SUMMER SESSION
JUNE 29 – AUGUST 24
REGISTRATION BEGINS
MONDAY, JUNE 10 - Family Members
MONDAY, JUNE 17 - Members and Community

SUMMER FUN
FOR ALL AGES

SUMMER 2019
PROGRAM GUIDE
Dear Members of the Community

Do you remember your best summer ever as a child? Like most of us, it was probably a combination of exploring, learning new things, physical activity and making friends.

Part of our Y’s mission, especially in the summer, is to nurture positive youth development with a variety of educational, engaging, and fun activities in a positive, safe, trust-worthy environment parents can feel good about. At our Y, a big part of that are our 12 summer camps for children ages 2-15.

Our camps teach self-reliance and the development of attitudes and practices that build character and leadership, amidst the fun of sports, art, games, outdoor adventure, water activities and meaningful relationships.

Want to learn more about our summer camps? Visit montclairymca.org/camps or talk with our camp directors.

We look forward to helping your kids develop as part of your family’s summer plan.

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.

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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.

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

FAMILY MEMBERSHIPS

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

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

Senior Couple
Two 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 Memberships include to 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

Youth Membership – Ages 6-12
Youth fitness classes, youth open gym and dedicated youth 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.

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.

*Proof of age is required.
†Young Adults must be 18 years old and out of high school to use the Adult Locker Rooms.
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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<tr>
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<td>Down payment 1st 2 months</td>
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<td>Teen 13-17</td>
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<td>Young Adult 18-25</td>
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<tr>
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<td>$100</td>
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</tbody>
</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.
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.

Guests under 18 are not permitted on Youth, Teen, or 7th Grade Memberships unless an adult accompanies the member and guest while they are in the facility. 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, May 27 Memorial Day
Thursday, July 4 Independence Day

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 from six months to six years old. The fun includes art, music, story time, toys, games, puzzles and movement related activities (this is the Y after all). If you choose to bring snacks for your child, please remember Kids Korner is a nut-free environment. Children can be left at Kids Korner for up to 1½ hours; parent or caregiver must remain in the building.

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

Free with Family Membership
Members $10 per child for 1½ hours

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 Branch Welcome Center or visit montclairymca.org.
**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 manners,
• 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 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*

**ADULT LAP SWIM** available daily

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.

*Schedule is subject to change.
GEYER FAMILY BRANCH
159 Glenridge Avenue • 973-783-7640

Dedicated to offering dynamic classes and programs for children 6 months to six years old, the Geyer Family Branch 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.

In the summer, the Geyer Center offers 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 imagination and creativity in the art rooms, the Geyer Family Branch is a great place to widen horizons!

GEYER BRANCH SUMMER SESSION
JULY 1 – AUGUST 24
REGISTRATION BEGINS
MONDAY, JUNE 10 - Family Members
MONDAY, JUNE 17 - Members and Community

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 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.

Family Memberships that include children 6 months to six years old and Kinder Memberships have access to the Geyer Family Branch. Programs and classes may have additional fees. Please stop by our branch for a tour, or visit us online at montclairymca.org and click on Geyer Family Branch.

TAKE A TOUR TODAY! 973-783-7640
TEEN ROOM
Free with Membership
Ages 13-18
Supervised by Y staff, the Teen room is a place for Members 13-18 to relax, talk, play video or board games, do homework or just hang out. The room is furnished with comfy chairs, tables and a wide-screen TV. Teens are free to bring snacks. Location and times may vary.

DAY/TIME
Mon/Wed/Fri 6-8pm
Sat 3-7pm
Sun 12-4pm

R.E.C. ROOM
Interactive play area
Ages 7-12
Youth Members 7-12 years old can stop by for activities, games, fitness or even help with homework. The room, supervised by a member Y staff member, is stocked with board games, video games and a widescreen TV. Anyone under the age of 7 is required to have a parent/guardian present in the room.

DAY/TIME
Mon/Wed/Fri 6-8pm
Sat 3-7pm
Sun 12-4pm

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

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 with Membership

SUMMER
Jul 6-Aug 24
Saturday’s 12:30-1:00pm

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
Summer Youth Sports Classes

Co-Ed Volleyball Clinic

Summer is the perfect time to brush up on Volleyball skills. Designed for the beginner through intermediate levels, players looking to develop or expand their skills will focus on the proper mechanics of passing, setting, hitting, blocking, defense and serving. Clinics will also offer a better understanding of the guidelines of the game.

Sat July 6 10-11am 4-6
Sun July 7 1-2pm 4-6
Sat Aug 24 10-11am 4-6
Sun Aug 25 1-2pm 4-6

Sat July 6 11-12pm 7-9
Sun July 7 2-3pm 7-9
Sat Aug 24 11-12pm 7-9
Sun Aug 25 2-3pm 7-9

Family $95 for all 4 clinics or $25 per clinic
Youth/Teens $195 for all 4 clinics or $50 per clinic
Community $295 for all 4 clinics or $75 per clinic

Basketball Clinic

This summer’s basketball clinic will help players improve fundamental skills while building character, sportsmanship and teamwork. With proper focus and effort, players’ skills—including ball handling, passing, shooting and defense—will improve in just three days. Each clinic day will incorporate workouts, conditioning and team building. Games and full court scrimmages will showcase improvements.

Sat July 13 10-11:30am 1-4
Sat July 20 10-11:30am 1-4
Sat Aug 3 10-11:30am 1-4
Sat July 13 11:30am-1pm 5-8
Sat July 20 11:30am-1pm 5-8
Sat Aug 3 11:30am-1pm 5-8

Family $70 for all 3 or $25 per clinic
Youth/Teen $145 for all 3 or $50 per clinic
Community $220 for all 3 or $75 per clinic

60-Minute Skills Basketball

Working one-on-one with a Personal Trainer, expert in the sport, will elevate the participant’s skills to the next level. 60-Minute Skills Basketball is guaranteed to improve personal conditioning and sport-related artistry. Participation is by appointment only and available by purchasing class units.

As low as $50 per session if bought in a package:

Session Rates 1-session $70
3-pack $150
5-pack $250
10-pack $500
20-pack $1000

Panthers Summer Travel Basketball Team

Now is the time to prepare for next year’s school tryouts. Advanced or skilled co-ed players in the 9th or 10th grade can join the summer team to maintain or boost skill level.

TRYOUTS

Players interested in joining the team must attend two tryout dates. A makeup day has been added for those who miss one of the original dates.

Fri Aug 16 5-6pm
Sat Aug 17 10-11am
Sun Aug 18 1:30-2:30pm (Make up Day)

Additional Information

Documents required on your first day of tryouts:
1. A copy of your birth certificate
2. Proof of grade
3. Application (available online or at tryouts; parent signature is required)

Season August–Mid October 2019

Family $400
Teen $450
YMCA Membership is required if selected for Panthers team.

Players should arrive 20 minutes early to check in and get a required tryout number.

Contact: Alesha Clayton 973-559-9283 or aclayton@montclairymca.org

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
YOUTH
FITNESS

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.

CLASSES

Kid Fit  
**Ages 6-9**
Fitness, fun games and challenges are featured to encourage younger kids to stay active. A perfect fit for Members 6 to 9 years old. Registration is not necessary—just show up.
**Mon & Wed  4:30–5:15pm**
**Free with 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  4:45–5:30pm**
Youth/Teen  $40/session (8 weeks)
**Wed  4:45–5:30pm**
Youth/Teen  $40/session (8 weeks)
**Free with Family Membership**
Registration is required.

Youth Cycling  
**Ages 10-14**
This class is specifically designed for youth who want to experience cycling. Participants must be tall enough to pedal properly while seated on the bike.
**Tue  4:45 – 5:30pm**
Youth/Teen  $40/session (8 weeks)
**Thu  4:45 – 5:30pm**
Youth/Teen  $40/session (8 weeks)
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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**
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 Certified Personal Trainer specializing in athletic performance coaching.
**Tue/Thu  5:15–6pm**
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**
Family  $90/session
Youth  $100/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.
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UNLEASH YOUR SUMMER SUNSHINE

TIME FOR TWOS  2 YEAR OLDS
As an introduction to the camp experience, focus is on socialization, verbal communication skills and positive social behavior. Children will participate in group free play, art, music, story time and a host of physical activities.

JUNE BUGS  AGES 3–KINDERGARTEN
Children engage in a safe, fun and creative first-time camp experience where they grow in self-reliance, self-confidence and self-esteem while mastering lots of new skills. Grouped according to age, campers move through the program center to different activities and adventures throughout the day.

EARLY ADVENTURES  AGES 3–6
Offering first-time campers a new experience, Early Adventures activities include swim lessons, gym activities, storytelling, arts & crafts, music, dance and special events created around weekly themes.

NEW DISCOVERIES  AGES 4–9
Wacky Wild West, Carnival Day and Beach Blast are some of the special event Fridays that highlight the New Discoveries camp. Monday camp openings offer skits and an intro to the week ahead. Wacky Wednesdays will sport Crazy Hat Day, Mismatch Day and Crazy Hair Day. These are just a few of the camp activities that will also include swimming, sports, arts & crafts, drama and science.

Before camp and after camp care are available.

EXPLORERS  AGES 7–11
The combination of fun-filled activities and trips to local attractions are perfectly suited to 7–11 year old campers in Explorers. A daily schedule of games, recreational swim and weekly theme-based activities round out the fun.

CAMP AT THE LAKE  AGES 5–13
Hiking, archery, outdoor survival skills, low ropes challenge, boating and fishing are just the beginning. These activities are combined with swim lessons, sports, crafts, nature and science to complete the Camp at the Lake experience. This American Camp Association accredited camp provides children with all these exciting adventures as well as cooperative learning and tons of fun. Free transportation is provided from bus stops in Montclair, Upper Montclair, Verona, Cedar Grove, Bloomfield, West Orange and Clifton.

VOYAGERS  AGES 12–14
Field trips, hands-on activities, building leadership skills and giving back to the community provide a well-rounded camp experience. Voyagers spend two days a week “in house” working on the leadership skills and participating in extracurricular activities (like cooking, karaoke, poetry and dance), and volunteering locally. Wednesday through Friday is spent on excursions near and far, including some overnight trips.

ACADEMIC CAMP EXPERIENCE (A.C.E.) ENTERING GRADES 2 – 5
Yes, this is summer camp! With hints of academic tones, A.C.E. has kids going up the summer slide in a creative way that highlights the camp experience but uses themes and plans to incorporate math, reading and literacy skills. Science, art, music and physical play are all included and topped off with Friday field trips.

SUMMER SPARKS  GRADES 1–6
Hands-on and highly interactive, the Summer Sparks enrichment programs incorporate STEM, Arts, physical activity, social skills and so much more. Choose morning sessions, afternoon sessions or even both for a full day of stimulating activities. The summer can be fun and educationally engaging.

YOUTH BASKETBALL ALL-STARS (Y.B.A.)  AGES 8–13
Learn game strategies, improve fundamentals, perform interactive drills and enhance offensive and defensive skills this summer. An intense program suitable for basketball enthusiasts of varying abilities, YBA is the perfect camp for players who want to develop or enhance their skills. Participants will get in shape while playing in tournaments.

SUMMER QUEST  AGES 14–15
Confidence, leadership and experience are three qualities young people need to enter the workforce—now and in the future. With two weeks of hands-on learning, teens have the opportunity to invest these newly acquired skills with internships at one of the Y’s other camps or within the Y facility. With ongoing supervision, guidance and constructive feedback, campers finish with a first entry for a future resume or portfolio.

GAINING ACADEMICS PROGRAM (G.A.P.) ENTERING GRADES 1 – 4
Bridge the gap between the summer months and the upcoming school year. With engaging focus on reading, writing and math, G.A.P. campers are prepared to return to school in September more confident and with increased skills.
THE CURRICULUM HAS CHANGED
The Montclair YMCA has embraced the updated swim curriculum offered by the YMCA of the USA. The new program focuses on water safety skills as the foundation for all ages; once mastered, stroke development and techniques are introduced. The skills and topics taught in each stage are based on the developmental milestones of youth.

The most noticeable change is the name of the stages which have been adjusted to represent the skills taught. Also changed are the ages for each of those stages to allow more progression through each level.

SOME THINGS REMAIN THE SAME
The Montclair YMCA Aquatics staff remains dedicated to the mission of ensuring every swimmer develops a comfort level in the water and recognizes their safety and that of the other swimmers is the highest priority. Each student is encouraged to learn and practice new skills in group and/or private lessons, but allowed to progress at their own pace.

The YMCA is committed to helping youth, adults and seniors develop valuable skills and a lifetime love of the water.

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 parents or caregivers 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 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.

SUMMER AT PARK STREET

SATURDAY SESSION: June 29-August 17
MONDAY-THURSDAY SESSIONS

Session 1: July 1-11 (no class on July 4)  Session 2: July 15-25  Session 3: July 29-Aug 8  Session 4: August 12-22

<table>
<thead>
<tr>
<th>AGES 6-14 YEARS</th>
<th>Age</th>
<th>Weeks</th>
<th>Mon-Thu</th>
<th>Weeks</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>2 Weeks</td>
<td>4:00-4:40pm 4:45-5:25pm 5:30-6:10pm 6:15-6:55pm</td>
<td>8 Weeks</td>
<td>9:50-10:30am 10:35-11:15am 11:20-12:00pm</td>
</tr>
<tr>
<td>Stage 2</td>
<td>2</td>
<td>6 - 11</td>
<td>2 Weeks</td>
<td>4:00-4:40pm 4:45-5:25pm 5:30-6:10pm 6:15-6:55pm</td>
<td>8 Weeks</td>
<td>9:50-10:30am 10:35-11:15am 11:20-12:00pm</td>
</tr>
<tr>
<td>Stage 3</td>
<td>3</td>
<td>6 - 16</td>
<td>2 Weeks</td>
<td>4:00-4:40pm 4:45-5:25pm 5:30-6:10pm 6:15-6:55pm</td>
<td>8 Weeks</td>
<td>9:50-10:30am 10:35-11:15am 11:20-12:00pm</td>
</tr>
<tr>
<td>Stage 4</td>
<td>4</td>
<td>6 - 16</td>
<td>2 Weeks</td>
<td>4:00-4:40pm 4:45-5:25pm 5:30-6:10pm 6:15-6:55pm</td>
<td>8 Weeks</td>
<td>9:50-10:30am 11:20-12:00pm</td>
</tr>
<tr>
<td>Stage 5</td>
<td>5</td>
<td>6 - 16</td>
<td>2 Weeks</td>
<td>4:00-4:40pm 5:30-6:10pm</td>
<td>8 Weeks</td>
<td>10:35-11:15am 11:20-12:00pm</td>
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<tr>
<td>Stage 6</td>
<td>6</td>
<td>6 - 16</td>
<td>2 Weeks</td>
<td>4:45-5:25pm 5:30-6:10pm</td>
<td>8 Weeks</td>
<td>10:35-11:15am 11:20-12:00pm</td>
</tr>
<tr>
<td>Porpoise Club</td>
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<td>8-16</td>
<td>2 Weeks</td>
<td>4:45-5:25pm</td>
<td>9:00-9:40am</td>
<td>Family $95  Youth/Teen $115</td>
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<tr>
<td>Barracuda Club</td>
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<td>8-16</td>
<td>2 Weeks</td>
<td>5:30-6:10pm</td>
<td>10:35-11:15am</td>
<td>Family $95  Youth/Teen $115</td>
</tr>
<tr>
<td>Marlins</td>
<td></td>
<td>13-17</td>
<td>2 Weeks</td>
<td>4:00-4:40pm</td>
<td>9:50-10:30am</td>
<td>Family $95  Youth/Teen $115</td>
</tr>
<tr>
<td>Advanced Stroke Clinic (ASC)</td>
<td>8-17</td>
<td>completion of Porpoise or Barracuda</td>
<td>4:00-4:40pm</td>
<td>12:15-12:55pm</td>
<td>Family $95  Youth/Teen $115</td>
<td>Community $172  Session 1 $151</td>
</tr>
<tr>
<td>Tween Swim</td>
<td></td>
<td>11-17</td>
<td>2 Weeks</td>
<td>6:15-6:55pm</td>
<td>12:15-12:55pm</td>
<td>Family $95  Youth/Teen $115</td>
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</tbody>
</table>

Session 1: No class on Thursday, July 4; session prices have been prorated.

YMCA OF MONTCLAIR
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

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.

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.
Adult Swim Lessons  
Small Pool  
Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons. All levels of instruction are offered and will be determined in your first class.

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Fee Per Session</th>
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</thead>
<tbody>
<tr>
<td>Mon &amp; Wed</td>
<td>9:15-10am</td>
<td>$168</td>
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<tr>
<td></td>
<td>7:45-8:30pm</td>
<td>$77</td>
</tr>
<tr>
<td>Tue &amp; Thu</td>
<td>8:30-9:15pm</td>
<td>$120</td>
</tr>
<tr>
<td>Sat</td>
<td>9-9:45am</td>
<td>$140</td>
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</tbody>
</table>

Water Exercise Classes included Free with Membership

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

Membership Required  
For schedule see a Member Services Associate or 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 schedule see a Member Services Associate or 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 schedule see a Member Services Associate or visit montclairymca.org.

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

Lifeguard Swim Test Dates
- Fri June 14  5:00pm
- Wed June 19  8:30pm
- Fri Aug 2  5:00pm
- Mon Aug 5  8:30pm

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. 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
- June 22-29
- Classes meet  June 22, 23 & 29 9:30am-6pm

Offering 2
- Aug 10-17
- Classes meet  Aug 10, 11 & 17 9:30am-6pm

Member $250  
Community $300
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

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>Single PT session</td>
<td>$75</td>
</tr>
<tr>
<td>The Start-Up Pack (3)</td>
<td>$210 ($215)</td>
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<tr>
<td>The Conditioning Pack (5)</td>
<td>$350 ($25)</td>
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<tr>
<td>The Training Pack (10)</td>
<td>$600 ($150)</td>
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<tr>
<td>The Endurance Pack (20)</td>
<td>$1,100 ($400)</td>
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</tbody>
</table>

To schedule an appointment call Chris Domenic.

Special discount pricing for seniors.

With the purchase of PT, you are eligible to purchase a 10 pack for the FTS for $100 — a $25 savings!

See a Member Services 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.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>1 session</td>
<td>$80</td>
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<tr>
<td>3 pack</td>
<td>$230</td>
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<tr>
<td>5 pack</td>
<td>$375</td>
</tr>
<tr>
<td>10 pack</td>
<td>$720</td>
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</tbody>
</table>

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.
YOUTH PERSONAL TRAINING

Whether your child is an athlete or just looking to get more physically fit, let one of our Nationally 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.

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<tbody>
<tr>
<td>Single</td>
<td>$50</td>
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<tr>
<td>3 Sessions</td>
<td>$135</td>
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<tr>
<td>5 Sessions</td>
<td>$225</td>
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<tr>
<td>10 Sessions</td>
<td>$400</td>
</tr>
<tr>
<td>20 Sessions</td>
<td>$700</td>
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</table>

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.

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

TRAINING FOR

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<tr>
<td>2 members</td>
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<tr>
<td>3 members</td>
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<tr>
<td>4 members</td>
<td>$35 each p/hr</td>
</tr>
<tr>
<td>5 members</td>
<td>$30 each p/hr</td>
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</tbody>
</table>

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. Includes: before and after body composition.

NUTRITIONAL CONSULTATION $75

One hour long session with our registered dietician that 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 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.

ANTIGRAVITY DECOMPRESSION RELAX, RESTORE, DECOMPRESS YOUR SPINE

Stretch and meditate in a silky hammock with the assistance and guidance of a certified Antigravity specialist.

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<tbody>
<tr>
<td>Single 20-minute session</td>
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<tr>
<td>3 sessions</td>
<td>$54</td>
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<tr>
<td>5 sessions</td>
<td>$85</td>
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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 they will know the proper form to stretch, to help you prevent unnecessary injuries and maximize the results.

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

We also offer individual stretching sessions for children athletes and non-athletes 10 and older. How do children and teenagers benefit from stretching? It improves sports performance and helps alleviate soreness.

TRI-PACK

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<table>
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<tbody>
<tr>
<td>Three 45-minute sessions</td>
<td>$99</td>
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Members may purchase this package one time only.

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<tr>
<td>1 session</td>
<td>$50 (45-minute session)</td>
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<tr>
<td>10 sessions</td>
<td>$450 (save $50)</td>
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YOUTH RATES

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<tr>
<td>45-minute session</td>
<td>$50</td>
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<tbody>
<tr>
<td>1 session</td>
<td>$45 per session</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$400 (save $50)</td>
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</table>

ADULT FITNESS PARTIES FOR MEMBERS

Adult Members can celebrate their birthdays at the Y by having a spin or fitness party. Gather up your friends and celebrate your coming new year in a healthy new way!

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

CLASSES

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 montclairymca.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.

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

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.

High-Intensity Interval Training (H.I.I.T.)
A form of interval training, this exercise strategy alternates short periods of intense anaerobic exercise with less intense recovery periods.

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
July 2 6am
July 26 6pm
August 6 6am
August 30 6pm

Strong Warrior Challenge
13 and up in the Gymnasium – Advance Registration required
Join us for an 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 Jul 7, Aug 4
Time 8–9:30am
Free with Membership Community $20
**CLASSES**

**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.

**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**
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**
A group training class that improves muscular strength and endurance. This class is suitable for all levels.

**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.

**CLASSES**

**T’ai Chi**
A series of precise flowing movements that place no extreme demands on the muscles will help develop balance, mental focus, strength, flexibility and calmness.

**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.

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

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

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

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

**CLASSES**

**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.

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

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

**Yin Yoga and Meditation**
Yin Yoga targets the connective tissues that 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.
FUNCTIONAL TRAINING
STUDIO

THE POWER IS YOURS!

**Functional Training Studio**
This state-of-the-art Functional Training Studio focuses on movement patterns rather than isolating individual muscles. The new FTS offers specialized classes geared toward reaching peak performance potential. Open Studio allows time for our Nationally Certified Personal Trainers to coach Members on proper form and technique.

The FTS equipment includes:
- Tire-Flip
- Power Rack
- Bumper Plates
- Turf
- Weighted Sled
- Kettlebells
- Battling Ropes
- Slam Balls
- Self-powered Assault Air Runner
- Assault Air Bike

Nothing in the Studio plugs in; the power is yours.

**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

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

**Edgemont Park Walk**  
Starts June 28  
Fridays  11am  
Meet at Edgemont Park. Make friends, socialize and walk.

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

**Visit the YMCA Camp at West Milford**  
Tuesday, July 23  
Meet at the lake at 11:30am  
Adults can be kids again. Take a walking tour and see the kids’ activities at the Camp at the Lake. Bring a picnic lunch. Make your own arrangements to carpool. To register, call 973–415–6128.

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**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.

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If you have any comments or questions please contact:

**Lisy Espindola**  
Health & Wellness Director  
973–415–6128  
lespindola@montclarymca.org

**Rita Gardner**  
Active Older Adult Coordinator  
973–744–3400  ext. 181

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**DIABETES EXERCISE PROGRAM (DEP) SUMMER WORKSHOP**  
is an exercise and educational program for people with type 2 diabetes or prediabetes 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 at 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 YMCA Membership for the participant**  
(First time participants only)

<table>
<thead>
<tr>
<th>DATES</th>
<th>July 9–Aug 15</th>
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<tbody>
<tr>
<td>DAYS</td>
<td>Tue &amp; Thu</td>
</tr>
<tr>
<td>TIMES</td>
<td>10–11am or</td>
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<td></td>
<td>5:30–6:30pm</td>
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<tr>
<td>Member</td>
<td>$99</td>
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<tr>
<td>Community</td>
<td>$125</td>
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</tbody>
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**MOVE WITH PARKINSON’S**  
Using a wide variety of music—from classical to Tango—for inspiration, people diagnosed with Parkinson’s can use their bodies to express themselves in a safe and supportive environment.

<table>
<thead>
<tr>
<th>DAY</th>
<th>Every Tuesday</th>
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<tbody>
<tr>
<td>FEE</td>
<td>$5</td>
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</table>
**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 are not allowed on courts. Youth Members must be accompanied on court by a parent or another adult.

- Reservations may be made during hours of operation by calling 973-744-3400.
- Reservations may be booked up to 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 he/she must play on Tuesday and then reserve for Wednesday.
- Reservations are to be made by only one member of each group.
- Members may play back-to-back reservations after their initial reserved time only if no one else is scheduled to play.

**Reservations for court times**

<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>Adut Basketball 25+ yrs</td>
<td>10:30am-1pm</td>
<td>*12:15-1:30pm</td>
<td>*12:15-1:30pm</td>
<td>*12-1:30pm</td>
<td>*12-1:30pm</td>
<td>*12-1:30pm</td>
<td>*12-1:30pm</td>
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<tr>
<td>Pickle Ball</td>
<td>11am-12:15pm</td>
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<tr>
<td>40 and over Adult Basketball</td>
<td>8-10pm</td>
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<tr>
<td>Adult Volleyball</td>
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<td></td>
<td></td>
<td>7-8:30am</td>
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<tr>
<td>Travel Basketball practice</td>
<td>6-8pm</td>
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<tr>
<td>Youth Open Gym 8-12 yrs</td>
<td>1-4pm</td>
<td>4:30-6:15pm</td>
<td>4:30-7pm</td>
<td>4-6pm</td>
<td>4-6pm</td>
<td>4-6pm</td>
<td>1-4pm</td>
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<tr>
<td>Teen Open Gym 13-17 yrs</td>
<td>4-6pm</td>
<td>1:30-4pm</td>
<td>1:30-4pm</td>
<td>1:30-4pm</td>
<td>1:30-4pm</td>
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<tr>
<td>Family Gym/Sports All ages. No full court games.</td>
<td>Open Gym 6-7pm</td>
<td>Family Sports 12:30-1pm</td>
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**Parents**

- 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.
SOCIAL RESPONSIBILITY

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 two years from the date of successful completion. For more information or to register please contact the Aquatics Office at 973-415-6135. Registration is required.

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<tbody>
<tr>
<td>Family</td>
<td>$60</td>
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<tr>
<td>Member</td>
<td>$80</td>
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<tr>
<td>Community</td>
<td>$135</td>
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THE BUDDY PROGRAM
Members helping Members with unique needs to exercise. We link Member volunteers with Members with unique needs (autism, cognitive disability, blindness, etc.), who could use a little assistance to navigate the Y and get through a workout. Support may include help in the cardio room, guidance in the weight room and pool, or just getting from room to room. Emotional support and encouragement is also a big part of being a Buddy. Buddies are not expected to — or allowed — assist in the locker rooms. Family members must provide that assistance if it’s required. The Y will provide training and ongoing support for volunteers. All that is needed is a desire to get involved. Contact Kimberley Griffiths kgriffiths@montclairymca.org 973-415-6102

MENTAL HEALTH FIRST AID TRAINING
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
GEYER FAMILY BRANCH
EARLY LEARNING CENTER
OPENING IN 2020!

INFANT THROUGH PRE-K FULL-TIME PROGRAM

CONNECT MORE

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

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