

The Helen and Bill Geyer Montclair YMCA Family Center

PROGRAM GUIDE

Fall 2010–Summer 2011

Inspiring parents and empowering children with exciting and creative programs for children 6 months to 12 years old.

a
great
place
to
grow!

A watercolor illustration of the Montclair YMCA Family Center building. The building is a multi-story structure with a mix of brick and stone-like textures. Large windows are visible, and a colorful mural is on the right side. People, including children and adults, are shown walking on the sidewalk in front of the building. The text 'a great place to grow!' is overlaid on the image in a playful, blue, rounded font. The word 'grow!' has a purple exclamation point and a purple diamond shape at the end of the 'w'.

**THE HELEN and BILL GEYER
MONTCLAIR YMCA FAMILY CENTER**
159 Glenridge Ave., Montclair NJ 07042
(973) 783-7640
www.MontclairYMCA.org

Current session class schedules are available at Member Services
or on-line at www.montclairymca.org

Welcome to the Helen and Bill Geyer YMCA Family Center

A Letter From the Branch Director, James Goodger

A Great Place to Grow! We're an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

Now more than ever, early childhood experiences matter for life long health. At the Helen and Bill Geyer YMCA Family Center, there is more than just slipping into swimsuits, shaking music eggs, climbing rock walls and stirring a science experiment! A community is created! Experiential and engaging play is promoted and memories are made. We encourage you to try a number of our classes and help spread the word about our programs by telling your friends and neighbors to come and join in with the fun! I am proud of our diverse and talented group of directors, staff, teachers and volunteers who craft unique and empowering experiences for all involved. This dedicated and creative team of adults value dynamic activities, sports and play for children and create a warm and friendly atmosphere . . . come share in the magic and make memories with your family this season.

YOUTH DEVELOPMENT

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

HEALTHY LIVING

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering friends or bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

SOCIAL RESPONSIBILITY

We know that when we work as one, we move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities.



Our mission:

The Montclair YMCA is a not for profit organization that welcomes all people. Our purpose is to promote the moral, social, and physical development of children, youth, adults and families in our community. We are dedicated to the values of caring, honesty, respect and responsibility. Our programs emphasize personal growth, foster a sense of self worth and encourage social responsibility.



Our programs:

There is something for everyone at the Family Center - from the expectant mother, expecting her first baby, to the theatrical 12 year old! Our classes encompass engaging and creative programming for babies, toddlers, preschoolers, big kids and their caregivers. Also, check out our special programs and birthday party information found on page 22.

YMCA Family Center Staff

The staff are always ready to make your experience a positive one....we look forward to spending time together. Our classes are instructed by experts in their fields with strong teaching and youth leadership experience. To speak with one of our staff, please call **(973)783-7640** or email **y@montclairymca.org** and you will be directed to a staff member.

Benefits of Volunteering

Volunteering is more than just sharing your time and passion, it's about the satisfaction of knowing you are helping people become stronger, giving back to your community and gaining valuable work experience that will enhance your career opportunities.

Here are just a few of the many benefits you will receive from volunteering:

- The fulfillment from knowing you are making a difference in your community
- New skills, increased confidence and enhanced leadership skills
- New friends and acquaintances from all walks of life
- Valuable work experience
- Be part of an organization with a history of giving back to its community
- Gained hours towards your community service requirement

Please contact Member Services to get involved today: **(973)783-7640**.

They're Counting On Us...

Contributions to the YMCA's Annual Strong Kids Campaign ensure that no child or family is turned away from life-enhancing YMCA programs because of the inability to pay. Each year, the Montclair YMCA provides over \$400,000 in financial assistance to hundreds of local youth and families in need. These requests are now rising to unprecedented levels.

The YMCA, through its annual fund-raising, wants to be there to meet them.



We're Counting On You...

The Y exists to promote the healthy development of all kids and their families regardless of their financial means. Each dollar contributed to the YMCA Strong Kids Campaign goes directly to making YMCA programs and membership available to those in need.

find ^{your} place _{at the} **FAMILY CENTER!**

The Family Center offers three different dynamic program areas, each with its own personality and repertoire of activities. Find your place in the pages that follow!

Please note that all classes in the guide are not offered every session.

GYM (Pages 5-8): Climbing, rolling, and leaping over obstacles, throwing, kicking and passing a ball, will help your youngster discover the joy of physical activity and teamwork! Working out and developing new skills with other children their age is a sure cure for the couch potato blues. Bring your children into one of our beautiful gyms and get ready for lots of movement, challenges and fun!



Gym Programs
Sports Skills

pages 5-6
pages 7-8

SWIM (Pages 9-10): Splashing in the pool, learning to swim, building confidence in the water. These classes take place in the pool and will give your children skills and memories that last a lifetime!

Pool Time (parent/child)
Pool Time (child only)
Combination Classes

page 9
page 10
page 11



THE SECOND STORY (Pages 12-20): Bring your game to the next level by taking the stairs to our wide range of wonderful resources– the kitchen, the woodshop, the dance studio, the art room, the story room and the music room. We've got something upstairs for every taste, talent and tempo. Find the creative classes you've been craving on the second story.

Music
PERFORMING ARTS
Dance & Movement
Dance Technique Courses
Theatre Arts
Yoga
Creative Arts & Sciences
Kitchen Adventures
Readiness Programs

page 12
page 13
page 14
page 15
page 16
pages 17-19
page 20
page 21



Vacation Camp, Birthdays & Rentals
GENERAL INFORMATION
SUMMER 2011

page 22
page 23
page 24



GYM!

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

We encourage our children to do a variety of activities daily so that they can work on all three of these elements.

Endurance is developed when children regularly engage in aerobic activity.

Strength is developed when children climb, do a handstand or swing a bat.

Flexibility is increased during stretching exercises, performing cartwheels or reaching for a ball with a racquet.

At the Helen and Bill Geyer YMCA Family Center we are focused on offering all of these important physical experiences for children.



GYM PROGRAMS – Parent/Child

GYM JUNIORS (8-17 months) Join the YMCA instructors for a class full of wonder and discovery. Caregivers and children can explore the world around them through games, songs and structured age appropriate activities. Time for free play will also be incorporated in each class to strike a perfect balance for our youngest participants.

GYM JUMPERS (18 months-2 1/2 years) Caregiver and child will work with the YMCA instructor to gain self confidence in all of their newly acquired physical skills. Each child can gain independence in a safe, fun, age appropriate setting. Each class will include stimulating structured activities and free play time to keep your toddler engaged.

GYM JAMMERS (2½ - 3½ years)

Children will really shine in this class which stresses cooperation, self confidence, independence and social skills. Caregivers and YMCA instructors will help children practice following directions and become good listeners. More group activities are introduced in which the children will work with the instructor.

GYM Passes

TWO WEEKS INTO EVERY SESSION, GYM PASSES BEGIN!

A Gym Pass is for the Family to enjoy play time together in the gym.

There will be a number of different times listed and pass holders can attend any of those times during the week. Staff members will ensure members are following guidelines to ensure the safety of all, however, it is the parent/caregiver's responsibility to participate with, and spot their own children.

Gym Pass is designed for children walking through 4 years. Older children may attend but must play in a manner that allows the younger children a safe environment. For everyone's safety infants in carriers are not permitted.

A pass can be purchased on-line or at member Services beginning on the first day of the session. Pass times will begin 2 weeks into the session.

(So for an 8 week Session, Passes will run for 6 weeks starting two weeks into the session)

GYMNASTICS & FITNESS

Child Only

ROCK 'N' ROLL (3 years) An introduction to gymnastics through movement while developing gross motor skills and group play. Basic tumbling and apparatus skills will be introduced. Group activities to develop strength, flexibility, balance and listening will be included in each class.

KINDER GYMNASTICS (4-K) We will develop basic gymnastics skills: tumbling, balance beams and bars. Activities each week will improve flexibility, strength, coordination and balance.

JUNIOR GYMNASTS (6-8 years) Appropriate for beginning and intermediate gymnasts, tumbling, balancing, and jumping are practiced with precision, fun and focus. Learn to perfect cartwheels and walkovers and take a risk with jumps, leaps and rolls on the balance beam. Each class includes warm ups, conditioning and flexibility skills.

I LIKE TO MOVE IT! (5-6 years) One of our popular Kindergarten movement classes that utilizes both gymnasiums. Children's love of play, imagination and boundless energy are the key ingredients in this fun filled class. Participants will learn hilarious new games and dances every week that get their heart rates going, body moving and their muscles growing. Children will also be introduced to the climbing wall and learn the necessary skills to 'take it to the limit'. If your child likes to move, this is the class to pick! The music, activities and energy levels will have the gym walls shaking!

THE WALL (5-8 years) Our Traverse Climbing Wall is proving to be an innovative activity that captivates all learners and builds physical, cognitive and social/emotional skills. This class focuses on exercise, fitness and balance for the adventurous child, incorporating our fantastic traverse climbing wall and lots of other obstacles! Confidence, self esteem and communication skills will be just a few of the many cognitive skills developed from climbing at the Y!

KIDDY BOOT CAMP (4-6 years) Your child will receive a high energy and motivational workout. After doing stretches & warm-ups, we'll move right into the fun cardio workout. At the end of each class, we will play cooperative games that encourage teamwork, self-confidence and discipline. For the very last class, parents can come and join the fun while working out side-by-side with their child.



SPORTS SKILLS

Parent/Child

SPORTS AND GAMES TOGETHER (3 years) Come play and learn together! Parents join in with the laughter and fun in the gym while picking up great ideas to use at home. A mix of Sports and Group Games will have you smiling through the week until the next class

Child Only

LITTLE LEAGUE SPORTS

SAMPLER (3 years) Too young for Kinder Sports? Get your child ready by sampling a little of everything we have to offer in the large gym! Participants will be introduced to skills in a variety of sports each week including soccer, basketball, tennis, tee-ball and track and field.

KINDER SPORTS

(4-5 years)

Non competitive games will be played while developing fundamental sports skills. Dribbling, throwing, catching, kicking and passing will be practiced. A great way to energize and enhance your child's afternoon!



FOOTBALL FAN CLUB (5-6 years) In this introduction to football, participants will work on passing, catching and their 'dodging and fleeing' skills! Fun drills and games will have participants practicing important Football basics while improving their fitness so that the team is ready for the Family Center 'Super Bowl' during the final week of the session!

TENNIS TIME (4-6 years) This fun class introduces the basics of tennis using great games and activities while building self esteem. Hand eye coordination skills will be developed in this class which will help your child succeed on and off the court. Tennis rackets are provided.

BASKETBALL BOUNCERS (5-6 years) Bounce, bounce and bounce some more! Dribbling, passing and teamwork will be introduced with fun games and drills to develop basic basketball skills. Participants will play in the Championship game in the last class of the session!

TERRIFIC TEE BALL (5-6 years) Join the coaches for Tee Ball. Catching, fielding, throwing, hitting and running the bases will be the focus of this fun, action packed class aimed to introduce beginners to America's favorite past time. Participants will play in the 'T-Ball World Series' in the last week of the session!

SLAPSHOT HOCKEY (5-6 years) Learn the skills for a fun and fast hockey game: pass, shoot and score! In this fast and exciting class, participants will be introduced to basic skills through games and activities. Participants will take the 'ice' for the 'Geyer' Cup Final in the last class of the session.

GO GOLF! (5-6 years) Compete in what many call the "greatest game of all!" Classes will include driving range set-ups, mini-golf challenges and plenty of hand eye coordination activities. Patience, concentration and focus will be developed as we learn the basics of swinging, putting and stance.

TRACK & FIELD (5-6 years) Future olympians have to start somewhere, why not the Family Center! Games and challenges will help the children grasp the important skills of running, jumping, throwing and more. Each week the children will track their personal bests and in their final class, parents get invited to the YMCA Family Center Olympic Heptathlon!

SUPER STAR SOCCER (5-6 years) Dribble, pass, shoot and score! Join our coaches for this unique introduction to the world's most popular sport. Participants will learn and practice basic skills needed to get their soccer careers off to the best possible start through fun and teamwork. Participant will take the 'field' for the cup final in the last week of the session.

FENCING (9-12 years) Experience fencing in the safe and controlled environment of the Family Center. Children will learn basic moves, essential foot work and balance through fun drills and activities. The equipment is provided and instructors from the Montclair Varsity Fencing Team demonstrate their duels and get you up to speed on vital fencing techniques!

LIL' DRAGONS (4-5 years) Lil' dragons is a fun, non intimidating beginners karate program that promotes self control and introduces the basics of the martial art of Tae Kwon Do while being in a safe and structured environment. These soon to be striped dragons will learn kicks, punches, blocks, jumps, and ducks.

No Tae Kwon Do uniforms. Participants should wear comfortable gym clothes. Belts will be provided for participants to keep!

ON THE ROAD TO BLACK BELTS (6-8 years) These future black belts will start with the basic program. They will learn that karate (tae kwon do) is not only kicking and punching, it is a way of thinking and living. The children will learn the martial art of Tae Kwon do in a safe and structured environment. They will be learning a truly treasured martial art. Discover self discipline and have lots of fun.

No Tae Kwon Do uniforms. Participants should wear comfortable gym clothes. Belts will be provided for participants to keep!



SWIM!

POOL TIME – Parent/Child

The benefits of “baby-friendly”, infant/toddler swimming are unique, uplifting and contribute to the positive development of the whole child. Through the soothing medium of water, we are able to tap into the child’s potential,

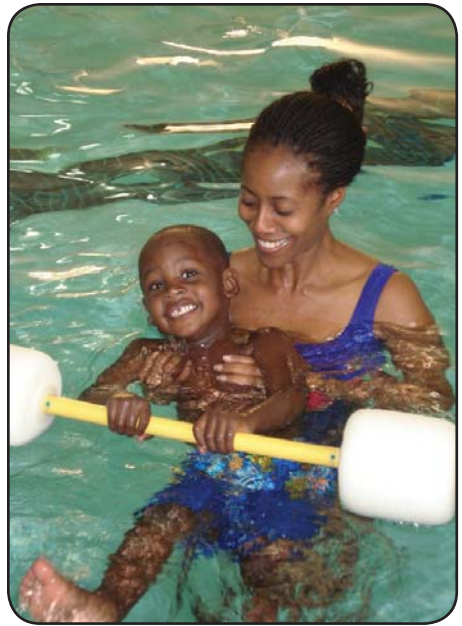
Our Child-paced infant/toddler swimming lessons have the potential to increase intelligence, concentration, alertness, and perceptual abilities.

All Family Center Parent/Child classes require the participation of both parent and child. It is for safety and program management purposes that every parent/child designated class has one adult for every child. Thank you for your cooperation with this policy.

- **Bubble Babies (6–18 months)**
- **Tiny Tots (18 months–2½ years)**
- **Tadpole (2½–3½ years)**
- **Leap Frog (3–4 years)**

Games, pool safety and water adjustment while crafting great connections with your little one! Parents and children enjoy water play together while increasing their comfort in the pool through the leadership of our highly trained instructors. Songs, water play and activities help acquaint the child with the pool and connect children with other peers. Pool safety and water adjustment skills are nurtured in a lively, wet and fun way! One class each session will be dedicated to pool and water safety activities.

Leap Frog (3–4 years) Not quite sure if your child is ready for a child only class? Try out our traditional class, Leap Frog. This class starts as a parent/child class for the first few weeks focusing on water adjustment and beginning swimming skills. After the first few weeks, the class ends as a child only class with friendly instructors leading your child to success!



SWIM PASSES

Two weeks into every session, Session Swim Passes begin!

A Swim Pass is for the Family to enjoy play time together in the pool. There will be a number of different times listed and pass holders can attend any of those times during the week. Staff members will ensure members are following guidelines to ensure the safety of all.

A pass can be purchased on-line or at Member Services beginning on the first day of the session.

Pass times will begin 2 weeks into the session.

(So for an 8 week Session, Passes will run for 6 weeks starting two weeks into the session)

POOL TIME – Child Only

Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many benefits. If children like being in the water, here are some benefits that will have them smiling all the way to the pool:

Physical Benefits:

- Cardiovascular Fitness
- Muscular Strength
- Flexibility
- Low impact Exercise
- Aids in weight loss

Mental benefits:

- Removes the fear of water
- Reduces Stress
- Community activity



STARFISH (3 years) Starfish is a class designed for your 3 year old child to experience his/her first child only swim class. Each week we practice new skills as well as improving the skills already learned. If your child is already comfortable in the pool; we will continue to encourage the progression of his/her skills.

KINDERSWIM (4-6 years) Kinderswim is a class designed for 4 years old through Kindergarten. Each class is separated based upon ability. Whether your child is a brand new swimmer or has experience, we will help him/her work on the skills needed to progress to the next level.

KINDERSWIM PLUS (4-6 years) *Child must be recommended or tested. Kinderswim Plus is a class designed for those 4 years old through Kindergarten who have been recommended for a more intense swimming class. In this independent swim lesson we focus on backstroke, rotary breathing and endurance by swimming the length of the pool. For testing, please call Michelle at 973-559-9284.

WATER SAFETY WEEK At the Y we strive to be water smart and water safe. Each session we offer one week of water safety. We talk about important rules, help someone who can't make it to the wall, try on lifejackets, take a boat ride, do safety jumps, and even try out a raft race! We believe it is vitally important to show children how they can be as safe as possible around the water.

PRIVATE SWIM LESSONS

Due to limited space, private swim lessons for ages 3 (and potty trained) to K are available only during some school breaks or changes from our regular swim program sessions. Thirty minute one-on-one instruction is a great way to boost your child's confidence and abilities! Information and Registration dates for private Swim lessons will be announced by Member Services, posted on-line and e-mailed to all members 3 weeks prior to the date. Fee is \$30 per half-hour. Same instructors are not guaranteed.

Some Kinderswim/Starfish combo classes will be offered each session and are designed for the convenience of parents siblings ages 3 years old - Kindergarten. This class combines the two different classes taught at the same time.

COMBINATION CLASSES

Finding it hard to pick a class?, looking to expose your child to a mix of activities?, or simply love the idea of a longer class!? Our various 'Combination Classes' are the ultimate experience for you and your child!

Parent/Child

MY BUDDY & ME (18 months – 2-1/2 years)

Love our gym programs and our swim program? Why not take a class where you can experience both in one day. My Buddy and Me is a structured gym class as well as a swim lesson. We work on different skills each week. Classes begin in the gym.



Child Only

(Separate emergency contact form must be completed for all child only combination classes. Available on-line or at Member Services)

LITTLE LEAGUE SPORTS and SPLASH (3 years)

Our popular Little League Sports Sampler class with an added 'splash!' After some great soccer, basketball, tennis or T-ball sports action in the gym, participants will head to the pool for a Starfish swim lesson. Double the fun for the active child!



KINDERSPORTS and SPLASH (4-5 years)

Our action packed Kinder Sports class with an added 'splash!' In the gym non-competitive games will be played while developing fundamental sports skills. Participants will then head to the pool for a Kinderswim lesson. Double the fun for our Kindergarteners!

LUNCH BOX CLUB (Ages 3 and 4, must be 3 by 9/1/10) Join your Y friends for some midday fun. Each day we will enjoy our lunches that we bring from home. Spend some time creating in open art and get physical in open gym. Sign up for one or more days. Sounds Yummy! No swimming.

SATURDAY AFTERNOONS AT THE Y (4-K) Looking for a class that has it all? This is it-- a fun-filled afternoon at the YMCA-- group games in the gym, swim, and arts & crafts. Meet in the lobby and bring your sneakers, swim suits and towels.

WACKY WEDNESDAYS & FUN FRIDAYS (3-5 years) An exciting time for children to explore the Y! Children will participate in fun gym, swim and arts & crafts activities.

KINDERKIDS (4-6 years) A variety of theme-oriented gym activities with an emphasis on furthering development of motor skills. Children work together to encourage cooperation and build self esteem. Swim class is for both experienced and new swimmers. Class begins in the gym; children need a swim suit, towel and bag.

ROAD RUNNERS (3 years) A theme-oriented gym program designed to enhance physical and gross motor skills. This class will include both structured activities and supervised free play. Water adjustment and beginning swimming for non-swimmers and beginners. Class begins in the gym; children need a swim suit, towel and bag.

THE SECOND STORY!

Art, Dance, Music, Movement and Readiness

Express your inner and outer artist at the Second Story! Enhance your mind, body, fine motor skills, and taste buds by exploring the Creative Arts Department. Classes from Art to Cooking, from Dance to Music, from Drama to Woodshop, from Yoga to Sewing, and our new Preschool Readiness Programs. Something for every level can be explored at the Second Story.

THE BENEFITS OF MUSIC

Like most preschoolers, your child probably already loves music and has favorite songs. This may have happened with little encouragement from you beyond simply playing music on long car trips. But did you know that your preschooler is now at an ideal age to expand his or her musical horizons and abilities?

Kids who grow up hearing music, singing songs, and moving to the beat are enjoying what experts call “a rich sensory environment.” That’s just a fancy way of saying they’re exposed to a wide variety of tastes, smells, textures, colors, and sounds. And researchers believe this forges more pathways between the cells in their brains.

Musical experiences are an important way to help create these pathways, also called neural connections. And while listening to music is certainly key to creating them, it’s when kids actively participate in music that they make the strongest connections.

Research shows that kids who are actively involved in music (who play it or sing it regularly):

- do better in reading and math when they start school
- are better able to focus and control their bodies
- play better with others and have higher self-esteem

MUSIC - Parent/Child

TODDLER TUNES (1-2 years) Finger plays, nursery rhymes and silly songs enchant your toddler and encourage imagination, language and motor skills. Take 30 minutes to musically connect with your toddler and leave laughing and relaxed.

MERRY MUSIC MAKERS (2-3 years) For the music maker who is ready to move, sing, clap and shake! Simple rhythms and a variety of musical styles will be introduced. Adult participation is required.

MUSIC - Child Only

ROCKIN’ RHYTHMS (5-7 years) Explore music through the different genres of jazz, country, rock, opera, and classical music. Learn about the orchestra and which instruments are used to tell stories and evoke certain emotions. Children will be introduced to basic music theory and play percussion instruments as well as practice singing.

The session will end with an observation day performance for parents.



PERFORMING ARTS

DANCE & MOVEMENT

Parent/Child

Exploring movement and dance is a unique way to bond with your child. Both caregiver and child can develop their coordination, flexibility, balance, muscle tone, and musicality. Dance offers the experience to use one's imagination, and more importantly, to have fun together.

BABY BOOGIE (Walking to 2 years) The first movement class for you and your child. Come explore classic nursery rhymes, such as “Ring Around the Rosy” and “London Bridge is Falling Down”, along with other fun movement games and dances!

CREATIVE MOVEMENT (2–3 years) Experience a wonderful introduction to dance and movement through creative games, props and a delightful sense of play.

MOMMY AND ME BALLET (3–4 years) An amazing opportunity for caretakers to get exercise and ballet knowledge with their little dancers! Participants will learn basic ballet steps together as well as explore classical and contemporary music. Casual clothes required.

FAMILY ZUMBA! (For adults and children ages four years and over)

A family friendly, cardio-dance class with a multicultural world beat! Come on your own, as a couple, or with your kids for dancing fun that will improve your health and shape without feeling like a dreaded “work out.” Learn a little salsa and other “steps” while getting the boost from just moving your body and having some fun with friends, new and old.

Led by a licensed Zumba® and Zumbatomic® instructor, this class balances the Zumba-style dance-party workout for adults with high-energy fun for kids of all ages at their own pace for priceless laughing, dancing, and bonding for adults and families!

Child Only

Dance provides physical, developmental and artistic benefits to your child.

Pick one of our classes and see your child improve their flexibility and sense of balance, interact with and meet new friends and have their imagination sparked!

FUN DANCE I (3 years) This dance class explores basic elements of dance and body awareness through hoops, mats, ribbons and a lot of imagination. Simple steps and lots of fun will increase the coordination and confidence in your young dancer.

FUN DANCE II (4–6 years) Explore more details of basic dance through ballet and jazz terms. Ribbons, props and hoops awaken the imagination to create steps, combinations and fun!

STORYBOOK BALLET (3–5 years) Calling all princesses and princes to the perfect introduction to ballet through the enchanting world of fairytales! Each week a different fairytale, such as Cinderella and Sleeping Beauty, will be explored with the use of props while learning classical ballet steps and French terminology. Ballet Shoes and dancewear are encouraged for this class.

MOVE IT LIKE A SUPER HERO (3–5 years) Does your child pretend to be Batman or Spiderman? Sign them up to hone their super powers in a creative movement class! They will pretend to fly and scale walls each week while getting important exercise and stretch their imagination. Casual clothes required.

ELEMENTS OF DANCE AND CHOREOGRAPHY (7–10 years) A more in depth study of different styles of dance, including jazz, modern and creative movement along with choreography. Students will work together over 8 weeks to compose their own dance piece to be performed in studio at the end of the course. Dance vocabulary and skills will be emphasized. Casual clothes required.

DANCE TECHNIQUE COURSES

Dance is a creative, social and physical art form that allows expression through movement. Dance technique courses provide an essential foundation for any type of movement, while encouraging the development of hard work and determination! From Ballet to Hip Hop, every boy and girl will have an opportunity to improve their dance skills in a fun and casual environment.



Child Only

PRE-BALLET I (3-4 years) A creative movement class where the basic ballet positions are incorporated into the movement activities. Children will use their imaginations in creating shapes, rhythms and movement. Ballet shoes and dance wear are encouraged for this class

PRE-BALLET II (5-6 years) This dance class will explore in more detail the basics of ballet style of dance. This pre-ballet class will teach ballet positions in a creative movement atmosphere, using imagination to work with different shapes and movements. Ballet shoes and dance wear are encouraged for this class.

BEGINNER BALLET (7-9 years) A traditional study of classical ballet, the foundation of all dance styles, in which technique and alignment are the focus. Students will expand their ballet vocabulary and knowledge while building strength and developing grace. Ballet shoes and dance wear encouraged for this class. For more information, please call Amy: ext. 255

INTERMEDIATE BALLET

**Child must be recommended by instructor or tested.*

This course is meant for students who have previous experience and wish to study more advanced aspects of classical ballet. Ballet shoes and dance wear encouraged for this class. For more information, please call Amy: ext. 255

JAZZ (3-5 years) Begin to explore the concepts of Jazz, a popular and contemporary dance style seen in movies and on Broadway. Spend 45 minutes learning to move to the beat, kick high and turn! Dance shoes are encouraged for this course.

INTRO TO HIP HOP (5-8 years) Introduce your child to choreography, techniques and fun! Casual attire with sneakers make this dance class a powerful way to bring dance into the lives of children.

HIP HOP (9-12 years) Hip Hop is a huge part of current culture as seen on television and in the movies! Come with a positive attitude to learn the latest and greatest moves while moving to the beat. Casual clothes and sneakers are appropriate attire for this class.

At the end of each session there will be an informal studio performance, a chance for students to showcase their newly learned skills. Families welcome!

THEATRE ARTS

Parents often hear about the wonderful benefits of organized sports, but the creative arts can be another terrific medium for keeping their children active, healthy, and engaged. Theater classes provide benefits that cannot be found in sports programs, such as increased comfort with public speaking, greater self-confidence and trust in group process, and a positive outlet that helps children learn how to think outside of the box and solve creative problems.



Working on a Play Builds Self-confidence and a Feeling of Acceptance

Everyone needs a place where they feel they belong and can relax and be themselves.

For some, theater can be the perfect place to gain personal confidence in smaller steps. Acting out scenes, or just watching other kids do it at first, introduces children to new ways to relate to their peers and develop a better understanding of themselves as they begin to work in teams and rely on each other – and, more importantly, be needed by others!

The positive atmosphere of exploring their innate talents while learning to work with other children in a constructive and creative way can be a huge boost to a child's self esteem and can fundamentally impact their success in school and family life as well. According to Anthony Hubert, founder of the Rocky Mountain Conservatory Theater, "A child who is involved in theater... is taking part in an integral development of the young mind. If you learn to be emotionally present at a young age, you will grow up to be a healthy participant in the ensemble that is the world."

Child Only

ACTING UP (Ages 4-6) Creative dramatics and story theatre for the imaginative one. Learning will focus on the very basics and elements of drama, acting, and the theatre. This class will spark the imagination and provide an outlet for your child's creativity.

THE PLAY'S THE THING (Ages 7-10) Advanced creative dramatics, story theatre, and drama workshop. For the budding actors out there....young actors/actresses will be able to write some of their own scenes and perform them at the end of the session.

MUSICAL THEATRE WORKSHOP (Ages 9-13) This class will help your budding "triple threat" explore the musical theatre and what it means to act a song, sing a dance, and dance an act. Performers will collaborate with the dance and music teachers for two classes each, in addition to the drama instructor, to create a dynamic showcase at the end of the session.

YOGA

Our children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better.

Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease.

Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

Child/Parent

BABY YOGA (birth-crawling) Yoga poses and activities to provide gentle stretches for parent and engaging games for babies. A fun, interactive experience to support the transition to parenthood and meet other parents.

TODDLER YOGA (18 months-3 years) Games, riddles, breath work and poses engage toddlers into a gentle, fun introduction to yoga. Caregivers will work together with their child to support body awareness and improve coordination.

FAMILY PJ YOGA (3 ½ - 8 years) A great way to connect as a family!

Join our Yoga instructor to gently stretch, learn different poses and focus during breathing exercises. This quality time spent together as a family will have benefits beyond the Yoga room. Wear your favorite pajamas!

Child Only

KIDS ONLY YOGA (4-6 years) Enchanting and inspiring, Kids Only Yoga classes use games, songs, exercises and breath work to introduce children to the joys of yoga.

YOGA PRETZELS and BUDDING ARTISTS (5-8 years) Why not have it all...the strengthening, relaxation and focus from yoga along with the creativity of art. Each week, we will work on yoga poses, breathing exercises, and yoga games before going to the art room to create a work of art.

PRENATAL YOGA CLASSES

PRENATAL YOGA Prenatal yoga is a welcoming, compassionate class for women at any point in their pregnancy. No prior yoga experience is needed for this restorative, relaxing and nourishing way to reduce back ache and connect with your growing baby. Wear comfortable, moveable clothes.

PRENATAL WATER CLASS Experience the weightlessness of water while enjoying aerobic exercise and calm meditation. Open to women at any point in their pregnancy.

CREATIVE ARTS & SCIENCES Parent/Child

MESSY ART (18 months-3 years)

A more unstructured class designed to promote exploration of paint and other messy materials. Each week, finger painting, easel painting and play dough will be used in a relaxed and creative environment. The last 15 minutes of class will be dedicated to unstructured play time in our play area. Plan to wear clothes that can get dirty (grown-ups too!)



JUNIOR EXPLORERS (2-3 years) Explore the wonders of science through inquiry, hands on experiments and creative projects.

ZOO KIDS (2 -3 years) Calling all animal lovers and little adventurers. Come and learn about different animals each week through stories, games and fun!

PINT SIZE PICASSOS (2-3 years) Calling all artists: bring a special grown up and discover the joys of making art and crafts. In our bright art room, explore materials and enhance fine motor skills in a relaxed environment. Plan to get a little messy and have a lot of fun! A different theme is explored each week.

BEGINNING BUILDERS (3-4 years) Join us in our wood shop to learn the basics of building. The safe use of tools will be introduced through simple projects. Wood, cardboard, styrofoam and recyclables will be used to create projects your child will be proud to bring home.

CURIOS KIDS (3-4 years) How are rocks formed? What makes a rainbow? Curious kids and caregivers learn about the exciting world around them through hands on activities and demonstrations.



MINI MONETS (3-4 years) Drawing, painting, sculpting, cutting and more! Come ready to explore your creativity and love of color. A different theme is explored each week.

LITTLE ILLUSTRATORS (3-5 years) Your child will learn to recognize popular children's book illustrators, who will inspire their own artwork. Each week's project will highlight a different illustrator & their medium - from collage to cut paper to paint & more! We will even make our own book!

ARTS & SCIENCES

Child Only

CREATIVE KIDS (4-6 years) Come create and explore the world of art! Each week we will focus on different themes and use many types of arts and craft materials. Skills and techniques will be introduced while leaving plenty of room for self expression. . . . a wonderful class for the budding artist!

SCIENCE EXPLORERS (5-6 years) Children will learn how the world works around them by participating in activities and experiments in areas such as earth science, physics, and chemistry. Science Explorers will be asked to make observations, predictions and conclusions about their experiments while having fun.

HAMMERS AND NAILS I (4-5 years)

An introduction to the basics of building. Kids can make fabulous wood projects at our wood shop. Safe use of hand tools is taught while kids create fun and functional wood crafts.

HAMMERS AND NAILS II (6-8 years)

Projects become a little more challenging in our woodshop as participants continue to develop their skills working with different materials and tools.

NEEDLES & THREADS I (6-8 years) An introduction to the basics of sewing, including needle, threading and hand stitches. A variety of hand crafts will be explored.

NEEDLES & THREADS II (9-12 years)

Learn the skills you need to begin basic hand and machine sewing. Projects will be geared toward the skill level of the child, with beginning projects for new stitchers and advanced projects for the more experienced stitchers. Each session a fiber craft will be introduced such as embroidery, crocheting or knitting.



WE ARE THE WORLD! (4-6 years) Learn about different countries around the globe and their cultures in this colorful, action-packed class. Cultural activities may include, art, science, music, cooking, story-telling and more.

FUTURE FASHION DESIGNERS (7-10 years)

If you love to design clothes, jewelry and accessories, then this is the class for you! We will focus on 4 areas of fashion design: bags, hats/hair accessories, jewelry and clothing. Each week we will do lots of dreaming and sketching. The projects will include a simple drawstring bag, a large paper doll to design clothing for, a hat to embellish and a funky jewelry project. Students should be comfortable with drawing and cutting.

DESIGNING FOR YOUR AMERICAN GIRL DOLL (8-12 years)

In this class, students will make 2 outfits for their American Girl doll, using basic sewing skills. Students will also create some fun accessories for their dolls. *Students must have taken Needles and Threads 1 or be proficient in hand sewing prior to taking this course.* Students must already have an American Girl doll and be able to bring their American Girl doll to class each week.



KITCHEN ADVENTURES

Encouraging children to cook is great for creating healthy eating habit while improving self confidence and self esteem.

It requires hands on use of math concepts, planning, thinking, and time management. Cooking with children provides opportunities for parenting and parent/child bonding and mastery of new skills, as well as lots of fun!

Parent/Child

LITTLE CHEFS (3-4 years) Let's get cooking! A fun introduction to some kitchen basics: mixing, measuring, stirring...and of course, trying new foods! The joy of cooking comes with the creativity of an interactive class.



INCREDIBLE EDIBLE ART I (3-5 years)

Spend some time with your big kid making treats that look delightful. Fun and creative foods combine sweet and savory ingredients for a memorable time together. WARNING: Treats Allowed!

Child Only

KITCHEN SCIENCE I (4-6 years) It's time to turn the kitchen into your child's own mini-lab! Each class will consist of fun and exciting hands-on experiments with different kinds of food. In some classes, the experiments will be edible, so your child can bring something home to enjoy. Experiments include: The Diet Coke/Mentos® Explosion, making ice-cream in a bag or ball, and creating bubble gum and root beer from scratch!

KITCHEN SCIENCE II (7-12 years) Get out your goggles and join us in the kitchen! This class will consist of fun and exciting hands-on experiments with different kinds of food and materials in the kitchen. In some classes, the experiments will be edible, so your child can bring something home to enjoy. Some themes this session will include: Magic Science, Yucky & Sticky Stuff, Outer Space, & Animal Creations.

KIDZ COOK (4-12 years) Calling all cooks: if you love to help in the kitchen, learn to expand your menu of yummy foods! A variety of foods from appetizers to desserts get prepared and devoured in this experiential, hands on class. At the end of class, everyone receives a cookbook of our recipes.

INCREDIBLE EDIBLE ART II (6-8 years) Let the creativity and fun begin! Your child will create delightful food masterpieces! Imagine an edible farm scene, or holiday-themed delectables (think edible mummies and edible fingers!!!). Warning: Treats allowed!!!

READINESS PROGRAMS

Our Pre-School readiness program develops skills that promote success in school and in life!

Many early childhood education experts believe that readiness programs are significant and valuable. They are extremely helpful in providing the child with opportunities to develop social skills, listening skills, and the concept that we all follow rules to function in a group or community.

So that this program can benefit more children, registration is limited to one day a week per child.

I'M A BIG KID NOW! (Child Only Age 2-3 years. Must have turned 2 by Sept 1, 2010)

Is your child going to be attending Preschool next year? We can help them be ready with our Pre-Preschool readiness class! We have a nurturing and educational environment for your 2-3 year olds. Our day will include a classroom oriented circle time, art, gym, snack, story time and some free play exploration. Give your children a chance to get ready for preschool in a place they already know and love, the YMCA Family Center. Please pack with your child a full extra set of clothing as well as a drink and one peanut-free and non-refrigerated snack. If your child is not potty trained, please pack extra diapers and wipes.

MY BIG KIDS NEXT STEP (Child Only Age 3-4 years. Must have turned 3 by Sept. 1st, 2010)

Do you want some extra enrichment for your preschool child? We will provide a nurturing and educational environment for your 3-4 year olds. Our day will include a classroom oriented circle time, art, gym, snack, story time and some free play exploration. Add some additional fun to your child's day at a place they already know and love, the YMCA Family Center. Please pack with your child a full extra set of clothing as well as a drink and one peanut free and non refrigerated snack. If your child is not potty trained, please pack extra diapers and wipes.

LUNCH BOX CLUB (Ages 3 and 4, must be 3 by 9/1/10)

Join your Y friends for some midday fun. Each day we will enjoy our lunches that we bring from home. Spend some time creating in open art and get physical in open gym. Sign up for one or more days. Sounds Yummy! No swimming.



LITTLE LIVE Y'ERS VACATION CAMP SCHOOL'S OUT? FAMILY CENTER IS IN!

For Children Ages 3-K

When School is closed children in Pre-K and K have the opportunity to experience all of the fun we have to offer at the YMCA Family Center.

Swimming, Arts, Gym, Science, Cooking, Music, Story Time, outdoor play and special events linked to the day's theme are just some of the exciting activities offered.

To register your child for a day to remember please visit Member Services at the Family Center or at our 25 Park Street Facility.

Members : **\$45** per day
Non-Members **\$55** per day

7:30am-6:30pm

Space is limited, so please register early.

Please register 3 days prior to Program date. Registrations received with **less than 3 days** notice will be subject to a **\$10 late registration fee.**

The Program is held at the Montclair YMCA Family Center
Children must be 3 years old by 10/1/2010.

Each day must have a minimum of 12 participants to run.
Please contact Kristin Herzog, Program Director 973-415-6115
or kherzog@montclairymca.org

BIRTHDAY PARTIES AT THE YMCA FAMILY CENTER

Spend your Special day with us here at the Helen and Bill Geyer YMCA Family Center!

Pick up a Birthday Party Program Brochure from Member Services or online!

We offer themed Art, Science, Cooking and Edible Art parties on Saturdays and Gym, Pool and Dance Parties on Sundays.

45 minutes of fun activity with dynamic Family Center Staff followed by 45 minutes in the party room for you to celebrate with cake and refreshments!

BIRTHDAY PARTIES WILL NOW BE OFFERED DURING THE SUMMER MONTHS IN 2011

For more information please call the Birthday Party line at (973) 783 7640 ext 245

FACILITY RENTAL OPPORTUNITIES

The Helen and Bill Geyer YMCA Family Center has some wonderful multi-purpose spaces available for rent at various times throughout each session.

SPACES/ROOMS AVAILABLE FOR RENTAL INCLUDE:

Pool
Dance Studio
Community Room
Resource Room
Gymnasium
Climbing Wall

Typical rentals include, but are not limited to : Meetings, Baby Showers, School Groups, Boy Scouts and Girl Scouts, Family Events, Birthday Parties, Disco parties, graduation events, special occasions.

For more information on Renting space at the YMCA Family Center please call the Facility Rental Coordinator at (973) 783 7640 ext 245 or email fcpartyrentals@montclairymca.org.

GENERAL INFORMATION

MEMBERSHIP

Kinder Membership (6 months - 5 years old)

A current annual Kinder membership, for children ages 6 months – 5 years is required to be able to register for classes at the Family Center. A membership card will be issued to all members. Please present your card at the Family Center upon arrival.

Youth Membership (6-12 years old)

Annual Youth membership, for boys and girls ages 6–12 also includes participation in activities at the Park Street Facility including youth fitness classes, (free w/membership) and youth open gym and swim times. Youth are also entitled to register for (with an additional fee), instructional classes, such as swim and sports. Youth members 10-12 years old, may work-out on the cardio equipment in the fitness center along with their parents.

Family Membership

The YMCA offers a family reduced rate of 10% when there are two or more full memberships, at least one of which is an adult. Children must be under 18 years of age and all must reside in the same household.

FINANCIAL ASSISTANCE

The Montclair YMCA strives to provide positive program and membership experiences for individuals and families, including those who are economically disadvantaged. For more information regarding the financial assistance program, call the YMCA Family Center at (973) 783-7640 to request an application.

Please note: If applying for financial assistance, you must reside within our service area: Bloomfield, Montclair, Cedar Grove, Glen Ridge, Verona and the Caldwelles.

REFUND POLICY

- Should the YMCA find it necessary to cancel a class due to lack of registration, a full refund will be issued on program fees. Please Note: In order for a class to run, we must have at least six participants.
- A 75% refund/credit of program fees will be made if notice is given one week prior to the start of a program/session. Refunds/credits will not be issued once a program/session has started.
- All membership fees are non-refundable and non-transferable. Membership fees are subject to change.

REGISTRATION POLICY

For staffing purposes the YMCA Family Center will not accept registration after the third week of a session without the approval of a Program Director.

Please note: For the safety of your child and insurance purposes, all classes have a maximum enrollment. If we can not accommodate your class request please see a Member Service Staff for additional classes or other options.

CLASS MAKE-UP POLICY

Classes cancelled by the YMCA will be made up. Unfortunately classes missed due to illness or personal reasons cannot be made up. In order to provide and maintain the highest quality in our programs this policy must be followed.

PARENT/CHILD POLICY

All YMCA Family Center parent/child classes require the participation of both parent & child. It is for safety and program management purposes that classes are designed for one adult to be present with every child. We provide babysitting service in the event that you need assistance with a sibling. Please see Nursery hours/fees listed below.

NURSERY SERVICE

Nursery is available at an additional fee for parents/caregivers who are in a class with one child and need babysitting for siblings.

Nursery fees for sessions can be found in the current class schedule. (Nursery hours/fees are subject to change.)

Nursery Hours:	Monday-Friday	9:00 am – 1:00 pm
	Monday & Wednesday	6:00 pm – 8:00 pm
	Saturday	8:30 am – 12:00 pm

PAYMENT

Cash / Check / Credit Card (Visa, Master Card & American Express)

GIFT CERTIFICATES

Give the gift of fun! Please see a Member Service Staff for information on gift certificates.

LOOKING AHEAD



Helen and Bill Geyer YMCA Family Center SUMMER CAMPS

(Registration begins Saturday March 26th 2011, 8:00am-12 noon)

EARLY ADVENTURES SUMMER CAMP (Ages 3-K)

Early Adventures Camp offers children a safe, fun and creative first time camp experience. Daily activities include swim lessons, sports and games, storytelling, arts and crafts, music, dance and drama. Special events and activities are created around a weekly theme.

Session Dates: June 27th – August 27th (9-one week sessions)

Camp Hours: 9:00 a.m. - 1:00 p.m.

Camp Fee: \$170.00 per session

For more information contact Kristin Herzog at (973) 415-6115.

EXPLORERS SUMMER CAMP (Ages 9-12)

Explorers Camp offers children a combination of fun filled activities as well as trips to local attraction destinations. Campers will participate in a daily schedule of games, recreational swim and a variety of activities based around weekly themes.

Session Dates: June 27th - August 27th (9-one week sessions)

Camp Hours: 8:30 a.m. - 3:30 p.m.

Before Camp Hours: 7:30 a.m. - 8:30 a.m.

After Camp Hours: 3:30 p.m. - 6:30 p.m.

Camp Fee: \$240.00 per session

Before Camp Care: \$30.00 per session

After Camp Care: \$75.00 per session

For more information contact (973) 744-6161 ext. 254

NEW FOR SUMMER 2011 Afternoon Mini Summer Specialty Camps for children 1st - 3rd grade. More information will be available in 2011

DANCE • SCIENCE • GYMNASTICS • NEEDLEWORK

KITCHEN SCIENCE • THEATRE • BUILD IT • AND MORE!

**The Helen and Bill Geyer
Montclair YMCA Family Center**
159 Glenridge Ave, Montclair NJ 07042
(973) 783-7640
www.MontclairYMCA.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**