



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY

FANWOOD – SCOTCH PLAINS YMCA

LATE FALL 2011

November 21, 2011 – February 5, 2012

**Open Registration Begins:
November 5, 2011**



GENERAL INFORMATION

MARTINE AVENUE FACILITY

1340 Martine Avenue, Scotch Plains, New Jersey 07076
908-889-8880
6:00 am - 10:30 pm - M-F, 6:30 am - 7:30 pm - Saturday
8:00 am - 5:00 pm - Sunday

GRAND STREET FACILITY

Grand Street & Union Avenue, Scotch Plains, New Jersey 07076
908-322-7600
Office: 8:00 am - 6:00 pm - M-F
Child Care: 6:45 am - 6:00 pm - M-F

LATE FALL 2011 SESSION

November 21, 2011 - February 5, 2012
Registration Dates
Open - November 5, 2011

OUR MISSION

The Fanwood-Scotch Plains YMCA is dedicated to improving the quality of life of the individuals, families and communities we serve through programs and services that build wholeness of spirit, mind & body. The YMCA is a not-for-profit organization founded on Christian principles, serving people of all ages, races, cultures & socio-economic conditions.

YOU CAN HELP OUT ANYWHERE BUT YOU BELONG AT THE YMCA

As a YMCA volunteer, you can lead a program, serve as a role model for young people or help out in an office or at a special event. No matter how you help, you'll make a big difference as you work with others to create a feeling of connection in your community. The YMCA needs people like you! Do something good...Volunteer at the YMCA. Come to the Member Service Desk for a volunteer application or call 908-889-8880.

Y CARES PROGRAM

We realize that certain individuals are not able to utilize our services due to financial hardships. To meet this need, the YMCA has established an Assistance Fund. Those who wish to be considered for a scholarship may request an application at our Member Service Desk. Funds are made possible through the YMCA Annual Support Campaign, designated gifts through the United Way and proceeds from our YMCA Endowment Fund.

WRITTEN POLICIES

Available at the Member Service Desk regarding credits, closings, refunds, etc.

BOARD OF TRUSTEES

Tom Luciano, Chairman	Ann Flynn
Ellen Buckley	Carol Oakes
Michael Dudas	Bill Ohnsorg

BOARD OF DIRECTORS

Bob Evans, President		
Ellen Buckley	Janice Hunter	David Regal
Christine Bumiller	Chaz Hutchison	Walter Reinhard
Andy Calamaras	Jack Kane	Peter Scocca II
Earl Carpenter	Jenifer Keiser	Michael Sullivan
Mary DePaola	Fred Leahy	Salvatore Trifiro
Patricia Dolgin	Patricia Longshore	Darraugh Valli
Michael Dudas	William McMeekan	Stan Wanat
Richard Duthie	Jerry Nielson	Anne Weber
Cristine Fahrenholz	Pam O'Neill	
Lori Flowers	Pat Plante	

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WELCOME FROM OUR STAFF

Program	Director	Phone Number
Aquatics	Tracy Crane	908-889-8880
Associate Aquatic	Kevin Switek	908-889-8880
Competitive Aquatics	Chris Karelus	908-889-8880
Child Care/Preschool	Kathy Barros	908-322-7600
Fitness	Donna Peart	908-889-8880
Gymnastics	Barbara Breuninger	908-889-8880
Information Tech.	Joanne Sheffield	908-889-8880
Membership	Joanne Sprague	908-889-8880
Wellness/Sports	Ian Merson	908-889-8880
Youth & Family/SACC	Shannon Frank	908-889-8880
Administrator		
Teen & Family	Kate Dudas	908-889-8880
Child Care	Vicki Taylor	908-322-7600
Teen & SACC	Shalice Toney	908-889-8880

YMCA DIRECTORS

Karin Dreixler.....	Executive Director
Sheri Cognetti	Senior Program Director
Vicki Herbig.....	Senior Program Director

MEMBER SERVICES

Pat La Ganga	Executive Office
Anne Vardy-Newman.....	Executive Office
Connie DeVico	Grand Street Office
Lorrie Bowman.....	Martine Avenue Office

MEMBERSHIP

FULL MEMBERSHIP FOR OUR FACILITY FEATURES

Pool

Free Aquatic Fitness Classes

(All Around Aqua, Arthritis Program, Adult Lessons, Deep Water Cardio, Shallow Water Work Out, Aqua Zumba, Aqua Boot Camp)

Lap/Open Swimming

(Adult and Family Times)

Co-Ed Adult Whirlpool

Available during all open hours

Adult Locker Rooms Complex

Saunas and Full Size Lockers

Family Locker Rooms

Wellness Center

See page 4

Reduced Youth Class Fees

Swimming Lessons, Gymnastic Classes, Nursery School, Child Care, Sports Programs and Youth Activities

Fitness Testing

Free Individualized Fitness Profile, Health Risk Appraisal. Body composition and/or cardio, strength, and flexibility. Call Donna at 908-889-8880 x 104.

Air-Conditioned Gymnasium

Free Group Classes

Free Adult Programs

Co-ed Volleyball, Basketball, Tae Kwon Do

Adult-Full Membership

Adults must be full members to participate in most classes and use the facility.

Youth 17 and Under

Youth 17 and under must become basic members (or full members) to participate in classes. Basic membership fee is \$92.00, good for one year and for class registration only.

7th Grade Membership

Now 7th graders in our service area can enjoy a free membership including open gym & open swim. Includes participation in programs at our member rate or join free programs that are offered for their age group. See Member Service Desk. Students entering 7th grade in the fall of 2011 may start their free 7th Grade membership at any time.

Child Watch

(4 months and older)

Free to members

While you work out, swim or participate in one of our fitness classes, you can drop off your child at our nursery located off the main lobby. **Attendance is on a first-come, first-serve basis**, with a 1 1/2 hours time limit. If there are no children in need of babysitting during the last half hour, the nursery will close early.

Daytime:

Mon - Fri: 8:30 am - 1:30 pm
Sat: 9:00 am - 11:30 am

Evening:

Mon-Thurs: 5:45 pm - 8:00 pm

The AWAY Program

Always Welcome At YMCAs - is the nationwide visiting member program.

The Fanwood-Scotch Plains YMCA has agreed to welcome full privilege members from other YMCAs whose membership cards are identified by an AWAY sticker. The AWAY Program is for privileges at YMCAs which are beyond a 50 mile radius of their local YMCA.

The more than 1,000 YMCAs in the AWAY Program have agreed to honor Fanwood-Scotch Plains YMCA membership cards and not to charge more than half their normal guest fees.

MEMBER BENEFITS

The Y is a place for the entire family.

- Feel and look better
- Friendly, well-trained staff
- Close to home - right in your neighborhood
- Good for Spirit, Mind & Body
- 2 Pools
- Gymnasiums
- Wellness Center
- Adult, Family and Youth Locker rooms
- Saunas & Co-ed Whirlpool
- Nursery

Adult fitness classes, fitness testing and babysitting are included free with your membership.

PAYMENT PLANS

Joining the YMCA is easy and convenient with our continuous monthly payment plan:

- Monthly payment system is offered through pre-authorized checking account draft or credit card (MasterCard or VISA).
- Bring a voided check or a credit card for the account to be drafted, have

your photo taken and a membership card processed, (all members 14 years and older), and your membership begins.

- Keep your membership current and continue to pay the monthly fee. An administration fee of \$100.00 will be charged for membership that has lapsed over 90 days.
- Check with your health insurance company to see if you are eligible for Y reimbursement.

MEMBERSHIP CATEGORIES

FAMILY: Two Adults within the same residence and children under the age of 22.

ADULT: Age 18-61

SENIOR COUPLE: Husband and Wife (One 62 or older)

SENIOR ADULT: Age 62 and over

COLLEGE: Age 18-21 with Student I.D.

YOUNG ADULT: Age 14-17, must use youth locker rooms.

YOUTH: Age 0-13, entitled to member fees /10 week programs member registration dates.

CATEGORIES

MONTHLY

CATEGORIES	MONTHLY
FAMILY	\$77.75
ADULT	\$51.75
SENIOR COUPLE	\$66.00
SENIOR ADULT	\$44.00
COLLEGE	\$36.25
YOUNG ADULT	\$28.50
YOUTH	\$216.00/ANNUAL

BASIC MEMBERSHIP: \$92.00 for Youth Age 17 and under wishing to participate in classes only. Good for one year.
Now Available: 6 Month Basic Membership.
See Membership Desk for more info.

MEMBERSHIP RULES

- * Class participants must be YMCA full or basic members.
- * Members must be 14 years of age to use the Wellness Center or use the facility unaccompanied by a parent.
- * Adult locker rooms, saunas and whirlpool are for members only, 18 years or older.
- * Youth locker rooms are for individuals under 18. Children 6 and older must use the appropriate locker room. Parents accompanying children in the youth locker rooms are required to shower in bathing attire. Mothers must use the girls locker room and fathers must use the boys locker room regardless of the gender of the child.

MEMBERSHIP

WELLNESS CENTER HOURS

Monday – Friday 6:00am–10:30pm
Saturday 6:30am–7:30pm
Sunday 8:00am–5:00pm

**Life Fitness Selectorize
Weight Machines**

Hammer Strength

Orientations are mandatory for all new members. A second follow-up orientation is also available FREE of charge upon member request.

Cardiovascular Equipment

3 Stair Climbers
 2 Concept Rowers
 15 Treadmills
 4 Recumbent Lifecycles
 1 Upper Body Ergometer
 4 Upright Lifecycles
 10 Elliptical Crosstrainers

Members Only

- Non-competitive atmosphere.
- Convenient hours to work out at your leisure.
- Feel more energetic by increasing your cardiovascular endurance and muscle tone!
- Benefits everyone age 14 and older.
- **No obligation free initial orientation followed by a refresher session upon request.** Sessions with our wellness center staff must be scheduled with Ian at 908-889-8880, ext. 115 prior to working out in the Wellness Center.

Need Your Blood Pressure Checked?

Trained staff is available to take your blood pressure. See the front desk for more information.

“Y”s Way to Personal Fitness

Unique whole mind/body approach to wellness. Customized program includes initial consultation with Life Coach, Dietician and Personal Trainer (1 hour each). Cost is \$120. Duo initial consultation – \$90 per person. Special discounted prices to continue work for 8 sessions after initial consultation. Follow-ups recommended for long term success. Contact Donna at 908-889-8880 x 104.

Life Coach
 \$25.00 Per half hour/Duo \$20 per person
Dietician
 \$25.00 Per half hour/Duo \$20 per person
Trainer
 \$50.00 for 45 min./Duo \$35 per person

Personal Training Including Aquatic, Cardio, Tai Chi & Yoga Exercise

Work with a personal trainer for strength, stability and conditioning, cardio, yoga or aquatic exercise. Packages are good for 6 months from purchase date. For more information or to schedule, contact Sheri at 908-889-8880 x 114. Sessions are 45 minutes each. Payment is required in advance, with a 24-hour cancellation policy. No refunds.

Single session \$ 55.00
 Package of five sessions \$ 260.00
 Package of ten sessions \$ 500.00

Duo session – per person \$ 37.50
 Package of five sessions \$ 175.00
 Package of ten sessions \$ 340.00

Small group session – per person
 (three people) \$ 27.50
 Package of five sessions \$ 120.00
 Ten Classes-Members \$ 200.00
 Ten Classes-Non-Members \$ 230.00

Pilates & Life Coaching Personal Training

Work with a trainer on the mat and Pilates apparatus in our new studio. Contact Sheri at x 114.

Single session \$ 60.00
 Package of five sessions \$ 285.00
 Package of ten sessions \$ 550.00

Duo session – per person \$ 40.00
 Package of five sessions \$ 195.00
 Package of ten sessions \$ 365.00

Ballroom Personal Training

Think weddings!!! Four – 45 minute class, \$200.00 Fridays at 7:00pm – follow it with ballroom dancing.

New! TRX Group Personal Training

TRX is suspension training in a small group that builds functional strength, improves flexibility, balance and core stability all at once. Space is limited.

Monday: 7:15am, 5:45pm
Tuesday: 6:15am, Friday: 12:00pm
\$99.00 for 8 Classes

Nutritional Counseling

Our registered dietitian will work with you on your goal of weight loss and/or athletic conditioning. Call Donna at 908-889-8880 x 104 for appointment.

Fee: \$55.00/hour
\$27.50/half-hour follow-up

“Moving On”

Starting today I will.....A rehabilitation program for breast cancer survivors led by a breast cancer survivor and personal trainer. 1x week per 6 week session, meets on: Tuesday & Thursday at 6:30. For more information contact Sheri at ext. 114. Open to members of the community.

Members: \$200.00
Limited Members: \$230.00

NEW FAMILY LOCKER ROOMS

For the convenience of those who are in need of assistance, including children of the opposite sex, we offer Family Locker rooms, located near the new pool in the wet hallway.

For the safety of your belongings, mini lockers near the Wellness Center may be used.

Ask for a token when you check in.

ACTIVATE AMERICA PRESENTS:

YMCA ACTIVATE AMERICA:

is the YMCA's bold approach to directly address the unhealthy behaviors that have led to an epidemic of obesity and related chronic disease in the USA. The mission compels all YMCAs to transform the way they work to support all kids, adults, families, and communities in their pursuit of well-being in spirit, mind, and body. The following special offerings will help you take the first (or next) step toward better health.

12 WEEKS TO A HEALTHIER YOU!

This Y Personal Fitness Program is designed for anyone interested in making a lasting lifestyle change by incorporating fitness into their normal routine. If you have difficulty getting to the "Y" regularly, this program is for you. This program provides you with a structured fitness program that will gradually add on new exercises. Work with our wellness coaches to keep you on track. Can be done in the Wellness Center, group exercise classes or in the pool. Call Sheri at 908.889.8880 for more information.

Members: \$20 for 10 weeks

HOLIDAY SURVIVOR CHALLENGE

November 28 - December 19

Now you can enjoy the holidays and prevent that ever pervasive weight gain that goes with all of the holiday festivities. 3 Week program beginning December 3rd and ending with a drawing on December 22nd. Win a free Personal training Session with one of our "Y" trainers. Complete a selection of healthy activities physically, mentally and spiritually. Optional weigh-ins will be available. Enjoy the holidays without the weight gain and stress. A great send off 2011 and start to 2012! Contact Donna or Sheri for more information at 908.889.8880.

NEW YEARS' WEIGHT LOSS CHALLENGE

Wednesday, January 4th 6:00pm - Intro Meeting

Time to leave the "old you" behind and begin again in 2012! Our 4 week program is run by Registered Dietitians, focusing on "whole foods" and healthy lifestyle choices for you and your family. You can follow a specific caloric level or focus on positive changes in your life that promote weight loss and change your body composition.

Weigh in times: Wed: 6:30-7:00 pm, Thurs/Fri 8:30-9 am

Members: \$25

TRI CLUB 1

Intro meeting- January 17, 2012

Join other men & women members in training for triathlons and other multi-sport events in our area. Great opportunity to meet a new training partner, gather information and share experiences. A certified coach will be at all training sessions to provide information and feed back on technique. Open to members of Fanwood-Scotch Plains YMCA. Indoor opportunities: Swimming 6am Monday & 8:00pm Thursday; Cycling 6pm Tuesday; Running varies Thursday am or Saturday am weather permitting. Swimmers looking for high intensity workout may go in master team practice. Call Sheri at 908.889.8880 for more information. \$60 for 10 weeks.

TRI WOMEN TRIATHLON:

Meeting January 19, 2011 at 7:30pm

Martine Avenue Facility

All woman interested in finding out more about the Danskin or Jersey Girl Women's Triathlon are encouraged to attend this informative meeting. A good way to begin training for your triathlon or those returning for another marathon. Open to all women of our community ages 14 and up.

LIVESTRONG AT THE Y.

New to the Fanwood-Scotch Plains Y. A free wellness initiative for cancer survivors and their support team.

Contact Sheri for more information at 908-889-8880 X114 or email livestrong@fanwoodscotchplainsymca.org



ACTIVATE AMERICA

COOKING CLASSES

\$15 per person

Wed. Dec. 7th 12:00: Decorate your own Gingerbread house a la Sheri!

Wed. Jan 18th 7:00 pm: **Focus on Health:** Try our recipes incorporating tofu, leafy greens, beans, and whole grains. Leave with recipes and new ideas for changing up your food choices!

Wed. Feb 15th 7:00 pm: **Sport's Nutrition:** Cooking demonstration of easy to prepare, low fat, high carb meals. Discussion including best pre-event meals, snacks to sustain you before, during and after sporting events and hydration. Recipes provided.

KNITTING/CROCHET CLUB

Wednesdays at 1:15pm or Wednesday 7:00pm

Come, join this new club. Either share your expertise with others or learn how to knit. We will focus on your own personal projects as well as community based service project
Location: CR

MID-WINTER'S NIGHTS WALTZ

January 21st, 2012 at 8:00pm

Come, dance the night away with instruction and practice and just enjoying the dance. Open to anyone over 18. Partners are welcome but not necessary. Wear comfortable clothes and shoes. No sneakers please. Pre-registration is \$5.00. Registration at the door is \$8.00.

LIFE COACHING SHOWCASE:

HOW YOU CAN CREATE A GREAT 2012 AND BEYOND

Donna Gerhauser, the Life Coach at the YMCA, will conduct life coaching demonstrations for members on Monday, January 9, 7:30 p.m. Members will be able to make immediate use of the techniques covered during this session. One lucky attendee, selected at random, will win one free coaching session as a special bonus. Life Coaching is available to all our members to help them make meaningful and lasting changes in all aspects of their lives.

SPECIAL EVENTS

OVERLOOK HOSPITAL HEALTH SCREENINGS

All screening from 10:00 am to 12:00 pm in the Overlook Van in the parking lot.

Diabetes -December 5

Respiratory - January 3

Blood Pressure/BMI/% Fat - February 7

Bone Density Men/Women - March 6

To register please call: 1.800.247.9580

LUNCHTIME LECTURE SERIES

12-1 pm in the Community Room

- Tuesday Nov. 13th: Senior Travel: A representative from AAA will present exciting trips and travel ideas for seniors. Special discounts that are available will also be discussed. Time to hit the road!
- Tues Jan. 10th: Managing Stress post Holiday
- Tues Feb. 14th: Heart Health

SENIOR

Senior Play: West Side Story May 3, 2012

West Side Story is making history again after it's introduction to musical theatre 50 years ago with this tour of the acclaimed 2009 Broadway revival. West Side Story is one of the greatest love stories of all times and remains as powerful, poignant and timely as ever. The ageless score by Leonard Bernstein and Stephen Sondheim includes: "Tonight", "America", "Maria", "I Feel Pretty" and "Somewhere". Price: \$95 per person includes lunch, round trip bus trip and 1st tier Mezzanine Seating. Bus leaves Lord and Taylor parking lot @ 10:00am. Reserve by March 15th. Space is limited!

Senior Holiday Party: Wednesday, December 14th

Come enjoy the camaraderie of your fellow senior members! Enjoy this meal, sense of community and celebrate the holiday season!

Please register at the Member Service Desk. For more information, contact Donna at 908.889.8880.

TECHNOLOGICALLY CHALLENGED?

Check out our NEW program involving our Leaders Group:

Monday, January 16th at 12:00pm: Leaders Group will work with you and your cell phone to answer any questions regarding your phone's capabilities and how to best use them.

Tuesday, February 21st at 12:00pm: Leaders Group help access the full capabilities of your hand held devices such as: ipads, ipods, kindles, nooks and laptops. Bring your user questions!

AQUATICS

PRESCHOOL SWIM LESSONS (AGES 3-5)

November 21 - February 5

All preschool lessons will take place in Pool 1.

All preschool swim lessons are 30 minutes. The National YMCA Swim Program is taught in our pool. Each level of the program includes stroke development and personal safety. New participants should contact Tracy Crane at 908-889-8880 to schedule an evaluation. Credits/refunds will not be given for schedule conflicts or if a child refuses to participate. For more information about credits/refunds, please refer to our "Welcome to the Y" pamphlet.

PARENT/CHILD SWIM LESSONS

(ages 6 months -30 months)

Program is a parent/child aquatic program that includes basic water orientation, with the instructor guiding the parent in teaching their child the basic skills of water adjustment. (Parent to child ratio must be 1:1)

PERCH (2 - 3 year olds)

This parent/child class is structured with emphasis placed on independence & group learning. Children over the age of 3 must enroll in Pike 1 or Pike 2. (Parent to child ratio must be 1:1)

PIKE 1 (3 - 5 year olds)

Children must be 3 years old by the first class. For the beginner who cannot swim independently while wearing flotation. Note: Credits/Refunds are not provided for swimmers who are fearful of the class. In this case, swimmer will move to Perch.

PIKE 2 (3 - 5 year olds)

Prerequisite: Can paddle on front, back and side for 12 yards while wearing a flotation belt and for 3 yards without one; is comfortable putting entire face in the water.

Progressive Fee Schedule (30 minute classes)

Monday - Wednesday	Members: \$97	Basic: \$155
Thursday - Friday	Members: \$87	Basic: \$140
Saturday	Members: \$78	Basic: \$124

EEL (3 - 5 year olds)

Prerequisite: Can paddle on front, back and side for 25 yards while wearing a flotation belt and for 6 yards without one; is comfortable blowing bubbles for 3 seconds with entire face in the water.

RAY (3 - 5 year olds)

Prerequisite: Can paddle on front (with rotary breathing), side and back for 12 yards without flotation.

STARFISH (3 - 5 year olds)

Prerequisite: Can swim rudimentary front and back crawl for 25 yards without flotation.

WHAT LEVEL IS YOUR SWIMMER?

Any new swimmer or swimmer who has been out of lessons for more than 6 months should be evaluated prior to registration. Evaluations are free of charge and generally take 5-10 minutes. No pre-registration is required. To schedule a time, contact Tracy Crane at 908-889-8880, X116.

PRIVATE LESSONS

Available for swimmers with special needs or to work on improving specific skills. YMCA swim instructors teach the lessons according to National YMCA Aquatics guidelines. One-on-one lessons are offered on Sunday mornings and limited weekdays. There is a strict attendance policy with this program. Private lessons are available to adults and children who are full or basic members. Call Kevin Switek at 908-889-8880 to schedule.

Fee for four half-hour lessons:

\$170.00 for a single, \$210.00 for a duo

Progressive Fee Schedule (45 minute classes)

Monday - Wednesday	Members: \$107	Basic: \$165
Thursday - Friday	Members: \$96	Basic: \$149
Saturday	Members: \$86	Basic: \$132

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent/Child		5:00pm	10:00am		6:30pm	8:30am	
Perch		5:30pm	10:30am		7:00pm	9:00am	
Pike 1	12:30pm 3:30pm 4:00pm	10:30am 3:30pm 4:00pm	10:30am 3:30pm 4:00pm 5:15pm	10:00am 11:00am	5:30pm 6:00pm 6:30pm 7:30pm	10:30am 11:00am 11:30am 12:30pm	
Pike 2	12:30pm 3:30pm 4:00pm 5:15pm	10:30am 3:30pm 4:00pm 4:30pm	10:00am 1:00pm 3:30pm 4:00pm	10:00am 11:00am	10:45am 5:30pm 6:00pm 7:00pm 7:30pm	10:30am 11:00am 11:30am 12:30pm	
Eel	3:30pm 4:00pm	10:30am 3:30pm 4:00pm	10:00am 1:00pm 3:30pm 4:00pm	10:00am 11:00am	10:45am 5:30pm 6:00pm 7:00pm 7:30pm	10:30am 11:00am 11:30am 12:00pm	
Ray	4:00pm	4:00pm	1:30pm 4:00pm	10:00am	10:45am 5:30pm 7:30pm	11:00am	
Starfish		10:30am	1:30pm	10:00am	7:00pm	11:30am	
Special Swimmers I (45 min)	5:15pm						11:30am

AQUATICS

YOUTH SWIM LESSONS (AGES 6-12)

All youth swim lessons will take place in Pool 1

The National YMCA Swim Program is taught in our pool. Each level of the program includes stroke development and personal safety. New participants should contact Tracy Crane at 908-889-8880 to schedule an evaluation. Credits/refunds will not be given for schedule conflicts or if a child refuses to participate. For more information about credits/refunds, please refer to our "Welcome to the Y" pamphlet.

POLLIWOG 1 (30 minutes)

Prerequisite: Can paddle on front, back and side for 12 yards with a flotation belt and for 3 yards without one; is comfortable putting entire face in the water.

POLLIWOG 2 (30 minutes)

Prerequisite: Can paddle on front (with rotary breathing), side and back for 12 yards without flotation.

GUPPY (30 minutes)

Prerequisite: Can perform rudimentary front crawl for 25 yards without flotation using rhythmic breathing, as well as rudimentary back crawl for 25 yards without flotation.

MINNOW (30 minutes)

Prerequisite: Can perform freestyle, backstroke, and elementary backstroke for 25 yards without flotation. Note: Swimmer must have stamina to maintain 50 yards of continual swim.

FISH (45 minutes)

Prerequisite: Can perform freestyle, backstroke, and elementary backstroke for 50 yards of continual swim as well as 25 yards of rudimentary breaststroke.

FLYING FISH (45 minutes)

Prerequisite: Can perform freestyle, backstroke, breaststroke, elementary backstroke, and sidestroke for 50 yards of continual swim.

SHARK (45 minutes)

Prerequisite: Can perform freestyle, backstroke, breaststroke, elementary backstroke, and sidestroke for 100 yards of continual swim as well as 25 yards of butterfly.

BIG FISH (45 minutes) (ages 9 - 14)

Swim Training program that focuses on all 4 competitive strokes. Designed for the swimmer interested in improving technique and fitness without official competition. Swimmer must be able to swim 100 yards freestyle, backstroke and breaststroke and 25 yards of butterfly. Director recommendation is required for this program. (Meets 2x per week)

Members: \$160.00 Basic: \$253.00

LITTLE FISH (45 minutes) (ages 6-8)

Swim Training program that focuses on all 4 competitive strokes. Designed for the swimmer interested in improving technique and fitness without official competition. Swimmers must be able to perform 50 yards of freestyle and backstroke and 25 yards of basic breaststroke. (Meets 2x per week)

Members: \$144.00 Basic: \$228.00

FSPY PIRANHA PREP (ages 9-16)

This is a pre-competitive program for young swimmers who are interested in getting their feet wet with competitive swimming. Swimmer must have 4 legal strokes and interest in improving technical aspects of strokes. Program includes opportunities for entry-level competition. Meets 3x per week.

Members: \$224.00 Basic: \$355.00

Progressive Fee Schedule (30 minute classes)

Monday - Wednesday

Members: \$97

Basic: \$155

Thursday - Friday

Members: \$87

Basic: \$140

Saturday

Members: \$78

Basic: \$124

Progressive Fee Schedule (45 minute classes)

Monday - Wednesday

Members: \$107

Basic: \$165

Thursday - Friday

Members: \$96

Basic: \$149

Saturday

Members: \$86

Basic: \$132

AQUATICS

YOUTH SWIM LESSONS (AGES 6-12)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Special Swimmers II (45min)			5:15pm				11:30am
Polliwog 1 P1	3:30pm 4:00pm 5:15pm	3:30pm 4:30pm	12:30pm 3:30pm 4:00pm 5:15pm		5:30pm 6:00pm 6:30pm 7:00pm 7:30pm	10:30am 11:00am 12:00pm	
Polliwog 2 P1	3:30pm 4:00pm 5:15pm	4:00pm 4:30pm 5:00pm	12:30pm 3:30pm 4:00pm 5:15pm		5:30pm 6:00pm 6:30pm 7:00pm 7:30pm	10:30am 11:00am 11:30am 12:00pm	
Guppy P1	3:30pm 5:15pm	4:30pm 5:00pm	4:00pm 5:15pm		6:00pm 7:30pm	10:30am 11:30am 12:00pm	
Minnow P1	4:00pm	3:30pm 5:00pm	3:30pm		6:30pm	11:00am 12:00pm	
Fish P1	5:45pm		4:30pm		4:45pm	9:45am 12:30pm	
Flying Fish P1	5:45pm		5:45pm		4:45pm	9:45am 12:30pm	
Shark P1	4:30pm		5:45pm		4:45pm	9:45am 12:30pm	
Big Fish P1	4:30pm		4:30pm				
Piranha Prep P1	4:30pm		4:30pm		4:45pm		
Little Fish P1		4:00pm			4:00pm		
Tween & Teen Beginner P1				12:15pm	4:00pm	12:30pm	
Tween & Teen Intermediate P1				12:15pm	4:00pm	12:30pm	
Tween & Teen Advanced P1					4:00pm	9:45am	



AQUATICS

YOUTH SWIM LESSONS

TWEENS AND TEENS . . . JUST FOR YOU!

BEGINNER (45 min.)

For those with no knowledge of swimming. Skills taught: Rudimentary rotary breathing, floating, flutter kick, front crawl skills, and treading water.

INTERMEDIATE (45 min.)

Prerequisite: Swimmer must be able to complete 25 yards of rudimentary front crawl and be comfortable in deep water. Skills Taught: Refining front crawl, back crawl, breaststroke, and treading water.

ADVANCED (45 min.)

This class is a workout program, focusing on stroke development and endurance training. Skills taught: Stroke drills, butterfly, and turns.

Progressive Fee Schedule (30 minute classes)

Monday - Wednesday

Members: \$97 Basic: \$155

Thursday - Friday

Members: \$87 Basic: \$140

Saturday

Members: \$78 Basic: \$124

Progressive Fee Schedule (45 minute classes)

Monday - Wednesday

Members: \$107 Basic: \$165

Thursday - Friday

Members: \$96 Basic: \$149

Saturday

Members: \$86 Basic: \$132

ADAPTED SWIM LESSONS - CHILDREN W/DISABILITIES

SPECIAL SWIMMERS I (ages 3-5)

This program is designed for swimmers who are classified as having special needs. A swim evaluation will take place on the first day to determine correct level placement.

SPECIAL SWIMMERS II (ages 6-10)

This program is designed for swimmers who are classified as having special needs. A swim evaluation will take place on the first day to determine correct level placement.

POOL RENTALS/PARTIES

Make a splash at your next birthday party in the Fanwood-Scotch Plains YMCA pool. The pool can be rented by YMCA members on Saturday evenings from 4:00-5:00 pm with the additional use of a party room to continue the celebration from 5:00-5:45 pm; or 5:30-6:30 pm pool and 6:30-7:15 pm party room. Church and scout groups sponsored by a member are also welcome. Pool Rental - \$310 (maximum of 25 participants). Price includes 2 lifeguards & t-shirt for the birthday boy/girl. For more information and availability please contact Tracy Crane at 908-889-8880.

ADULT/INFANT/CHILD CPR:

Sunday, December 11 12-5pm

Members: \$50

Basic: \$65

FIRST AID CERTIFICATION:

Sunday, January 8 12-5pm

Members: \$50

Basic: \$65

HEALTHY LIFESTYLES

YMCA LIFEGUARDING

100% attendance is mandatory for this program. Must be 16 years old by class end date. Includes Lifeguard, CPR, AED, Oxygen Administration and First Aid Certification. A pre-test, which includes a 500 yard swim will be administered on the first day of class to determine eligibility for the program.

Contact Kevin Switek for more information.

Class meets Thursdays 10:00am-2:30pm

December 8, 15, 22, 29, January 5, 12, 19, 26

Members: \$300.00 Basic: \$390.00



FOR HEALTHY LIVING

Improving the nation's health and well-being.

AQUATICS

MASTERS SWIM TEAM:

The goal of the Fanwood-Scotch Plains YMCA Master's Swim Team is to provide fun, fitness, and optional friendly competition in a positive environment of athletic encouragement.

We welcome anyone (minimum age 19) who wants to improve his/her swimming, regardless of past swimming experience. Swimmers are assigned to practice lanes of similar ability, and workouts are adjusted according to the experience level of the swimmers in that lane. Our swimmers come from all backgrounds, including former high school and college swimmers, competitive master's swimmers, open-water swimmers, and adult fitness swimmers with no prior swim team experience. If you are just beginning to swim or have been out of the water for a long time, check with the coach to determine the best approach for getting you started.

Below you will find the coached practice times that are offered to the team. All Master's Team members are invited to practice with the FSPY Piranhas Club team on specifically listed days/times, where the workouts are of a higher intensity and a coach is on deck to answer any questions. Masters Team Members who are interested in open-water training may also attend workouts with the FSPY Tri-Club.

Mondays 6:00-7:00 am – with Tri Club
 Tuesdays 11:30 am-1:00 pm
 Wednesdays 6-7:30 am with Swim Team
 Thursdays 6-7:30am, 8-9:30pm
 Sundays 8-9:30 am

*All practices take place in Pool 2

Season runs September 12, 2011 – June 24, 2012
 Members: Register for the full season for \$274 (Includes USMS annual membership) OR Register each session for \$60 per session (*NOTE: There is an additional \$39 charge for the first session for USMS membership)

WATER ACTIVITIES

ADULT LESSONS

Must register each session. Due to the popularity of this program, there is a strict attendance policy and members are encouraged to sign up for just one class.

BEGINNER

M

Adults with no knowledge of swimming. Skills taught: Rudimentary rotary breathing, floating, flutter kick, front crawl skills, and treading water. (45 minutes)

ADVANCED BEGINNER

M

Prerequisite: Swimmer must be able to complete 25 yards of rudimentary front crawl and be comfortable in deep water. Skills Taught: Refining front crawl, back crawl, & treading water. (45 minutes)

INTERMEDIATE

M

Prerequisite: Swimmer must be able to complete 25 yards of front and back crawl and be comfortable in deep water. Skills taught: Breaststroke, sidestroke, elementary backstroke, rudimentary butterfly, and turns. (45 minutes)

ADVANCED

M

This class is a workout program, focusing on stroke development and endurance training. (45 minutes)

ADULT PRIVATE LESSONS

The Adult Private Lessons Program is for members desiring one-on-one attention for learning new skills or to gain cardiovascular endurance in the water for personal use or for events such as triathlons. There is a strict attendance policy with this program.

Call Kevin Switek at 908-889-8880 to schedule.

Fee for four half-hour lessons:

\$170.00 for one-on-one,
 \$210.00 for semi-private; two to one

	Tuesday	Wednesday	Thursday	Friday
Beginner (45 min)		8:00am P1 8:00pm P1 9:00pm P1		
Advanced Beginner (45 min)	11:00am P1	8:00am P1 9:00pm P1		11:30am P1
Intermediate (45 min)		8:15am P2 9:00am P2 7:15pm P1		
Advanced (45 min)		7:30am P2 9:00pm P2		9:00am P2
Cycle/Swim (45min cycle, 30 min swim)		6:15-7:30am P2	8:15-9:30pm P2	

AQUATICS

WATER ACTIVITIES

ALL AROUND AQUA M

This class utilizes the entire pool for a mix of deep and shallow water exercises. Use a flotation belt for weightless cardiovascular training in the deep end and complete your workout with strengthening and stretching in the shallow end.

AQUA BOOT CAMP M

Challenge your body, build cardiovascular and muscular strength. Recruits will do a combination of cardiovascular training, strength, and circuit training.

AQUATIC PERSONAL TRAINING M

Aquatic Personal Training is available. See "Personal Training" pg. 4 for more information.

AQUAZUMBA M

Get fit, get happy! You can move and groove with music guaranteed to make waves. Take this dynamic workout and discover how HOT the water can be with Aqua Zumba!

ARTHRITIS FOUNDATION AQUATIC PROGRAM M

Specialized for those with arthritis or who are in need of a program to ease back into exercising. Help relieve the pain and stiffness of arthritis, improve range of motion by gently moving each joint in the water. Led by a certified instructor. (2x per week for 10 weeks)

Basic: \$135 (2x/week for 10 weeks)

ARTHRITIS FOUNDATION DEEP WATER AQUATIC PROGRAM M

This program is for individuals with arthritis who are interested in a more challenging class. In the deep end, using an "aqua jogger" flotation belt, combine range of motion exercises with endurance and muscle strengthening movements. Participants must know how to swim, float on their back, tread water and feel comfortable in deep water.

Basic: \$68 (1x/week for 10 weeks)

CYCLE SWIM COMBO M

A cross training opportunity that includes a 45 minute cycle class followed by a 30 minute workout in the pool incorporating laps and drills.

DEEP WATER CARDIO M

A challenging cardiovascular workout to enhance strength and flexibility with no impact on your joints, as you are suspended in deep water with a flotation belt. Class is designed for those who want to exercise at a high intensity.

H2O RUNNING M

Runners and non-runners alike can enjoy this high intensity workout that includes no-impact running in the deep end (with the use of a flotation belt) that will increase your cardiovascular endurance while reducing the chance of injury.

Y TRI CLUB SWIM

Coached sessions working on skills and progressive endurance. See Y Tri Club on page 6 for more details.

Monday: 6:00am Thursday: 8:30pm

SHALLOW WATER WORKOUT M

This moderate intensity class incorporates aerobic interval training, stretching, and strengthening exercises.

SCUBA DIVING

Classroom, pool and open water training are used to introduce diving skills in an easy, step-by-step fashion. Small classes make this program enjoyable.

The first night is a free introductory session. For more information, call Ocean Explorers at 732-906-8400. Please do not call the YMCA. Special discounts for YMCA full members.

	Monday	Tuesday	Wednesday	Thursday	Friday
All Around Aqua P1		8:00 - 9:00pm			
Aqua Zumba P2		8:15 - 9:00am P2	8:00 - 9:00pm P2		
Aqua Boot Camp P1					10:45 - 11:30am
Arthritis Aquatics P1	8:30 - 9:25am	1:00-1:55pm	9:00 - 9:55am		9:00 - 9:55am 1:00 - 1:55pm
Deep Water Arthritis Aquatics P1	7:00 - 7:55pm				
Deep Water Cardio P1/P2	8:00 - 9:00pm P1	9:00 - 9:50am P2	10:30-11:20amP2 8:00 - 9:00 pm P1	9:00 - 9:50am P1	
Shallow Water Workout P1/P2	8:00 - 9:00pm P1	9:00 - 9:50am P1		9:00 - 9:50am P2	
H2O Running P2	9:00 - 9:45am				

HEALTH, WELL-BEING & FITNESS

Late Fall Classes – November 21st, 2011 to February 5th, 2012

GROUP CLASSES

ACTIVE OLDER ADULTS

Aerobic sneakers are required.

Please bring towel and water to all classes.

Day and Times – See Page 15

A.O.A. FITNESS

M

A moderate exercise program for seniors who want to stay in shape. Each class combines strength training, cardiovascular exercise and stretching.

Mon., Tues., Wed., Fri. – 11:10am-12:00pm G2

AOA INTERVAL MIX

M

Change it up with this class! Enjoy aerobics incorporating line dancing and zumba. Stay strong with weight/bands and balance work.

Thurs. – 11:10am-12:00pm G2

A.O.A. WELLNESS

M

Work out in our Wellness Center in a program designed for individuals ages 55 and up. Our instructor will develop and oversee a cardiovascular and weight training program especially for you. For more information, contact Ian Merson at 908-889-8880, ext.115.

A.O.A. CORE STRENGTH

M

This class utilizes Pilates based core exercises on the mat as well as exercises with weights for strength. MPR

Tuesday, Thursday – 9:40-10:10am

TAI CHI

M

Gentle exercise that promotes flexibility, stability and core strength.

Wednesday – 10:20-11:15am S Beginner

Wednesday – 11:15-12:00pm S Intermediate

CHAIR YOGA

M

Yoga postures adapted to the chair.

Wednesday – 10:20-11:00am CR

HEALTHY BONES

M

An osteoporosis prevention, exercise & education program.

One-time fee of \$15.00 for ankle weights.

Tuesday, Thursday – 10:15-11:00am CR

Limited: \$54.00 (1x/week)

CHAIR FITNESS –

ARTHRITIS FOUNDATION EXERCISE PROGRAM

M

Chair exercise class focusing on conditioning and flexibility. Ideal for people with Parkinson's or arthritis, as well as anyone with mobility issues. Medical forms are required. Register for each session. CR

Monday, Friday – 10:15-11:00am

Wednesday – 9:30-10:15am Limited: \$54.00 (1x/week)

MIND/BODY CLASSES

Release tension; strengthen your body and soul with our extensive offerings....from Prana Meditation to Power Yoga. Our Pilates classes range from basic mat to Pilates Plus and Power Pilates. Come find peace, power and tranquility within our walls here at the Y.

MEDITATION/PRANA YOGA

M

Prana is Sanskrit for life energy. A regular meditation practice may help reduce stress and enhance relaxation.

PILATES MAT

M

Combines stretching and strengthening for a firm, lean body. Must register each session.

PILATES PLUS

M

Pilates incorporating fitness rings, bands, rollers, & fitballs. Must register each session.

PILATES/BOSU

M

Add Bosu to your Pilates Practice

PILATES/YOGA

M

Combine the flow of Pilates and yoga for stretch, strength and relaxation.

POWER UP PILATES

M

Pilates to the next level incorporating weights into your postures.

TAI CHI

M

Slow, relaxing movement from China. Gain physical stability, flexibility, balance, & coordination. Beginner, Intermediate level. Must register each session.

YOGA

M

Classes blend breathing, postures, and meditation to to develop strength, flexibility and overall relaxation.

Regular Yoga – appropriate for all levels.

Power Yoga – challenging class with sun Salutations blended with advanced poses.

Yoga Stance – sequence class with longer holding postures.

Yoga on the Ball – Come try this yoga class utilizing the stability ball with poses to increase flexibility and core strength.

M – Free To Members; Must Pre-Register

Location Codes:

CR – Community Room

MPR – Multi-Purpose Room

G2 – Gym 2 • S – Studio

HEALTH, WELL-BEING & FITNESS

GROUP CLASSES

Have fun and stay fit in our fitness classes. Our trained and certified staff conducts classes for men & women of all ages and all stages of fitness. Aerobic sneakers are required. Bring a towel and water to class. M - Free to Members

Day and Times - See Page 15

ADULT DANCE (60 MINUTES) - All non-performance classes.

Fee based classes see pg. 21

Adult Ballet - Includes barre warm up and floor work with time to form movements into choreographic structure.

Adult Tap - An hour long class, introduces terminology, center, across the floor and tap combinations. Non-performance class.

Ballroom - Come dance, waltz, fox trot, quickstep, cha-cha, mambo, rumba, swing, wedding instruction available, refer to PT page 4.

Belly Dancing - Core strength, fluidity, posture, stamina, and grace-this class is excellent for beginners or people who love to dance! Turkish and Egyptian styling with a taste of Spanish/Arabic too.

Musical Theatre - Theater classes begin with a warm-up utilizing stretch and technique to prepare the student for stylistic and exciting combinations. This class is 50 minutes.

BARRE FUSION M

Combination of ballet, Pilates and yoga based movement using the barre to strengthen and lengthen muscles. Light hand weights utilized.

BOOT CAMP M

Interval cardio training using drills, games, sports training, jump rope or step. Challenging work-out incorporating plyometrics. Helps build cardio endurance, strength, agility & balance

BOSU INTERVAL M

Use of the Bosu to challenge balance, stability and core strength. Intervals of strength and agility incorporated as well for an all around challenging workout.

CARDIODANCE M

Simple and fun choreographed workout done to current upbeat music. Perfect for teens and adults of all ages.

CORE STRENGTH M

Strengthening and toning of all major muscle groups using various equipment.

CYCLE INDOOR M

Interval indoor cycling class adaptable to any fitness level. Limited space. Drop-ins welcome if a bike is available at start of class. **Must register each session.**

CYCLE FUSION M

Combine your cycle with weight and core intervals.

Must register each session.

CYCLE/SWIM COMBO M

Introducing a great cross training opportunity! Enjoy a 45 minute cycle class then complete a workout in the pool incorporating laps and drills for 30 min. **Must register each session.**

*You can sign up for just cycle if you do not wish to swim.

FAMILY BOOT CAMP M

Workout with the whole family using a variety of equipment! Kids must be accompanied by adult.

FITBALL M

Core strength training using a stability ball.

Must register each session.

GET STARTED-FOR YOUR HEALTH M

Moderate step class designed for the novice exerciser. Interval class incorporates cardio, strength, and flexibility using steps. Good for adults of all ages and pre/post natal moms. **Must register each session.**

KETTLE BELL COMBO M

Kettlebell work out intervalled with a variety of equipment.

KETTLE BELL INTERVAL M

Learn basic Kettle Bell techniques in this 30 minute interval class.

KICKBOXING M

Add intensity to your workout. Utilizing turbokick, this interval class will challenge participants. Boxing equipment will be added to evening class.

SIMPLY STEP M

Simple choreography to upbeat music. Fun!

STRENGTH FUSION M

Utilizing a mix of equipment, build strength and tone the major muscle groups. No class will be the same.

STRETCH AND TONE M

Combination of toning and stretching. Good for adults of all ages and pre/post natal moms. **Must register each session.**

TOTAL BODY CONDITIONING M

Cardio and strength training intervals using a variety of equipment to increase muscular strength and endurance.

TRX

Small group class. Refer to Personal Training on page 6.

WILLPOWER & GRACE® M

Sweaty, dynamic fusion of pilates, yoga, plyometrics, dance & old fashioned calisthenics. No equipment needed-just your body weight and bare feet! **Must register each session.**

ZUMBA M

International dance workout that can be modified for various fitness levels and offers freedom of movement with the choreography.

MEMBERS ONLY! Register at Member Service Desk.

ADULT BASKETBALL M

(18 years and older) Gym 2

Tuesday - 8:50-10:30pm, Thursday - 8:00-10:30pm

Sunday - 10:00 - 12:00

TAE KWON DO M

Traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. Whether overweight, underweight, coordinated, uncoordinated, shy or assertive, great class for all! Tuesday, Thursday - 6:00-7:00pm
Sunday, 9:00-10:00am

CO-ED VOLLEYBALL M

Monday - 8:35-10:30pm, Wednesday - 8:35-10:30pm

HEALTH, WELL-BEING & FITNESS

GROUP CLASSES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Dance (S) fee based see page 21	Musical Theater 6:15pm 50	Beginner Belly Dance 7:00pm 60	Belly Dancing 6:00pm 60	Adult Tap 7:00pm 60	Ballet 9:00am 60 Private Ballroom 7:00pm Ballroom 8:00pm 60	
Barre Fusion	9:15am 60 S			9:15am 50 CR		
Boot Camp (2)			10:20am 45	6:00am 45		
Bosu Interval (MP)	8:45am 60 MP	7:00pm 60 MG	9:15am 60			
Cardio Dance (2)	8:45am 45		8:45am 45			
Core Strength (2)	9:30am 45 7:45pm 45		9:30am 45 7:45pm 45			9:00am 45
Cycle Fusion (C)	8:30am 45 8:00pm 50	9:30am 50	8:30am 45	9:30am 60	9:00am 60	8:35am 45
Cycle Indoor (C)	6:15am 45 9:30am 45 12:15pm 45 6:45pm 50	8:30am 45 5:00pm 60 6:00pm 60	9:30am 45 12:15pm 45 6:45pm 50	8:30am 45 5:00pm 60	6:15am 45	6:35am 45 7:35am 45 Sunday 8:10am 45 9:00am 45
Cycle/Swim Combo (C&P)			6:15am 45	8:00pm 60		
Family Boot Camp						10:45am 45
Fitball (S)	9:30am 30 MP		9:00am 45 7:00pm 45		9:00am 45 MP	
Get Started		8:50am 1 45 MP		8:50am 1 45 GYM2		
Kettle Combo		9:15am 60 S		1:00pm 260MP 4:00pm 260MP		
Kettle Bell Interval (MP)		5:05pm 45 S	6:30pm 30	8:00am 30 S		
Kickboxing	9:15am 45 CR	7:00pm 45 2		9:15am 45MP2		9:45am 60 2
Meditation-Prana S				7:00pm 60 MG		
Pilates Mat	1:00pm 60 MP 6:00pm 60 MP	7:45am 60 MP		12:00pm 45MP	10:15am 45MP	
Pilates Plus S	8:00pm 60	12:00pm 2 60	7:45am 2 60 6:00pm 50 MG	7:45am 260MP		
Pilates/Yoga		6:00am 60 S				
Power of Pilates S	10:15am 3 60					
Power Yoga MP			7:00pm 60			8:00am 60
Simply Step (2)	7:00pm 45		7:00pm 45			
Stretch and Tone (MP)		7:10pm 1 45		7:10pm 1 45		
Strength Fusion			1:10pm S			
Tai Chi S			10:20am 1 50 11:15am 2 50 8:00pm 60			Sunday 9:00am 60
Total Conditioning (2)		9:00am 60		7:00pm 50	9:00am 60	
Yoga MP	10:20am 50 11:45am 50	6:00pm 50 8:00pm 3 60	10:20am 60 11:45am 50	8:00pm 60	11:45am 50	
Yoga on Ball				9:00am 60 S		
YogaStance				10:10am 60MP		
willPower & Grace® (S)	7:10pm 50	10:15am 45	5:00pm 45	6:10am 50 10:15am 8:00pm 50		7:15am 45
Zumba (2)	5:00pm 45 MP 7:00pm 45 MP	10:15am 45 8:00pm 45			10:15am 45	8:15am 45

Level 1: Taken less than 10 classes. **Level 2:** Taken more than 10 classes **Level 3:** Goal in mind with specific training; extensive previous experience. **60, 50, 45, 15 = minutes.** Child watch: See pg. 3 for time & days (2) = Gym 2, (C) = Cycle Studio, (CR) = Community Room, (S) = Studio, MP = MultiPurpose, MP3 = MultiPurpose 3 MG = Mini Gym, 3P= Pool

FOR YOUTH DEVELOPMENT

Improving the nation's health and well-being.

VACATION DAY FULL DAY

Monday, December 26th

Artist Studio - Picasso, Michelangelo, even you can be an artist. Come Show us your artistic ability help us make a mural or a clay project or even your own playdough.

Tuesday, December 27th

Science Spectacular - Join us for a fun filled day of Science. From cooking a delicious edible science project to learning how to make a tornado in a bottle, everything will be hands on!

Wednesday, December 28th

Animal Awareness Day - Come and learn about animals from all over the world including animals on the endangered species list. Also enjoy a show from "Lizard Guys" with real live animals to see and touch.

Thursday, December 29th

Wacky Wild Challenge - Pie a counselor in the face! Come get messy with us and help your team win the ultimate team challenge. Children will participate in various team activities including gymnastics and swimming.

Friday, December 30th

New Years Party - Come ring in the new year at the Y. Children will countdown to the new year with a lunch time celebration including appetizers, apple cider toast and pizza lunch.

Friday, January 13th

Strike and Spare - Were going bowling, wear your craziest socks! Bus will depart at 10am and return to the Y at 1pm.

Monday, January 16th

Day of Service - Martin Luther King Day will be observed. We will be making cards and writing letters to show our support to the troops over seas. Also, children can help participate with different service projects around the Y.

Friday, February 17th

Fun Plex - Bus will depart at 9:30 am and return to the Y at 3pm. Bring a brown bagged lunch and wear your sneakers! It's going to be a fun filled day.

Monday, February 20th

Time Travel - Were going back in time! Journey back in time to when our country first started. Learn about our countries first leaders. Compare games and foods used back then to the ones we use now.

Tuesday, February 21st

The Arenas at Woodbridge - Bus will depart at 10am and return to the Y at 2pm. Then we will come back and cool off in the pool. Feel free to bring your own rollerblades or skates. Helmets are optional.

For all Full Days bring a bathing suit, towel and lunch unless noted otherwise.

Activities and trips subject to change...parents will be notified at the time of drop off if any information is different then what is listed above.

Members: \$50.00 per day Basic: \$55.00 per day

KIDS NIGHT OUT!

A great opportunity to go out without the kids! Kids' Night Out is a fun night for kids in grades K-4th and will be offered once a month during the school year. Each month Kids' Night Out will have a different theme and all activities will be based on that theme. Children will be entertained with craft activities, movie, gym games, swimming and lots more. At each Kid's Night Out, participants will receive pizza and a drink. Please bring bathing suit, a towel and a change of clothes. Program hours are 6:00-10:00pm.

December 2nd

January 6th

February 3rd

Full Member \$30/ first child

\$10 for each additional child

Basic Member \$35/ first child

\$15 for each additional child

ADVENTURE GUIDES - REFER TO PG. 22



SCHOOL AGE CHILD CARE

Ongoing Registration for the 2011–2012 School Year

SACC

The YMCA, through its Activate America initiative, has formed partnerships throughout the state to bring the very best practices into their after-school programs. One of these programs is Healthy U. We are very excited to announce that we will continue to offer the CATCH Kids Club into our after-school program! CATCH Kids Club brings healthy activity to after-school and community recreation programs for children in grades K-5. CKC is composed of nutrition education materials (including snack activities) and physical activity components.

AFTER SCHOOL PROGRAM

The state-licensed YMCA School Age Child Care program is located at all elementary & middle schools in Scotch Plains-Fanwood, from school dismissal until 6:00pm. This is a 10-month program available on a 5, 4, or 3 day/week basis. Our program follows the YMCA of the USA School Age Child Care Curriculum Framework, which includes nine core content areas: Arts & Humanities, Character Development, Health, Wellness & Fitness, Homework Support, Literacy, Science & Technology, Service Learning, Social Competence, and Conflict Resolution.

ELEMENTARY SCHOOL 2011–2012

10 Equal Monthly Payments

	Member	Basic
3-Day	\$246.00	\$283.00
4-Day	\$274.00	\$315.00
5-Day	\$319.00	\$367.00
Partial Extended Care (until 4:00pm)	\$191.00	\$219.00

The EDGE (Energetic, Dynamic, Growing Environment) serves the needs of our middle school students at Terrill and Park Middle Schools in Scotch Plains.

MIDDLE SCHOOL 2011–2012

10 Equal Monthly Payments

	Member	Basic
3-Day	\$222.00	\$252.00
4-Day	\$244.00	\$277.00
5-Day	\$290.00	\$329.00
Partial Extended Care (until 4:00pm)	\$184.00	\$209.00

FULL DAY PROGRAMS (2011–2012)

All participants in the School Age Child Care programs are eligible to attend any of the full-day programs (7:00am-6:00pm) throughout the school year, available on most school vacation days. Pre-registration is required, with an additional fee due at the time of registration. All children enrolled in full day programs will meet at the YMCA, 1340 Martine Ave building. Trip/Activity schedule is available at the member service desk.

Members: \$50.00/child

Basic: \$55.00/child

BEFORE SCHOOL PROGRAM

The YMCA offers a state-licensed program that serves families in need of before school care. Program begins at 7:00am and is available to students in the Scotch Plains-Fanwood school district.. This is a 10-month program offered on a 5-day/week basis only. Students must be dropped off at the YMCA at 1340 Martine Avenue and will be transported to their designated school. The following schools are Brunner, Evergreen, Coles, School One, McGinn & Park Middle School.

Members: \$195.00/month

Basic: \$224.00/month



Registration Information

Call the YMCA at 908-889-8880 for information. A non-refundable \$150.00 deposit is due at registration and will be applied to June of that program year. All participants must be YMCA full or basic members.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

FULL TIME CHILD CARE

Our 12 month program, licensed by the state of New Jersey, is held at our Grand Street facility, operating Monday - Friday, from 6:45am to 6:00pm. We provide warm and nurturing care for children ages 3 months-5 years, implementing the Creative Curriculum. Staff is trained in CPR and First Aid.

Enrichment classes are offered to all students (infants - pre k), and are included in monthly tuition fees. Each week the children are exposed to: literature from Story Time; fine arts with Music & Art classes, and develop their gross motor skills with Gym. The preschool/pre k program include swim lessons (child must be toilet trained)-taught by the Y's Aquatics Department.

Weather permitting, neighborhood walks and outdoor play give your child fresh-air daily. During inclement weather, our FULL size gym gives the children plenty of room to exercise. We teach the children healthy habits with daily exercise and offer healthy snacks twice a day, along with milk & bottled water for lunch/snack time. In keeping with the Y's goals, we encourage character development through caring, honesty, respect and responsibility.

The Child Care program also offers part-time care. This is a great benefit for parents who are able to work from home a couple of days per week, yet need child care on the days that they are needed in the office. Two, three, or four days options are available. Our caring staff creates a welcoming environment, making the part-time transition a smooth one for both; the parents and child.

Please call 908-322-7600 for more information, part-time availability/rates or to set up an appointment for a tour of our Child Care program/facility.

CHILD CARE MONTHLY FEE SCHEDULE: (FULL TIME) SEPT. 2011 - AUG. 2012

	Member	Basic
Infant Care	\$1,241.00	\$1,402.00
Toddler	\$1,157.00	\$1,306.00
Preschool/PreK	\$956.00	\$1,079.00

DROP OFF CARE

Take advantage of the newest addition to our Child Care program by dropping off your child for a morning of safe, age-appropriate play. Now you can run errands or just take some time for yourself, enjoying the peace of mind that comes from knowing that your child is happy and well cared for.

Infants, toddlers, and preschoolers between the ages of 3 months and 5 years will benefit from our strict adherence to state-regulated staff/child ratios for each age group. Socialization skills come naturally as children enjoy toys, books, and outdoor playtime, and share a mid-morning snack with new friends.

Monday through Friday 9:00 to 11:30am
[Please contact the Grand Street office at 908-322-7600 for availability.]

One day a week per 10-week session:
Members: \$227.00 Basic: \$283.00



On-Going Registration

- All participants must be current YMCA full or basic members. (Basic membership fee: \$92.00)
- A non-refundable half-month deposit is due at time of registration. Deposit will be applied to August of that program year.

PRESCHOOL

Ongoing Registration – Limited Spaces Still Available
 Register For 2011–2012 KinderWrap, Kindergarten Readiness Program & Gym Jams

GYM JAMS PRESCHOOL

Gym Jams, the Y's state-licensed 2 1/2-hour nursery school program, runs September to June. Included in the new Creative Curriculum are enrichment classes in music and gym, as well as weekly swimming lessons for 3 and 5 day students, all part of the monthly fee. Gym Jams is held at the **New Martine Ave Facility**.

Morning Session: 9:00–11:30am

Afternoon Session: 12 noon–2:30pm

TWO YEAR OLDS – 2-day class for children who will turn two years old by 10/1/11. Meets Tues. and Thurs.

THREE YEAR OLDS – 2-day, 3-day, and 5 day classes for children who will be three years old by 10/1/11.

GYM JAMS 2011–2012 10 Equal Monthly Payments

	Member	Basic
2-Day	\$168.00	\$186.00
3-Day	\$241.00	\$268.00
5-Day	\$383.00	\$425.00

KINDERGARTEN READINESS PROGRAM

The Kindergarten Readiness program is designed for students who will be four years old by 10/1/11 and those students who are older fours, who just missed the kindergarten cut-off date. It is a state-licensed program that places emphasis on kindergarten readiness, utilizing the Creative Curriculum and Handwriting without Tears program. Included in the monthly fee are the following enrichment classes: instructions swim lessons, music, science, gym and Spanish. This program is held at our **New Martine Ave Facility**. The 10 month program runs from **September – June**, with the following options:

AM SESSION: 9:00 – 11:30AM
PM SESSION: 12:00PM – 2:30PM

	Member	Basic
3-Day	\$241.00	\$268.00
4-Day	\$335.00	\$372.00
5-Day	\$383.00	\$425.00

KINDERWRAP

The Y's wrap-around kindergarten program is designed to supplement the half-day kindergarten in local schools. This state-licensed program follows the SP-F school calendar, September through June. Transportation is available from morning kindergarten and to afternoon kindergarten in all SP-F Schools. Included in the new Creative Curriculum are enrichment classes in science, gym, music and Spanish, as well as weekly swimming lessons, all part of the monthly fee. KinderWrap is held at our **New Martine Ave. facility**. If early morning care (7:00–8:30am) is needed, please register for AM KinderWrap.

2011–2012 KINDER WRAP PROGRAM ONLY

AM Session: 8:30am to drop-off at school

PM Session: Pick-up at school to 3:00pm

10 equal monthly payments

	Member	Basic
4-Day	\$425.00	\$473.00
5-Day	\$487.00	\$541.00

Before School and Extended Care fees below are in addition to above fees.

KW BEFORE SCHOOL PROGRAM 2011–12

Begins at 7:00am. This is a 10 month program offered on a 5-day/week basis only.

	Member	Basic
5-Day	\$168.00	\$193.00

KW PARTIAL CARE PROGRAM 2011–12

Until 4:00pm. This is a 10 month program offered 5 days a week only.

	Member	Basic
5-Day	\$191.00	\$219.00

KW EXTENDED CARE PROGRAM 2011–12

School Dismissal to 6:00pm.

	Member	Basic
3-Day	\$246.00	\$283.00
4-Day	\$274.00	\$315.00
5-Day	\$319.00	\$367.00

On-Going Registration

- All participants must be current YMCA full or basic members. (Basic membership fee: \$92.00)
- A non-refundable half-month deposit is due at time of registration. This fee will be applied to June of that program year.

YOUTH PROGRAMS

SILLYCISE (ages 3-4)

Fitness through play for boys and girls.

Tuesday - 1:30-2:00pm

Members: Free Basic: \$33.00

PEE WEE ALL BASKETBALL (ages 4-5)

Introduces boys and girls to basic skills, game concepts, values and fair play, while having fun learning soccer, hockey, basketball & T-ball.

Monday - 10:20-11:05am

Tuesday - 12:30-1:15pm*

Members: \$68.00 Basic: \$86.00

Friday - 3:45-4:30pm*

Members: \$59.00 Basic: \$77.00

PEE WEE TAE KWON DO (ages 4-7)

This class is designed to introduce children to Martial Arts. The class will teach children coordination, focus, discipline and self-confidence while having fun.

Monday - 4:00-5:00pm Ages 4/5*

Monday - 5:00-6:00pm Ages 6/7

Members: \$68.00 Basic: \$89.00

YOUTH TAE KWON DO (ages 8-13)

Korean Karate/Self Defense.

We teach the traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. Whether overweight, underweight, coordinated, uncoordinated, shy or assertive, all are encouraged to attend. We teach Tae Kwon Do in a friendly, respectful atmosphere.

Tuesday, Thursday - 6:00-7:00pm

Sunday - 9:00-10:00am

Members: \$95.00 Basic: \$144.00

CATCH [COORDINATED APPROACH TO CHILD HEALTH]

Healthy habits are easy to CATCH! Join us for fun with fitness, as well as nutritional education -- all part of helping to develop a healthy lifestyle toward better health.

Thursday - 1:15-2:00pm (3/4 year olds)

Friday - 12:30-1:15pm (4/5 year olds)*

1:30-2:15pm (3-5 year olds)

Members: \$59.00 Basic: \$77.00

Wednesday - 12:15-1:00pm

Members: \$68.00 Basic: \$89.00

TENNIS (ages 4-5)

In this class your up-and-coming tennis player will learn equipment and map the tennis court. They develop hand-eye coordination along with movement skills. Basic tennis fundamentals are taught through tennis-like games!

Monday and Thursday 10:15-11:00

Members: \$68.00 Basic: \$89.00

* - Kinderwrap, Gym Jams and Lunch Bunch participants:
We will come to your child's class and pick them up.

YOGA FOR KIDS (ages 4-7)

Yoga postures will help increase your child's concentration and flexibility. Mini Gym

Wednesday - 3:45-4:30pm*

Members: \$68.00 Basic: \$89.00

HALF DAY HOOPLA

Grades K-4

Looking for something fun to do on early dismissal days?

Join us at the Y for gym games, art projects, open swims and pizza!

November 18th, 19th, 22nd & 23rd from 1:00-3:15pm.

Prices are per day.

Members: \$15.00 Basic: \$25.00

YOUTH SPORTS (ages 6-8)

Boys & girls, come join the fun in a noncompetitive atmosphere! We'll play lots of games including soccer, floor hockey, volleyball & basketball.

Wednesday - 1:15-2:00pm

Members: \$68.00 Basic: \$89.00

Thursday - 4:00-4:45pm

Members: \$59.00 Basic: \$77.00



DANCE

PRE-SCHOOL, YOUTH, TWEEN, ADULT

Dance classes work on a 40 week syllabus. Our dance program follows a "cut-off age" rule similar to that used by the NJ Department of Education to best place students in age-appropriate classes. **Students must be of class age by 9/30/11.**

3/4 YEAR OLDS - INTRO TO DANCE

Student must be three by 9/30/11. This class is an introduction to ballet, jazz, tap and basic motor skills. The class is designed to introduce children to Terminology, Music & Rhythm, Performance Technique, Creative Movement, how to work in a dance classroom, and view a live performance.

4 TO 13 YEAR OLD - BALLET, BELLY DANCING, JAZZ, MODERN & TAP

This class introduces students to steps at the barre, center and across the floor work. This class is designed to introduce children to: Terminology, Music & Rhythm, Performance Technique, Creative Movement, how to work in a dance classroom, and viewing a live performance.

4/5 yr. old class is 1/2 hour Ballet and 1/2 hour Tap.

COMPANY

The Fanwood-Scotch Plains YMCA Dance Company is a performing troupe that involves dancers ages 7 - 18. Students participate in: Workshops, Competitions, & Two performances per year. Audition - Saturday, November 19th, 2011 at 1:00pm.

ADULT DANCE CLASS DESCRIPTIONS - SEE TIMES ON PG. 14

All adult classes are non-performance classes

BALLET

This class introduces students to steps at the barre, center and across the floor work. The class is one hour.

BELLY DANCING

Core strength, fluidity, posture, stamina, and grace-this class is excellent for beginners or people who love to dance! Turkish and Egyptian styling with a taste of Spanish/Arabic too. The class is one hour.

MUSICAL THEATRE

Theater classes begin with a warm-up utilizing stretch and technique to prepare the student for stylistic and exciting Broadway combinations. This class is 50 minutes.

TAP

This class introduces terminology, center, across the floor and tap combinations. This class is one hour.

BALLROOM DANCING

Come dance, waltz, foxtrot, quickstep, cha-cha, mambo, rumba and swing. Individual wedding instruction available. This class is one hour. Price is per person.

THERAPEUTIC DANCE

For special needs children. We will start with a warm-up, feature a short dance combination and time for a free dance expression, and end with a cool-down. Emphasis on "chilling out", self sooth, and calm down. Parents/guardians are welcome to attend. 45 min.

Dance Class Fee Schedule for children and adults.

45 minute class

Monday - Wednesday	Member: \$84.00	Basic: \$98.00
Thursday - Friday	Member: \$76.00	Basic: \$88.00
Saturday	Member: \$67.00	Basic: \$78.00

60 minute class

Monday - Wednesday	Member: \$109.00	Basic: \$128.00
Thursday - Friday	Member: \$98.00	Basic: \$115.00
Saturday	Member: \$87.00	Basic: \$102.00

Company Fees:

Member: \$164.00	Basic: \$183.00
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DANCE PARTIES

Budding dancers will enjoy an hour of Combo dance, Ballet, Tap, Jazz or Hip Hop then move into our party room for half hour for your cake and snacks. Available Saturdays, 12:00 - 1:30pm to members. **\$235.00 for 15 children. (\$10 for each additional child up to 25).** Call Donna at **908-889-8880 for more information.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 / 4 yr. - Intro to Dance		10:35am 45 G	11:30am 45 NP* 3:45pm 45 6:00pm 45 NP	11:30am 45 NP* 12:30pm 45 NP*	2:00pm 45	11:05am 45
4 / 5 yr. - Ballet/Tap	3:45pm 60*	9:30am 60 G 1:00pm* 60			10:00am 60* 1:00pm 60* 6:30pm 45 NP	10:00am 60
6 yr.			4:30pm-Ballet 45 5:15pm-Tap 45			9:15am-Jazz 45
7/8 yr.	4:45pm-Tap 45				4:30pm-Ballet 60 5:30pm-Jazz 60	
9/10 yr.	5:30pm - Modern 45	5:00pm-Ballet 60 6:00pm-Jazz 60		5:00pm-Ballet 60 6:00pm-Jazz 60		
7 - 18 yr.						1:00-3:00pm-Company
Therapeutic Dance						9:30am 45
Adult	6:15pm-Musical Theatre 50 NP	7:00pm-Beginner Belly Danicng 60 NP		7:00pm-Beginner Tap 60 NP	9:00am- Beg. Ballet 60 NP 7:00pm-Wedding Ballroom 60 NP 8:00pm-Ballroom 60 NP	

60, 50, 45 = minutes **G** - Grand Street **NP** - Non-Performance Class

* - Kinderwrap, Gym Jams and Lunch Bunch participants: We will come to your child's class and pick them up.

Fanwood-Scotch Plains YMCA • www.fanwoodscotchplainsymca.org

YOUTH PROGRAMS

BASKETBALL

Adult volunteer coaches needed at all levels.

KINDERGARTEN BASKETBALL

Kindergarten children will be introduced to the game with skills and drills practice, then scrimmaging other kindergarten teams. Practices will be held on Saturday mornings beginning the week of December 6th at Grand Street Facility.

Members: \$98.00 Basic: \$167.00

YOUTH BASKETBALL LEAGUE (grades 1-2)

Everybody plays, everybody wins in this co-ed instructional league. Participants will be notified of their team's practice location (local schools and YMCA facilities) by their coaches. Practices will be held on Monday or Tuesday nights beginning the week of December 6th.

Members: \$139.00 Basic: \$183.00

TRAVEL BASKETBALL (grades 3-4)

Children will travel within the local vicinity, with practices scheduled for mutually convenient times. Games will be played on Saturday and Sunday afternoons, from December through March, culminating with a tournament. Players must attend November 5 clinic to work on skills and draft evenly matched teams.

Clinics: Saturday, November 5

5:00-6:00pm, Martine Avenue facility

Members: \$135.00 Basic: \$178.00

U12 & U14 YMCA TRAVEL BASKETBALL SELECT & IN-HOUSE TEAMS

Participants must attend try-outs and drafts to determine which team they will play on. Some youngsters will be chosen to be part of the Select Team, while others will join an In-House Team. Mutually convenient practice times will be scheduled, and teams will travel to YMCAs in the vicinity for 10-12 games during the December - March season.

Try-Outs and Drafts (Martine Avenue facility)

Saturday, October 22 or November 5

U14 - 3:00-4:00pm, U12 - 4:00-5:00pm

Select Team

Members: \$195.00 Basic: \$246.00

Girls Select U13 Team

Members: \$195.00 Basic: \$246.00

DANCE PARTIES

Budding dancers will enjoy an hour of either Combo Dance, Ballet, Tap, Jazz or Hip Hop then move into our party room for a half hour for your cake & snacks. Available Saturday 12 - 1:30 pm to members. **\$235.00 for 15 children. (\$10 for each additional child up to 20)** Call Donna at 908-889-8880 for more information.

SPORTS & FIT BIRTHDAY PARTIES

Enjoy an hour of fun in the gym playing basketball, baseball, floor hockey, soccer or fun fitness games before moving into our party room for a half hour for your cake & snacks. Saturdays, 11:30-1pm including classroom for cake. **\$235.00 for up to 15 kids. (\$10 for each additional child up to 20)** To schedule, call Donna at 908-889-8880.

ADVENTURE GUIDES

Grades K-8

The Fanwood-Scotch Plains YMCA will assign you to a small group of father-child pairs called a Circle who meet on a regular basis in each others' homes, or at the YMCA, usually biweekly or monthly. Occasionally, several Circles come together to participate in larger activities such as camp-outs, parties, or parades. These outings are called Expeditions. The core of the YMCA Adventure Guides program is these Circle and Expedition meetings and adventures. Typical activities include ceremonies, games, crafts, songs, stories, skits, and outdoor pursuits such as camping, hiking, and swimming. For more information, contact Shalice Toney at 908-889-8880.

Members: \$26.00 Basic: \$36.00

UPCOMING ADVENTURE GUIDES EVENTS

COSMIC BOWLING AT STRIKE AN SPARE IN GREENBROOK

Sunday, January 29th

Members: \$25.00 Basic: \$30.00

An afternoon of bowling, pizza and fun with friends!

WINTER CAMPOUT AT YMCA CAMP MASON

February 24th - 26th

Members: \$220.00 Basic: \$260.00

(for adult/child pair)

Members: \$110.00 Basic: \$130.00

(for each additional child)

YOUTH PROGRAMS

MUSIC & MOVEMENT

A fun and exciting discovery of music & movement for 3-5 year old children. The class will incorporate singing and dancing with props and instruments. The skills developed through this class include: participation, social skills; listening skills; awareness of movement and body positions; develop gross motor skills; and improve balance, coordination and rhythm through music, dance and movements. It's an action packed hour your child will leave wanting more.

Members: \$60.00 Basic: \$75.00

SCRIBBLE ART (ages 3 - 5)

Art experiences in this class are open-ended and independent, encouraging process, discovery, and exploration. Projects in this class are designed by the imagination of each individual child. Materials used are basic art supplies and common kitchen materials.

Members: \$60.00 Basic: \$75.00

SHOW OF HANDS MOMMY & ME PLAY GROUP

Tuesdays 10:00-10:45 MPR3

Sign and Play classes are a fun and entertaining way for parents and babies to learn signs together. This program of "play classes" helps parents and babies learn signs through theme-based songs, games, books and activities. A base vocabulary of 36 new signs will be introduced. This class is appropriate for infants and toddlers.

SHOW OF HANDS – AMERICAN SIGN LANGUAGE

Wednesdays 4:00-4:45pm Kindergarten – 2nd grade
Wednesdays 5:00-5:45pm 3rd grade – 8th grade
Wednesdays 6:00-6:45pm 9th grade – adult

Member : \$150 Basic: \$175

This class will aim to provide the students with an enriching interactive experience that allows them to view language from a different perspective. There are many benefits for hearing students to learn sign language among them it exposes children to another language and culture, enhances visual memory and builds communication and confidence.

QUEEN OF ROYAL KEYS PRESENTED BY ROYAL KEYS

Tuesdays 4:00-4:45pm Kindergarten – 4th grade

Member: \$150 Basic: \$175

This program teaches the history of Etiquette and Behavior. Children learn etiquette and courtesy with the understanding that they are being prepared to meet the Queen. The last day, Her Royal Majesty appears and dubs the children Knights and Princesses, with a Certificate of Accomplishment. She then will sit and have tea with the children as they use all their new skills and have a royal conversation.

THE KEY TO BULLY PROOFING PRESENTED BY ROYAL KEYS

Thursdays 4:00-4:45pm Kindergarten – 4th grade

Member: \$150 Basic: \$175

Bully Proofing! This is a program that teaches Safe and Peaceful Solutions that solve problems and reduce conflicts, keeping violence away from children and strengthening their self-worth.

Through Games and Role-Playing, Royal Keys will help students think about their behavior, attitude, compassion, anger management, empathy and tolerance. Students will explore ways they can ease the social isolation, deal with criticism, and learn effective communication strategies. Students examine the characteristics and attitudes that are needed for successful interaction in today's society. This important program shows students how a positive caring attitude will help them reach their goals and problem solve and make peaceful, healthy, positive and safe choices. Learn how to make better decisions and choices, respect yourself and others, step up to peace, prevent violence, resolve conflicts, have empathy, manage your anger, deal with bullies and troublemakers.

7TH GRADE INITIATIVE

All 7th graders in our service area are entitled to a free membership during their 7th grade year at the Fanwood-Scotch Plains YMCA. Parents must accompany students to take out the membership. A list of what is available with the membership is at our member service desk.

PRESCHOOL GYMNASTICS

PARENT/TODDLER

MY FRIEND AND ME (walking-3 1/2 years)

Hanging, swinging, rolling, balancing and jumping are all fun ways to develop gross-motor skills and your toddler will love exploring the gym-especially with you! Circle time brings songs, finger play, parachute play and bubbles into the fun, along with social interaction. As children reach the older classes, we begin to focus on a smooth transition to our preschool gymnastics classes utilizing lines, spots, arrows and other cues for following circuits and developing gymnastics readiness skills.

My Friend and Me 1 (walking - 2 1/2 years)

My Friend and Me 2 (2 - 3 years)

My Friend and Me 2+ (2+ years)



PRESCHOOL GYMNASTICS (3-5 years)

Age-appropriate gymnastics activities utilize the vault, uneven bars and balance beam, as well as special mats and equipment for developing skills. The circuits in our gymnastics classes are designed to help young children refine gross-motor movements while improving strength, balance and coordination. Pre-kindergarten readiness skills are incorporated into every lesson.

Floppers: gymnastics classes for 3 year olds.

Flappers: beginning gymnastics for 4 and 5 year olds (advanced 3 year olds by teacher placement)

Flippers: advanced preschool gymnastics for 4 and 5 year olds (Flappers will be moved to Flippers as skills are mastered)

Preschool Gymnastics Class Fees:

Monday - Wednesday	Members: \$109.00	Basic: \$128.00
Thursday - Friday	Members: \$98.00	Basic: \$115.00
Saturday	Members: \$87.00	Basic: \$103.00

BIRTHDAY PARTIES

Preschool through elementary age children can enjoy the excitement of a gymnastics birthday party here at the YMCA. Our staff will host an hour of gymnastics fun. You continue the festivities in our party room. Available to members on Saturdays, 2:15 - 3:45.

\$235 for up to 15 kids.

(\$10 for each additional child up to 24).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MF&M		2+ 9:15am	2 9:30am	1 9:15am		2+ 9:00am
Floppers	11:45am*	10:55am 1:55pm	10:20am 12:45pm*	10:05am 11:45am* 6:15pm	11:30am* 1:35pm	9:45am
Flappers	12:35pm	10:05am 11:45am*	11:45am*	10:55am 2:10pm* 6:15pm	9:30am 12:45pm*	9:45am
Flippers	1:30pm			10:55am		

*GymJams & Lunch Bunch participants: We can pick up your child from their class and bring them to gymnastics - you can pick them up here! Contact Barbara for more information.

YOUTH GYMNASTICS

KINDERGYM (5-6 year olds, presently in Kindergarten)

KinderGym provides an excellent foundation for our gymnastics program. Specifically for children in Kindergarten, this program gives them an opportunity to learn gymnastics and strengthen their bodies, while enhancing social skills.

PROGRESSIVE SKILLS (grades 1 through 12)

Our gymnastics classes provide an opportunity to learn gymnastics skills on all four events of women's gymnastics. Some participate with a goal of one day being a member of our gymnastics teams, while others do gymnastics simply for the love of this exciting sport! Classes are divided by skill level; gymnasts are advanced as they attain skill mastery on all four events.

Rollers/Advanced Rollers: Beginners and advanced beginners.

10 & Over Rollers: Beginning gymnasts interested in being in a group specifically for those 10 and over.

Swingers/Advanced Swingers: Intermediate and advanced intermediate.

Kippers: Advanced skill level.

FlipFlops: (teacher recommendation)

CHEERLEADING (ages 5 - grade 5)

Learn cheerleading fundamentals, including cheers, jumps, students and pom-pom routines. Even have an opportunity to cheer at a YBL game!

Saturday - 11:00-12:00pm (5 years old - 1st grade)

Saturday - 10:00-11:00am (2nd grade - 5th grade)

KinderGym/Rollers/Cheerleading (1 hour class)

Monday - Wednesday **Members: \$109.00** **Basic: \$128.00**

Thursday - Friday **Members: \$98.00** **Basic: \$115.00**

Saturday **Members: \$87.00** **Basic: \$103.00**

Swingers/Kippers (1 1/2 hour class)

Monday - Wednesday **Members: \$136.00** **Basic: \$161.00**

Thursday - Friday **Members: \$122.00** **Basic: \$145.00**

Saturday **Members: \$109.00** **Basic: \$129.00**

Flip Flops (by teacher recommendation) (2 hours)

Members: \$154.00 **Basic: \$181.00**

BIRTHDAY PARTIES

Preschool through elementary age children can enjoy the excitement of a gymnastics birthday party here at the YMCA. Our staff will host an hour of gymnastics fun. You continue the festivities in our party room. Available to members on Saturdays, 2:15 - 3:45.

\$235 for up to 15 kids.

(\$10 for each additional child up to 24).

HOLIDAY GYMNASTICS FUN DAYS!

Keep up with new & old tricks! Join us for open gym during the holiday break. Ages 6 and over. Pre-registration required!

Fees per day: Members: \$12 Basics: \$15

Tuesday, December 27, 12:30 - 1:45pm or

Thursday, December 29, 12:30 - 1:45pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KinderGym		12:45pm	3:30pm*	1:00pm	10:20am	10:30am
Rollers/Adv.	3:30pm	5:30pm		3:45pm	3:30pm	11:30am
10 & Over Rollers					3:30pm	
Swingers/Adv.		5:30pm		4:45pm		12:00pm
Kippers				4:45pm		12:00pm
Flip Flops		3:30pm				

*KinderWrap participants: We can pick up your child from KinderWrap and bring them to gymnastics. Contact Barbara for more information.

TEEN PROGRAMS

TAE KWON DO

Korean Karate/Self Defense for ages 13-17

Traditional Chung Do Kwan style of Tae Kwon Do with no-contact sparring. Whether overweight, underweight, coordinated, uncoordinated, all are encouraged to attend. Tae Kwon Do done in a friendly atmosphere.

Tuesday, Thursday: 6:00-7:00pm

Sunday: 9:00-10:00am

Members: FREE

Basic: \$86.00

DODGEBALL

(ages 11-13)

Come have fun using non-stinging foam coated balls for boys and girls.

Monday and Thursday-5:00-5:45pm

Members: FREE

Basic: \$86.00

MIDDLE SCHOOL BASKETBALL - BOYS AND GIRLS

Practices 2X a week after school at Park Middle School. Games with other middle schools. See Member Service Desk for more details.

TEEN & 7TH GRADE WELLNESS CENTER

7th Grade Wellness is specifically designed for all of our 7th grade members. Teen Wellness is specifically designed for 13 year olds (or 8th graders) only and is separate from our 7th grade members. Register for weight training twice a week under Wellness Center instructor supervision. Wellness Center is open to 14 year olds and older with initial orientation required.

7th Grade Wellness:

Mon & Wed: 3:15-4:00pm OR 4:00 - 4:45pm

Teen Wellness:

Tues & Thur: 3:15-4:00pm OR 4:00 - 4:45pm

Members: FREE

TWEEN CYCLE

Students in grades 5-7 participate in group indoor cycling combined with strength training. Must be 4'10" in height.

Tuesday, Thursday: 7:00-7:45pm

Members: FREE

Basic: (1 day) \$42.00 or (2 days) \$84.00

TEEN LEADERS CLUB

Teen Leaders is a program that brings teens together to develop group leadership skills, as well as allowing individuals to grow by building a healthy spirit, mind and body. Teens will meet on a weekly basis, in addition to other activities and/or volunteer opportunities. One of the unique traits of the Club is that everything is run by the teens themselves. Great opportunity for teens to learn about leadership, get involved with the community and have fun with peers. Activity and meeting times vary. On going registration call Shalice Toney for more information.

Members: \$25.00

Basic: \$35.00

MODEL UN AND YOUTH IN GOVERNMENT

The YMCA, working in conjunction with Scotch Plains-Fanwood High School, provides programs for students to participate in and learn the workings of the United Nations and/or our government system. On-going registration through the school year. Contact Lorraine Sleeper at the High School or Shalice Toney at the YMCA at 908-889-8880.

SAFESITTER COURSE (BABYSITTING)

November 10th & 11th 9:00am-3:00pm

Member: \$102

Basic: \$120

SafeBabysitting is important business. Safe Sitter® can teach you the skills to do it well! Becoming a Safe Sitter® means you'll gain confidence and learn how to handle situations that may happen on the job. This knowledge will help you in the future too!

What do you learn?

- How, why and where injuries happen so you can prevent them from happening in the first place.
- How to decide how serious a problem is if someone is injured.
- How to get help if you need it.
- How to keep yourself safe when babysitting.
- How a child's age affects how to care for them.
- How to prevent problem behavior.
- How to rescue a choking infant or child.
- How to run your babysitting business.

SPECIAL NEEDS TEEN NIGHTS

December 2nd, January 6th & February 10th
Ages 14-21

Member: \$25

Basic: \$30

December 2nd, 2011

Winter Wonderland

Teens will dance the electric slide, Macarena, cotton-eyed Joe and more fun dances. There will also be a winter craft project and snacks to munch on!

January 6th, 2012

Summer in January

Teens swim in the pool, play board games and eat pizza!

February 10th, 2011

Valentine's Cooking Party

Teens learn to cook a special meal and have a class on good table manners.

TEEN PROGRAMS

ATHLETIC CONDITIONING

Teens ages 13-16 work with our certified sports specific trainers in group personal training. Improve your physical tools for sports with this training program by working on agility, speed, strength, flexibility, coordination, balance & power. Call Sheri at 908-889-8880.

Tuesday 4:00-5:00pm 10-13 years

Tuesday 5:15-6:00pm 13-16 years

Members: \$68.00 Basic: \$89.00

TWEEN TRI CLUB

This program is being subsidized by a grant from General Mills Corp. Participants will bike, run, swim, learn about triathlon training and prepare healthy snacks with a registered dietician. Do some or all of it. **Please register separately.**

Cycle: Tuesday, Thursday - 7:00-7:45pm

Nutrition: Tuesday - 4:45-5:15pm

Athletic Conditioning: Tuesday 5:15-6:00pm

Swim: Saturday - 9:30-10:15am

Tween Bosu - Saturday - 10:45-11:30am

Members: \$89.00 Basic: \$119.00

NEW TWEEN CLASSES (ages 11-13)

Refer to Adult Class Descriptions pg. 14

TWEEN ZUMBA

Wednesday-7:00-7:45pm MG

TWEEN WILLPOWER AND GRACE

Thursday-6:00-6:45pm MG

TWEEN BOSU

Use the bosu balance trainer and a variety of equipment to strengthen core.

Saturday-10:45am-11:30am MG

TWEEN YOGA

Geared for students in grades 5-7 learn different mind-body practices and have fun with your friends. Yoga, Pilates, Yoga on the ball, Meditation and Yoga games will be the focus of this 10 week session.

Tuesday-6:00pm-7:00pm MG

Members: \$68.00 Basic: \$86.00

GIRLS FIT CLUB (ages 9-12)

Girls will be introduced to a healthy lifestyle. Class will begin with fun physical activities, followed by a healthy nutrition activity.

Tuesday - 4:00-5:00pm Classroom 2

Members: \$68.00 Basic: \$86.00

TWEEN CYCLE - REFER TO PG. 26





NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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FANWOOD-SCOTCH PLAINS YMCA

MARTINE AVENUE FACILITY

1340 Martine Avenue
Scotch Plains, New Jersey 07076
908-889-8880

GRAND STREET FACILITY

Grand Street & Union Avenue
Scotch Plains, New Jersey 07076
908-322-7600

2 POOLS AVAILABLE
More open swim
More lap swim
Come in to check
pool schedule

