



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE BE MORE

YMCA of Montclair
25 Park Street, Montclair, NJ
973-744-3400
www.montclairymca.org

2012 Winter & Spring Program and Membership Guide

Winter Session:
January 2-February 19

Spring I Session:
February 20-April 15

Spring II Session:
April 23-June 17



DO MORE BE MORE

You may have noticed that the Y is changing the way we present ourselves. For the first time in 43 years, we are unveiling a new brand strategy. The new strategy is designed to increase understanding of the impact we are making in the community, so that more people can take advantage of our unique capacity to foster lasting personal and social change.

Our community has needs, and the Y remains a central means to meeting them. We've always known that positive change only comes about when we invest in our kids, our health and our neighbors.

And that's why we're here. We have three areas of focus:

- **Youth Development**, because young people need caring adults to provide support, guidance and encouragement as they grow.
- **Healthy Living**, because wellness in spirit, mind and body strengthens our very being, and enhances our interactions with others.
- **Social Responsibility**, because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

So while we've changed our appearance to better reflect the work we do and the positive impact we make, we're still supporting the community in the same way we always have.

Though the world may be unpredictable, one thing remains certain—the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.



Support the Y and Strengthen Your Community

Financial assistance keeps the doors open and the Y available for kids and families who need us most. We count

on the generosity of our members and community to help people of all ages be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

For more information, contact the development office at 973-744-3400 extension 107.



Make your Strong Kids Campaign donation today.
www.montclairymca.org

WELCOME TO THE YMCA OF MONTCLAIR

Mission Statement

The YMCA of Montclair 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 positive sense of self worth and encourage social responsibility.

The YMCA of Montclair Staff

Jo Ann Short	President/CEO
Dawn McFadden	Vice-President of Operations
Jose Lastra	Chief Financial Officer
Fran Rieger	Human Resources Director
Shelley Tonner	Director of Development
Jon Yarger	IT Director

The Park Street YMCA Staff

Lisa Aulisi	Senior School Age Director
Kim Burrows	Middle School Age Director
Rob Casale	Montclair SACC Director
Meghan Chell	Cedar Grove/Verona SACC Director
Lee Haberman	Marketing & Membership Director
Sam Hassan	Senior Aquatics Director
Erik Montgomery	Teen & Arts Director
Carlos Rojas	Assistant Aquatics Director
Jon Siegel	Competitive Swim Director
Washima Solomon	Health & Wellness Director
Nicole Tierney	Assistant Membership Director
Kate Torsiello	Bloomfield SACC Director
Lisa Wukich	Assistant Membership Director

The Geyer Family YMCA Staff

James Goodger	Geyer Branch Director
Maria Perez	Membership Associate
Marlon Pollard	Program Director
Lauren Sharkey	Aquatics Director

Table of Contents

Membership Information	4-7
School Age Child Care	8
Geyer Family Y	9
Youth Fitness	10
Youth Sports	11-12
Family Programs	13
Summer Camps	14-15
Teen Programs	16-17
Youth Aquatics	18-19
Adult Aquatics	20
Adult Arts	21
Adult Health & Wellness	22
Adult Fitness Classes	23-25
Adult Lectures	26
Courts Sports	27
Gymnasium Schedule	27

The YMCA of Montclair Board of Directors

Ted Kiesewetter, Board Chair
Scott Kennedy, Vice Chair
Michael Brune, Treasurer
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Jason Solotaroff
Michael Turgeon
Roosevelt Weaver, PhD

Visit our website at
www.montclairymca.org

MEMBERSHIP INFORMATION

Adult Memberships – For Adults 18 years & over

YMCA of Montclair Adult Members are entitled to the following facilities and programs:

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

Adult Membership with Permanent Locker

In addition to the facilities and programs listed with the Adult Membership, adult members may purchase a permanent locker in order to store personal items overnight in the men's or women's locker rooms.

Kit (Box) Size Locker (Limited Availability)

*Available in both the men's and women's daily locker room area.

Senior or Adult Membership plus \$12/month

Large Locker (Limited Availability)

Men's Permanent Locker Area

Senior or Adult Membership plus \$31/month

Women's Permanent Locker Area

Senior or Adult Membership plus \$25/month

Senior Citizen — 65 years and older

Membership includes the same privileges as Adult Memberships. Proof of age required.

Youth Membership — Ages 6-12

Youth membership, for boys and girls ages 6-12, includes participation in youth fitness classes, and youth open gym and swim times. Youth are also entitled to register for (with an additional fee) instructional classes such as swim, sports or dance classes. Youth members registering for programs must possess a current membership throughout the duration of the session. A teen membership is required in order to use the weight room. See Youth Facility Policy on page 7.

Teen Membership — Ages 13-17

Teen membership, for boys and girls ages 13-17, includes afternoon youth swim, youth gym, racquetball, use of the Fitness Rooms, track and lap pool times. Teen membership must use the youth locker room facilities. Teens are welcome to participate in adult group exercise classes. Proof of age required. See guest information on page 6.

Young Adult — Ages 18-22

Membership includes the same privileges as Adult Memberships. Proof of age required—must be 18 years old and out of high school in order to utilize the Adult locker rooms.

Family Membership

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

Joiner's Fee

All new Adult members must pay a one-time Joiner's Fee with the initial payment.* The purpose of the Joiner's Fee is to allow for a Building Improvement Fund.

* Members renewing after a lapse of 45 days must pay the Joiner's Fee as they are considered NEW members. Maximum of two adults per joiner's fee.

MEMBERSHIP FEES AND PAYMENT PLANS

Membership	Joiner's Fee required of all new members or memberships that have lapsed more than 45 days	Annual Full Payment Plan	E-Pay Monthly Plan	
		Annual Fee	Down Payment First two months	Monthly withdrawal
Youth (ages 6-12 yrs.)	—	\$106.00	—	—
Teen (ages 13-17 yrs.)	—	\$204.00	\$34.00	\$17.00
Young Adult (ages 18-22 yrs)	\$50.00	—	\$60.00	\$30.00
Adult (ages 23-64 yrs)	\$100.00	—	\$112.00	\$56.00
Senior (age 65 yrs +)	\$100.00	—	\$76.00	\$38.00

The E-Pay Payment Plan is open to all Family Memberships.

Payment Plans

The following types of payments are accepted for membership and program fees:

- **E-Pay (Monthly membership payments available for teen, young adult, adult, senior and family memberships only).**
- **Credit Card: Visa, MasterCard or American Express**
- **Check**
- **Cash**

Refund Policy

Should the Y find it necessary to cancel a class due to lack of registration, a full refund will be issued on program fees.

A 75% refund of program fees will be made if notice is given one week prior to the start of a program. Refunds will not be issued once a program has started.

Monthly Membership Drafts from Checking Account, Visa, MasterCard or American Express

- Continuous membership in equal monthly payments with automatic drafts gives you the option to be a member as long as you choose!
- Down payment of two months due at sign up for E-Pay System
- Accounts drafted on the 15th of each month

For further information, please see a membership services representative. All membership payments are non-refundable and non-transferable.

NJ YMCA Reciprocal Membership Program

Exercise at other Ys across the state with your YMCA of Montclair membership at no additional cost! Ask our membership staff for participating NJ Ys and for more information.

Financial Assistance

The YMCA of Montclair strives to provide positive program and membership experiences for individuals and families, including those who are economically disadvantaged. Individuals and families who reside within our service area and would like more information regarding the financial assistance program are encouraged to call the YMCA of Montclair at 973-744-3400 to receive an application.

AWAY Program

Always Welcome at Ys. Members who travel or relocate may utilize other Y facilities at little or no cost with a current Y membership. AWAY privileges are limited to 3 weeks per 12 month period. For further information contact our membership services staff.

Email address: y@montclairymca.org

Look for us on the Web: www.montclairymca.org

GENERAL INFORMATION

Membership Registration

Current members may renew online or in person. In order to renew a membership online, it must be done by the expiration date. Expired members or new members are required to sign up for membership in person.

Registration

Current members, who have their email address on file with the YMCA of Montclair, can register for classes online. Phone registrations can not be accepted. All classes are listed in this brochure and on our website at www.montclairymca.org as to days, fees and times. All fees are non-refundable except as indicated under the refund policy on page 5.

Guest Passes

Adult or college members receive 50% off the daily rate for any Adult or Young Adult guests they sponsor. The sponsoring member must co-sign the guest's waiver form and accompany their guest in the facility. Daily rate users and paid guests are entitled to the same facility and fitness class privileges as members with the exception of adult basketball & volleyball. Youth and Teen members are only permitted to bring a guest when accompanied by an adult who must remain in the building at all times. Photo ID and a guest waiver is required for all guests. Guests may visit the Y up to six times per year. A limit of two guests per member per day. The Y reserves the right to the number of guests in the building at any given time.

FEE: Adult/Young Adult guest \$20.00
Youth/Teen guest \$5.00

A.W.A.Y. Guests

For Y members from other Ys 50 miles away or further there is no charge. Maximum of 10 visits per calendar year. If home Y is closer than 50 miles, a \$10 guest fee per visit applies if outside of New Jersey.

Babysitting Services

Babysitting is available Monday through Friday from 8:30 a.m. to 2:00 p.m., Saturday from 8:30 a.m. to 12 noon and Monday through Thursday from 5:30-8:30 p.m. for a nominal fee. The service is for members and program participants only. Members must remain in the building.

FEE: First 90 minutes \$3.50
Each additional 30 minutes \$1.00
Rates shown are per child.

Facility Accessibility

The Y facility and programs are available to individuals with disabilities.

Winter Weather Schedule

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

Annual Maintenance

All facilities closed: August 25-September 3

Holiday Closings

New Year's Day January 1
Easter April 8
Memorial Day May 28

Early Closings

The facilities will close early on the following dates:

Christmas Eve December 24 at 2:00 p.m.
New Year's Eve December 31 at 6:00 p.m.

Important Dates

Registration for Winter December 12
Registration for Spring I February 13
Registration for Spring II April 19

Membership Cards

Membership Cards are issued to all members. Please present your card at the Front Desk and the Y Staff will scan your card through a bar code reader. Access to the Y facilities may be denied if the membership card is not presented.

Replacement Card Fee: Adult-\$3.00 Children-\$10.00 each

FACILITY INFORMATION

HOURS OF OPERATION:

Monday through Friday
5:00 a.m. to 10:00 p.m.

Saturday & Sunday
7:00 a.m. to 7:00 p.m.

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

	Monday-Friday	Saturday & Sunday
Workout areas close	10:00 p.m.	7:00 p.m.
Locker Rooms close	10:15 p.m.	7:15 p.m.

- Code of Conduct: The YMCA of Montclair is a membership organization that values caring, honesty, respect and responsibility. Membership is a privilege, not a right. We expect persons using the Y to behave in a mature and responsible way and to respect the rights and dignity of others. Members and guests are encouraged to notify staff if they are made to feel uncomfortable while using the Y. The Y has the right to suspend or cancel a membership if the member's behavior or language violates a generally accepted standard of conduct.
- All programs, activities and schedules are subject to change. For the most current information (pool schedules/fitness class schedule), please check our website at www.montclairymca.org.
- Membership cards must be presented at every visit.
- Cell phones may only be used in the lobby areas.
- Photos: permission must be granted from Y Administration prior to taking any photos or videos.
- The Y is not responsible for personal items. Secure all items in a locked locker or in the security lockers located by the lower entrance.
- Proper athletic attire and footwear is required. Rubber sole and closed toe shoes only. For safety reasons, open toe shoes are not permitted.
- Adult fitness classes are open to Y members 13 and older. Mature behavior must be exhibited at all times by youth members in order to participate in the adult classes.
- For safety reasons, children may not accompany adults into workout areas. Please utilize our babysitting services located in the Nursery.
- Cardio Rooms are for Y members 13 and older. 11 & 12 year old youth members may use the cardio rooms only after completing fitness orientations with the fitness staff and must be accompanied by an Adult Member.
- The Weight Room is for Y members 13 and older.
- Youth Facility Usage:
 - o Youth members under the age of 10 must be under the supervision of an adult at all times while at the Y.
 - o With all the youth programs offered (open youth gym and swim, the fitness arcade and youth fitness classes) it is easy to follow the policy of remaining in staff supervised areas.
 - o Youth members must be engaged in an activity. Wandering the building is not permitted.
 - o All youth activities end at 8:00 p.m. Youth may remain in the building after 8:00 p.m. with direct parent/guardian supervision or when involved in a supervised Y program.

Pool Facilities:

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

Small Pool: 4 lanes, 25 yards – 83–85° water temp. **Large Pool:** 6 lanes, 25 yards – 79–80° water temp.

Stop by the Welcome Center for a 2012 Pool Schedule*

ADULT LAP SWIM available daily *Schedule subject to change

Youth swim is limited to members 6–12 years of age.

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

Our policy is that all swimmers must wear a bathing cap.

Thank you for your cooperation.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

Before and After School Programs

Offered in Public Schools in Montclair, Bloomfield, Verona and Cedar Grove

Are you looking for:

- A safe and caring environment for your child before or after school with an experienced staff?
- Dependable and consistent care for your child during your working hours?
- A place for your child to interact with other children their own age at their own school?
- A variety of activities to enhance your child's day that are fun and exciting?
- Your child to be active after school instead of in front of a TV?
- An opportunity for your child to complete their homework in a supervised environment?

If you have answered yes to any of the above questions, then you have found the best place for your child before or after school.

A waiting period of two business days is required before starting the program. Visit our website, www.montclairymca.org, for a brochure.

Live Y'ers School Vacation Program

Grades 1-8

School's closed and you need a safe, stimulating place for your children? Look no further than the YMCA of Montclair! Live Y'ers is an exciting day program for children in grades 1-8 from 7:30 a.m.-6:30 p.m. on most school holidays. Children are actively involved with activities and trips. Activities include sports, swimming, arts and fun theme days utilizing the Y facilities. Previous trips have included Liberty Science Center, Adventure Aquarium, Turtle Back Zoo and more! Registration brochure and event calendar is available at Member Services. Advanced registration is required. Online registration is not available for this program. For more information contact Deirdre at 973-415-6123. Look online for dates and brochure. For information regarding Pre K and Kindergarten Live Y'ers program, please contact the Family Center at 973-783-7640.

Time: 7:30 a.m. – 6:30 p.m.

FEE: Member: \$47.00 per day

Non-Member: \$57.00 per day

***An additional \$10.00 fee will be applied if your child is not registered at least 3 days prior to each program date.**

Snow Camp

School is closed for a snow day-We can help!

When schools are closed due to inclement weather it does not have to mean a missed day of work for parents! The Y will be there for you when the Montclair Public School System has an emergency closing. Contact Lisa at 973-415-6134.

Hours: 8:00 a.m. to 6:30 p.m.

Location: Family Center, 159 Glenridge Avenue

FEE: Member: \$47.00 per day

Non-Member: \$57.00 per day

Due at time of drop-off.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

The Geyer Family YMCA

159 Glenridge Avenue • 973-783-7640

At The Geyer Family YMCA we provide a safe and nurturing environment with opportunities for families to strengthen and children to learn and explore. Whether it is learning important life skills in the pool, building self esteem in the gym or unleashing imagination and creativity in arts and science, The Geyer Family YMCA is a great place to grow.

We offer classes for children from 6 months to 12 years old:

- Swimming
- Performing Arts
- Combination Classes
- Gym
- Gymnastics
- Sports
- Creative Arts

Creative Arts and Performing Arts Departments would like to present to you our specialty classes for your 6-12 year old. We offer spectacular Arts themed Birthday Parties too!

ARTS:

- Creative Kids, ages 4-6

WOODSHOP:

- Hammers & Nails, ages 5-6
- Creation Station, ages 5-6

COOKING:

- Kidz Cook, ages 4-6
- Incredible Edible Art, ages 6-8

MUSIC:

- Rockin' Rhythms, ages 6-8

SCIENCE:

- Daring Experiments for the Young Scientist, ages 7-9
- Science Explorers, ages 5-6
- Kitchen Science I, ages 4-6
- Kitchen Science II, ages 7-12

SEWING:

- Designing for your American Girl Doll, ages 8-12
- "Sew" Ready, ages 5-7
- Needles & Threads, ages 8-12

DANCE:

- Sun, Moon, Star: Traditional Dance and Drums, ages 4-8
- Family Creative movement, ages 3 1/2-8, parent/child.
- Fun Dance 2, ages 4-6
- Modern Dance, ages 4-6
- Family Sun, Moon, Stars: Traditional Dance and Drums, ages 3 1/2-8, parent/child
- Storybook Ballet, ages 3-6

YOGA:

- Kids Yoga, ages 5-8
- Family PJ Yoga, ages 3 1/2-8, parent/child.

ACTING:

- Acting Up, ages 7-8
- The Play's the Thing, ages 7-10

KARATE:

- On the Road to Black Belts (Karate), ages 6-8

FENCING:

- Fencing, ages 9-12

CLIMBING CLASSES:

- The Wall, ages 6-8

PERFORMING ARTS:

- Dance
- Theater
- Yoga
- Music

A yearly membership fee plus class fees apply. Please visit our website or stop by the Geyer Family YMCA for class descriptions, days and times.

www.montclairymca.org



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

Chess Winter • Spring I & II

Grades 1-8

Always wanted to learn how to master the game of Chess or wanted to improve your skills? Sign up for Chess class here at the Y to learn the basics, improve decision making and problem solving skills, while having tons of fun! The last day of the session is Tournament time!

Thursday Beginner 4:45-5:30 p.m.
Wednesday Advanced 4:45-5:30 p.m.

Fee: Winter: \$37 Spring I & II: \$42

Volleyball Winter Only

Grades 5-8

Sign up for Volleyball as we teach the skills through fun drills and games! Get ready to Bump, Set, and Spike!

Friday Grades 5-8 3:30-4:15 p.m.

Fee: \$65

Above the Rim Winter • Spring I

Grades 1-8

Learn the game of basketball, or refine your basketball skills with this dynamic class! Work on shooting, driving to the basket, one on one offense, and get direct feedback from a skilled coach. Boost your confidence while you work in a team of 4!

Saturday Grades 1-8 10:30-11:15 a.m.

Fee: Winter: \$65 Spring I: \$72

Lacrosse Winter Only

Grades 1-3

Join us as we teach basic skills of Lacrosse. Stick handling, passing, shooting, and conditioning will be emphasized. Equipment is provided or you can bring your own!

Thursday Grades 1-3 3:45-4:30 p.m.

Fee: \$65

Floor Hockey Spring I Only

Grades 5-8

Attention all NHL fans! Learn to keep the goalkeeper on their feet with your slap shots and fancy stick work! Fly the puck through the net!

Friday Grades 5-8 3:30-4:15 p.m.

Fee: \$72

Golf Spring II Only

Grades 1-8

Learn the basics of golf indoors at the Y. In a fun format we'll introduce driving, chipping, and putting. Equipment is provided or you can bring your own.

Friday Grades 1-8 3:30-4:15 p.m.

Fee: \$72

YMCA WINNERS Basketball Winter • Spring I

Grades 1-8

The developmental league introduces players to league play. Skills will be taught through fun drills, then tie up those laces for action packed games. Teams will be picked at random, on the first day. Participants will play two half-court games a week in league format to prepare for Championship Saturday, when teams play full-court games.

Saturday Grades 1-2 11:15-12:00 noon

Saturday Grades 3-4 12:00-12:45 p.m.

Saturday Grades 5-8 12:45-1:30 p.m.

Fee: Winter: \$79 Spring I: \$89

FOR HEALTHY LIVING

Improving the nation's health and well-being

Parents Night Out

A fun packed evening for children in grades K-8. Parents drop off their children at 6:00 p.m. and return to the Y for pick up at 10:00 p.m. Activities include sports, games, crafts, and swimming. Children must wear sneakers and bring a swimsuit, towel and swim cap. Snack is provided later in the evening-children should eat dinner before arrival so they have energy to burn!

Please register by the Friday before the event. Late registrations will not be accepted.

Session Dates:

January 7 • February 4 • March 3 • May 5

FEES:

Y members: \$30, \$15 each additional sibling

Non members: \$40, \$15 each additional sibling

Family Nights

The main focus of this program is for families to dedicate time to play together! Family Nights are a great way to do more than just swim! Enjoy a night of gym, swim, dance and art. There will be different activities every month! Families can exclusively enjoy the Y's facilities and activities from 7:00-9:00 p.m.

**FEES: FREE for Members
\$5 for each Non-Member**

Session Dates:

January 14	7:00-9:00 p.m.
February 11	7:00-9:00 p.m.
March 10	7:00-9:00 p.m.
April 14	7:00-9:00 p.m.

**For more information please call 973-415-6102.
Please bring your membership ID!**

Family Swim

*Guest fees apply to all non members.

Friday: 7:00-8:30 p.m.

Saturday: 5:00-7:00 p.m.

Sunday: 5:00-7:00 p.m.

Family Gym

*Guest fees apply to all non members

Sunday: 6:00-7:00 p.m.

Adventure Guides – "Friends Forever"

YMCA Adventure Guides programs are for fathers and their children, age 5 & older. This program is about quality time between parent and child. In Adventure Guides, the parent serves as the Guide in a child's life. Expedition events include weekend overnights at Frost Valley, and may include outdoor education trips to our very own Camp at the Lake, river rafting, Y family nights, and more, with a separate program fee. Go to www.montclairymca.org, for more information. If you have questions, please call 973-415-6102.

Frost Valley-Spring Weekend Dates:

**Girls weekend! Friday, April 20-
Sunday, April 22**

**Boys weekend! Friday, May 4-
Sunday, May 6**

Babysitter Training Course for Youth

The American Red Cross Babysitter's Training Course provides youth (ages 11-15) with the information necessary to provide safe and responsible care for children in the absence of parents or guardians. Learn what every parent wants in a responsible babysitter. This course can help you interview for a babysitting job, perform first aid, learn diapering and feeding techniques, handle bedtime issues, and learn tips for having a safe and fun babysitting experience. Upon completion you will receive the Red Cross Babysitters Certification card. Class includes babysitter handbook, emergency reference guide and CD ROM. **Please bring a lunch.**

Class will be held at the The Park Street YMCA.

Time: 10:00 a.m. – 4:00 p.m.

Date: May 5th

FEE: YMCA Member \$75.00 Non Member \$95.00

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

LOOKING AHEAD

Early Adventures

Early Adventures Camp offers children ages 3 years-Kindergarten 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.

Location: The Geyer Family YMCA
159 Glenridge Avenue
Ages: 3 year olds-Kindergarten
Session Dates: One week sessions
Camp Hours: 9:00 a.m. – 1:00 p.m.
After Camp Hours: 1:00 p.m. – 3:00 p.m.

New Discoveries

New Discoveries Camp offers a daily schedule including swim, sports, arts & crafts, adventures in drama and water sports. Each week is theme based with special events on Fridays, such as “Carnival Day,” “Wacky Wild West” and “Beach Blast.” Before and after camp care are also available.

Location: Montclair Community
Pre-K Center
49 Orange Road, Montclair
Ages: 4-9 year olds
Session Dates: One week sessions
Camp Hours: 9:00 a.m. – 3:00 p.m.
Before Camp Hours: 7:30 a.m. – 9:00 a.m.
After Camp Hours: 3:00 p.m. – 6:30 p.m.

Explorers

Explorers Camp offers 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.

Location: The Geyer Family YMCA
159 Glenridge Avenue
Ages: 9-12 year olds
Session Dates: One week sessions
Camp Hours: 8:30 a.m. – 3:30 p.m.
After Camp Hours: 3:30 p.m. – 6:30 p.m.



Afternoon Specialty Camps

Geyer Family YMCA

Arts & Science – Ages 5-8

Performing Arts – Ages 3-8

Sports Clinics – Ages 4-6

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

Camp at the Lake

The Camp at the Lake offers swim lessons, sports, crafts, nature, outdoor living skills, hiking, archery, recreational swimming, low ropes challenge, drama, boating, and fishing. This camp provides children with exciting adventures, cooperative learning and tons of FUN! The campers will express their creativity, unleash their boundless energy, learn new skills and develop meaningful relationships. Transportation is provided from 8 convenient locations.

Camp brochures will be available in February. Check our website for more information and camp open house dates.

Location: YMCA of Montclair facility in West Milford located on 40 beautiful acres

Ages: 6-12 year olds

Session Dates: One week sessions

Camp Hours: 7:30 a.m. - 4:30 p.m.

After Camp Hours: 4:30 p.m. - 6:30 p.m.

***Check the brochure for new exciting additions this summer!**

Teen Travel Camp

Teens will take field trips to places that will teach the group leadership skills, social & cultural awareness, and community service. Day trips may include some of the following destinations: Liberty State Park, Hurricane Harbor, Philadelphia, College Tours, Circle Line Tour, Bowling, Movies, Six Flags Amusement Park and much more!

Location: YMCA of Montclair
25 Park Street, Montclair

Ages: 13 - 15 year olds

Session Dates: One week sessions

Camp Hours: 7:30 a.m. - 6:30 p.m.



FOR YOUTH DEVELOPMENT

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TEEN PROGRAMS

Generation Y

Grades 9 – 12

This program allows high schoolers to participate in leadership training, job and career training, community outreach trips, organizing special events and more. Teens will plan, organize and conduct all of the activities under the leadership of a Y Director. All Generation Y teens that participate in the events and meetings will earn a certificate of participation and the opportunity to volunteer or achieve employment at the Y!

1st and 3rd Monday of the Month 4:00 – 6:00 p.m.

Fee: Free with Membership

The Biggest Winner

Grades 7 – 12

A Y Personal Trainer will show the teens how to eat responsibly, exercise daily and build a positive self image. Participants will create goals for themselves and encourage others in obtaining theirs. At the end of the session the teens will look better, feel better and have the tools to continue in their new lifestyle.

Wednesday 4:15 – 5:15 p.m. or

Saturday 9:45-10:45 a.m.

Fee: \$50

Lights, Camera, Action!

Grades 7 – 12

Attention all You Tubers!!! This program allows teens to write, act, film, edit and view their movies using Apple iMovie and digital movie cameras. The group will learn pre and post-production skills, how to write a script, giving and receiving direction and much more!

Monday 5:00 – 7:00 p.m.

Fee: \$65

Location: Park Street

Cartoon Art Class

Grades 5 – 9

Participants will learn how to create cartoon and comic book characters. All skill levels are welcome! Students will receive a list of materials needed for the class.

Saturday 10:00 – 11:00 a.m.

Fee: \$50

Say Cheese – Level I

Grades 6 – 8

Middle Schoolers that are interested in learning how to create great photographs using their digital camera need to sign up for this class. Participants will learn the basics of using a digital camera, photographic composition, digital darkroom essentials and more.

Thursday 4:30 – 5:30 p.m.

Fee: \$60

Location: Family Center

Say Cheese – Level II

Grades 7 – 12

Take your photo skills to the next level! Participants will learn creative techniques, setting up a digital darkroom, making quality prints, framing, advanced photo editing programs and more! Students registering for this class should have at least a basic understanding of photography.

Thursday 5:30 – 6:30 p.m.

Fee: \$60

Location: Family Center

Boys to Men Mentoring Program

Grades 7 – 8

This program allows 7th & 8th grade boys to participate in "open rap sessions", team projects and fitness activities under the direction of a male Y Director. The group will discuss various topics that young guys face daily. The boys will receive many tools to build a strong future!

Tuesday 5:00 – 6:00 p.m.

Fee: \$25

Girl Power! Mentoring Program Grades 7 – 8

This program allows 7th & 8th grade girls to participate in "open rap sessions" under the direction of a female Y Director. The group will discuss various topics that young ladies face everyday. We'll also have guest speakers and group exercise sessions. Don't delay, sign up today!

Thursday 6:00 – 7:00 p.m.

Fee: \$25

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

Teen Workplace Readiness Grades 9 - 12

This program prepares teenagers for their first job while discovering their interests and talents. Teens will learn how to fill out applications, dress for success, effective communication, time management and more! Participants will receive a certificate of completion and a letter of reference to be used for their job search at the end of the workshop.

Tuesday 4:15 – 5:00 p.m.
Spring I and II

FEE: \$45

Friday Night Live! Ages 12-16

Hey Teens (and Tweens), come to the Y every 1st Friday of the month to participate in several great activities under the supervision of adult staff.

Activities include:

- Basketball/ Volleyball
- Youth Fitness Arcade
- Game Room
- Playstation/ Guitar and DJ Hero
- And much more!
- Hip Hop Dance
- Swimming
- PG/PG 13 Movies

**Dates: January 6th • February 3rd • March 2nd
April 6th • May 4th • June 1st**

Time: 6:00 – 9:00 p.m. sharp

**FEE: Free with YMCA of Montclair Membership
(This program is for members only.)**

Advanced Basketball Grades 6-9 Winter • Spring I & II

Are you ready to take your skills to the next level? This class will go beyond the basic fundamentals of basketball. To be covered: in-game situations, pick and roll, give and go and team plays.

Thursday 4:30-5:15 p.m.

Fee: Winter: \$65 Spring I & II: \$72

Y Achievers Grades 9-12 *Open to Bloomfield High School Students Only

The purpose of the Y Achievers programs is to assist African-American, Hispanic and other teens of color in preparing, pursuing and achieving post-secondary education and career goals of their choice. Y Achiever programs promote positive sense of self, build character, explore diverse college and career options and to meet and interact with professionals of color who will serve as role models to inspire them to greater heights. For more information, contact Erik Montgomery at 973-415-6119

Every 1st and 3rd Tuesday 2:40 – 4:00 p.m.

Location: Bloomfield High School
(BHS Students only)

Hip Hop Dance Class Grades 6-12

Let's take it to the dance floor! Participants will learn a variety of Hip Hop dances from an experienced instructor. Come prepared to get busy!

Tuesday 4:30-5:30 p.m.

Saturday 11:00 a.m. – 12:00 noon

FEE: Free for Members

The S.P.O.T. – Teen Nights Grades 5-8

This program allows 5th - 8th graders to "hang out" at the Y under the supervision of trained adults. Basketball, swimming, cardio room, youth fitness arcade, Play Station 3 / X Box 3 room, snack bar and more will be offered at this monthly Saturday night event! Parents must sign child in and out.

**Dates: January 21 • February 18 • March 17
April 21 • May 19**

Time: 7:30 – 10:00 p.m.

FEE: \$10 members /per night

FOR HEALTHY LIVING

Improving the nation's health and well-being

SWIM PROGRAMS

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

Swim level classification times

Monday – Friday 3:00 p.m.–5:00 p.m.

Saturday 9:00 a.m.–1:00 p.m.

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

PROGRESSIVE SWIM LEVELS

Polliwog I & II	Beginner
Guppy	Advanced Beginner
Minnow I & II	Intermediate
Fish	Swimmer
Flying Fish	Advanced Swimmer
Porpoise	Leadership Development
Barracuda	Endurance Work-out
Marlins	Pre-Lifeguard

Class Name	Polliwog 1	Polliwog 2	Guppy	Minnow 1	Minnow 2	Fish	Flying Fish	Porpoise	Barracuda	Marlins
Monday	4:00-4:40	4:00-4:40	4:00-4:40	4:00-4:40	4:00-4:40	4:00-4:40				
	4:45-5:25	4:45-5:25	4:45-5:25	4:45-5:25	4:45-5:25		4:45-5:25			
	6:45-7:25	6:45-7:25	6:45-7:25							
Tuesday	4:00-4:40	4:00-4:40	4:00-4:40	4:00-4:40			4:00-4:40			
	4:45-5:25	4:45-5:25	4:45-5:25		4:45-5:25	4:45-5:25				
				5:30-6:10					5:30-6:10	
Wednesday	4:00-4:40	4:00-4:40	4:00-4:40	4:00-4:40	4:00-4:40		4:00-4:40			
	4:45-5:25	4:45-5:25	4:45-5:25	4:45-5:25	4:45-5:25	4:45-5:25				
		6:45-7:25	6:45-7:25	6:45-7:25	6:45-7:25					
Thursday	4:00-4:40	4:00-4:40	4:00-4:40		4:00-4:40	4:00-4:40				
				4:45-5:25			4:45-5:25			
					5:30-6:10				5:30-6:10	
Saturday				9:00-9:45	9:00-9:45			9:00-9:40		
	9:45-10:25	9:45-10:25	9:45-10:25	9:45-10:25	9:45-10:25		9:45-10:25			
	10:30-11:10	10:30-11:10	10:30-11:10	10:30-11:10	10:30-11:10	10:30-11:10				
	11:15-11:55	11:15-11:55	11:15-11:55			11:15-11:55			11:15-11:55	11:15-11:55
	12:00-12:40	12:00-12:40	12:00-12:40							

Fee: Winter Fee: \$70

Spring I and II Fee: \$80

FOR HEALTHY LIVING

Improving the nation's health and well-being

Porpoise Club

This club is for youth who want to participate in aquatic activities and have completed swimming lessons. It is the final step of the Progressive Program and will stress fun water activities, advanced swimming skills, leadership skills and much more.

Prerequisite: Successful completion of Flying Fish.

Saturday 9:00-9:40 a.m. Large Pool

FEES: Winter: \$75 Spring I & II: \$85 each

Barracuda Club

This class gives advanced swimmers an opportunity to work on one's stroke techniques and endurance by participating in coached workouts.

Prerequisite: Successful completion of Flying Fish.

***May register for both Tuesday and Thursday.**

Tuesday 5:30-6:10 p.m. Large Pool

Thursday 5:30-6:10 p.m. Large Pool

Saturday 11:15-11:55 a.m. Large Pool

FEES: Winter: \$75 Spring I & II: \$85 each

Marlins (Pre-Lifeguard Prep)

The Marlins Club is for members ages 13 and up and is designed to teach the importance of safety in and around the aquatic environment. Students will begin learning the basic techniques and mechanics of swimming as well as how to demonstrate and teach each stroke to others. During the session students will also learn basic water rescues. This club is a great place for older children with an interest in becoming lifeguards and /or swimming instructors to start their aquatic careers.

Saturday 11:15-11:55 a.m.

FEES: Winter: \$75 Spring I & II: \$85 each

Private Swimming Lessons

Private lessons are offered to swimmers who are looking for one-on-one or semi private. For more information, please call Sam at 973-415-6135.

Membership is required. Times will be set up with the Aquatics staff.

Fridays: 4:00 to 4:30 p.m.

4:30 to 5:00 p.m.

5:00 to 5:30 p.m.

Saturdays: 2:00 to 2:30 p.m.

2:30 to 3:00 p.m.

Fee: Three 1/2 hour sessions

***Winter Special Offer \$75.**

***limited to 3 packages that must be used by 2/25/12.**

Spring I & II \$95

Dolphins Swim Team



The YMCA of Montclair Swim Team offers a year round opportunity for competitive swimming in both Y and USA Swimming competitions as well as seasonal instructional

clinics for aspiring competitive athletes. The team is comprised of girls and boys from age six through high school.

For more information about the team and for tryout information, please see the team web site at www.montclairymcaswimming.com

Make a splash with a POOL PARTY!!!
Are you looking for a great way to celebrate a birthday? The Y pool is available for rental on Sunday afternoons for youth members grades 1-6.

For more information, please call the Birthday Line at 973-744-3400, ext. 114, or ask for Deirdre.

FOR HEALTHY LIVING

Improving the nation's health and well-being

Adult Swim Lessons

Have you always wished you could swim? Do you think you could use a refresher course? Then join us for adult swim lessons -- we can help you. All levels of instruction offered and will be determined the first night of class.

Monday & Wednesday 10:00–10:45 a.m.
7:30– 8:15 p.m.

Tuesday & Thursday 8:30– 9:15 p.m.

Saturday 9:00–9:45 a.m.

	Winter	Spring I & II
FEE: Full Member:	\$100	\$115
Saturday:	\$50	\$57
Class Member:	\$120	\$135
Saturday:	\$60	\$70

Lifeguard Swim Test

Anyone who wishes to participate in the Lifeguarding course must be 15 years of age by the end of the course and pass a 300-yard endurance test. A general knowledge of front crawl and breaststroke is necessary for successful completion. In addition, participant must swim 20 yards, tread water for 5 minutes, retrieve a weight and return to the starting point within a minute and 40 seconds. The lifeguard instructor determines success or failure. If successfully completed, participants will need to register for the Lifeguarding course. The swim test fee is non-refundable.

January 4 FEE: \$30

American Red Cross - Lifeguarding Today

Must be 15 years of age or older and successfully pass required swim test. This course includes CPR for the Professional Rescuer and Standard First Aid.

Class starts January 9th
Mondays & Wednesdays 7:00–10:00 p.m.

FEE: Full Member	\$120
Class Member	\$250

* Must have 8 participants to hold class.

Aquacise

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

Monday/Wednesday	9:00–9:45 a.m.
Tuesday/Thursday/Friday	9:15–10:00 a.m.
Tuesday & Thursday	9:15–10:00 a.m.
Tuesday & Thursday	10:00–10:45 a.m.
Tuesday & Thursday	7:30–8:30 p.m.
Saturday	8:00–9:00 a.m.

Membership Required

Aqua Fitness

This is a more vigorous cardiovascular program, which also includes a variety of movements using the natural resistance of the water to improve muscular strength and endurance. Participants should feel comfortable in deep-water, as class includes a deep-water exercise segment.

Monday/Wednesday/Friday	6:15–7:00 a.m.
Tuesday/Thursday/Friday	10:00–10:45 a.m. (L)

Membership Required

Aqua Step

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

Monday & Wednesday	10:00–10:45 a.m. (L)
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**Water Exercise Classes included
FREE with membership.**

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

Arts for Adults

Digital Photography Workshop for Adults Level I

Has photography intrigued you, but you don't want to jump into a multi-week class? This one-day introductory workshop is a great opportunity to get your feet wet! You will learn the basics of digital capture, lighting, composition, exposure, printing and more! You will also receive a brief overview on digital darkroom processing. We'll end the day with a portrait lesson where you can show off your new skills!

*Bring your digital camera, manual and lunch with you!

Dates: January 21 or March 17

10:00 a.m. – 2:00 p.m.

FEE: \$65 Member \$75 Non-Member

Digital Photography Workshop for Adults Level II

Do you have a general knowledge of photography but desire to learn more? If so then this workshop is perfect for you! After a brief review you will learn how to shoot studio portraits, print images, manipulate photos on the computer, flash techniques, advanced camera functions and much more! You will also receive an overview on digital darkroom programs from Apple and Adobe. *Bring your digital camera, manual and lunch with you!

Dates: February 18 or May 19

10:00 a.m. – 2:00 p.m.

FEE: \$65 Member \$75 Non-Member

Digital Filmmaking Class for Adults (Level I)

Interested in making your own film? Come join us for our Intro to Digital Filmmaking Workshop! You will learn how to use digital video cameras and basic computer editing software to make your own "home" movie in a relaxed and informal setting. During the lesson, the class will collectively work on a short film from start to finish! No previous filmmaking experience necessary. *Please bring your DV Camera (if you have one) and a lunch!

Dates: February 4, June 2

9:00 a.m. – 3:00 p.m.

FEE: \$85 Member \$100 Non-Members

Introduction to Adobe Photoshop

It's here! Experience this one-day workshop as we teach you to create professional images with the power of Adobe Photoshop. We'll show you the complete start-to-end process of using Photoshop to improve your digital workflow including downloading and managing your images, color correcting and preparing your images for printing.

WORKSHOP PREREQUISITE: You must bring your own laptop computer, preferably loaded with Photoshop CS4 or CS5 (although we can load a trial version for you at the workshop). A limited number of computers will be available.

TOPICS COVERED INCLUDE:

- An introduction to Photoshop
- Managing and accessing digital files
- Learning about sharpening, dodge & burn
- Time-saving techniques using actions
- Adding text to your photos
- Using automation to speed up your workflow

Date: March 3

9:00 a.m. – 3:00 p.m.

Fee: \$85 Member \$100 Non-Member

PowerPoint Slide Show Design Workshop

Looking to add depth to your training and meeting presentations? This workshop will teach you how to create powerful presentations, produce easy to read handouts, learn tips and tricks that ensure a great impression and more!

This PowerPoint workshop will teach you to:

- Use graphics effectively
- Apply sound, animation and slide transitions
- Reduce reliance on bullet lists
- Add interactivity via slide show presentations
- And much more!

Dates: February 25, April 21 9:00 a.m. – 12:00 noon

Fee:: \$35 Member \$45 Non-Member

Introduction to Acting for Adults

This course is suitable for complete beginners who are interested in taking their first steps in acting. It is also great for those with some previous experience who want to polish up old skills while learning new ones. If you have bags of enthusiasm; if you are keen to learn with and from others in a friendly and supportive atmosphere, then this course is for you!

Date: May 19

10:00 a.m. – 2:00 p.m.

FEE: \$50 Member \$65 Non-Member

FOR HEALTHY LIVING

Improving the nation's health and well-being

Y HEALTH & WELLNESS

ONE ON ONE FITNESS ORIENTATION

Free with membership

Our trained Y staff will help you develop a basic exercise program which meets your needs and preferences. Please call, 973-744-3400, or stop by the front desk to schedule an appointment for your free fitness orientation. Come dressed for exercise!

If you have any specific medical restrictions, limitations, or concerns relating to exercise, please call Washima Solomon, Health and Wellness Director, at 973-415-6111 or email wsolomon@montclairymca.org.

STRIVE CIRCUIT TRAINING

Circuit training is one of the most effective ways to make significant strength gains, in a short amount of time. Working hard for less than 2 minutes on each of the 9 STRIVE machines, 2-3 times each week, provides a tremendous total body strength workout in less than 25 minutes.

The Buddy Program

Members helping members with special needs to exercise.

We link member volunteers with members with special needs (autism, cognitive disability, blindness, etc.), who could use a little assistance to navigate the Y and get through a workout. Support may include help in cardio room, guidance in the weight room and pool, or just getting from room to room. Emotional support and encouragement is also a big part of being a Buddy. Buddies are not expected to, or allowed to assist in the locker rooms. Family members must provide any assistance required.

The Y will provide training and ongoing support for volunteers. All that is needed is a desire to get involved. Call Robin Mitchell at 973-744-3400 ext.115.

PERSONAL TRAINING & NUTRITIONAL COUNSELING

Call for an appointment

Our certified Personal Training staff can help you get motivated to train safely and effectively so you can see results! Sessions are one hour and are scheduled by appointment following an intake interview consisting of health/exercise history, goals, schedule, etc. Please call Washima Solomon at 973-415-6111 to arrange for your intake interview.

Fee: Single PT session \$60
1 hour personal training session with a nationally certified personal trainer.

The Start-up Pack \$180
Three (3) personal training sessions with a nationally certified fitness trainer. Includes: Before and after body composition.

The Conditioning Pack \$290 (save \$10)
Five (5) personal training sessions with a nationally certified trainer. Includes: Before and after body composition.

The Fit Pack \$290
Includes: Before and after body composition. Three Personal Training sessions with a nationally certified fitness professional. Two (2) 45 minute sessions with a registered dietician.

The Training Pack \$540
Ten (10) personal training sessions with a nationally certified personal trainer. Includes: Before and after body composition.

Nutritional Consultation \$65
One hour session with registered dietician Gabrielle Rabner. Session may include diet analysis, discussion of eating habits, behavior modification strategies, and basic menu planning.

**All payments are made at the Welcome Center
Outside personal trainers are not permitted.
Members using personal trainers other than Y
personal trainer staff may have their Y privileges
revoked.**

FOR HEALTHY LIVING

Improving the nation's health and well-being

GROUP EXERCISE CLASSES:

Free with membership, just show up!

If you are not sure which class may be most appropriate for you or have any questions concerning your participation in a group exercise class, please call Washima Solomon, Health and Wellness Director, at 973-415-6111.

Studio Cycling Classes - Check out our new Keiser Studio Cycles!!

Each class participant uses a specially designed, super smooth studio exercise bike. Set to inspirational music, an instructor leads the class through a challenging workout which includes sprints, climbs, flats, lifts, and more. This class is great for the beginner and advanced exerciser since you control your own resistance level.

Pump It Up!

Free weights and dynamic calisthenics for strength training and balance, cardio bursts for endurance, plus stretching for flexibility, all in a convenient group exercise format. Equipment includes hand weights and barbells, which are adjustable from 2.5 lbs. to over 60 lbs, resistance tubing and step platforms.

Back to Abdominals

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

Hip Hop Dance

Participants will learn a variety of Hip Hop dances from an experienced instructor. This energetic class teaches Hip Hop movements and techniques as well as instilling rhythm and precision in your muscle memory.

Please refer to the Group Exercise Class Schedule that is available at the Welcome Centers or online at www.montclairymca.org

Instructor Choice

Instructor will choose from various cardio and strength classes that are listed in this brochure. Come see what the class of the week is going to be!

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits.

Athletic Conditioning with Medicine Balls, Slides, and Kettle Bells

Participants perform a variety of dynamic movements to develop functional strength and cardiovascular fitness. This is a great multipurpose workout, which carries over into every activity!

MONTHLY SPECIALTY CLASSES!!

New specialty class offered each month including African Dance, Cardio Belly Dancing, Brancee, Bar Themed Classes, Zumba Tone and willPower and grace.



FOR HEALTHY LIVING

Improving the nation's health and well-being

Y's Way to Physical Fitness

A moderate fitness program for morning people, including strength, flexibility and cardiovascular endurance conditioning. After the warm-up, stretching and strengthening segment, participants choose an option of cycling, walking, jogging or using the fitness center for their cardiovascular work.

Step & Sculpt

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

Cardio Kickboxing

This intense class combines traditional kickboxing moves to develop strength, power, and cardiovascular fitness. This class is geared toward a more advanced level of fitness. If you are new to the class please see the instructor before class begins.

Sculpting

This group strength training class will improve muscular strength and endurance. Class includes calisthenics, hand weights, barbells, and some cardiovascular training.

Boot Camp

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

Just Stretch

A great way to wind down at the end of a long week. "Just Stretch" tells it like it is. This class is all about stretching. A variety of techniques will be used to stretch the entire body, finishing with some gentle relaxation, leaving you feeling great!

Pilates-Mat

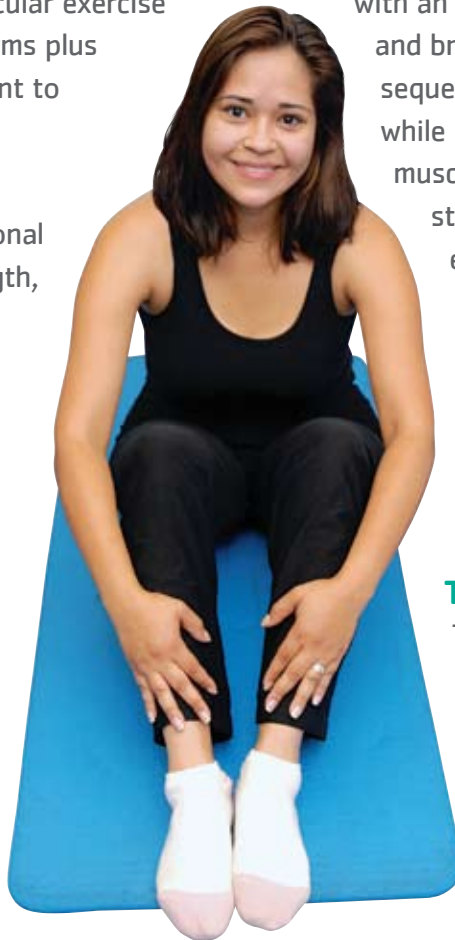
This is a group exercise Pilates class done on a mat with an emphasis on movement quality, posture and breathing. Exercises specially designed and sequenced to strengthen the core musculature while lengthening the muscles for optimal muscular balance will help you flatten your stomach, improve your posture, reduce or eliminate back ache and help you feel and look your best.

Low Impact Workout

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

Tai Chi

The forms are traditional Yang family style. Yang style T'ai Chi Ch'uan is the most widely practiced Martial Art in the world. There are no extreme demands on muscles. Indeed the relaxation of muscle is a basic focus, as is learning to shift weight properly while paying attention to balance control.



Please refer to the Group Exercise Schedule for times, days and location. Schedules are available at the Welcome Centers or online at www.montclairymca.org.

FOR HEALTHY LIVING

Improving the nation's health and well-being

Yoga

The physical practice of yoga integrates spirit, mind and body while developing strength, flexibility, relaxation and general well being. As with all group exercise classes, all movements can be modified to decrease or increase the intensity. Participants should approach new movement patterns cautiously and not move in a way which causes pain.

- Gentle - Each week you will explore a different series of basic poses focusing on stretching and gentle transition through the poses.
- Level I – Focus on basic yoga poses (asanas), breathing techniques (pranayama), as well as meditation.
- Level II - An intermediate level class that may incorporate more challenging backbends and inversions.
- All Levels - Open to all levels of students- beginner to advanced. Poses can be modified to accommodate all levels.
- Iyengar - A detailed and refined approach to yoga that emphasizes muscular and skeletal alignment, and creates strength, flexibility, and balance. Deep stretching occurs through holding poses for longer periods while also building strength.
- Power Yoga – A challenging sequence of asanas designed to build strength, flexibility and balance.
- Vinyasa – A flowing style of yoga, linking one asana to the next.
- Kundalini – Kundalini yoga seeks to awaken the primordial awareness of being –consciousness–bliss through a combination of breath control techniques, rhythmic movements and chanting augmenting the student's bodily awareness as a tool for spiritual development.

Active Older Adults – Level I

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

Active Older Adults – Level II

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

Active Older Adults – Level III

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

Mindfulness Meditation

Meditation is effective for stress reduction and pain management. Promotes inner calm, wisdom, wakefulness and joy. For beginners but all are welcome. Generally class is conducted with participants in a seated position, however, other variations are used as well. Class is drop in. Instructor Kerry Rasp has completed his internship of Jon Kabat-Zinn's Mindfulness Based Stress Reduction Program at the UMass Medical Center.

Please refer to the Group Exercise Schedule for times, days and location. Schedules are available at the Welcome Centers or online at www.montclairymca.org.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

Free Morning Lectures Mountainside Hospital Screenings And Free Lectures At the YMCA

Body Fat/Body Mass Index Screening Wednesday, January 11, 9:00 to 11:00 a.m.

Learn your body fat percentage & BMI & how these numbers impact your overall health. No registration required.

Your Guide to a Healthy Heart Friday, February 3, 9:30-10:30 a.m.

Learn about heart diseases, risk factors & what you can do to keep heart healthy.

The Aging Eye Monday, March 19 at 9:30 a.m.

A discussion of diseases of the eye which affect senior citizens: Glaucoma, Cataracts, and Macular Degeneration. Dr. Kathryn Childs.

Free Diabetes Screening Tuesday, April 10, 9:00-11:00 a.m.

Get immediate results. No fasting or registration required.

Bone Density Screening (Registration Required) Wednesday, May 23, 9:00-11:00 a.m.

An ultrasound of the forearm to identify people at risk for Osteoporosis. Call 1-888-973-4MSH. Fee \$12 (\$10 for 55 & up)

Free Blood Pressure Checks

Mondays 9:30 -10:30 a.m.

January 2 • February 6 • March 5 • April 2 • May 14

Monthly Book Club

Mondays at 9:20 a.m.

**January 30 • February 27 • March 26
April 23 • May 21**

Each month the group is given a different book to discuss. Call Carol Kearney for details at 973-415-6131

Luncheon & Music Program

**Tuesday, January 10 at 12:15 p.m.
(snow date January 17)**

Jane Seaman, soprano, will sing songs by Gershwin & Cole Porter. Bring a sandwich, dessert provided. Fee \$3

Get Ready To Sleep

Calming the Distracted Mind

Monday, January 23, 9:30-11:00 a.m.

A guided therapeutic experience and a discussion to learn the basic methods for settling up the mind to sleep. Bob Jaskiewicz, LCSW

Want To Make A Change In Your Life?

Thursday, January 26, 11:15 a.m.-12:45 p.m.

Real change, real easy right now! Joey Raines Masters & Raines Advanced Healing Therapy Center.

Important Documents

In Estate Planning & Life Planning

Wednesday, February 8 at 10:00 a.m.

Gerry Tobin, a local attorney, will discuss wills, trusts, Power of Attorneys & Advance Directives. Sample copies are available.

Valentines Day Read- In

Monday, February 13, 9:30-11:00 a.m.

Bring a favorite short story, poem, or essay to read.

The Humdingers Singing Group

Location: Holm Room

Wednesday, March 7 at 10:00 a.m.

Pain in the Neck

Wednesday, March 14, 9:30 a.m.

If you've got one, take ownership and learn tips to feel better & reduce this nagging symptom. Todd Edelson, PT, of Montclair Physical Therapy Associates will share his techniques with you.

AARP Driver Safety Program

Registration Required

Wednesday, March 21, 8:45 a.m.-3:00 p.m.

Check with your insurance company about receiving a 3 year premium deduction. (N.J. license) Fee: \$12 AARP Members, \$14 non AARP Members paid that day. To register contact Carol Kearney at 973-415-6131

Let Me Entertain You" with

Earnestine Galloway

Monday, May 7 at 10:00 a.m.

FOR HEALTHY LIVING

Improving the nation's health and well-being

RACQUETBALL • HANDBALL • SQUASH OPEN COURT TIMES FOR FULL MEMBERS

All racquets must have wall guards and wrist straps. Goggles must be worn at all times. Paddles not allowed on courts. Youth under 14 years of age must be accompanied on court by a parent or another adult.

Reservations for court times:

- 45 minutes for racquetball
- 60 minutes for squash

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

COURT TIMES
Monday through Friday
5:15 a.m.-10:00 p.m.
Saturday and Sunday
7:00 a.m.-7:00 p.m.

Volleyball • Drop-in Volleyball

Pick up & recreational play. Must be a teen or full adult member to participate.

Tuesday	Beginner	8:00-10:00 p.m.
Thursday	Advanced	8:00-10:00 p.m.

Adult Basketball

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

RECREATION GYM SCHEDULE

Activity:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Basketball Must be College or Adult member * Minimum age- 25 yrs ** Minimum age- 18 yrs	**10:30 a.m.-1:00 p.m.	*12 noon-1:30 p.m. **7:15-10:00 p.m.	*12 noon-1:30 p.m.	*12 noon-1:30 p.m. **7:15-10:00 p.m.	*12 noon-1:30 p.m.	*12 noon-1:30 p.m.	**1:30-3:30 p.m.
Adult Volleyball			8:00-10:00 p.m.		8:00-10:00 p.m.		
Youth Open Gym, 10-12 years	2:00-3:00 p.m.						5:00-6:00 p.m.
Teen Open Gym must be a current teen member, 13-17 years	3:00-6:00 p.m.	2:30-3:40 p.m.	2:30-3:40 p.m.	2:30-3:40 p.m.	2:30-3:40 p.m.		5:00-6:00 p.m.
Family Gym No full court games All ages	6:00-7:00 p.m.						6:00-7:00 p.m.

Youth Open Gym is for youth members only ages 10-12.

Teen Open Gym is for teen members only ages 13-17.

Young Adult and Adult members are not permitted during youth and teen gym times.

The YMCA of Montclair reserves the right to make schedule changes when necessary. Notification of any changes will be made available whenever possible.



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

**30TH ANNIVERSARY
MONTCLAIR RUN
SUNDAY, JUNE 3RD**

8:30 a.m. 2-mile Family walk/run
9:30 a.m. 10k (6.2 miles) run
Applications will be available in
April at the YMCA or MRCA or
Online: www.montclairymca.org
Volunteers are needed to help

**HEALTHY KIDS DAY!
APRIL 28TH**

**We have a camp for you!
Summer Camp Information
Pages 14 & 15**

**Be A Buddy! Be A Volunteer!
Check out our Buddy Program
Page 22**



YMCA of Montclair

25 Park Street • Montclair, NJ 07042 • 973 744-3400
www.montclairymca.org