



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAPPY SUMMER

FOR FAMILIES. FOR FRIENDS. FOR ALL.



**SUMMER 2018 PROGRAM  
AND MEMBERSHIP GUIDE**

**BEGINS: JUNE 25**

**PARK STREET BRANCH  
SUMMER REGISTRATION MON, JUNE 11**

**YMCA OF MONTCLAIR**  
973-744-3400  
montclairymca.org



# WELCOME TO THE YMCA OF MONTCLAIR

## Mission Statement

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

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Nurturing the potential of every child and teen.

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Improving the nation's health and well-being.

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Dear Members,

I'm the new President and CEO of the YMCA of Montclair and I'm looking forward to my first summer here.



We have many exciting summer opportunities at our YMCA and I hope that you'll take part in them.

To kick off the summer, the week of June 11 we'll run Splash Week, our water safety program. We dedicate the week to teaching about water safety and equip kids and adults new to swimming with basic swimming skills. Also, be sure to check out our Progressive Swim Program that teaches swimming under the guidelines of the National YMCA Program. The program includes personal safety, stroke development and building confidence.

Sign your child up for a summer filled with adventure, healthy fun, personal growth, memories and friendships at one of our 10 summer camps for campers ages 3-15. We offer traditional camps and specialty camps focusing on STEM, Sports, Enrichment and Academics.

The YMCA is where you and your family belong. To help with this, we're introducing three new family membership offerings with enhanced benefits to make it easier and more cost effective for your family to participate in YMCA of Montclair programs and learn to live healthy lifestyles together.

As you look forward to summer, we at the YMCA of Montclair look forward to serving you and helping you and your family build mind, body and spirit.

**Buddy Evans**  
President/CEO



**NEW FAMILY MEMBERSHIP COMING SOON**  
[montclairymca.org/family-membership](http://montclairymca.org/family-membership)



# MEMBERSHIP

Information

## ADULT MEMBERSHIP

**Young Adult - Ages 18-25\***

**Adult - Ages 26-64**

**Senior - 65+\*\***

Adult Members are entitled to the following facilities and programs:

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

## MEMBERSHIPS

**Youth Membership - Ages 6-12**

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

**Teen Membership - Ages 13-17**

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

**Family Membership**

The Y offers a family reduced rate of 10% when there are two or more full memberships, at least one of which is an adult. Children must be under 18 years of age and all must reside in the same household. New family memberships effective August 15, 2018. Learn more [montclairymca.org/family-membership](http://montclairymca.org/family-membership)

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



## JOINER'S FEE

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



## NOW AVAILABLE!

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

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

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

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

Please ask our membership staff for assistance.

\*Subject to availability.



## MEMBERSHIP PAYMENT PLANS

### E-Pay

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

### Annual

Pay in full for your membership each year.

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

### Membership Holds

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

**For a complete listing of membership policies, please visit [montclairymca.org/policies](http://montclairymca.org/policies).**

Membership Age	Joiner's Fee*	Full Payment Plan Annual Fee	E-Pay Monthly Plan	
			Down payment 1st 2 months	Monthly Withdrawal
<b>Youth</b> 6-12	-	\$117		
<b>Teen</b> 13-17	-	\$225	\$37.50	\$18.75
<b>Young Adult</b> 18-25	\$50	\$402	\$73	\$36.50
<b>Adult</b> 26-64	\$100	\$750	\$125	\$62.50
<b>Senior</b> 65+	\$100	\$498	\$83	\$41.50

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



## NATIONWIDE MEMBERSHIP

As a YMCA of Montclair adult or family member, you can visit any participating Y in the United States and Puerto Rico, at no additional cost. Just bring your Y membership card and a photo ID to the Y you are visiting. Some restrictions may apply and may vary among the participating Ys, so please call ahead prior to your visit. See our website for more details. Visit [ymca.net](http://ymca.net) to find the YMCA nearest to your travel destination.



## FINANCIAL ASSISTANCE

The YMCA of Montclair strives to provide positive program and membership experiences for individuals and families, including those who are economically disadvantaged. Individuals and families who reside within our service area and would like more information regarding the financial assistance program are encouraged visit our website or stop by the Park Street Branch Welcome Center to receive an application.

## YOUR SAFETY



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



## MEMBERSHIP AND PROGRAM REGISTRATION

New memberships and renewals may be processed in person. Lapsed members must renew their membership within 45 days of the expiration date or will need to pay the Joiner's Fee to renew.

## REGISTRATION

Current members who have their email address on file with the YMCA of Montclair are encouraged to register for classes online. Phone registrations cannot be accepted. All fees are non-refundable except as indicated under the refund policy on our website.

## GUEST PASSES

Members age 18 and older are welcome to bring guests to the Y for 50% off the daily adult guest rate. Photo ID and a guest waiver is required for all guests. Guests may not participate in adult basketball & volleyball open gym.



Guests under the age of 18 are not permitted on Youth, Teen, or 7th Grade memberships unless an adult accompanies the member and guest. Guests are not permitted on Summer, College, or any short term memberships. Please see our website for additional policies and restrictions.

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

## BABYSITTING SERVICES

For a nominal fee, babysitting is available.

<b>Mon-Fri</b>	<b>8:30am-2pm</b>
<b>Mon &amp; Wed</b>	<b>5:30-8:30pm</b>
<b>Sat</b>	<b>8:30am-12pm</b>



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



## FACILITY ACCESSIBILITY

Our facility and programs are accessible to individuals with disabilities.

## INCLEMENT WEATHER SCHEDULE

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



### Facility Closings

**Wednesday, July 4 - 4th of July**  
**Monday, September 3 - Labor Day**

### Annual Facility Maintenance

**The facility will be closed**  
**Sunday, August 26 through**  
**Monday, September 3.**



## MEMBERSHIP CARDS

Membership Cards are issued to all members and are required for access to the facility. Please present your card at the front desk for scanning at the rapid check in station. Members who don't have their ID will be asked to go to a separate station to be manually checked in. Access to the Y facilities may be denied if the membership card is not presented.

**Replacement Card Fee \$5 per card**



## HOURS OF OPERATIONS



**MONDAY-FRIDAY**  
**5AM-10PM**

Locker Rooms Close at 10:15pm

**SATURDAY & SUNDAY**  
**7AM-7PM**

Locker Rooms Close at 7:15pm



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

## CODE OF CONDUCT

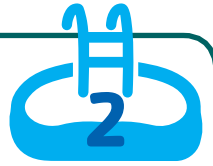
The YMCA of Montclair is a membership organization for youth development, healthy living, and social responsibility. Membership is a privilege.

Our members:

- behave in a mature and responsible way;
- respect the rights of others, and
- report to staff when assistance is needed.

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

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



## POOL FACILITIES

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

### SMALL POOL

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

### LARGE POOL

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

## POOL ACTIVITIES

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

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

**ADULT LAP SWIM** available daily

\*Schedule subject to change.

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

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

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





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## THE GEYER FAMILY BRANCH

159 Glenridge Avenue • 973-783-7640

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



### SUMMER PROGRAM

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

### AQUATICS

From splashing in the pool, learning to swim, or building confidence in the water, these classes take place in the pool and will give your children skills and memories that last a lifetime!



### ARTS & SCIENCES

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



### GYM

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



### PERFORMING ARTS

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



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



TAKE A TOUR TODAY! 973-783-7640



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



## BEFORE AND AFTER SCHOOL PROGRAMS

Looking ahead to fall...before and after school programs offered in public schools in Montclair, Bloomfield, Verona and Cedar Grove School Age Child Care is designed to provide care for children kindergarten through eighth grade while parents are working. Children will participate in the program at the school they attend during the school day.

The program focuses on building self-confidence and character and follows the standards of the National YMCA School Age Curriculum, emphasizing the YMCA's four core values in character development: **Caring • Honesty • Respect • Responsibility**

When children enter one of our state licensed YMCA School Age Child Care Programs, a world of growth opens up to

them in a safe, fun and enriching environment. In addition to supplementing what they learned in school, they have the opportunity to participate in a variety of structured activities, get assistance with their homework from trained YMCA staff, have a chance to socialize with their peers and form new relationships. We also see an importance of giving them some time to participate in staff supervised free play, which is vital for their development, growth and self confidence. For a 2018-2019 School Age Child Care brochure, please visit us online at [montclairymca.org](http://montclairymca.org) or call Lisa Aulisi at 973-415-6134.

**Children who need to start the program on the first day of school must be registered on or before Tuesday, August 28, 2018. Early Registration is required!**



## THE R.E.C. ROOMS Ages 7-12

### Recreation/Education Center

These rooms provide a safe, fun, and interactive environment for youth ages 7-12. Youth under 7 are not permitted to stay without parental/guardian supervision. The play area includes art, board games, video games, basketball hoop, and more. The second room is a more quiet space for reading, board games, and art.

<b>Day/Time</b>	Mon-Thu	4-8pm
	Fri	4-9pm
	Sat-Sun	3-7pm

## TEEN ROOM

### Free to members ages 13-17

If you are a teen member, you are encouraged to stop by to play board games, play Xbox games, read, and hang out with your peers. This is a great place for teens to just relax.

Teen room is supervised by staff at all times.

<b>Location</b>	Park Street Branch, 2nd floor	
<b>Teen Room</b>	Mon	4-8pm
	Wed	4-8pm
	Fri	4-9pm
	Sat-Sun	3-7pm

**(Teen Room is closed Tuesdays and Thursdays)**



## BIRTHDAY PARTIES AT PARK STREET BRANCH BOOKING NOW FOR THE FALL!

**For youth members in grades 1st - 6th.**

**HAPPY BIRTHDAY TO YOU!** Come and celebrate with your family and friends at the Y with either a gym party or a pool party for up to 30 friends (fees are based on the number of guests). The party is one hour in the pool or gym and one hour in the party room.

Parents of the birthday child provide all of the fixings for your party and can arrive half an hour before their scheduled party time to set up. Y staff will help with your set up and we will take care of the clean up at the end. Gym staff will be on hand to organize games based on the birthday child's requests.

Contact [kgriffiths@montclairymca.org](mailto:kgriffiths@montclairymca.org) or 973-415-6102

Contracts must be signed and a deposit paid in order to reserve any dates and times. Deposits are non-refundable.





# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## YOUTH SPORTS CLASSES

CLASSES	AGE/FEE	CLASSES	AGE/FEE
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### Strikers Soccer Clinic

Players will learn introductory soccer skills, the importance of fair play, team work and good sportsmanship - all while having FUN in this one day soccer clinic! Player's fitness and confidence will improve while building their soccer skills.

Sat. July 7	10:30am-12:30pm	6-7
Sat. July 7	12:30-2:30pm	8-9
<b>Summer</b>		<b>\$25</b>

### 60 Minute Skills Basketball

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

**Summer**      **\$70/1-on-1 session**  
As low as \$50 per session if brought in a package.

### Summer Basketball Clinics

Our one day clinic will improve player's fundamental basketball skills, while also building character and will teach sportsmanship and teamwork. Players will learn and review basic basketball skills including ball handling, passing, shooting, and defense. Game time workouts, conditioning, and team building will all take place. The clinic will end with games and full court scrimmages.

Sat. July 21	10:30am-12:30pm	6-7
Sat. July 21	12:30-2:30pm	8-9
Sat. Aug. 4	10:30am-12:30pm	10-12
<b>Summer</b>		<b>\$25</b>



# SUMMER CAMP DISCOVER WHAT YOU CAN DO

## EARLY ADVENTURES AGES 3-6

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

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## NEW DISCOVERIES AGES 4-9

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

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## EXPLORERS AGES 8-11

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

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## CAMP AT THE LAKE AGES 5-13

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

## VOYAGERS TEEN AGES 12-14

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

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## A.C.E.: ACADEMIC CAMP EXPERIENCE ENTERING 2ND-5TH GRADES

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

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## SUMMER SPARKS GRADES 1ST-6TH

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

## YBA: YOUTH BASKETBALL ALL-STARS AGES 8-13

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

**(Limited spaces per session)**

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## SUMMER QUEST AGES 14-15

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

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## G.A.P.: GAINING ACADEMICS PROGRAM ENTERING 1ST-4TH GRADES

G.A.P. camp helps bridge the gap between the summer months and the new school year. It prepares the campers to return back to school more confident and with increased skills. G.A.P. focuses on reading, writing and math in an engaging and hands on way-it is camp after all!



**REGISTER ONLINE** [montclairymca.org/camps](http://montclairymca.org/camps)



# HEALTHY LIVING

Improving the nation's health and well-being.

## YOUTH SWIM LESSON

The YMCA of Montclair teaches under the guidelines of the National YMCA Progressive Program.

### Attendance is important! Class Make Up Policy

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

### PARK STREET PROGRESSIVE SWIM CLASS SCHEDULE

#### CLASSES MEET 2 TIMES PER WEEK FOR 4 WEEKS

SESSION 1\* JUNE 25 - JULY 18 SESSION 2 JULY 23 - AUG 15

	Weeks	Mon & Wed	Session 1 & 2
<b>Polliwog</b> Beginner	4 weeks	10-10:30 am 10:30-11 am	Session 1: \$78 (prorated no class on July 4) Session 2: \$89
<b>Guppy</b> Advanced Beginner	4 weeks	10-10:30 am 10:30-11 am	Session 1: \$78 (prorated no class on July 4) Session 2: \$89

\*Note: Session 1 is pro-rated to reflect no class on July 4

#### CLASSES MEET 4 TIMES PER WEEK FOR 2 WEEKS

SESSION 1 JUNE 25 - JULY 5 (no class 7/4)

SESSION 2 JULY 9-19

SESSION 3 JULY 23-AUG 2

SESSION 4 AUG 6-16

AGES 6-14 YEARS		Age	Weeks	Mon-Thu	Session 1	Session 2, 3, 4
<b>Polliwog 1</b> Beginner		1st Grade and up	2 weeks	4:30-5 pm 5:05-5:35 pm 5:40-6:10 pm 6:15-6:45 pm	Session 1: \$78 (prorated no class on July 4)	\$89
<b>Guppy</b> Advanced Beginner		1st Grade and up	2 weeks	4:30-5 pm 5:05-5:35 pm 5:40-6:10 pm 6:15-6:45 pm	Session 1: \$78 (prorated no class on July 4)	\$89
<b>Minnow 1</b> Intermediate		1st Grade and up	2 weeks	4:30-5 pm 5:05-5:35 pm 5:40-6:10 pm 6:15-6:45 pm	Session 1: \$78 (prorated no class on July 4)	\$89
<b>Minnow 2</b> Intermediate		1st Grade and up	2 weeks	4:30-5 pm 5:05-5:35 pm 5:40-6:10 pm	Session 1: \$78 (prorated no class on July 4)	\$89
<b>Fish</b> Swimmer		1st Grade and up	2 weeks	4:30-5 pm 5:40-6:10 pm 6:15-6:45 pm	Session 1: \$78 (prorated no class on July 4)	\$89
<b>Flying Fish</b> Advanced Swimmer		1st Grade and up	2 weeks	5:05-5:35 pm 5:40-6:10 pm 6:15-6:45 pm	Session 1: \$78 (prorated no class on July 4)	\$89
<b>Porpoise</b> Stroke Development		Successful completion of Flying Fish	2 weeks	5:05-5:35 pm	Session 1: \$87 (prorated no class on July 4)	\$99
<b>Barracuda</b> Endurance Workout		Successful completion of Flying Fish	2 weeks	5:40-6:10 pm	Session 1: \$87 (prorated no class on July 4)	\$99
<b>Advanced Stroke Clinic</b> A.S.C.		13 and up	2 weeks	4:30-5 pm 6:15-6:45 pm	Session 1: \$87 (prorated no class on July 4)	\$99
<b>Tween Swim</b> Beginner Learn-to-swim for older youth		11 and up	2 weeks	5:40- 6:10 pm	Session 1: \$87 (prorated no class on July 4)	\$99

**New Progressive swimmers**, with the exception of beginner level swimmers, must be classified prior to registering.

### Swim level classification times

June 4-22 Mon-Fri 3-5pm  
June 25-Aug 24 Mon-Thu 4-6pm

All programs must be registered in person or online for current members. Phone reservations will not be accepted. Early registration is encouraged, all classes will be filled on a first come, first served basis.



## Private Lessons

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

### MEMBERSHIP REQUIRED

<b>Packages</b>	3/30 min. lessons for \$120
	6/30 min. lessons for \$230
	3/45 min. lessons for \$160
	6/45 min. lessons for \$300

## Semi-Private Lessons

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

<b>Packages</b>	3 for \$150
	6 for \$300

**Please note: Membership is required for all private lessons.**

## Adult Swim Lessons

Have you always wished you could swim? Or maybe you just need a refresher course? Our Adult Swim Lessons offer all levels of instruction - from beginner to advanced. Our experienced instructors provide a nurturing and fun, yet structured environment, where adults learn how to swim confidently. Participants are evaluated in their first class and can move up as they master their level. All Adult Swim Lessons are held in our Small Pool.

<b>SUMMER 1</b>	<b>JUNE 25 - JULY 19</b>	
	<b>(NO CLASS JULY 4)</b>	
<b>SUMMER 2</b>	<b>JULY 23 - AUGUST 16</b>	
<b>Days</b>	<b>Times</b>	
Mon & Wed	9:15-10am 7:45-8:30pm	
Tue & Thu	8:30-9:15pm	
<b>Member</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
Mon & Wed	\$84*	\$95
Tue & Thu	\$95	\$95
<b>Community</b>		
Mon & Wed	\$125*	\$135
Tue & Thu	\$135	\$135

\*Session 1 prorated: no class on July 4

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

## ADULT SWIM

### Adult Swim Lessons Saturday

<b>8 WEEKS</b>	<b>JUNE 30 - AUG 18</b>
<b>Days</b>	<b>Times</b>
Sat	9-9:45am
<b>Member</b>	\$85
<b>Community</b>	\$135

### Extended Private Lessons

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

### MEMBERSHIP REQUIRED

#### Individual Packages

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

### Adult Swim Clinic

Are you training for a triathlon or just want good swim workout? This is the class for you. Participants will work with our Swim Team Coaches to improve endurance, stamina, and technique. All Adult Swim Clinics are in the Large Pool.

#### 8 WEEKS JUNE 26-AUG 19

<b>Days</b>	<b>Times</b>
Tues	7-8pm
Thu	7-8pm

1 day per week	\$95
2 days per week	\$170

### Aqua Step

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

**Membership Required.**

<b>Days</b>	<b>Times</b>
Mon	11-11:45am
Wed	11-11:45am

Water Exercise Classes included **FREE** with membership.

### Aqua Fitness

This is a more vigorous cardiovascular program, which also includes a variety of movements using the natural resistance of the water to improve muscular strength and endurance. Participants should feel comfortable in deep-water, as class includes a deep-water exercise segment. **Membership Required See website or front desk for schedule.**

<b>Days</b>	<b>Times</b>	
Mon/Wed/Fri	6-6:45am	(S)
Mon/Wed/Fri	9-9:45am	(L)

### Aquacise

This moderate intensity cardiovascular, strength, and flexibility workout provides a fun and safe workout with minimal impact on the knees and other joints. This workout is good for anyone with injuries, joint problems, or anyone who loves the water. Swimming proficiency is not required but you must have a general level of comfort in the pool. If you are new to class please see the instructor before class begins so that you can address any concerns. Come ready to make a splash and have a blast! **Membership Required. See website or front desk for schedule.**

<b>Days</b>	<b>Times</b>	
Mon-Thu	8:15-9am	(S)
Tue & Thu	10-10:45am	(S)
Tue & Thu	7:30-8:15pm	(S)
Fri	9-9:45am	(S)
Sat	8-8:45am	(S)

### Outdoor Aquacise

Enjoy exercising in an outdoor pool! Participants must present YMCA Membership card at each class.

**Membership Required**

**RUNS FROM: JULY 3 - AUG 23**

<b>Days</b>	<b>Times</b>
Tue & Thu	10-10:45am
<b>Member</b>	\$50



# HEALTHY LIVING

Improving the nation's health and well-being.



## JUMPSTART OR FITSTART ONE-ON-ONE FITNESS ORIENTATION

### FREE WITH MEMBERSHIP

Our trained staff will help you develop a basic exercise program which meets your needs and preferences. Please call 973-415-6131, or stop by the front desk to schedule an appointment for your free Jumpstart or Fitstart appointment. Come dressed for exercise! If you have any specific medical restrictions, limitations, or concerns relating to exercise, please contact:

#### Washima Redding

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

#### Chris Domenic

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

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

## PERSONAL TRAINING

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

<b>Single PT session</b>	\$75
<b>The Start-Up Pack (3)</b>	\$210 (Save \$15)
<b>The Conditioning Pack (5)</b>	\$350 (Save \$25)
<b>The Training Pack (10)</b>	\$600 (Save \$150)
<b>The Endurance Pack (20)</b>	\$1,200 (Save \$300)

Call for an appointment:

#### Washima Redding

Senior Health and Wellness Director  
973-415-6111 or

#### Chris Domenic

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

## YOGA PRIVATE TRAINING SESSIONS

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

<b>Session Rates:</b>	<b>1 session</b>	\$80
	<b>3 pack</b>	\$230
	<b>5 pack</b>	\$375
	<b>10 pack</b>	\$720

## YOUNG ATHLETE TRAINING

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

### Stamina, Strength, and Speed.

<b>Single</b>	\$50
<b>3 Sessions</b>	\$135
<b>5 Sessions</b>	\$225
<b>10 Sessions</b>	\$400
<b>20 Sessions</b>	\$700

### SAVE WITH FRIENDS

<b>2 members</b>	\$30 per person
<b>3 or more members</b>	\$25 per person

## GROUP TRAINING

**Train together and save!** No partner? No problem! We will help match you with a training partner to conquer your personal training goals!

### Training for

<b>2 members</b>	\$40 each p/hr
<b>3 members</b>	\$38 each p/hr
<b>4 members</b>	\$35 each p/hr
<b>5 members</b>	\$30 each p/hr

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

## PERSONAL TRAINING TRI-PACK \*

\$99

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

Call for an appointment:

#### Washima Redding

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

#### Chris Domenic

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

\*Available one time only to all clients who are new to our personal training program.

## GROUP EXERCISE CLASSES

### CLASSES

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

#### Active Older Adults–Level I

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

#### Active Older Adults – Level II

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

#### Active Older Adults – Level III

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

#### African-Caribbean Dance

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

#### Athletic Conditioning with the Medicine Ball, Slide and Kettlebell

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

#### Back to Abs

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

### CLASSES

#### Belly Dance

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

#### Boot Camp

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

#### Butt and Gut

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

#### Cardio Kickboxing

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

#### Circuit Training

Circuit Training is a form of conditioning combining resistance training and high-intensity aerobics that is easy to follow. Time between exercises is short, often with rapid movement to the next exercise. (Limited to 15 people per class)

#### Strong Warrior Challenge 13 and up in the large Gymnasium – Advance Registration required

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

**Date** Sun., June 10, July 1 & Aug 5  
**Times** 8–9am **Member** Free

### CLASSES

#### Core and More

Strengthening for the key postural muscles of the midsection, back, and legs, for a healthy back, and a flat abdomen. This class is a combination of intense cardiovascular work mixed with muscular strength conditioning.

#### Dance Fitness

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

#### Fit To Fight

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

#### Heavy Bag Boxing

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

#### H.I.I.T.

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

#### Intro To Weight Lifting

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

**Session dates:** June 12 – July 17



# HEALTHY LIVING

Improving the nation's health and well-being.

## GROUP EXERCISE CLASSES

### CLASSES

#### Just Stretch/Stretch Express

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

#### Line Dancing

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

#### Low Impact Workout

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

#### Pilates-Mat

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

#### Pump It Up!

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

#### Sculpting

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

#### Step & Sculpt

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

#### Studio Cycling Classes

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

### CLASSES

#### T'ai Chi

This class is a series of precise flowing movements that will help develop balance, mental focus, strength, flexibility, and calmness. No extreme demands are placed on your muscles.

#### Total Body Conditioning

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

#### YMCA of Montclair Running Club

Good for 12 months of program (includes Running Club Official T-shirt unless otherwise indicated via email to registrants). We run outside in good weather months March-November.

<b>Day</b>	Every Sat
<b>Time</b>	8:30am
<b>Member</b>	\$30
<b>Community</b>	\$50

#### Zumba

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

### YOGA

#### Free with membership, just show up!

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

#### All Levels

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

#### Chair yoga

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

### YOGA

#### Gentle/Restorative

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

#### Iyengar

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

#### Level I

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

#### Level II

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

#### Power Yoga

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

#### Vinyasa

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

#### Intro to Yoga Classes (6 weeks)

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

#### Mindfulness Meditation

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

#### Yin Yoga and Meditation

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





## CLASSES

### NEW KETTLE ROW FUSION (8 WEEKS)

Are you serious about taking your conditioning to another level? Kettle-Row will get you there. This class is a hybrid training system combining concept 2 rowers and kettlebells to build strength, cardio and explosive power.

**Date** June 14 - Aug 3  
**Days/Times** Thu 6pm  
 or Fri 10:30am  
**Location** Holm Room  
**Instructor** Chris D.  
**Fee** \$75 (8 weeks)

## CLASSES

### TRX RIP TRAINING (6 WEEKS)

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

**Date** June 12 - July 21  
**Days/Times** Sun 2-2:45pm  
 or Tue 5:45-6:30pm  
**Fee** \$75

## ACTIVE OLDER ADULTS

### CLASSES

#### Pickle Ball

**Mondays 11am-12:15pm**

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

#### Senior Technology Class

**Date and Time TBD**

New technology got you baffled? Bring in your lap top, iPad, camera, cell phones and your questions for the experts: The YMCA Teens. They'll teach you about Facebook, texting, tweeting and Instagram.

#### Chat and Share/Brain Teasers

**Every Wednesday 9:30-10:30am**

Different topic about life discussed each week.

#### Rummikub and Board Games

**Every Friday 9:30 -11:30am**

Learn a fast moving game played with numbered tiles or come play scrabble or a board game. Come socialize while getting exercise for your brain!

### CLASSES

#### Bridge Game

**Every Friday 10:30-11:30am**

Do you want to meet other bridge players? This is an informal group for those who have played or have some experience.

#### Visit the YMCA Camp at West Milford

**Wednesday, July 25**

Meet at the lake at 11:30 am  
 Adults can be a kid again. Take a walking tour & see the kids' activities at the Camp at the Lake. Bring a picnic lunch. Make your own arrangements to carpool. To register call Washima Redding at 973-415-6111.

#### Pot Luck Lunch Social

Bring a favorite dish to share with others for lunch. Date and time TBD.

#### Verona Park Fitness Walks

**Every Friday 11am**

(Meet at Boathouse) Check Calendar Take a 30-45 minute brisk (1 or 2 mile) walk around Verona Park.

### CLASSES

#### Knit and Crochet

**Tuesdays, June 5 & 19 10-11am**

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

#### YMCA Monthly Book Club

**June 25, July 30, Aug. 20**

**Monday 9:30am-10:15am**

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

#### Health & Wellness Lectures

**Dates and Times TBD**

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 during the summer. Pick up a monthly calendar at the front desk or view online.

#### For information or to register

please contact Washima Redding, Senior Health & Wellness Director at 973-415-611 or [wredding@montclairymca.org](mailto:wredding@montclairymca.org) or Lisy Espindola at 973-415-6128 or [lespindola@montclairymca.org](mailto:lespindola@montclairymca.org)

\*Please refer to our Monthly Calendar for Special Events and Lectures



# HEALTHY LIVING

Improving the nation's health and well-being.

- **RACQUETBALL**
- **HANDBALL**
- **SQUASH**

## OPEN COURT TIMES FOR FULL MEMBERS

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

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

### Reservations for court times

**Racquetball** 45 minutes  
**Squash** 60 minutes

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



## INDOOR SOCCER Ages 18+

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

## ADULT BASKETBALL

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

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

Parents must remain in the building for children under 10.

- Birthday Parties may be scheduled from 4-5p on Saturdays in the gym.
- Youth Open Gym is for youth members only ages 8-12.
- Teen Open Gym is for teen members only ages 13-17.
- Young Adult and Adult members are not permitted during youth and teen gym times.
- The YMCA of Montclair reserves the right to make schedule changes when necessary. Notification of any changes will be made available whenever possible

## FAMILY GAME NIGHT PICKLE – BALL THURSDAYS 8-10PM

Join us in the gym for a game of doubles! Pickle-Ball is easy to learn & great fun.

Excellent family recreation activity which also provides a great workout.

New players welcome – all equipment provided.





# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## TOGETHERHOOD™

**A Member-led Community Service Program  
Volunteers needed!**

Would you like to give back to support your neighbors and strengthen our community? Join us in our Togetherhood™ program that provides Y members with fun, convenient, and meaningful ways to give back. Contact Kimberley Griffiths for more information at 973-415-6102 or [kgriffiths@montclairymca.org](mailto:kgriffiths@montclairymca.org).

## MENTAL HEALTH FIRST AID TRAINING

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis.

Mental Health First Aid is an in-person training course where you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Two separate courses are offered:

- adults helping adults**
- adults helping youth and teens**

For more information please contact [kgriffiths@montclairymca.org](mailto:kgriffiths@montclairymca.org) or 973-415-6102.

Fall courses will be listed in the Fall brochure.

## THE BUDDY PROGRAM

Members helping members with special needs to exercise. We link member volunteers with members with special 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 to, assist in the locker rooms. Family members must provide any assistance required. The Y will provide training and ongoing support for volunteers. All that is needed is a desire to get involved. Contact Kimberley Griffiths at [kgriffiths@montclairymca.org](mailto:kgriffiths@montclairymca.org) or 973.415.6102



### CPR CLASSES

Become American Red Cross CPR certified through a professional and authorized trainer. Certification is valid for 2 years from the date of successful completion. Must pre-register. For more information or to register please contact the Aquatic Office at 973-415-6135.

**Days** Two consecutive Saturdays  
**Time** 12-2pm

**Member** \$80      **Community** \$135

### RE-CERTIFICATION CLASSES

**Lifeguard/CPR/First Aid** and basic CPR/AED/First Aid certifications can be renewed through our re-certification classes held every Friday. Students will be required to pre-register with the Aquatic Office the Monday before the class. For more information or to register, please contact the Aquatic Office at 973-415-6135.

**Days** Every Friday  
**Times** 3-7pm

**Lifeguard** **Member** \$165      **Community** \$295  
**CPR** **Member** \$80      **Community** \$135

## SPECIAL SUMMER KIDS KICK FIT CLASS!

Class includes instruction on the art of self-mastery: razor sharp focus, resilience and the ability to bounce back. Spend 6 weeks learning the basics of striking and conditioning. Kid friendly techniques will also be instructed to combat stress and anxiety. Class meets 2x's a week.

**Dates**  
**Tue & Thu**  
**Fee**

**June 26-Aug 2**  
**4:30-5:15pm**  
**\$125**

**\*Ages 8-12 years**



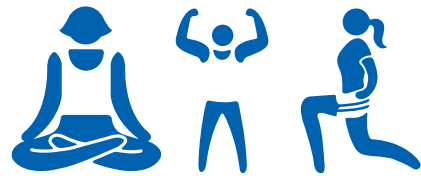
## COMMITMENT CONSISTENCY AND ACCOUNTABILITY

WIN A  
PRIZE

## RACE TO 31 CHALLENGE IN JULY

You have 31 days to race to get in as many classes as you can for the month!

- Attend as many fitness classes in July as you can
- Person with the most days attended will be entered into a raffle to win a prize



## COMING SOON!!! DANCE AND CYCLING

classes specifically geared for individuals with **Parkinson's Disease**. Parkinson's Disease is a chronic, progressive, neurological disorder that gradually impacts the areas of the brain that deal with movement. Dancing and Indoor Cycling can provide some relief of PD symptoms. Cycling at a faster rate stimulates connectivity and brain activity. Dancing and moving to the rhythm of music decreases the tremors and alleviates other symptoms associated with PD. People that participate in these programs also show increased energy and improved mood. Stay tuned for more info on class times and offerings.



## CHRONIC DISEASE PROGRAMS

For more information on our Fall sessions of Chronic Disease programs including: **Diabetes Exercise Program** (for people with type 2 diabetes or pre-diabetes), **One Step at the YMCA** (for those diagnosed with Multiple Sclerosis), and **LIVESTRONG at the YMCA** (for cancer survivors), contact Washima Redding 973-415-6111/email: [wredding@montclairymca.org](mailto:wredding@montclairymca.org) or Lisy Espindola 973-415-6128/email: [lespindola@montclairymca.org](mailto:lespindola@montclairymca.org) for questions or to register.

## SHUTDOWN WEEK

**HEALTH AND WELLNESS CLASSES AT EDMONT PARK**  
**August 26 - September 1 - Stay tuned for full schedule**

Don't miss your workout while we are closed. Come join us for a full week of classes at the park! Class schedule available at [www.montclairymca.org/groupfit](http://www.montclairymca.org/groupfit)



**YMCA OF MONTCLAIR**  
[montclairymca.org](http://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