



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START YOUR NEW YEAR RIGHT!

**FANWOOD – SCOTCH PLAINS YMCA  
EARLY SPRING 2012  
February 6, 2012 – April 15, 2012**

**Open Registration Begins:  
January 12, 2012**



# 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

## EARLY SPRING 2012

February 6, 2012 - April 15, 2012  
Registration Dates: Open - January 21, 2012  
Facility Closed: 3:00 pm - Friday, April 6, 2012  
Easter Sunday - April 8, 2012  
No classes: Friday, April 6 & Saturday, April 7, 2012

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

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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
<b>Administrator</b>		
Teen & Family	Shalice Toney	908-889-8880
Child Care	Vicki Taylor	908-322-7600
Teen & SACC	Kate Dudas	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 \$98.00, 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 60 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
FAMILY	\$81.50
ADULT	\$54.25
SENIOR COUPLE	\$69.00
SENIOR ADULT	\$46.00
COLLEGE	\$38.00
YOUNG ADULT	\$30.00
YOUTH	\$228.00/ANNUAL

**BASIC MEMBERSHIP:** \$98.00 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 8 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.

## LIVING THE CAUSE:

### LIVING THE CAUSE:

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**

#### SPRING BREAK WEIGHT LOSS CHALLENGE

Intro Meeting: Wednesday, February 8th 6:00pm

This challenge runs for 10 weeks....bringing you right to Spring Break time....April 13! Have the best you ready to hit the beach! Our 10 week program is run by Registered Dietitians, with individualized weekly weigh-ins, on-line support, body composition checks at the beginning and end of the 10 weeks. Pedometers provided to each participant to increase awareness of physical activity. Prizes to the top 3 losers at the end! Weigh in times: Wed. 6:30-7:00pm, Thurs and Fri. 8:30-9:00am. **Members: \$50**

#### FAMILY DAY @ THE Y

Monday, February 20th 1:00-2:00pm

Get off the couch, get out of the house, come to the Y for an hour of family games. Get your heart rate pumping. Try games like "fire brigade", "dragon's tales", frogs on a lily pad" and "hoop challenge. All games are suitable for families with school age children. Free to members.

#### HEALTHY KIDS DAY

Save the Date. April 28th, 2012 1:00-4:00pm  
Open to the Community.

#### TRI CLUB 1

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:

All women interested in training for the Danskin or Jersey Girl Women's Triathlon are encouraged to join. A good way to begin training for your triathlon or those returning for another tri. Open to all women of our community ages 14 and up. Join at any time. Contact Sheri at x114.

#### LIVESTRONG AT THE Y.

**New to the Fanwood-Scotch Plains Y.** A free 12 week wellness initiative for cancer survivors and their support team. Contact Sheri for more information at 908-889-8880 X114 or email [livestrong@fanwoodscotchplainsymca.org](mailto:livestrong@fanwoodscotchplainsymca.org)

#### COOKING CLASSES

**\$12 per person**

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. Members, bring a friend.

Wed. March 7th 7:00 pm: **You don't need to give up pasta!:**

Cooking demo features whole grain pastas and easy to make healthy sauces. Watch, have supper and bring home recipes! Basic sauces, with some special occasion sauces...we'll make a pasta buffet!

\$18.00 per person and members, bring a friend.

#### 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

#### GUITAR INSTRUCTION

Learn guitar from teacher with decades of experience. Lessons are private and weekly. \$96 for four lessons. Must have your own guitar. Call Sheri x114 for information.

#### ZUMBATHON

March 10th - 4:00pm, 5:00pm, 6:00pm

Come dance away one or all 3 classes with our best instructors: Monies to benefit Livestrong, a program offered free to cancer survivors in the community.

\$10.00 Pre-registration

\$15.00 At the door

#### VIRTUAL RIDES THROUGH FRANCE

March 10th - 4:00pm, 5:00pm, 6:00pm

Virtual rides featuring parts of the French country side - Come join us at this special ride in our cycle studio.

1 hour classes, monies to benefit Livestrong

\$10.00 Pre-registration

\$15.00 At the door

# LIVING THE CAUSE:

## SPECIAL EVENTS

### OVERLOOK HOSPITAL HEALTH SCREENINGS

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

**Bone Density Men/Women** - March 6

**Cholesterol** \$10.00 - April 3

**Diabetes** - May 8

To register please call: 1.800.247.9580

### LUNCHTIME LECTURE SERIES

12-1 pm in the Community Room

- February 14: Claudia Irmieri, RN, CCRN, APN, from St. Barnabas Hospital Heart Center presents a "Healthy Heart" Cardiovascular disease is the #1 killer of Americans. Learn what steps you can take to reduce your personal risk of cardiovascular disease and to protect your health. What better way of thinking of building a Healthy Heart than on Valentine's Day? Register at the front desk to secure your seat.
- March 20: Dr. Frank DiLollo, DC Presents: How can Chiropractic care help the various forms of Arthritis? Arthritis can be painful and debilitating. Chiropractic care has been proven remarkably effective in treating arthritis and its symptoms both in genetic and non-genetic related forms of arthritis. Come listen to Dr. DiLollo's presentation to learn the "how" and "why's" you should consider using Chiropractic treatment to care for and ease your arthritic pain. Bring your lunch and we will do the rest, providing beverages and desserts. Registration is requested.
- April 16th: Make small changes that create big impact.... In your landscaping and design. Learn how to give a refreshed appearance in your yard and improve your curb appeal of your home. Plan now! Prepping for 3 seasonal display. Feel free to bring in pictures of your landscape along with pictures of your wish list planting material to discuss changes for that big impact we all want to impress and enjoy. Presented by Landscape Designer, Barbara Otis.

### SENIOR

Senior Play: West Side Story May 3, 2012, NJPAC

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!

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

St. Patty's Day Luncheon: 12-1 pm Wednesday, March 14th. Time to put on the green! Bring in your favorite dish to share!

### TECHNOLOGICALLY CHALLENGED?

Check out our NEW program involving our Leaders Group:

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!

### INTRO TO A HEALTHIER LIFESTYLE

February 8th - 7:00pm.

Come speak with a wellness consultant and learn about how to live a healthier lifestyle with regards to physical activity. Bring your questions about what you feel you should be doing. How do I stay motivated? How often should I work out? What is a set? What is a rep? What is the best cardio equipment to use to burn fat? How do I work my "core?" How much weight should I use? Information about supplements and basic nutrition. Learn about our 12 week program. Wellness center based.

### FANCY FOOTWORK

Stimulating circulation and flow

March 8, 2012 - 7:30pm

Research studies have shown numerous benefits to barefoot training. Now learn to pamper your feet to stimulate circulation, flexibility and build strength in your feet and ankles helping to improve your sense of balance as well. Bring your own lotion.

# HEALTH, WELL-BEING & FITNESS

Early Spring Classes – February 6, 2012 – April 15, 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.

#### 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. 17

**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!

### 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. 60 minute.

### 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
<b>Adult Dance (S)</b> fee based see page 21	Jazz 6:15pm <b>50</b>	Adult Ballet 7:00pm <b>60</b>		Adult Tap 7:00pm <b>60</b>	Ballet 9:00am <b>60</b> Belly Dancing 7:15pm Ballroom 8:15pm <b>60</b>	
<b>Barre Fusion</b>	9:15am <b>60 S</b>			9:15am <b>50 CR</b>		
<b>Boot Camp (2)</b>				6:00am <b>45</b>		
<b>Bosu Interval (MP)</b>	8:45am <b>60 MP</b>	7:00pm <b>60 MG</b>	9:15am <b>60</b>			
<b>Cardio Dance (2)</b>	8:45am <b>45</b>		8:45am <b>45</b>			
<b>Core Strength (2)</b>	9:30am <b>45</b> 7:45pm <b>45</b>		9:30am <b>45</b> 7:45pm <b>45</b>			9:00am <b>45</b>
<b>Cycle Fusion (C)</b>	8:30am <b>45</b> 8:00pm <b>50</b>	9:30am <b>50</b>	8:30am <b>45</b>	9:30am <b>60</b>	9:00am <b>60</b>	8:35am <b>45</b>
<b>Cycle Indoor (C)</b>	6:15am <b>45</b> 9:30am <b>45</b> 12:15pm <b>45</b> 6:45pm <b>50</b>	8:30am <b>45</b> 5:00pm <b>60</b> 6:00pm <b>60</b>	9:30am <b>45</b> 12:15pm <b>45</b> 6:45pm <b>50</b>	8:30am <b>45</b> 5:00pm <b>60</b>	6:15am <b>45</b>	6:35am <b>45</b> 7:35am <b>45</b> <b>Sunday</b> 8:10am <b>45</b> 9:00am <b>45</b>
<b>Cycle/Swim Combo (C&amp;P)</b>			6:15am <b>45</b>	8:00pm <b>60</b>		
<b>Family Boot Camp</b>		7:00pm <b>45</b>				10:45am <b>45</b>
<b>Fitball (S)</b>	9:30am <b>30 MP</b>		9:00am <b>45</b> 7:00pm <b>45</b>		9:00am <b>45 MP</b>	
<b>Get Started</b>		8:50am <b>1 45 MP</b>		8:50am <b>1 45 GYM2</b>		
<b>Kettle Combo</b>	10:15am <b>60</b>	9:15am <b>60 S</b>		1:00pm <b>260MP</b> 4:00pm <b>260MP</b>		
<b>Kettle Bell Interval (MP)</b>		5:05pm <b>45 S</b>	6:30pm <b>30</b>	8:00am <b>30 S</b>		
<b>Kickboxing</b>	9:15am <b>45 CR</b>			9:15am <b>45MP2</b>		9:45am <b>60 2</b>
<b>Meditation-Prana S</b>				7:00pm <b>60 MG</b>		
<b>Pilates Mat</b>	1:00pm <b>60 MP</b> 6:00pm <b>60 MP</b>	7:45am <b>60 MP</b>		12:00pm <b>45MP</b>	10:15am <b>45MP</b>	
<b>Pilates Plus S</b>	8:00pm <b>60</b>	12:00pm <b>2 60</b>	7:45am <b>2 60</b> 6:00pm <b>50 MG</b>	7:45am <b>260MP</b>		
<b>Pilates/Yoga</b>		6:00am <b>60 S</b>				
<b>Power Yoga MP</b>			7:00pm <b>60</b>			8:00am <b>60</b>
<b>Simply Step (2)</b>	7:00pm <b>45</b>		7:00pm <b>45</b>			
<b>Stretch and Tone (MP)</b>		7:10pm <b>1 45</b>		7:10pm <b>1 45</b>		
<b>Strength Fusion</b>			1:10pm <b>S</b>			
<b>Tai Chi S</b>			10:20am <b>1 50</b> 11:15am <b>2 50</b> 8:00pm <b>60</b>			<b>Sunday</b> 9:00am <b>60</b>
<b>Total Conditioning (2)</b>		9:00am <b>60</b>	10:20am <b>45</b>	7:00pm <b>50</b>	9:00am <b>60</b>	
<b>Yoga MP</b>	10:20am <b>50</b> 11:45am <b>50</b>	6:00pm <b>50</b> 8:00pm <b>3 60</b>	10:20am <b>50</b> 11:45am <b>50</b>	8:00pm <b>60</b>	11:45am <b>50</b>	
<b>Yoga on Ball</b>				9:00am <b>60 S</b>		
<b>YogaStance</b>				10:10am <b>60 S</b>		
<b>willPower &amp; Grace® (S)</b>	7:10pm <b>50</b>	10:15am <b>45</b>	5:00pm <b>45</b>	6:10am <b>50</b> 10:15am <b>MP1, 2</b> 8:00pm <b>50</b>		7:15am <b>45</b>
<b>Zumba (2)</b>	5:00pm <b>45 MP</b> 7:00pm <b>45 MP</b>	10:15am <b>45</b> 8:00pm <b>45</b>			10:15am <b>45</b>	8:15am <b>45</b>

**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 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  
 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
<b>Beginner (45 min)</b>		8:00am P1 8:00pm P1 9:00pm P1		
<b>Advanced Beginner (45 min)</b>	11:00am P1	8:00am P1 9:00pm P1		11:30am P1
<b>Intermediate (45 min)</b>		8:15am P2 9:00am P2 7:15pm P1		
<b>Advanced (45 min)</b>		9:00pm P2		9:00am P2
<b>Cycle/Swim (45min cycle, 30 min swim)</b>		6:15-7:30am P2	8:00-9:30pm 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 P1		8:15 - 9:00am			
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	8:00 - 9:00pm	9:00 - 9:50am	10:30-11:20am 8:00 - 9:00 pm	9:00 - 9:50am	
Shallow Water Workout P1	8:00 - 9:00pm	9:00 - 9:50am		9:00 - 9:50am	
H2O Running P2	9:00 - 9:45am				

# 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: \$152.00 Basic: \$240.00**

### **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: \$232.00 Basic: \$343.00**

#### Progressive Fee Schedule (30 minute classes)

##### Monday - Thursday

Members: \$97 Basic: \$155

##### Friday - Saturday

Members: \$87 Basic: \$140

#### Progressive Fee Schedule (45 minute classes)

##### Monday - Thursday

Members: \$107 Basic: \$165

##### Friday - Saturday

Members: \$96 Basic: \$149

### YMCA SPLASH

Each year, thousands of people are injured in swimming-related accidents. In order to help reduce the number of accidents, the YMCA offers SPLASH to promote water safety in the community. By placing an emphasis on water safety and implementing awareness programs, the YMCA continues to take proactive measures in its goal to prevent drowning and water-related accidents. Not only is swimming a safety and survival skill, but it is a great lifelong activity that can help you to maintain overall health and well being.

Increase your child's water safety awareness and swim skills by registering them for four days of basic water safety and skill instruction. The Learn-to-Swim & Water Safety classes will take place Monday through Thursday April 2-5, 2012 from 4:30-5:15 pm and are open to the community. This program is free of charge and offers basic swimming skill instruction (floating, treading, entries and exits) and safety.

On Thursday, April 5th from 5:30-7:15 pm, bring the whole family and join us for a Flick & Float, featuring Finding Nemo! Bring your own raft/tube to watch the movie from in the water!

#### REGISTRATION INFORMATION:

**Learn-to-Swim & Water Safety** – Pre-registration is required and includes all 4 days of instruction! (Space is limited and lessons are limited to children ages 3-12).

**Flick & Float** – Pre-registration is required and all ages are welcome! Regular pool rules apply (see pool schedule for details).

Register by contacting the Y at 908-889-8880.

Open to All.

# AQUATICS

## YOUTH SWIM LESSONS (AGES 6-12)

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

Members: \$97                      Basic: \$155

Friday - Saturday

Members: \$87                      Basic: \$140

#### Progressive Fee Schedule (45 minute classes)

Monday - Thursday

Members: \$107                      Basic: \$165

Friday - Saturday

Members: \$96                      Basic: \$149

### 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:

American Safety and Health Institute Certification

Wednesday, March 7 5-9pm

Members: \$50

Basic: \$65

### FIRST AID CERTIFICATION:

Tuesday, March 6 7-10pm

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 Tuesdays 5:00-10:00pm

February 7, 14, 21, 28 March 6, 13, 20, 27

Members: \$300.00      Basic: \$390.00



# AQUATICS

## PRESCHOOL SWIM LESSONS (AGES 3-5)

February 6 - April 15

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 - Thursday	Members: \$97	Basic: \$155
Friday - Saturday	Members: \$87	Basic: \$140

### 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 - Thursday	Members: \$107	Basic: \$165
Friday - Saturday	Members: \$96	Basic: \$149

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

## 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 HOCKEY (ages 4-5)

Introduces boys and girls to basic skills, game concepts, values and fair play.

Monday - 10:20-11:05am

Tuesday - 12:30-1:15pm\*

**Members: \$68.00 Basic: \$86.00**

Friday - 3:45-4:30pm\*

**Members: \$61.00 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.

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

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

**Members: \$61.00 Basic: \$77.00**

Wednesday - 12:15-1:00pm

Thursday - 10:15-11:00am or 1:15-2:00pm (3/4 year olds)

**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**

### 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**

### 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.

Thursday - 4:00-4:45pm

**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.

# 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.**

### 2 1/2 - 3 YEAR OLDS: MUST BE 2 1/2 BY 2/6/12

### 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, February 4th, 2012 at 1:00pm.

## ADULT DANCE CLASS DESCRIPTIONS - SEE TIMES ON PG. 8

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! Build your dancers body and have fun doing it! The class is one hour.

## JAZZ

Jazz classes begin with a warm-up utilizing stretch and technique to prepare the student for stylistic and exciting jazz 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.

### Dance Class Fee Schedule for children and adults.

30 minute class	Member: \$50.00	Basic: \$64.00
45 minute class		
Monday - Thursday	Member: \$84.00	Basic: \$98.00
Friday - Saturday	Member: \$76.00	Basic: \$88.00
60 minute class		
Monday - Thursday	Member: \$109.00	Basic: \$128.00
Friday - Saturday	Member: \$98.00	Basic: \$115.00
Company Fees:		
Member: \$164.00	Basic: \$183.00	

## 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
<b>3 / 4 yr. - Intro to Dance</b>		9:00am* - NP G + 2 1/2 - 3 yr. 30 10:35am 45 G	11:30am 45 NP* 3:45pm 45 NP + 6:00pm 45 NP +	11:30am 45 NP*+ 12:30pm 45 NP*+	2:00pm 45	11:05am 45
<b>4 / 5 yr. - Ballet/Tap</b>	3:45pm 60*	9:30am 60 G 1:00pm* 60 +			10:00am 60* 1:00pm 60* 6:30pm 45 NP+	10:00am 60
<b>6 yr.</b>			4:30pm-Ballet 45 5:15pm-Tap 45			9:15am-Jazz 45
<b>7/8 yr.</b>	4:45pm-Tap 45 NP +				4:30pm-Ballet 60 5:30pm-Jazz 60	
<b>9/10 yr.</b>	5:30pm - Modern 45	5:00pm-Ballet 60 NP + 6:00pm-Jazz 60 NP +		5:00pm-Ballet 60+ 6:00pm-Tap 60 +		
<b>7 - 18 yr.</b>						1:00-3:00pm- Company
<b>11 - 13 yr.</b>			6:45pm-Hip Hop 45 NP + 7:30pm-Beginner Tap NP +			9:30am 45
<b>Adult</b>	6:15pm-Jazz 50 NP	7:00pm- Adult Ballet 60 NP		7:00pm-Beginner Tap 60 NP	9:00am- Beg. Bal- let 60 NP 7:15pm-Belly Dancing 60 NP 8:15pm-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. + - Classes available to new students

Fanwood-Scotch Plains YMCA • www.fanwoodscotchplainsymca.org

# YOUTH PROGRAMS

## COOKING WITH LITERATURE (ages 3 - 5)

Tuesdays 12:30pm – 1:45pm

Calling all budding chefs...come join us where your child will learn to prepare healthy treats and snacks. All snack items prepared by our little chefs will correlate to the theme of our "book of the week". The skills developed through these activities include: pre-math, pre-reading, health, safety and nutrition; following direction, cooperation, science and many more.

**Members: \$85.00 Basic: \$99.00**

## MESSY FINGERS PRESCHOOL ART CLASS (ages 3 - 5)

Wednesdays 12:30pm - 1:30pm

Hey, moms and dads! If you aren't a fan of cleaning up after messy projects, then let your child do them with us. We will be having fun making a mess and getting dirty while we make our own play dough, play with finger paints, try different art techniques and lots more. We provide the materials, and best of all - we clean up the BIG mess. Don't miss out. Your child is sure to have fun.

**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.

## CHESS CLUB AT THE YMCA

Saturdays

2:00 – 3:00pm (grades 1 – 4)

3:00 – 4:00 pm (grades 5 -8)

Program is for beginners to advanced beginner chess players. Program introduces children to the game of chess by teaching basic fundamentals. It focuses on critical thinking and problem solving skills through chess strategy and tactics. A creative format is used to teach and reinforce math, reading, and language art skills. Program is enjoyable as well as challenging.

**Members: \$128.00 Basic: \$150.00**

## 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)

# FOR YOUTH DEVELOPMENT

Improving the nation's health and well-being.

## VACATION DAY FULL DAY

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.

Monday, April 9th

**Rock and Roll** - It's a Dance Party! Children will spend the day listening to different types of music and learning different dance styles. After, children can roll on through to gymnastics and have fun participating in an obstacle course.

Tuesday, April 10th

**It's a Pirates Life** - Ahoy Matey! Be prepared to go on a treasure hunt, design your own pirate coins, design a jolly roger and make your own compass.

Wednesday, April 11th

**Lights, Camera, Action** - Join us for a fun filled day of exciting camera play. Children will be able to make their own commercials, help make an exciting game show, and learn about how TV is made.

Thursday, April 12th

**Heroes vs Villains** - Superman, Batman, Lex Luther, or Joker which are you? Come show us your favorite superhero or super villain costume. Help us to make our own comic book. The Adventures of...

Friday, April 13th

**Jenkinson's Aquarium** - Travel by bus to Point Pleasant and visit the sharks, fish, turtles and more! Bring a bagged lunch and enjoy the ocean view. We will be leaving the Y at 9:00am and returning by 3:00pm.

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**

## SENSATIONAL WEEK OF SCIENCE PRESENTED BY MAD SCIENCE

Join us for a fun-filled week of science experiments and cool projects. Topics include Mad Machines, Earth's Amazing Wonders, Survival! Predators & Prey, Shake It Up. Children will have loads of fun learning about simple machines and creating their own mini-sonic race car. They will also get a chance to investigate the basics of geology and the wonders of nature. Lastly, children will enjoy taking household items and mixing them up and investigate chemical change!

April 9 -12, 2012 9:00am - 12 noon Ages 6 - 9

**Members: \$139.00 Basic: \$159.00**

### 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.

March 2nd

April 20th

May 4th

June 1st

**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. 18



# 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 - Thursday	Members: \$109.00	Basic: \$128.00
Friday - Saturday	Members: \$98.00	Basic: \$115.00

### 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
<b>MF&amp;M</b>		2+ 9:15am	2 9:30am	1 9:15am		2+ 9:00am
<b>Floppers</b>	11:45am*	10:55am	10:20am 12:45pm*	10:05am 11:45am* 6:15pm	11:30am* 1:35pm	9:45am
<b>Flappers</b>	12:35pm	10:05am 11:45am* 1:55pm	11:45am*	10:55am 2:10pm* 6:15pm	9:30am 12:45pm*	9:45am
<b>Flippers</b>	1:30pm					

\*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)

## NEW\*\*\*SWINGER/KIPPER PLUS

This class is offered as a second day class for gymnasts presently registered for Swingers or Kippers who are especially interested in one day becoming a member of our gymnastic team! Focus will be given to developing those skills needed to achieve that goal. The additional day of practice expedites the skill development.

Monday 3:30 – 4:30pm

Members: \$109 Basic: \$128

## CHEERLEADING (ages 5 - grade 5)

Learn cheerleading fundamentals, including cheers, jumps, students and pom-pom routines.

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 - Thursday Members: \$109.00 Basic: \$128.00

Friday - Saturday Members: \$98.00 Basic: \$115.00

## Swingers/Kippers (1 1/2 hour class)

Monday - Thursday Members: \$136.00 Basic: \$161.00

Friday - Saturday Members: \$122.00 Basic: \$145.00

## 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).



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KinderGym</b>		12:45pm	3:30pm*	1:00pm	10:20am	10:30am
<b>Rollers/Adv.</b>	3:30pm	5:30pm		3:45pm	3:30pm	11:30am
<b>10 &amp; Over Rollers</b>					3:30pm	
<b>Swingers/Adv.</b>		5:30pm		4:45pm		12:00pm
<b>Swingers/Kipper Plus</b>	3:30pm					
<b>Kippers</b>				4:45pm		12:00pm
<b>Flip Flops</b>		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 SPRING TRACK - BOYS AND GIRLS

Practices after school at Park Middle School and Terrill Middle School meets 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 Shalice Toney at the YMCA at 908-889-8880.

### SPECIAL NEEDS TEEN NIGHTS IN COLLABORATION WITH AUTISM FAMILY TIMES

Ages 13-18

Member: **\$25**      Basic: **\$30**

March 16th, 2012 – **Sports Night** will include sports and games in the gym, learn more about the Y and the class offerings, make and eat a healthy snack.

April 20th, 2012

**Earth Day Project**

**Flick/Float Open Mic Night**

May 11th, 2012

**Movie Night**



# TEEN PROGRAMS

## ATHLETIC CONDITIONING

Teens ages 11-13 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 5:15-6:00pm 11-13 years

Members: \$68.00 Basic: \$89.00

## TWEEN TRI CLUB

Participants will bike, run, swim, learn about triathlon training and prepare healthy snacks with a registered dietician. Do some or all of it. Friendly to all levels of fitness and abilities focusing on positive healthy lifestyle.

**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. 8

## TWEEN ZUMBA

Tweens in Mini Gym

Adults in MP3-Work out at the same time

Monday-7:00-7:45pm MG

Members: \$68.00 Basic: \$86.00

## TWEEN WILLPOWER AND GRACE

Thursday-6:00-6:45pm MG

Members: \$68.00 Basic: \$86.00

## TWEEN BOSU

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

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

Members: \$61.00 Basic: \$77.00

## 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. 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: \$98.00)
- A non-refundable half-month deposit is due at time of registration. Deposit will be applied to August of that program year.

# PRESCHOOL

**Registration Dates: Members: February 6, Basic: February 7, Open: February 8**  
**KinderWrap Open House: January 17th, 6:30pm – Martine Avenue**

## 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**.

**AM Session: 9:00am-11:30am**

**PM Session: 12:00pm-2:30pm**

**TWO YEAR OLDS** – 2-day class for children who will turn two years old by 10/1/12. Meets Tues. and Thurs.

**THREE YEAR OLDS** – 2-day, 3-day, and 5 day classes for children who will be three years old by 10/1/12.

## GYM JAMS 2012-2013

### 10 Equal Monthly Payments

	Member	Basic
2-Day	\$173.00	\$192.00
3-Day	\$248.00	\$276.00
5-Day	\$394.00	\$438.00

## KINDERGARTEN READINESS PROGRAM

The Kindergarten Readiness program is designed for students who will be four years old by 10/1/12 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: 9:00AM – 11:30AM**

**PM SESSION: 12:00PM – 2:30PM**

	Member	Basic
3-Day	\$248.00	\$276.00
4-Day	\$345.00	\$383.00
5-Day	\$394.00	\$438.00

## 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.

## 2012-2013 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	\$438.00	\$487.00
5-Day	\$501.00	\$557.00

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

## KW BEFORE SCHOOL PROGRAM 2012-13

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

	Member	Basic
5-Day	\$173.00	\$199.00

## KW PARTIAL CARE PROGRAM 2012-13

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

	Member	Basic
5-Day	\$197.00	\$226.00

## KW EXTENDED CARE PROGRAM 2012-13

School Dismissal to 6:00pm.

	Member	Basic
3-Day	\$253.00	\$291.00
4-Day	\$282.00	\$324.00
5-Day	\$328.00	\$378.00

## On-Going Registration

- All participants must be current YMCA full or basic members. (Basic membership fee: \$98.00)
- A non-refundable half-month deposit is due at time of registration. This fee will be applied to June of that program year.

# SUMMER DANCE, GYMNASTICS & TRI-CAMP PREVIEW

Registration: Full Members: February 23, Basic: February 24, & Open: February 25

## PRESCHOOL/KINDERGYM GYMNASTICS SUMMER MINI-CAMP

(Co-ed classes for ages 3 through entering Kindergarten)  
Children enjoy learning the fundamentals of gymnastics utilizing the gymnastics equipment and specialized mats to improve strength, balance and coordination, while staying active. Daily themes will be incorporated into activities, craft projects and stories. Please bring a healthy snack.

Monday and Wednesday, 9:30 am – 11:30am

**Members: \$39 Basic: \$47**  
**(Week 2: Members \$20; Basic \$24)**

## PROGRESSIVE SKILLS GYMNASTICS SUMMER MINI-CAMP

(Girls in Grades 1 -12)  
The tricks come fast in this fun-filled gymnastics camp.  
Bring a lunch and be ready for a full range of gymnastics activities.

Monday and Wednesday, 12:00 – 4:00pm

**Members: \$68 Basic: \$81**  
**(Week 2: Member \$34; Basic \$41)**

## COMPETITIVE GYMNASTICS TRAINING SUMMER CAMP

(Girls on Team or recommendation)  
This program is specifically for competitive level gymnasts presently competing on or interested in competing on one of our teams.

Tuesday and Thursday 9:30am – 3:00pm

**Members: \$74 Basic: \$87**

## SUMMER GYMNASTICS CAMP

Week 1 June 25 – June 29  
Week 2 July 2 – July 6 (no class July 4)  
Week 3 July 9 – July 13  
Week 4 July 16 – July 20  
Week 5 July 23 – July 27  
Week 6 July 30 – August 3  
Week 7 August 6 – August 10  
Week 8 August 13 – August 17

## CHEERLEADING CAMP

9:00 – 12:00 noon  
Enjoy a fun-filled week of jumps, dances, cheers, stunts, pom-pom routines and more! Ages 5 – entering 5th grade.  
All levels welcome!

Monday 8/6 – Friday 8/10

**Members: \$136 Basic: \$161**

## TWEEN TRI CAMP 2012!

For boys and girls age 11-13. Develop more skills in the 3 sports that make up a triathlon: swimming, biking and running. There will also be nutrition topics and cooking demos included with a Registered Dietitian. All sessions are coached by tri-coaches and fitness professionals. Friendly to all levels of fitness and abilities focusing on a positive healthy lifestyle. Bring lunch and drinks.

We will provide a healthy snack.

Camp runs from 10-2 pm,

Monday-Thursday

Weeks: July 16-19, July 23-26th, and July 30-August 2nd

**Members: \$119 Basic: \$139.00**

## SUMMER DANCE CAMP

For ages 3-10. Students are introduced to ballet, jazz, tap, gross motor skills, terminology, musicality, costuming, fun crafts that enhance your child's dance education. This year the summer dance camp has an option to be part of Camp Mak and is available for wrap around for 6 year olds and up. There also are added options for individual dance classes. Please see our dance brochure at the member service desk for age appropriate cut off dates. Bring a snack.

### 3/4 YEAR OLDS AND 4/5 YEAR OLDS

3/4 year olds-July 9-12, 10:30-12:00 at Grand St.

4/5 year olds-July 9-12, 9:00-10:30 at Grand St.

**Member: \$66.00 Basic: \$78.50**

### 6 YEAR OLDS, 7/8 YEAR OLDS & 9/10 YEAR OLDS

In addition to the above these groups will be introduced to performance technique. Option of wrap around with Camp Mak.  
6 year olds-July 16-19, 9:00-12:00 at Martine Ave.  
7/8 year olds-July 23-26, 9:00-12:00 at Martine Ave,  
9/10 year olds-July 30-Aug. 2, 9:00-12:00 at Martine Ave.

**Members: \$132.00 Basic: \$157.00**

# SUMMER CAMP PREVIEW

Registration: Full Members: February 23, Basic: February 24, & Open: February 25

## SUMMER DAY CAMPS PREVIEW

### CAMP WEETO-WEWANCHU



Kids entering pre-K 3 & 4 and Kindergarten. Make your child's first camp experience a positive one! Our preschool camp is for children wishing to go to camp, but not yet ready for a full day. Our camp features age-appropriate activities, designed to encourage physical and social development, along with character development. Each week a new theme is introduced, which includes the following activities: Instructional swim lessons, arts and crafts projects, sports and games, music and movement, story time, science and nature, and cooking. Children MUST be toilet trained. Please call Kathy Barros at 908.322.7600 for more information. Location: NEW Martine Ave Facility.

**Program Only (9:00am-1:00pm):**

**Members: \$155    Basic: \$172**

#### Weeto, Mak, Adventure, Cross Roads and Speciality Camp Dates:

- Week 1: June 25 - June 29
- Week 2: July 2 - July 6
- Week 3: July 9 - July 13
- Week 4: July 16 - July 20
- Week 5: July 23 - July 27
- Week 6: July 30 - Aug. 3
- Week 7: Aug. 6 - Aug. 10
- Week 8: Aug. 13 - Aug. 17
- Week 9: Aug. 20 - Aug. 24

**The ninth week of camp for Mak, Adventure & Crossroads will meet at the YMCA. Space is limited.**

#### GENERAL INFORMATION

All campers must be Full or Basic Members. A \$50.00 deposit per session (excluding specialty camps), per child is necessary to hold a place. This deposit is non-refundable. Register for a minimum of 6 weeks and receive \$100 off the 6th week. Please call 908-889-8880 for further information.

### CAMP MAK



Entering 1st - 4th grade Experience everything we have to offer by signing up for one or more of our weekly sessions. Every week of Camp Mak is completely different, so join us for the entire summer.

Our Camp activities are based on the healthy fun activities that help children grow in spirit, mind and body, as well as, embrace the values of caring, honesty, respect and responsibility.

Campers start off the day with morning announcements, wacky events and then continuing with 4 activities in small groups that include sports of all sorts, arts & crafts, exploring nature and science and much more.

Campers will also participate in a daily swim lesson and free swim in the afternoon at the Y and participate in group initiatives, team building and self-challenge. Activities are planned according to age and with the goal of allowing every child to develop positive self esteem and confidence.

Friday is special event day for the 1st and 2nd graders. Special events may include the Lizard Guys, Wondergy, a Magic Show, MadScience and Bubble Trouble. This group will remain at McGinn for the special event. This age group will also swim on Fridays at the Y.

Friday it is also trip day for all the 3rd and 4th graders. Trips for the older children may include Blackbeards Cave, Jenkinsons Aquarium, Insectropolis, Space Odyssey, Liberty Science Center, Statue of Liberty, Keansburg Waterpark and YMCA Camp Bernie.

### WEEKLY THEMES

- Week 1      Around the World
- Week 2      All Stars
- Week 3      American Idol
- Week 4      Color Wars
- Week 5      Wild & Wacky Water Week
- Week 6      Carnival
- Week 7      Medieval Times
- Week 8      SuperHeros
- Week 9      Best of Camp

**Program Only (9:00am-4:00pm):**

**Members: \$216                      Basic: \$248**

#### Program w/ Full Extended Care

7:00am - 6:00pm  
This allows for early morning drop off and late pick up.

**Members: \$339                      Basic: \$385**

#### Program Only w/ Specialty Camp

9:00am - 4:00pm  
**Members: \$282                      Basic: \$320**  
See page 26 for Specialty Camp listings.

#### Program w/ Full Extended Care and w/ Specialty Camp

7:00am - 6:00pm  
**Members: \$404                      Basic: \$459**

Kids can sign up for a specialty camp in addition to their daily camp program to enhance their camping experience. The Speciality Camp will run Monday through Thursday from 9am to 12 noon. Children will then rejoin their camp group for lunch, swim and traditional camp activities in the afternoon.

# CAMP

**SPECIALTY CAMPS – Monday – Thursday 9:00am–12:00pm Members: \$139 Basic: \$159**

## **WEEK 1 – JUNE 25 – 28**

### **Artist's Studio Explore Famous Artists**

Location: the Y (ages 6–9)

This art class will include more than the usual famed artworks– explore Grant Wood, Joan Miro, Gustav Klimt & more. Discussion of prints will be followed by creating an artwork inspired by the artist's style.

**Artist's Studio also will be offering an afternoon session for middle school, 1:00pm–4:00pm.**

### **Challenger Sports British Soccer Camp**

Location: Kramer Park (ages 6–9)

The most popular soccer camp in the country. Each day will include foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup Tournament. Campers will enjoy an end of camp graduation party!

## **WEEK 2 – JULY 2 – JULY 5**

### **Artist's Studio Wild Kingdom**

Location: the Y (ages 6–9)

Focus on animals through painting, sculpture, drawing and collage in this fun art class. Learn about different animals and create colorful, original artworks.

**Artist's Studio also will be offering an afternoon session for middle school, 1:00pm–4:00pm.**

### **Lax Academy Lacrosse Camp**

Location: Kramer Park (ages 6–9)

Our lacrosse camp is great for young boys and girls who have little experience, or who are trying the sport for the first time. Coach Nick Miceli provides an energetic atmosphere that the campers will feed off of. Coach Miceli coaches high school lacrosse here at Scotch Plains–Fanwood High School and also serves as a physical education teacher at Park Middle School. Throughout the week the campers will practice stick skills (passing, catching and ground balls), will play mini-games and have daily contests. Only equipment needed is a lacrosse stick. We look forward to seeing you at Lax Academy camp this summer.

### **Safesitter Babysitter Training Course**

Location: the Y (ages 10–14)

Time: 10:00–1:00pm

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.

## **WEEK 3 – JULY 9 – JULY 12**

### **Crazy Chemworks presented by MadScience**

Location: the Y (ages 6–9)

Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. Probe the properties of light and discover some unusual applications of glow-in-the-dark technology. Campers have a blast as they make some crazy concoctions. Take home projects include a reaction tube kit, atomic coins, thermocolor cup, slippery slime, Professor Beakerdude and more!

### **KidsTV**

Location: the Y (ages 8–10)

Time: 9:00am–4:00pm

Kids T.V. is a television program that teaches students the art of Media Production. For the last 10 years, KIDS T.V. has produced hundreds of hours of innovative video works made by students. The best of these student-made productions have been aired on various Cable Stations across North America from Community Access to HBO.

- Students will write their own script
- Learn how to make a story board
- Choose roles both on and off camera
- Take part in set design, costuming, props & make up
- Act in front of the camera
- Learn how to use a video camera creatively

### **"Hoops There It Is" Basketball Camp**

Location: Kramer Park (ages 6–9)

We are an established coed basketball program. We are the only basketball camp in the state of New Jersey endorsed by the Police Athletic League (PAL) for our outstanding work with youth in sports. We coach from novice to advanced players. "Hoops" trains children from ages 5–16 years old during the year. During summer camp we will perform a hoops progress report at the beginning and end of the week

which the children will take home and be able to continue to improve their skills. They will also receive a free camp picture. Our coaches get to know your child's "game" personally so that we can maximize their potential. Children will learn new skills, play fun games that reinforce their newly taught skills. "Hoops There It Is" is a fun-damentally sound choice for your child this summer! See you at the **Hoops**.

## **WEEK 4 – JULY 16 – JULY 19**

### **BRICKS 4 KIDZ® Lego Camp –**

Location: the Y (ages 6–9)

AMUSEMENT PARK theme building. Get your ticket to ride at Bricks 4 Kidz very own LEGO Amusement Park! Campers will build a new ride each day, learning how to make things spin, roll, turn and rock. Then they will take what they have learned to design their own thrills and challenges. Motorized models maximize the action and the fun. Each camp day includes carnival-themed games, group challenges, model-building and more.

### **KidsTV**

Location: the Y (ages 11–14)

Time: 9:00am–4:00pm at the Y

Kids T.V. is a television program that teaches students the art of Media Production. For the last 10 years, KIDS T.V. has produced hundreds of hours of innovative video works made by students. The best of these student-made productions have been aired on various Cable Stations across North America from Community Access to HBO.

- Students will write their own script
- Learn how to make a story board
- Choose roles both on and off camera
- Take part in set design, costuming, props & make up
- Act in front of the camera
- Learn how to use a video camera creatively

### **La Sports Academy Multi-Sport Camp**

Location: Kramer Park (ages 6–9)

Our multi-sports camps offers a unique variety of sports and activities. Coach Miceli has an extensive background and knowledge of sports to go along with his high energetic environment that the children love. Coach Miceli coaches at Scotch Plains–Fanwood High School and is a physical education teacher at Park Middle School. A typical camp day starts with a dynamic warm-up followed by an aerobic activity. From there the children could take part in full field touch football, or a world cup soccer competition. On the diamond they will play everything from kickball to

# CAMP

Registration: Full Members: February 23, Basic: February 24, & Open: February 25

tennis baseball. On the basketball court there might be mini games, knockout basketball, or races. Everyday will bring a different array of sports to your son or daughter and we look forward to seeing you there.

## Let's Play Chess

Location: the Y (ages 10-14)

Chess Program instruction by Render Cutts is for beginners to advanced beginner chess players. Program introduces children to the game of chess by teaching basic fundamentals. It focuses on critical thinking and problem solving skills through chess strategy and tactics. A creative format is used to teach and reinforce math, reading, and language art skills. Program is enjoyable as well as challenging.

## WEEK 5 - JULY 23 - JULY 26

### NASA Space Academy presented by MadScience

Location: the Y (ages 6-9)

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Space Academy camp. This is your chance to be a rocket scientist! Explore the science involved in rocket construction as you build your own rocket. Use teamwork to complete an important space mission and build a model space station. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. This stellar camp is your ticket to the stars as you journey through the galaxy.

### La Sports Academy's Tennis Camp

Location: Kramer Park (ages 6-9)

We coach from beginner to all star players. Our coaches get to know your child's "game" personally so that we can maximize their tennis potential. Children will learn new skills, play fun games that reinforce their newly taught tennis skills. Joan McGuire, head coach played tennis in college for Saint John's University and also has several years of experience as sports camp director for "College for Kids Program" in Union County College. This summer's tennis camp your child will enjoy a "grand slam" experience!

## WEEK 6 - JULY 30 - AUGUST 2

### BRICKS 4 KIDZ® Lego Camp

Location: the Y (ages 6-9)

"MINUTE TO WIN IT" - BRICKS 4 KIDZ

STYLE...with LEGO® BRICKS

Based on the popular NBC game show "Minute To Win It", this camp is packed with fast-paced, fast-action building and good old-fashioned friendly competition. 60-seconds on the clock. Think you can do it? You've got a minute to complete the crazy challenges using exciting Bricks 4 Kidz LEGO® models & every day household items! Each day offers new models and challenges as teams compete for the title of "Minute to Win It-Bricks 4 Kidz Style" Champions.

### "Hits There It Is" Baseball Camp

Location: Kramer Park (ages 6-9)

Our coaching staff won the 2011 Elizabeth Middle School District Championship. Our staff was all promoted to the traveling district teams! We coach from beginner to all star players. During summer camp we will perform a progress report at the beginning and end of the week which the children will take home and be able to continue to improve their skills. They will also receive a free camp picture. Our coaches get to know your child's "game" personally so that we can maximize their baseball potential. Children will learn new skills, play fun games that reinforce their newly taught baseball skills. At "Hits There It Is" Baseball Camp, you child is "SAFE" with us! The only equipment needed is a glove. If you have a bat you my bring it.

## WEEK 7 - AUGUST 6 - AUGUST 9

### Mad Science All-Stars

Location: the Y (ages 6-9)

You have been selected to participate on the Mad Science All-Star team! Learn about famous scientists and inventors who were all-stars in their field of expertise. Follow in their footsteps as we equip you with the science skills needed to rise to the top. Together with your teammates, you will build super structures. Soar high above as you build a kite and glider and experiment with lift, aerodynamics and air pressure. Learn all about Optics & Lasers. We'll also learn about Earth's Amazing Wonders!

### "Hoops There It Is" Basketball Camp

Location: Kramer Park (ages 6-9)

We are an established coed basketball program. We are the only basketball camp in the state of New Jersey endorsed by the Police Athletic League (PAL) for our outstanding work with youth in sports. We coach from novice to advanced players. "Hoops" trains children from ages 5-16

years old during the year. During summer camp we will perform a hoops progress report at the beginning and end of the week which the children will take home and be able to continue to improve their skills. They will also receive a free camp picture. Our coaches get to know your child's "game" personally so that we can maximize their potential. Children will learn new skills, play fun games that reinforce their newly taught skills. "Hoops There It Is" is a fun-da-mentally sound choice for your child this summer! See you at the Hoops.

## WEEK 8 - AUGUST 13 - AUGUST 16

### Let's Play Chess -

Location: the Y (ages 6-9)

Chess Program instruction by Render Cutts is for beginners to advanced beginner chess players. Program introduces children to the game of chess by teaching basic fundamentals. It focuses on critical thinking and problem solving skills through chess strategy and tactics. A creative format is used to teach and reinforce math, reading, and language art skills. Program is enjoyable as well as challenging.

### LA Sports Academy Multi-Sport Camp

Location: the Y (ages 6-9)

Our multi-sports camps offers a unique variety of sports and activities. Coach Miceli has an extensive background and knowledge of sports to go along with his high energetic environment that the children love. Coach Miceli coaches at Scotch Plains-Fanwood High School and is a physical education teacher at Park Middle School. A typical camp day starts with a dynamic warm-up followed by an aerobic activity. From there the children could take part in full field touch football, or a world cup soccer competition. On the diamond they will play everything from kickball to tennis baseball. On the basketball court there might be mini games, knockout basketball, or races. Everyday will bring a different array of sports to your son or daughter and we look forward to seeing you there.

# SUMMER CAMP PREVIEW

Registration: Full Members: February 23, Basic: February 24, & Open: February 25

## ADVENTURE CAMP



Entering 5th - 7th grade

This camp is for children entering grades 5-7th that want to get away, meet new friends and take trips throughout the area. This camp is centered on daily trips and geared towards the interest of the children. Each day, campers board the bus and head off to another exciting destination. We will hit amusement parks, the jersey shore, museums and other tri-state attractions. It's sure to be a blast!

Location: Terrill Middle School for drop off & pick up daily.

**Program Only (9:00am-4:00pm):**

**Members: \$243      Basic: \$276**

**Program w/Full Extended Care**

7:00am-6:00pm

**Members: \$361      Basic: \$410**

This allows for early morning drop off and late pick up.

## CROSSROADS



Entering 8th - 9th grade

This camp is for teens entering 8th & 9th grade that want to travel throughout the tri-state area and visit all that the area has to offer. We will visit amusement parks, water parks, sporting events, museums and more. In addition to the daily trips there is one overnight camping trip per week (Thursday night). Check out our website for the actual listing of daily trips and overnights.

Location: Terrill Middle School for drop off and pick up daily.

**Program Only (9:00am-4:00pm):**

**Members: \$299      Basic: \$347**

**Program w/ Full Extended Care**

7:00am-6:00pm

**Members: \$417      Basic: \$480**

Allows for early morning drop off and late pick up.

## SUMMER CIT PROGRAM - COUNSELOR IN TRAINING



Designed for teens, our CIT program is for youth ready to volunteer in the Y summer camp programs, give back to their community and develop life-long leadership skills. CIT's will have the chance to shadow actual counselors, help facilitate activities and participate in nearly every activity. CIT's will also receive training in CPR and First Aid. Camp is held Monday through Friday, 9:30am-3:30pm.

Location: McGinn Elementary School

Session 1: July 9 - July 27

Session 2: July 30 - August 17

**Members: \$390      Basic: \$430**

### Weeto, Mak, Adventure, Cross Roads and Speciality Camp Dates:

Week 1: June 25 - June 29

Week 2: July 2 - July 6

Week 3: July 9 - July 13

Week 4: July 16 - July 20

Week 5: July 23 - July 27

Week 6: July 30 - Aug. 3

Week 7: Aug. 6 - Aug. 10

Week 8: Aug. 13 - Aug. 17

Week 9: Aug. 20 - Aug. 24

**The ninth week of camp for Mak, Adventure & Crossroads will meet at the YMCA. Space is limited.**

## GENERAL INFORMATION

All campers must be Full or Basic Members. A \$50.00 deposit per session (excluding specialty camps), per child is necessary to hold a place. This deposit is non-refundable. Register for a minimum of 6 weeks and receive \$100 off the 6th week. Please call 908-889-8880 for further information.



NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
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PERMIT NO. 1

## 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

**Check Out Our  
Camp Programs and  
Specialty Camps Today!**

**Registration:  
Full Members-Feb. 23,  
Basic-Feb. 24, Open- Feb. 25  
Space is Limited!**

