a special event to raise scholarship dollars, peer leadership games, hanging out with friends and so much more.

The schedule of club dates and events are given out at the first few meetings. The application is found at montclairymca.org.

**Free - Membership Required**

**OPEN HOUSE**  
Sep 25 from 6:30-8:15pm

**Wed (weekly)**  
6:30-8:15pm

**ADVENTURE GUIDES**  
**“FRIENDS FOREVER”**

Parents and children develop strong bonds that promote self-esteem and communication skills, setting the foundation for positive, lifelong relationships—Friends Forever. Parents guide their children through a wide array of experiences aimed at helping children reach their full potential. Within a supportive small community of other parent–child pairs, which is their Circle, 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 public 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 at 973-415-6118.

**Girls Weekend**  
September 27-29

**Boys Weekend**  
October 18-20

**FAMILY NIGHTS**  
**Special Events**

Keep the Y in your family and join us for special events throughout the year. Family Nights are appropriate for ages 7 and up. Child care will be provided for ages 6 months to 6 years old free of charge with your advanced registration. Advance registration and payment are required. Register by dates, please see e-blasts or visit montclairymca.org

**Oct 26**  
Fall Fun Monster Mash – Dance/Activities

**Dec 7**  
Merry Mingle – Swim/Activities

Mingle with family and friends

**Family**  
$40 (up to 4 people)

**Adult**  
$50 (Adult +2 people)

**Youth**  
$50 (Youth +2 Adults)

**Community**  
$60 (up to 4 people)

$5 each additional person

**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.

**Free - Membership Required**

**Week 1:** Basketball

**Week 2:** Soccer

**Week 3:** Dodgeball

**Week 4:** Floor Hockey

**Week 5:** Volleyball

**Week 6:** Soccer

**Week 7:** Basketball

**Week 8:** Dodgeball

**BIRTHDAY PARTIES**

See page 20
YOUTH SPORTS

Panthers Prep Grades 5–6
Preparation is the key to success. If you are in grade 5 or 6, and want to try out for the Panthers Travel Basketball team, this class is just for you! Each week focuses on strength and conditioning, speed and agility, shooting, ball handling and defense. This class preps you for the Panthers tryouts.
Thu 5–6pm
Family $90
Youth $110
Community $130

All-Star & MVP Basketball
Drills in dribbling, shooting, passing, defense and teamwork are the focus of this game—and this class. All students will have the opportunity to learn or enhance these skills while staying active. Who knows, this could be the first step to becoming an NBA/WNBA star!
All-Star (Beginners) Grades 4–6
Mon 3:45–4:30pm
MVP (Advanced) Grades 4–6
Mon 4:30–5:15pm
Family $90
Youth $110
Community $130

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, where students learn shooting, passing, dribbling, defensive and offensive moves.
Rookie (Beginners) Grades 1–3
Wed 3:45–4:30pm
Starter (Advanced) Grades 1–3
Wed 4:30–5:15pm
Family $90
Youth $110
Community $130

Radical Racquetball Grade 4–6
Interested in learning a new sport? If so come rally with us. This introductory class teaches the basics of racquetball including strategies and sportsmanship. Making new friends while having lots of fun is an added bonus!
Thu 6–6:45pm
Family $90
Youth $110
Community $130

She Got Game
Girls will learn the basics in basketball including shooting, passing, dribbling, defensive and offensive moves, and so much more. In addition to the fun of basketball drills and games, students learn the importance of being part of a team while having a great time with friends.

<table>
<thead>
<tr>
<th>She Got Game 1 Grades 1–3</th>
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<tbody>
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<table>
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<th>She Got Game 2 Grades 4–6</th>
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<table>
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<tr>
<th>Family</th>
<th>Youth</th>
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</thead>
<tbody>
<tr>
<td>$90</td>
<td>$110</td>
<td>$130</td>
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Intramural Basketball Leagues
Each athlete gets the opportunity for full court action each and every Saturday during the session. Players will be divided into teams; corresponding shirt colors and brackets will be created for each level. All players will receive a t-shirt; 12 games are guaranteed and everyone plays! Free parking is available at Charles H. Bullock.

Shooting Stars Grades 1–2
Sat TBD (Fall 1 & 2)

Hot Shots Grades 3–4
Sat TBD (Fall 1 & 2)

Big Shots Grades 5–6
Sat TBD (Fall 1 & 2)
Family $150
Youth $170
Community $190

Ultimate Sports Grade 4–6
A different ultimate sport is played each week including ultimate frisbee, gaga, badminton, dodge ball, spike ball, handball and the new sports craze choukball. Are you up for the challenge? If so, come play these exciting, ultimate sports.
Tue 6–6:45pm (Fall 1 & 2)
Family $90
Youth $110
Community $130

Ball Is Life Grades 7–8
Improve your basketball skills and stay in shape year round. The class starts in the weight and cardio rooms where the kids will work out as a team. Students will then move to the gym to work on basketball skills and scrimmage. This class is highly recommended for any player interested in trying out for the YMCA Panthers team.
Mon 5:15–6:15pm (Fall 1)
Family $90
Youth $110
Community $130

60 Minute Skills Basketball Grades 1–9
Work one-on-one with a personal basketball trainer to get the time and attention needed to take your game to the next level. Learn new skills or focus on tightening up skills you already have. Shooting, defense, offense...it’s up to you.
By Appointment Only
Membership Required
Fall 1 & 2 $70/1-on-1 session

Bump, Set, Spike
The fundamentals of volleyball are the focus here. This exciting sport combines team play with individual skills. Every child plays in every game while making friends and learning new techniques of the sport.

Bump, Set, Spike 1 Grades 4–6
Wed 5:15–6pm (Fall 1 & 2)

Bump, Set, Spike 2 Grades 7–9
Tue 5:15–6pm (Fall 1 & 2)
Family $90
Youth $110
Community $130

Intramural Volleyball Leagues
These leagues offer opportunity for full court action each Sunday for all eager volleyball players. Athletes are divided into teams; corresponding shirt colors, and brackets will be created for each level to show what days each team has a game and against whom.

Sun 1–2pm Grades 4–6
Sun 2–3pm Grades 7–9
Family $90
Youth $110
Community $130

PANTHERS FALL TRAVEL BASKETBALL TEAM
See page 20
Parents and guardians are responsible for their children before and after class. Drop in payment must be made at the front desk prior to the start of class.

**Kid Fit**  
Ages 6–9  
The best way to learn yoga is to start early! Flexibility, strength, stamina and mental clarity are just some of the many benefits. Yoga is a great form of exercise that uses body weight to tone and strengthen muscles.  
**Mon & Wed** 4:30–5:15pm  
Free – Youth & Family Membership  
Registration is not required

**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  
**Teen** $75  
Free with Family Membership  
Registration is required

**Youth Cycling**  
Ages 10–14  
This class is specifically designed for youth who want to experience cycling. Like in the adult class, kids will work at their own pace. Participants must be tall enough to pedal properly while seated on the bike.  
**Tue/Thu** 4:45–5:30pm  
**Teen** $75  
Free with Family Membership  
Registration is required

**Snow Camp**  
Grades PK–8  
A snow day at school does not mean a missed day at work! When the Montclair Public School System has an emergency closing, the Y provides an alternative. Snow Camp will keep the kids engaged with games and activities filled with fun. 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 YMCA  
159 Glenridge Ave  
**Member** $65 per child/day  
**Youth/Teen** $75 per child/day  
**Community** $85 per child/day

**Youth Group Training**  
Ages 10–16  
Basic conditioning principles, safety, training room etiquette and procedures are covered in a fun and motivating environment. Class format will vary each week and include resistance training and cardiovascular segments.  
**Tue & Thu** 4:30–5:15pm (Fall 1 & 2)  
**Family** $99/session  
**Youth/Teen** $125/session

**Advanced Youth Group Training**  
Ages 13–17  
Specifically designed for youth athletes wanting to improve their fitness level, this class focuses on intense cardiovascular and strength training provided by a Nationally Certified Personal Trainer specializing in athletic fitness.  
**Tue/Thu** 5:15–6pm (Fall 1 & 2)  
**Family** $99/session  
**Teen** $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 requires 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  
**Thu** 4:30–5:15pm (Fall 1 & 2)  
**Family** $75/session  
**Youth/Teen** $85/session

**Kids Kick Fit**  
Ages 8–12  
The art of self-mastery, razor sharp focus, resilience and the ability to bounce back are part of the 8-week class instruction teaching the basics of striking and conditioning. Kid-friendly techniques will also be covered to combat stress and anxiety. Class meets twice per week.  
**Tue & Thu** 4:30–5:15pm (Fall 1 & 2)  
**Family** $99/session  
**Youth** $125/session

**BEFORE AND AFTER SCHOOL PROGRAMS**

Offered during the school year at public schools in Montclair, Bloomfield, Verona and Cedar Grove

The Montclair YMCA’s Before and After Care program makes it easy for parents to know their children are happy, creative and most importantly, safe during the after-school hours. The program operates on-site at each of the public schools in the service area and is staffed by YMCA employees, all of whom have gone through a national background check.

The program offers parents:  
• a safe and caring environment for their children before or after school with experienced staff,  
• dependable and consistent care for their children during working hours,  
• a place for their children to interact with other children in their own age group, at their own school,  
• a variety of fun and exciting activities to enhance their child’s day,  
• physical activity after school instead of hours of TV or video games,  
• an opportunity for their child to complete homework in a supervised environment.

For a 2019–2020 School Age Child Care brochure, please visit us online at montclairymca.org.

Children who need to start the program on the first day of school must be registered on or before Tuesday, August 27, 2019. Early Registration is required!

For additional program information and/or required forms for the Before and After Care program, please visit montclairymca.org/SACC.

Contact Lisa Aulisi 973–415–6134  
laulisi@montclairymca.org
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
A parent or caregiver accompanies the 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.
Y SWIM LESSON PROGRAM

We offer 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 curriculum will also help guide 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 follow the National YMCA’s 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

New Swim Lesson Participants

In order to be placed in the correct swim stage, with the exception of those registering for Stage 1, new students must be evaluated.

Current YMCA members must register in person or online for all programs. Community registrants must register in person at the Park Street YMCA facility. Early registration is encouraged as classes are filled on a first-come, first-served basis.

Swim Level Evaluation Times
Mon-Wed: 3–4pm / Thurs and Fri: 3–5pm

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 ratio requirements. Refunds and credits will not be issued due to absences.

FALL 1: SEP 9 – OCT 27 (7 Weeks)  FALL 2: OCT 28 – DEC 15 (7 Weeks)

<table>
<thead>
<tr>
<th>AGES 6–14</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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<tr>
<td>Stage 1</td>
<td>6 – 11</td>
<td>5:30-6:10pm 7-7:40pm</td>
<td>5:30-6:10pm 6:15-6:55pm</td>
<td>4-4:40pm 4:45-5:25pm</td>
<td>4-4:40pm</td>
<td>9:50-10:30am 10:35-11:15am 11:20am-12pm</td>
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<td>Stage 2</td>
<td>6 – 11</td>
<td>5:30-6:10pm 7-7:40pm</td>
<td>4:45-5:25pm 5:30-6:10pm</td>
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<td>Stage 3</td>
<td>6 – 16</td>
<td>4:45-5:25pm 6:15-6:55pm</td>
<td>4:45-5:25pm 6:15-6:55pm</td>
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<td>9:50-10:30am 10:35-11:15am 11:20am-12pm</td>
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<td>4-4:40pm 6:15-6:55pm</td>
<td>4-4:40pm 4:45-5:25pm</td>
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<td>Stage 6</td>
<td>6 – 16</td>
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<td>4-4:40pm 4:45-5:25pm 7-7:40pm</td>
<td>4-4:40pm 4:45-5:25pm 6:45-7:25pm</td>
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<td>Family $84 Fall 2 $72 (Thu) Youth/Teen $101 Fall 2 $87 (Thu) Community $151 Fall 2 $129 (Thu)</td>
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<td>9-9:40am</td>
<td>Family $84 Youth/Teen $101 Community $151</td>
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<tr>
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<td>5:30-6:10pm</td>
<td>6-6:40pm</td>
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<td>10:35-11:15am</td>
<td>Family $84 Fall 2 $72 (Thu) Youth/Teen $101 Fall 2 $87 (Thu) Community $151 Fall 2 $129 (Thu)</td>
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<td>Marlins Pre-Lifeguard</td>
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<td>9:50-10:30am</td>
<td>Family $84 Youth/Teen $101 Community $151</td>
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<tr>
<td>Advanced Stroke Clinic (ASC)</td>
<td>8 – 17 and successful completion of Porpoise or Barracuda</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:20am-12pm</td>
<td>Family $84 Youth/Teen $101 Community $151</td>
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<tr>
<td>Tween Swim</td>
<td>11 – 17</td>
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<td></td>
<td></td>
<td>12:15-12:55pm</td>
<td>Family $84 Youth/Teen $101 Community $151</td>
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Fall 2 session Thursday classes will be prorated due to Thanksgiving.
Marlins (Pre-Lifeguard Prep)
For Ages 13+
Designed to prepare Members interested in becoming lifeguards, Marlins Club focuses on the importance of safety in and around an aquatic environment, while training participants in the necessary techniques and mechanics of 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 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
Successful completion of stages 1 thru 6 and at least one Porpoise and one Barracuda session.

Tween Swim Lessons
For Ages 11 to 17
Tween Swim is a class exclusively for youth 11 years 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.

Barracuda Club
(Endurance Club)
As an introduction to a swim workout, the Barracuda Club program is comprised of warm-up, endurance drills and cool down while using the pace clock with the opportunity to use equipment such as fins, pull-buoys and paddles.
Prerequisite
Successful completion of Stages 1 thru 6

Porpoise Club
Focus in the Porpoise Club is on stroke refinement aimed at efficiency and power to improve racing skills such as streamlines, pull-outs and dives.
Prerequisite
Successful completion of Stages 1 thru 6

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.
Membership Required
Packages
3/30 min. lessons for $150
6/30 min. lessons for $270

Extended Private Lessons
Available to current participants of our progressive group lessons, packages of 3 or 6 half-hour lessons will focus on areas requiring improvement in order to advance swimmers to the next stage.
Membership Required
Packages
3/30 min. lessons for $120
6/30 min. lessons for $210

Swim Team Private Lessons
Private lessons are available with a swim team coach to swimmers on our Dolphins Swim Team.
Membership Required
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
Two students at the same swim level can pair up with one instructor for more personalized and targeted attention.
Membership Required
Packages
3/30 min. lessons for $160
6/30 min. lessons for $300

Please fill out a Private Lesson Request form and submit to the Aquatics Department at agilces@montclairymca.org or call 973-415-6130 for more information.

DOLPHINS SWIM TEAM
The YMCA of Montclair Swim Team offers a year-round opportunity for swimming in both YMCA and USA competitions as well as seasonal instructional clinics for aspiring athletes. The co-ed team is comprised of swimmers age six through high school.

For more information about the team, please visit the team website at mymdolphins.org.
ADULT SWIM

Adult Swim Lessons
Small Pool
Swim lessons are not just for kids! Adults who want to learn to swim or want to refresh their skills can take lessons at the Y; all levels are welcome. Beginners and those wanting to refresh or broaden their skills have a variety of options to accommodate busy schedules. Patient, certified instructors will evaluate your level at the first class and place you in the appropriate group. Don’t let fear stand the way of learning this valuable life skill.

Fall 1  Sep 9–Oct 27
Fall 2  Oct 28–Dec 15

Days  Times
Mon & Wed  10–10:45am
7:45–8:30pm
Tue & Thu  8:30–9:15pm
Sat  9–9:45am

Family  Fee Per Session
$62  (1x wk)
$131  (2x wk)
Member
$74  (1x wk)
$158  (2x wk)
Community
$93  (1x wk)
$197  (2x wk)

Adult Swim Clinic
Large Pool
Experienced adult swimmers can improve endurance and increase their distance swimming. Participants should be comfortable swimming in deep water.

Membership Required

Days  Times
Sat and/or Sun  9–10am

Family
1 day/week  $65/session
2 day/week  $120/session
Member
1 day/week  $77/session
2 day/week  $140/session

LIFEGUARD SWIM TEST
A swim test is required to participate in our lifeguard training course.

Test Dates
Sep 6  4:30pm
Oct 4  4:30pm
Dec 6  4:30pm

Fee  $35

AMERICAN RED CROSS – LIFEGUARDING TODAY
All lifeguarding courses follow the requirements of the American Red Cross Lifeguarding program. Certification and recertification courses are blended learning courses (i.e., approximately 7.5 hours of online coursework PLUS approximately 25 hours of scheduled, mandatory in-person class time for lifeguarding; 12 hours for recertification). All blended course work must be completed prior to the first class session.

Participants must pass a Lifeguard Swim Test before registering for a course. Curriculum includes classroom work, practical skills in the water and on land, and two written final exams. Attendance is required at all classes. Participants who successfully complete the course receive a certification in Lifeguarding, First Aid, CPR and AED for the Professional Rescuer that is valid for two years.

Offering 1  Sep 16–Oct 9
Days  Time
Mon & Wed  6:30–10pm

Offering 2  Oct 21–Nov 13
Days  Time
Mon & Wed  6:30–10pm
Member  $250
Community  $300

Water Exercise Classes included Free with Membership

Aqua Step
Taught in the shallow end of the large pool, Aqua Step classes utilize step benches to provide a safe and fun workout for all fitness levels. Swimming proficiency is not mandatory but a general level of comfort in the pool is required.

Membership Required
For Water Exercise schedule visit montclairymca.org.

Aqua Fitness
A level up from Aqua Step this more vigorous cardiovascular program 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
For Water Exercise schedule visit montclairymca.org.

Aquacise
A moderately intense cardiovascular, strength and flexibility workout, Aquacise provides a fun and safe routine with minimal impact on the knees and other joints. This workout is good for anyone with injuries or joint problems, or anyone who loves the water. Swimming proficiency is not mandatory but a general level of comfort in the pool is required. If you are new to class, please see the instructor before class begins so any concerns can be addressed. Come ready to make a splash and have a blast.

Membership Required
For Water Exercise schedule visit montclairymca.org.
ONE-ON-ONE FITNESS ORIENTATION
Free with Family Membership

JUMPSTART
New Members can get a tour of the Circuit Room guided by a Nationally Certified Personal Trainer. The tour provides a general description of the equipment and uses for the machines along with an explanation of how they work and the benefits that can be achieved. A Jumpstart will ease any tension a Member new to the facility may feel.

FITSTART
One hour with a Nationally Certified Personal Trainer provides a detailed overview of the equipment in all three workout rooms: Circuit, Cardio and Weight. After an intake discussion about personal needs, goals and any medical issues, the Trainer will provide a walk through, explaining what equipment would be most beneficial. The Member will have the opportunity to try out the machines with the Trainer on-hand to offer guidance on technique and expectations.

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.

Membership Required
- 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)

To schedule an appointment call Chris Domenic.

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.

For your convenience, a Buddy Match Up Board is posted. Fill out your buddy card and we will take care of the rest!

YOUTH PERSONAL TRAINING
Budding athletes or young fitness enthusiasts can benefit from personal training. Working with a Nationally Certified Personal Trainer will provide the student with professional guidance on proper form and technique. Individually designed programs can accommodate any fitness level. Kids will reach their goals while building self-esteem and having fun.

Membership Required
- 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

THE FIT PACK $350 (save $25)
Three personal training sessions with a Nationally Certified Personal Trainer and two 45-minute sessions with a Registered Dietician. The Fit Pack includes before and after body composition.

NUTRITIONAL CONSULTATION $75
An hour-long session with our Registered Dietician includes diet analysis, discussion of eating habits, behavior modification strategies, and basic menu planning. Combined with exercise, a better diet promotes overall health and could reduce the risk of chronic diseases.

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. Alignment, posture, strength, balance and coordination—one, two or all can be improved with personal training. Nothing compares to learning in a private space with the undivided attention of a certified instructor. Sign up today and watch your practice transform.

Membership Required
- 1 session $80
- 3 pack $230
- 5 pack $375
- 10 pack $720

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 TRI-PACK $99

Undecided about Personal Training? Give it a whirl with the Tri-Pack. Three 30-minute Personal Training sessions with a Nationally Certified Personal Trainer will provide motivation and focus on proper form and technique making your workout safer. All three sessions must be used within three months from date of purchase.

Membership Required

VERTIMAX TRAINING AT THE YMCA

The Vertimax is a state-of-the-art machine that provides cutting edge training to athletes and fitness enthusiast. Training with this machine will instantly help improve agility, speed, strength, explosiveness and overall performance.

Tue 1-4pm
We 1:30-3pm
Thu 1:30-3:30pm
Fri 2:30-5pm
Sat 10am-12:30pm

Training fees:
- One-hour training $80
  (10 sessions for $700, 70 each save $100)
- One-hour training (young adult 17 and under) $75
  (10 sessions for $650, 65 each save $100)
- One-hour training (youth 12 and under) $50
- Small group Vertimax training 2 ppl, take 5% off,
  3 or 4 ppl take 10% off

ONE-ON-ONE STRETCHING

Stretching provides huge benefits for overall health, but with assisted one-on-one stretching better results are possible. Not only will a trained practitioner be able to help you get deeper into your stretch, but they will know the proper form to help prevent unnecessary injuries and maximize results.

Child athletes and non-athletes 10 and older also benefit from individual stretching sessions with improved sports performance and alleviation of stress.

Benefits of assisted stretching:
- 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

Membership Required

TRIPACK $99

Three 45-minute sessions
Members may purchase this package one time only.
1 session $50 (45-minute session)
10 sessions $450 (save $50)

YOUTH RATES

45-minute session
1 session $45 per session
10 sessions $400 (save $50)

Olympic Lifts
Improving weightlifting strength starts with perfecting technique. Once the technique is mastered, Snatch or Clean and Jerk, facilitates moving on to more strength work through pulls, squats and presses.

RAW Power
Increasing weights and repetitions impacts the body differently when using proper technique. Inner strength and power maximizes the results.

Ultimate Strength
Instructed by a competitive body builder, Ultimate Strength covers proper form, reps, sets and exercises.

Animal Flow
An innovative fitness program combining quadrupedal and ground-based movement with elements from various bodyweight training disciplines creates a fun challenging workout emphasizing fluid, multi-planar movement.

TRX
The TRX Suspension Trainer combines movements with kettlebells to create dynamic and powerful exercises that enhance not only athletic performance, but daily activities as well. Focusing on proper technique, these exercises are geared for the way people move and perform, providing endless progression that can be adapted for any fitness level.

Total Beast
Using different forms of exercise, cross-training techniques improve overall performance by working all the body’s muscles. When mixed with grappling, MMA and pad work, the results are startling.

Kettle Row Fusion
A hybrid training system combining concept 2 rowers and the versatility of kettlebells will build strength, cardio and explosive power, taking conditioning to unlimited heights.

Open Studio
Get in a personal workout during extra time in the Studio. Work on Trainer-assigned homework from a specific Skill Session or Specialty class, or get personal workout time to develop a new skill. A Nationally Certified Trainer is on-site and accessible during Open Studio to offer guidance and ensure safety and use of proper technique.

Register for Functional Training Studio classes at ftsmymca.as.me To schedule a free demo class, call Chris Domenic.

Chris Domenic – Health and Wellness Director
973-415-6131 cdomenic@montclairymca.org
Free with membership.
The Montclair Y offers a wide variety of Group Exercise Classes that span all levels—from first-timers to advanced. If you are unsure of what class you want or what level would suit you, please speak to one of our Nationally Certified Personal Trainers.

The following list is current as of this printing, but new classes are added often. For the most up-to-date listing and schedule of classes, stop at the Welcome Center or check our website at montclayymca.org.

Stretch, Endurance and Balance — Level I
Range of motion exercises incorporate gentle strengthening and balance. Exercises are done standing or seated in a chair and utilizes various exercise props.

Stretch, Endurance and Balance — Level II
Incorporating more challenging range of motion exercises than Level I, this class is done standing or on floor mats, utilizing various exercise props.

Stretch, Endurance and Balance — Level III
Develop muscular strength and cardiovascular endurance while promoting flexibility with these exercises that include standing floor movement and mat work.

African–Caribbean Dance
Connect your mind and body to the rhythm of the beat using traditional African–Caribbean dance moves with modern day music.

Afro-fit is an African Dance Revolution
Featuring Afrobeats, soca, dancehall, kompa, and Afro–Latin dance cultures, Afro-fit marries fitness with dance to provide a full body workout. Be prepared to move and sweat for a fun and energetic 60-minute workout.

Back to Abs
For a healthy back and a flat abdomen, strengthen and stretch the key postural muscles of the midsection, back and legs.

Belly Dance
The abdomen, trunk, spine and neck are used in this dance class, working with the body instead of against it. Cardiovascular is combined with aerobic workout while improving posture, toning muscle and reducing stress. You’ll have to try it to see for yourself.

Boot Camp
A classic combination of intense cardiovascular work combined with muscular strength conditioning challenges you with calisthenics, plyometrics and core conditioning. Boot Camp participants should be prepared to sweat. This class is suitable for all levels.

Butt and Gut
Aimed at improving the lower body and core, this butt-kicking, gut-wrenching class is specifically designed to target the lower body and abdominals. This class is suitable for all levels.

Cardio Kickboxing
An intense class combining multiple traditional kickboxing moves develops strength, power and cardiovascular fitness.

Circuit Training
A form of easy to follow conditioning that combines resistance training and high-intensity aerobics. Time between exercises is short, often with rapid movement to the next exercise. This class is limited to 15 participants.

Core and More
With primary focus on core training, this advanced version of Back to Abs is a combination of intense cardiovascular work mixed with muscular strength conditioning for the total body.

Fit to Fight
Old School boxing drills and New School MMA are combined with conditioning, cross-training and instruction on proper striking techniques. This non-contact class infuses Muay Thai, Boxing and MMA. This class is limited to 15 participants and is suitable for all levels.

Heavy Bag Boxing
Conditioning exercises, heavy bags and mitt work are all part of this full boxing circuit. Gloves are limited; participants are asked to bring their own.

Intro to Weight Lifting
Designed to teach members the fundamentals of basic weight training, this bi-monthly program is for beginner level participants who have never lifted weights or want to learn proper form.

Instructor Chris Domenic
Time 1½ hrs
Oct 2 and 25  6am
Nov 5 and 29  6am
Dec 3 and 27  6am

Just Stretch/Stretch Express
Using a variety of techniques, the entire body benefits from the stretching routines which are topped off with some gentle relaxation exercises.

Line Dancing
Exactly as the name implies, dances are choreographed with a repeating series of steps performed in unison and in line by the group. This class is as much about the fun as it is about the exercise.

Low Impact Workout
This high intensity yet low-impact complete body workout includes cardiovascular conditioning and strength training with weights.

Pilates–Mat
Designed and sequenced to strengthen the core, this group exercise class emphasizes movement quality, posture and breathing.

Strong Warrior Challenge
13 and up in the Gymnasium – Advance Registration required
An advanced physical and mental challenge, this 25-station circuit is done with 30- and 60-second intervals at each station. Upon completion of all stations, participants rest for 2 minutes and then attack the circuit again for round 2.

Date Sep, 8, Oct, 6, Nov 3, Dec 1
Time 8–9:30am
Free with Membership Community Rate $20
Pump It Up!
It’s all here: free weights and dynamic calisthenics for strength training and balance; cardio bursts for endurance; stretching for flexibility. The convenient group exercise format adds the fun.

Rowing
Cardio focused on the rower with a mix of strength training off the rower defines this invigorating class. Proper rowing techniques are a major topic. Suitable for all levels. Limited spots available.

Sculpting
Improving muscular strength and endurance are the key focus. Usage of props such as weights and resistance bands help achieve the best results. All levels are welcome.

Step & Sculpt
Low-impact cardiovascular exercise format using adjustable step platforms is paired with 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 that includes sprints, climbs, flats, lifts, and more. This class is great for the beginner and the advanced exerciser since you control your own resistance level.

T’ai Chi
Develop balance, mental focus, strength, flexibility and calmness using a series of precise flowing movements that place no extreme demands on the muscles.

Total Body Conditioning
After a thorough warm-up, the class works out with minimal equipment such as med balls, battling ropes, slide boards and resistance bands. It’s all covered: core, agility, muscle endurance, power and more. This class is suitable for all levels.

Zumba
Combining motivating, high-energy music with unique moves and combinations allows Zumba participants to dance and have fun while achieving long-term health benefits.

Yoga

*Free with membership.*
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.

**Yoga All Levels**
Open to all levels of students — beginner to advanced. Poses can be modified to accommodate all levels.

**Chair yoga**
Basic yoga postures, breathing techniques, meditation and supported standing poses for balance and bone density are the focal points of Chair Yoga. Suitable for all levels and ages.

**Gentle/Restorative**
Each week a different series of basic poses is explored, focusing on stretching and gentle transition through the poses.

**Iyengar**
A detailed and refined approach to yoga, the emphasis of Iyengar is on muscular and skeletal alignment creating strength, flexibility and balance. Deep stretching occurs by holding poses for longer periods while building strength.

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

**Yoga 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. More dynamic than traditional yoga—while still focusing on breathing or pranayama, and ending with Savasana—the speed of power yoga offers a more vigorous exercise.

**Vinyasa**
Increased flexibility, mental focus and cardiovascular conditioning are some of the many benefits of Vinyasa. A choreographed, flowing style of yoga, Vinyasa links one asana to the next using a repetitive series of poses.

**Intro to Yoga Classes**
Spend six 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 pain management and stress reduction by promoting inner calm, wisdom, wakefulness and joy. Class is generally 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 are not normally 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.
Monthly Book Club  
Last Monday of the month  9:30am  
Each month the group is given a 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 are provided.

YMCA Senior Center  
Mon-Fri  8am-1pm  
The Senior Center provides a place for seniors to chat with friends after class, attend lectures and join clubs.

Brain Teasers/Chat and Share  
Wednesdays  9:30-10am  
Come join us to share in conversation and socialize with others or keep your brain fit by engaging in various brain teasers.

Rummikub, Scrabble and Board Games  
Fridays  9:30-11am  
Learn and play fast-moving games with numbers and tiles to exercise your brain while meeting new people or seeing regulars.

Bridge Game  
Fridays  10:30-11:30am  

Knit and Crochet  
Dates TBD  
Get together with other members while you enjoy and learn a new skill. Instructor will bring the yarn.

If you have any comments or questions please contact:  
Rita Gardner  
Active Older Adult Coordinator  
grgardner@montclairymca.org  
973-744-3400  Ext. 181

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

CELEBRATE YOUR BIRTHDAY AT THE Y  
Invite your family and friends to party at the Y with a choice of party theme.  
• Saturday Gym Party  
• Sunday Pool Party  
You’ll have one hour in the area of your choice and one hour in the party room. Y party hosts will help with set up and will take care of the clean up. If you choose the Saturday Gym Party, gym staff will be on hand to organize games based on the birthday child’s requests.

Date and time of party will not be considered reserved until the contract is signed and the non-refundable deposit is paid. Full balance must be paid prior to the party date.

Contact: Kimberley Griffiths  
973-415-6102 kgriffiths@montclairymca.org

PANTHERS FALL TRAVEL BASKETBALL TEAM  
If you are between the ages of 8-14 (co-ed) 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.

Grades 3/4 (Co-ed)  
Fri, Nov 1  6pm  
Sat, Nov 2  3pm  

Grades 5/6 (Co-ed)  
Fri, Oct 25  6pm  
Sun, Oct 27  1:30pm  

Grades 7/8 (Co-ed)  
Fri, Oct 25  7pm  
Sun, Oct 27  2:30pm  

SEASON LOCATION  
Mid Oct-Mid Mar  
Park Street YMCA  

FAMILY  
$400  
YOUTH/TEEN  
$450  

ADDITIONAL INFORMATION:  
Interested participants must email the Sports Director to register for tryouts at aclayton@montclairymca.org. 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.

Once you email the Sports Director to register for tryouts the application will be sent to you to complete beforehand.  
Membership Required
ADULT SPORTS CLASSES

Racquetball, Handball and Squash
Rally some friendly one-on-one competition with racquetball. Fast-paced games build endurance and quick reflexes—a great way to stay fit while having fun. Come to the Y and enjoy this exhilarating sport; we provide the equipment.

If you love squash, you’re in luck! We have two courts where you can play this unique sport. We provide the squash rackets, balls and goggles.

Reservations for court time must be made in advance by calling 973-744-3400 during hours of operation.

- At least one player must have a Y Membership; guest fees apply for non-member players.
- Members may book reservations up to two weeks in advance.
- Members may not reserve more than one block at a time.
- All racquets must have wall guards and wrist straps.
- Goggles must be worn at all times.
- Paddles are not allowed on the courts.
- Youth Members must be accompanied on the court by an adult.

Free – Membership Required

Reservations for court times
Racquetball  45 minutes
Squash     60 minutes

Reservation start times
Mon-Fri     5am-9pm
Sat-Sun     7am-6pm

Adult Basketball 40+
Basketball for adults 40 and over gives adults the opportunity to participate in an organized team sport while having fun, meeting friends and getting fit.
Free – Membership Required
Tue  8-10pm

Basketball
Adult pickup basketball games are held every Monday, Wednesday and Sunday. Players must be Young Adult or Adult Members; guests may not participate in adult basketball.
Free – Membership Required
Mon & Wed  7:15-10pm
Sun  10:30am-1pm

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 Friday mornings. Anyone over 18 can play. Round up friends and come to the Y!
Free – Membership Required
Fri  7-8:30am

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, on a playing field the approximate size of a badminton court. The net height and game rules are similar to tennis.
Free – Membership Required
Mon  11am-12:15pm

Parents must remain in the building for children under 10.
- Birthday Parties may be scheduled in the gym from 4-5pm on Saturdays.
- Youth Open Gym is for Youth Members ages 8-12.
- Teen Open Gym is for Teen Members 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 in the gym during Youth and Teen open 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.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Adult Basketball 25+ yrs Must be minimum of 18 yrs and have an adult membership *Minimum age - 25 yrs</td>
<td>10:30am-1pm</td>
<td>*12:15-1:30pm</td>
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<td>Pickle Ball</td>
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<td>40 and over Adult Basketball</td>
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<td>Adult Volleyball</td>
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<td>7-8:30am</td>
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<td>Travel Basketball practice</td>
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<td>4-8pm</td>
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<tr>
<td>Youth Open Gym 8-12 yrs Must be a current Teen Member</td>
<td>1-4pm</td>
<td>2:30-4pm</td>
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<tr>
<td>Teen Open Gym 13-17 yrs Must be a current Teen Member</td>
<td>4-6pm</td>
<td>2:30-3:45pm</td>
<td>2:30-3:45pm</td>
<td>2:30-3:45pm</td>
<td>2:30-4pm</td>
<td>8-10pm</td>
<td>4-6pm</td>
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<tr>
<td>Family Gym/ Sports All ages. No full-court games.</td>
<td>Open Gym 6-7pm</td>
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<td>Family Sports 6-7pm</td>
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YMCA OF MONTCLAIR
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 TBD
DAYS Tue & Thu
TIME 10-11am or 5:30-6:30pm
MEMBER $125
COMMUNITY $175

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 TBD
DAYS Tue & Thu
TIME 6:30-7:30pm

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
DAYS Mon & Wed
TIMES 12:15-1:45pm or 6-7:15pm (Pending Enrollment)

DIABETES PREVENTION PROGRAM

helps adults at high risk of developing type-2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over a 12-month period.

• Small group, supportive environment
• Learn about healthier eating & increasing physical activity to reduce risk
• Classroom based—can be offered in any community setting
• 1 year program—16 weekly sessions, 3 Bi-weekly sessions, and 5 monthly sessions
• Reduce body weight by 7%
• Increase physical activity to 150 minutes per week

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

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
TIME 11:30am
FEE $5
MENTAL HEALTH FIRST AID TRAINING

Available to ALL!
Social Responsibility is one of the core values of the YMCA of Montclair. Mental Health First Aid (MHFA) training teaches ways to eliminate the stigmas associated with mental health. Participants will also learn a five-step action plan to help loved ones including family, friends, colleagues, neighbors and many others. MHFA improves the public’s understanding of mental health and connects people with care for their unique situations. Fee includes class materials, a light snack and a certificate upon completion of the 8-hour course.

Registration is required not less than 4 days in advance of course date. Space is limited; minimum registration of 8 participants is required to offer the course on either date.

| Oct 12 | MHFA to serve youth |
| Nov 2  | MHFA to serve Adult  |
| Time   | 9am–5:30pm           |
| Fee    | $75 per course       |

VOLUNTEERS WANTED
Resolve to get involved! The Y knows the many accomplishments we strive for would not be possible without volunteers. We are looking for Members to sign on to help other Members within the four walls of the Y. 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, teaching a class in the Senior Center, or use your skills in math or homework tutoring.

We are confident that there is a need that will fit your interests and talents with long and short term requirements to meet your schedule. Ongoing volunteers must be 16 years of age or older. Students who need service learning hours under the age of 16 might be accepted on a case by case basis if there is a need that fits their hours of availability.

Contact Kimberley Griffiths
973-415-6102
kgriffiths@montclairymca.org

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 that will be refurbished and donated to deserving youth and teens. Any donations or inquiries can be addressed to kgriffiths@montclairymca.org or 973-415-6102.
GEYER FAMILY YMCA
EARLY LEARNING CENTER
OPENING IN 2020!
INFANT THROUGH PRE-K FULL-TIME PROGRAM

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
Reduced costs for most fee-based classes

YMCA OF MONTCLAIR
montclairymca.org

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

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

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