

WINTER/SPRING I PROGRAM GUIDE



In 2010 the Metropolitan YMCA of the Oranges will celebrate its 125th Anniversary. The West Essex Branch is proud to observe this milestone and looks forward to a rich future of community service.

**West Essex
 YMCA**

321 S. Livingston Ave.
 Livingston, NJ 07039

(973) 992.7500

(973) 992.7680 (fax)

www.westessexymca.org

A Greener Approach...

In an effort to lessen our carbon footprint, the West Essex YMCA will no longer be printing Program Guides. This will be the last printed Program Guide. Please refer to our website at www.westessexymca.org to view this and all future guides.

Session Dates:

Winter: 1/4/10 – 2/28/10

Registration begins:

Facility Members – Online only 12/14/09
 Program Members – Online only 12/17/09
 Open Registration – 12/19/09

Spring I: 3/1/10 – 4/25/10

Registration begins:

Facility Members – Online only 2/8/10
 Program Members – Online only 2/11/10
 Open Registration – 2/13/10

**Online
 Registration
 is available.**

**Check out
 our updated
 website!**

MISSION STATEMENT

The **Metro YMCAs of the Oranges** enriches the lives of the children, families and communities we serve, through programs that build spirit, mind and body, welcoming all people, in an environment nurturing positive values.

DETAILED INFORMATION IS AVAILABLE ON-LINE

YMEMBERSHIP

THE WEST ESSEX YMCA is one of 5 Branches of the Metro YMCAs of the Oranges. The other branches are East Orange YMCA, Fairview Lake Camps and Conference Center, South Mountain YMCA and the Sussex County YMCA. See page 23 for addresses & phone numbers.

The West Essex YMCA offers various membership options to meet your specific requirements/needs, which includes both Facility and Program Memberships. The following categories are currently available:

FACILITY MEMBERSHIP INCLUDES

Free Adult Fitness Classes, priority registration for all programs, reduced rates on programs, access to Steam Room and Sauna, use of the Pool, Gymnasium, Wellness Center, free Equipment Orientation, Racquetball/Handball/Ping Pong Court and Men's and Women's Lockers and Showers. All Adults and Adult Family Members are entitled to 2 free Guest Passes per year. Rates and schedules are subject to change.

PRICES FOR MEMBERSHIP

| | Bank Draft | Joiner Fee |
|-----------------------|------------|------------|
| Youth (0 - 12) | \$15.00 | \$ 30.00 |
| Teen (13 - 17) | \$22.00 | \$ 50.00 |
| Young Adult (18 - 22) | \$32.00 | \$ 75.00 |
| Adult (23 - 64) | \$42.00 | \$100.00 |
| Senior (65 & Up) | \$32.00 | \$ 75.00 |
| Senior Couple | \$48.00 | \$100.00 |
| Family* | \$65.00 | \$150.00 |

*FAMILY FACILITY USE MEMBERSHIP

Provide up to two adults married or living at the same address with dependent children through 12th grade with use of the facilities, per the schedule. College students with valid college ID up to the age of 22 may be included as dependent children.

PAYMENT PLANS:

1. ANNUAL PAYMENT PLAN

Cash, Check, MasterCard, Visa, Discover, American Express.

2. ELECTRONIC BANK DRAFT

(1st or 15th of the month withdrawal)

Continuous membership through payment of a low monthly fee. New members who choose the monthly Bank Draft plan are required to pay the first year joiner fee and one month membership fee. A current member who switches to the monthly bank draft method is required to pay one month of the membership fee.

3. BANK DRAFT MEMBERSHIP TYPE UPGRADES

The monthly dues will change according to the membership type. Membership will be upgraded automatically on birthday.

JOINER FEE

Upon joining, new members pay a ONE time joiner fee in addition to the membership dues. You may rejoin within 30 days of expiration date without repaying this fee. Joiner fee is not refundable. Members from another YMCA in good standing may request a waiver of joiner fee.

CANCELING MEMBERSHIP

The YMCA will not take responsibility to cancel your bank draft. A 30-day written notice is required prior to your next scheduled draft date (1st or 15th) to stop bank draft. It is the member's responsibility to check monthly bank statements to ensure the cancellation has taken effect. No refund will be given for a bank draft that occurs the 30-day cancellation period. Membership fees are not refundable.

NON-SUFFICIENT FUNDS

Checks returned for non-sufficient funds (NSF) will be subject to a \$25 service fee. If the account has NSF a second time, or has been closed, the YMCA has the right to suspend the membership/program registration until all fees have been received.

BABYSITTING

Babysitting is included with your Facility Membership while participating in YMCA programs.

This service is available Monday through Saturday from 9:00am - 12 noon and Tuesday/Thursday from 6:00pm - 8:00pm. Children must be between the ages of 6 months and 7 years. Diapers are not changed. Please do not bring sick children to the babysitting room.

WEST ESSEX YMCA A.W.A.Y. PROGRAM POLICY

Guests who have a YMCA Membership within 50 miles must pay a guest fee. A guest who comes from a YMCA more than 50 miles has no fee for the first 3 visits, after which they must pay accordingly.

FEES:

Full facility use

| | |
|--|------|
| Youth: | \$10 |
| Adult (18 yrs & up): | \$15 |
| Family (up to two adults with children): | \$25 |

PROGRAM MEMBERSHIP

This membership allows a member to enroll in classes at the program member fee. Use of the facility is limited to the class or program for which members are registered.

| | Annual |
|------------|----------|
| Individual | \$ 75.00 |
| Family | \$125.00 |

REGISTRATION

Registration is required for all classes and is on a first come, first serve basis. Please register on-line at www.westessexymca.org. Registrations must include payment in full. Classes will not be prorated until the third week of the session. Membership must be current through the end of the session.

New Memberships must be purchased in person, and in advance of registration. Renewals will be accepted through the mail or on-line.

CLASS REFUND/MAKE-UPS/TRANSFER

The YMCA reserves the right to cancel, combine or modify program due to insufficient enrollment. If a program is cancelled by the YMCA, every attempt will be made to place the enrollee in another section of the same level program. If the enrollee cannot be accommodated, a full refund or credit will be offered. Absolutely NO REFUNDS will be issued for any other reason.

Please attend your scheduled class as make-up classes are not available for non-attendance. No credits or refunds will be given. If a class is missed due to illness or injury a credit may be issued if a doctor's note accompanies the request. Credits are good for one year.

Choose your class carefully. A processing fee of \$10 will be charged for all class changes except for those requested by an instructor.

DETAILED INFORMATION IS AVAILABLE ON-LINE



PIONEER TRAILS DAY CAMP

Accredited by the American Camping Association and the State of New Jersey, Pioneer Trails is entering its 55th year of service and is held at Caldwell College. Pioneer Trails Day Camp is a traditional camping experience for youths with opportunities for self-discovery and personal development, while allowing your child to make new friends and everlasting summertime memories. For more information call (973) 992.7500.

Open House Dates: 2/27, 3/20 & 4/18.

Tour Times: 10:30am and 12:30pm.

SUPER SUMMER DAY CAMP

Our program places special emphasis on assisting the children of working parents. We provide a safe, healthy, fun-filled and worry-free environment, not only for our campers, but for our parents as well. This is a very active camp with many traditions. Your child will learn to develop social skills in a fun and creative environment.

The camp day will begin at Livingston High School and end at the Livingston Town Pool (if your child is a Livingston resident with a badge) or at the West Essex YMCA Pool. Tuition includes daily programs, trips, T-shirt and pizza days.

Accredited by the American Camp Association and licensed by the State of NJ. For more details or information on Early Bird Discount call (973) 992.7500.

Meet & Greet Dates: 3/14 & 5/2 11:30am-1:00pm.

CAMP PEANUT SHELL (3 – 5 yrs)

Summertime camp fun for preschoolers at Peanut Shell Child Care Center includes the following: Swim and Gym at the West Essex YMCA (twice a week), sprinkler days, Camp Olympics, barbecues, field trips, Spanish classes, Camp Carnival, a petting zoo, and more!

In operation for 32 years, Peanut Shell is state licensed and NAEYC accredited. The center is open from 7:00am to 6:45pm, and enrollment options include 3, 4, or 5 days per week. For further information, please call Peanut Shell at (973) 533.1511.

WEEKDAY CAMP (3 – 5 yrs)

Weekday Camp consists of 4 two week theme based sessions beginning the 3rd week of June and ending the 2nd week of August. We accept children from ages 2½ to 6 years old. We offer flexible hours and campers can choose to come two to five times a week.

You can select ½ day program either 9:00am – 1:00pm; 9:00am – 3:00pm or a Full day program 7:30am – 6:00pm. Weekday campers will enjoy arts & crafts, cooking, science, swimming in our age appropriate pools and slipping and sliding on our brand new water slide. Come and join us for a fun filled summer! For more information, please call Weekday at (973) 992.1203.



WEST ESSEX YMCA

PEANUT SHELL CHILD CARE CENTER

706 Regent Street, Livingston, NJ 07039

For information or to schedule a tour, please call (973) 533.1511.

| | |
|-------------|---------------------------------|
| Infants: | Full Week (6 weeks – 12 months) |
| Waddlers: | Full /Part Week (1 – 2 yrs) |
| Toddlers: | Full/Part Week (2 – 3 yrs) |
| Pre-School: | Full/Part Week (3 – 5 yrs) |

In operation for 32 years, Peanut Shell provides a wide variety of creative and motivating activities to instill a love of learning in your child. State licensed, and the only Livingston Child Care Center accredited by NAEYC (The National Association for the Education of Young Children), Peanut Shell Child Care Center provides a fun and nurturing environment for your infant, toddler or preschooler.

WEEKDAY NURSERY AND CHILD CARE CENTER

294 West Hobart Gap Rd. Livingston, NJ 07039

For information or to schedule a private tour, please call (973) 992.1203.

Weekday’s curriculum is age appropriate for pre-school children ages 2 1/2 thru 6. Children are exposed to a variety of materials, which stimulate exploration and discovery in Art, Music, Language, Math, Science and Spanish.

AVAILABLE PROGRAMS:

- Nursery School – a 3 hour program available mornings or afternoons two to five times a week
- Nursery Plus – for parents who wish to extend their child’s day with lunch and further play, until 1:00pm
- Child Care – open from 7:30am to 6:00pm.

BEFORE AND AFTER SCHOOL PROGRAMS

Livingston, West Orange, Caldwell, West Caldwell and Roseland

The West Essex YMCA offers a safe and caring environment in your child’s own school. Our staff members are selected from a wide range of applicants who undergo strict background checks, most of whom have been with us for several years. All of our extended day sites are licensed by the State of New Jersey Dept. of Human Services, Division of Youth and Family Services. For more information visit our web site www.westessexymca.org or call (973) 992.7500.

KINDERGARTEN EXTENDED DAY PROGRAM

Offers an extended day for Kindergartners in the Caldwells where a half day of school is still in effect. Your child’s kindergarten curriculum will be enriched by our program with coordinated lessons, crafts, gym games, outdoor play and special activities. Children have an opportunity to enhance social skills, increase vocabulary and interact with a nurturing staff. For more information visit our web site www.westessexymca.org or call (973) 992.7500.

DETAILED INFORMATION IS AVAILABLE ON-LINE



WELLNESS CENTER SERVICES

Complimentary Services include: Equipment Orientations, Fitness Assessments and Information Seminars. Deluxe Services include: Personal Training, Stretch & De-stress, Power Abs Session, Senior Workouts, Nutritional Counseling and Youth/Teen Weight Training. For more information or to make an appointment call (973) 992.7500. Detailed information is available on-line at www.westessexymca.org.

YADULT FITNESS

| CLASS TIMES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------|--------------------------------|--------------------------|-----------------------|--------------------------|--------------------|--------------------------------|--------------------------|
| 9:05am – 10:05am | Rise & Shine Aerobics | | Rise & Shine Aerobics | | Zumba | Interval Step/Sculpt | Tai Chi 9:00am - 10:00am |
| 9:10am – 10:10am | | Cardio Interval Training | | Cardio Interval Training | | | |
| 10:15am – 11:15am | Pilates | Sculpt & Stretch | Yoga Tone | Sculpt & Stretch | Pilates | Yoga Tone Kick Box Aerobics | |
| 11:15am – 12:15pm | | Gentle Fitness | | Gentle Fitness | | | |
| 6:00pm – 7:00pm | | Body Fitness | Zumba | Body Fitness | | | |
| 7:00pm – 8:00pm | Boot Camp Yoga Intermediate | Bands, Balls & Bars | Yoga all levels | Boot Camp | Fun Family Fitness | | |
| 8:00pm – 9:00pm | Yoga Beginner | | | | | | |

Minimum of 9 participants required to run fitness classes. Facility Members only. This schedule is subject to change, please visit our website for the updated information.

YADULT SPECIALTY CLASSES

ADULT BASKETBALL LEAGUE (21 yrs & Up) Spring Only
 Come join the region's most competitive program of adult basketball leagues. Register as a team or as an individual and we will place you on a team of 8 – 12 players. For more information call Hassan at (973) 493.3015

Thursday 8:15pm – 10:00pm

Sunday 5:00pm – 9:00pm

Fee: Facility Members \$75
 Program Members/Non-Members \$90



YPARTIES

To schedule pool or gym Birthday Parties for children ages 4* - 14 call (973) 992.7500.

To schedule Birthday Parties for children ages between 2 - 5 call (973) 533.1511.

*Must be 6 yrs. old for Pool Birthday party.

DETAILED INFORMATION IS AVAILABLE ON-LINE

YOUTH SPORTS

Fee: Facility Members \$68 Program Members \$115 (unless otherwise noted). Schedule is subject to change. Please visit our website for updated information. Minimum of 4 participants required to run Youth Sports Classes (except Specialty Classes).

BASEBALL (4 – 6 yrs)

If you are a beginner or more experienced player looking to hone your skills, this class is for you. Hitting, base running, throwing and catching are all included. We believe that everyone gets to play and that winning is not everything, learning how to play is.

This program will emphasize fun-damentals, skill development, character development, teamwork and sportsmanship. We want youngsters going away feeling good about themselves.

4 – 5 yrs: Tuesday 3:10pm – 4:00pm

6 – 7 yrs: Tuesday 4:10pm – 5:00pm

6 – 8 yrs: Tuesday 5:10pm – 6:00pm

TAE KWON DO (7 yrs – Adult)

A great family program! Individuals are also welcome. Improve yourself in body, mind and spirit. Develop your blocking, kicking and punching techniques emphasizing the traditional philosophy and discipline of Tae Kwon Do. Improve your confidence and ability to focus while relieving stress and learning self defense. Participants should wear a Gi.

Saturday 11:30am – 1:00pm

Facility Members \$91

Program Members \$135

TENNIS (5 – 10 yrs)

Basic skills, including scoring, forehand, backhand, and footwork, are presented each week to introduce players to the game of tennis. Held indoors in the Y Gym, participants will have fun learning the skills and building stamina needed to succeed! Player will hit and hit, again and again. All levels welcome. We supply all the equipment.

5 – 7 yrs: Wednesday 4:10pm – 5:00pm

5 – 10 yrs: Saturday 9:10am – 10:00am

5 – 10 yrs: Saturday 10:10am – 11:00am

8 – 10 yrs: Tuesday 5:10pm – 6:00pm

8 – 10 yrs: Thursday 5:10pm – 6:00pm

BASKETBALL (5 – 10 yrs)

Join us as we teach the basics of dribbling, shooting, passing, and offensive and defense sets. Basketball is a co-ed skill development program. Players learn the fundamentals of basketball in a pre-competitive environment where they focus on learning the game, not playing to win.

5 – 6 yrs: Monday 3:10pm – 4:00pm

7 – 8 yrs: Monday 4:10pm – 5:00pm

9 – 10 yrs: Monday 5:10pm – 6:00pm

"TOT KWON DO" AT WEEKDAY CHILDCARE CENTER (5 – 6 yrs)

This program was developed specifically for young children ages 5 through 6. This program offers children a strong foundation in essential character qualities such as courtesy, respect, and discipline. In addition, the program is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. All classes are taught using the most safe, fun, and exciting instruction methods available for this age group. Participants should wear a Gi.

Thursday 1:00pm – 2:00pm

Fee: \$120

ALL SORTS OF SPORTS (3 – 7 yrs)

Join us as we introduce players to wide range of sports and games to enhance their athletic experiences. Sports include soccer, basketball, baseball, football and more. Basic physical and social skills are taught. Games change weekly, so be ready to have some fun!

3 – 4 yrs: Tuesday 4:10pm – 5:00pm

3 – 4 yrs: Wednesday 1:10pm – 2:00pm

3 – 4 yrs: Thursday 10:20am – 11:10am

3 – 4 yrs: Friday 1:10pm – 2:00pm

4 – 6 yrs: Saturday 2:10pm – 3:00pm

6 – 8 yrs: Tuesday 3:10pm – 4:00pm

PEE WEE SOCCER (3 – 6 yrs)

This program is designed to give young soccer players a FUN introduction to soccer in a safe & enjoyable environment. Children will learn the basics of soccer dribbling, passing and goal tending.

Thursday 3:10pm – 4:00pm

Saturday 1:10pm – 2:10pm

YOU PICK THE SPORT (Grades 1-3)

Children choose which sports and games they want to play. Variety of indoor sports like Basketball, Hockey, Volleyball, Kickball, Tennis, 4-Square, and outdoor sports like Baseball, Tennis, Soccer, Football, Ultimate Frisbee, Lacrosse, Kickball and more.

Thursday 3:45pm – 4:35pm

Saturday 1:00pm – 2:00pm

YOUTH SPORTS PRIVATE LESSONS

We offer baseball, basketball, tennis, golf and soccer private lessons. Private lessons are available for Members only. To schedule an appointment for private baseball lessons, please call (973) 992.7500.

Fee: \$40 per ½ hour session

YTEENS™

YOUTH/TEEN PERSONAL TRAINING (10 yrs & Up)

Teens and "Tweens" can condition with specifically designed exercises to improve strength, endurance, stamina, and speed. This one-on-one training will introduce fundamentals of fitness on strength and cardio equipment. Sessions are purchased by the hour, but may be split into 30 minute appointments. For an appointment or more information call (973) 992.7500.

Fee: One 60 min. session per week: \$30

Two or more 60 min. sessions per week: \$25 per session

YOUTH/TEEN WORKOUT (11 – 15 yrs)

Fun fitness activities in a group setting, that encourages teamwork, commitment and healthy lifestyle. Our trainers will work with you to achieve your individual goals with careful attention on the limitation of the adolescent body.

Free to Facility & 7th Grade Members.

Tuesday/Thursday 4:00pm – 5:00pm

DETAILED INFORMATION IS AVAILABLE ON-LINE



PRESCHOOL INSTRUCTION (3 – 5 yrs)

Each new level builds upon the skills and knowledge mastered in the previous level. Listed are minimal skills required to enter each level. If you are not sure what level is best for your child, please contact our Aquatic Director prior to registration. The following programs are designed without parental participation. Parents are advised to stay in the pool area to observe from a distance, allowing for the proper learning environment.

PRESCHOOL SCHEDULE WINTER FACILITY MEMBERS \$73 PROGRAM MEMBERS \$125

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|-------------------|-------------------|-----------|----------|---------|---------------------------------------|
| Parent/Toddler Swim | | 1:30pm | | 10:30am | | 9:00am |
| Tadpoles | | 1:30pm | | 10:30am | | 9:35am 10:10am |
| Pre-Pike | | 10:30am | | | | 10:10am |
| Pike | 11:00am 4:00pm | | | | | 9:00am 9:35am 10:10am 1:00pm |
| Eels | 10:30am 4:30pm | 11:00am 5:30pm | | 11:00am | 11:30am | 9:00am 9:35am 10:10am 1:00pm |
| Rays | 11:30am | | 4:30pm | 11:30am | 11:00am | 9:00am 9:35am 10:10am |
| Starfish | | 11:30am | 4:00pm | | 10:30am | 9:35am 10:10am 1:00pm |
| Super Starfish | | 5:00pm | | 1:30pm | 10:00am | 10:45am |

All baby and preschool classes are 30 min long

PRESCHOOL SCHEDULE SPRING I FACILITY MEMBERS \$73 PROGRAM MEMBERS \$125

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|-------------------|-----------------------------|-----------|-------------------|-------------------|---------------------------------------|
| Parent/Toddler Swim | | 1:30pm | | 10:30am | | 9:00am |
| Tadpoles | | 1:30pm | | 10:30am | | 9:35am 10:10am |
| Pre-Pike | | 10:30am | | | | 10:10am |
| Pike | 11:00am 3:40pm | | 3:40pm | 3:40pm | | 9:00am 9:35am 10:10am 1:00pm |
| Eels | 10:30am 3:40pm | 11:00am 3:40pm 5:30pm | 3:40pm | 11:00am | 11:30am 3:40pm | 9:00am 9:35am 10:10am 1:00pm |
| Rays | 11:30am 3:40pm | | | 11:30am 3:40pm | 11:00am | 9:00am 9:35am 10:10am |
| Starfish | | 3:40pm | 3:40pm | 3:40pm | 10:30am 3:40pm | 9:35am 10:10am 1:00pm |
| Super Starfish | | 11:30am 3:40pm | | 1:30pm | 10:00am 3:40pm | 10:45am |

All baby and preschool classes are 30 min long

PRIVATE LESSONS

Private lessons provide the greatest flexibility and one-on-one instruction for all ages and all abilities. These lessons are 30 minutes long and can be scheduled any day of the year. To schedule a private swim lesson, please call (973) 992.7500 ext. 220 and leave message for our private swim lesson coordinator, Eileen. Day and time preferences, age, level, and other important details should be given in your message. Private swim lessons are available for members only. Private swim registration form with payment in full must be completed prior the first lesson. Parent must notify the YMCA 24 hours in advance to postpone or cancel a private swim lesson or class payment will be forfeited.

Fee: \$35 for ½ hour session
New Semi-Private \$40

ADULT SWIM (18 yrs & Up)

Whether upgrading skills or a first time swimmer, YMCA adult swim lessons use a variety of adult learning principles to structure the program to meet the individual needs of each swimmer. Non-swimmers welcomed.

Wednesday 9:15pm – 9:55pm

AQUA-FITNESS (18 yrs & Up)

This non-impact workout will take you to the depths of your fitness training! One of the benefits is that Aqua fitness allows a person to exercise every muscle, while floating in the deep end of the pool with an aqua belt. Non-swimmers welcome.

Tuesday/Thursday 10:30am – 11:15am
Facility Members \$71 Program Members \$117

ARTHRITIS SWIM (18 yrs & Up)

This class is designed to help ease arthritis symptoms and improve flexibility, strength and mobility through water exercises.

Monday thru Friday 1:30pm – 2:45pm
Fee: Free for Facility Members

AQUACISE (18 yrs & Up)

Aquacise is a fantastic way to get fit as well as stay fit. The unique physical properties of water provide an ideal environment for exercise. Water reduces weight-bearing stress, allowing a greater ease of movement with less strain on bones, joints and muscles. Non-swimmers welcome.

Monday/Wednesday/Friday 9:00am – 9:45am
Fee: Free to Facility Members.

DETAILED INFORMATION IS AVAILABLE ON-LINE



PROGRESSIVE YOUTH INSTRUCTION (6 yrs & Up)

Our progressive lesson follows guidelines established by the YMCA of the USA. Swimmers must be 6 years or older, and required to master all skills in a level before advancing. Listed are minimal skills required to enter a level. If you are not sure what level is best for your child, please contact the Aquatic's Director before registering.

PROGRESSIVE YOUTH WINTER FACILITY MEMBERS \$73 PROGRAM MEMBERS \$125

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------|---------|-----------|----------|--------|--------------------|
| Polliwog | | | 5:00pm | | | 10:45am 11:30am |
| Guppy | | | | | 4:00pm | 10:45am 11:30am |
| Minnow | | | 5:40pm | | | 10:45am 11:30am |
| Fish | | | | 5:00pm | | 11:30am 12:15pm |
| Flying Fish | 5:00pm | | | | | 12:15pm 1:00pm |
| Shark | | 5:00pm | | | | 12:15pm 1:00pm |
| Porpoise Club I | | | 5:00pm | | | 12:15pm |
| Porpoise Club II | 5:40pm | | 5:00pm | | 5:00pm | 12:15pm |

All progressive youth classes are 40 min. long

PROGRESSIVE YOUTH SPRING I FACILITY MEMBERS \$73 PROGRAM MEMBERS \$125

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------|---------|------------------|------------------|------------------|--------------------|
| Polliwog | 4:15pm | 4:15pm | 4:15pm 5:00pm | | | 10:45am 11:30am |
| Guppy | 4:15pm | 4:15pm | 4:15pm | 4:15pm | | 10:45am 11:30am |
| Minnow | 4:15pm | | 4:15pm 5:40pm | | | 10:45am 11:30am |
| Fish | | 4:15pm | | 4:15pm 5:00pm | | 11:30am 12:15pm |
| Flying Fish | 5:00pm | | | 4:15pm | 4:15pm | 12:15pm 1:00pm |
| Shark | | 5:00pm | | 4:15pm | 4:15pm | 12:15pm 1:00pm |
| Porpoise Club I | | | 5:00pm | | 4:15pm | 12:15pm |
| Porpoise Club II | 5:40pm | | 5:00pm | | 4:15pm 5:00pm | 12:15pm |

All progressive youth classes are 40 min. long

AQUADANCE (18 yrs & Up)

Using both the shallow and deep end of the pool, obtain a stress free workout, excellent result with little impact on the joints. Let's try it together!

Wednesday & Friday 11:30am – 12:15pm

Fee: Free for Facility Members.

COMPETITIVE AQUATICS

PRE-TEAM (7 – 15 yrs)

Advanced swim program led by swim team coaches for ages 7 to 15. The Pre-Team focuses on competitive skills without the full commitment of swim team. Pre-Team is a great training ground for summer leagues, high school teams, and year-round club teams like ours at the Y. **Training sessions are two times a week.**

Pre-Requisites: Endurance for 200 yards non-stop. Correctly swims 100 yards front and back crawl, 50 yards Breaststroke, 25 yards Butterfly. Swimmers can expect a daily workout to include up to 1000 yards (40 lengths of the pool).

Pre-Team (Ages 7 - 15 yrs) Must select two days

Monday 5:45pm – 6:45pm

Wednesday 4:00pm – 5:00pm or 5:45pm – 6:45pm

Saturday 2:00pm – 3:00pm

SWIM TEAM (6 – 18 yrs)

The West Essex YMCA Swim Team trains and competes year round. Practices include technique training, start and turn training, conditioning, endurance, and speed training, dryland exercises, and stretching. Competition includes invitational meets, dual meets, and championship meets sanctioned by USA Swimming and YMCA Swimming. For more information call (973) 992.7500, ext. 111 email pcasazza@metroymca.org or visit our web site at www.westessexymca.org.

ADDITIONAL AQUATICS PROGRAM

LIFEGUARD TRAINING (15 yrs & Up)

If you're 15 or older and looking for a great job or a challenging career, this American Red Cross Lifeguard training class is the best place to start. This course teaches basic water rescue skills (adult, child and infant), C.P.R. and First Aid. Upon completion, participants will obtain American Red Cross certifications.

Pre-Skills: Able to swim front crawl and breast stroke 500 yards. For days and times call (973) 992.7500.

Fee: Facility Members \$260

Program Members/Non-Members \$295

C.P.R./C.P.R. RE-CERTIFICATION FOR THE PROFESSIONAL RESCUER (12 yrs & Up)

American Red Cross first aid and CPR programs are designed to give you the confidence to respond in an emergency situation with skills that can save a life. Whether you work with children, want training for employees, are a professional rescuer, or simply want to know how to help someone in an emergency, this program is for you.

All participants receive a rescue mask, and Red Cross Certification. Must be 12 years or older. For days and times call (973) 992.7500.

Fee: \$55



We build strong kids, strong families, strong communities.

321 S. Livingston Avenue Livingston, NJ 07039

Hours:

Monday - Friday 4:45am - 10:00pm

Saturday 6:45am - 9:00pm

Sunday 7:30am - 3:00pm



Non-Profit Org.
US Postage
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