



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER TOGETHER

**THE YMCA OF EASTERN UNION COUNTY**

**Strengthening the Elizabeth Community for over 100 Years!**

Spring 2012  
Elizabeth Branch  
PROUDLY SERVING: ELIZABETH



# SPRING FORWARD!

The YMCA OF EASTERN UNION COUNTY, with 4 branches located throughout Elizabeth, Rahway, and Union, is undergoing renovations and renewal in efforts to provide endless opportunities for the community:

## JOIN US, WE'RE MAKING A DIFFERENCE

### ELIZABETH BRANCH

As the trees and flowers bloom outside, enter our front doors to experience and embrace the growing changes that are occurring. Changes that will support your hopes and needs for a healthy you and your family. Let us share with you and your family our excitement as we blend the old and new. All of our staff is excited to share how our renovations will make a difference to serve you better. Together we can look toward the future and the unveiling of the new home for our Health & Well Being Center joining with our traditional services of child care and housing which our Y has delivered for years in support of our community. The Elizabeth Branch continues to serve our community as a warm, caring and safe place that feels like home.

For more information, contact:

**Ruben Coellar**

Branch Executive

908.249.4815 or [rcoellar@ymcaeuc.org](mailto:rcoellar@ymcaeuc.org)

## PROMOTING A HEALTHIER, STRONGER COMMUNITY

### FIVE POINTS BRANCH

Let the Y help you put a spring in your workout. With warmer weather brings opportunities to bring your workouts and exercise outside. This spring, the Five Points team will be bringing you an array of outdoor activities that will allow you to try new things or get back into the outdoor activities you love.

- Anyone can complete a Triathlon. Why not try it at the Y? This March, our indoor triathlon will include a ½ mile swim, 30 minute bike ride and 3K run.
- Enjoy outdoor activities as a family at Healthy Kids Day in April.
- Check out the colors of spring on a Family Bicycle Park Ride in May.
- Be a part of our first annual 5K to benefit our annual campaign in June.

Need a new training routine to get ready for your spring and summer event? Try Kinesis, a fun way to make your workout more challenging and burn 30% more calories than a traditional class. Kinesis takes your traditional exercises from all three components of cardio, strength and flexibility and combines them with functional movements for a workout that develops balance, overall strength and flexibility for participants of all fitness levels.

For more information regarding the Five Points Branch or Five Points Wellness Center Branch, contact:

**Jennifer Brumbaugh**

Senior Director of Member Initiatives

908.349.9622 ext. 4227 or [jbrumbaugh@ymcaeuc.org](mailto:jbrumbaugh@ymcaeuc.org)

## EXPANDED CARE & CONVENIENCE

### RAHWAY BRANCH

Committed to providing the community with the best possible service in Aquatics, Health & Well-Being, Childcare, and more, the Rahway Branch is thrilled to share the news of expanding its programs and facilities! For convenience, we are pleased to offer "Morning Childcare" between the hours of 7:00am – 8:45am for parents of children who attend Rahway schools. Also, to help achieve your health & well-being goals, we have added new strength and cardio equipment.

In Aquatics, we've streamlined our lessons to make them even more progressive in nature. Our new "Aqua Zumba" class is a fun way to get fit and increase flexibility!

Additionally, we are happy to announce our renovation project coming in the early Spring of 2012. We are expanding our facility space for new program offerings, upgraded amenities, and new places for gathering together.

For more information, contact:

**Gerry Gessie**

Branch Executive

732-388-0057 or [ggessie@ymcaeuc.org](mailto:ggessie@ymcaeuc.org)

# YOUR JOURNEY STARTS HERE

## MISSION STATEMENT

The YMCA of Eastern Union County is a community based organization rooted in Christian principles and committed to building healthy lives through programs that strengthen the spirit, minds, and bodies for people of all ages, religions and culture.

## STAFF DIRECTORY

### ASSOCIATION OFFICE SENIOR LEADERSHIP TEAM

144 Madison Avenue, Elizabeth, NJ 07201 (908) 249-4800

Krystal R. Canady - Chief Executive Officer

Kim Decker - Chief Operating Officer

Dennis McNany - Chief Financial Officer

Marilyn Phinn - Director of Human Resources

Melissa O'Neill Walczak - Director Community Engagement

### ELIZABETH BRANCH LEADERSHIP TEAM

(908) 355-9622

Ruben Coellar, Branch Executive Director ext 1224

Jenabu Williams, Associate Branch Executive Director ext 1255

Stephanie Holmes, Turner, Director of Branch Administration ext 1222

Julisa Joaquim, Marketing & Membership Director ext 1234

Nakeisha Sweatte, School Age and Camp Director ext 1229

Susan Pepper, Director of Social Services ext 1249

Shinique Jones, Housing Financial Administrator ext 1360

John Toczynski- Property Manager ext 1227

Angela Saigal, Child Development Director, JJC Center 908-355-3061 Ext. 223

### Hours of Operation:

Monday-Friday 5:30am-9:00pm

Saturday-Sunday 9:00am-5:00pm

### Facility Closings:

Easter, Sunday, April 8th

Memorial Day, May 28th

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## Pre-Grand Opening Special

February 27th to June 17th

**NO JOINER'S FEES!**

**One month FREE!**

**Complimentary YMCA gift**

\*Free Month will be applied to the members at the completion of their annual membership (12 consecutive months).

# HELPING YOU LIVE BETTER

## MEMBERSHIP BRINGS MANY OPPORTUNITIES

We impact the lives of our members and the community through welcoming and connecting diverse populations. We are part of a cause driven organization that is committed to nurturing the potential of kids, supporting changes to develop healthy lifestyles for all and giving back to the community so that all have the opportunity to learn, grow and thrive.

### Membership Rates Starting April 1, 2012

Membership Type	Pre-Grand Opening Special – No Joiner’s Fee	Monthly bank draft	Annual fee
<b>Elizabeth Branch – Membership Fees:</b>			
Program Membership	N/A	\$41	N/A
Teen (13 - 17 yrs.)	\$27	\$11	\$125
Young Adult (18 - 23 yrs.)	\$33	\$37	\$441
Adult (24 - 61 yrs.)	\$45	\$41	\$489
Senior (62+ yrs.)	\$39	\$35	\$416
Single Parent Family (1 adult, children under 18)	\$50	\$43	\$514
Full Family (2 adults, children under 18)	\$67	\$67	\$802
<b>All Inclusive Membership Fees – Access to 4 Branches</b>			
All Inclusive Youth (6 weeks - 12 yrs.)	\$25	\$16	\$187
All Inclusive Teen (13 - 17 yrs.)	\$25	\$19	\$220
All Inclusive Young Adult (18 - 23 yrs.)	\$50	\$48	\$575
All Inclusive Adult (24 - 61 yrs.)	\$75	\$55	\$660
All Inclusive Senior Adult (62+ yrs.)	\$50	\$48	\$575
All Inclusive Single Parent Family (1 adult, children under 18)	\$100	\$70	\$832
All Inclusive Family (2 adults, children under 18)	\$150	\$88	\$ 1,053
<b>MEMBERSHIPS ARE NOT REFUNDABLE OR TRANSFERABLE</b>			

### JOINER’S FEE

The Y welcomes all people. Y members belong to an extended family that provides support and encouragement to each other. Each membership category has a Joiner’s Fee which supports our financial assistance program and facility improvements. The joiner’s fee is applicable on all new memberships and memberships that have expired for more than 30 days. The fee is non-refundable or transferable.

### FINANCIAL ASSISTANCE

The YMCA of Eastern Union County is a 501 (c) (3) nonprofit, health and community service organization of caring staff who are dedicated to providing quality services to people of all ages, races, faiths or incomes. Our Y is determined to create an environment which is hopeful and helps to infuse change in the lives of our members and the community. Financial Assistance is available to provide everyone access to YMCA programs and services. We will not turn anyone away due to financial need. Financial Assistance applications are available at the Welcome Center. For more information, please contact the Welcome Center.

## MEMBERSHIP DESCRIPTIONS

### FULL MEMBERSHIP

**Adult and Adults in Families Full Members** benefit from our entire member experience. Staff is prepared to support your health and well-being journey with the use of our facility, value added programs such as group health and well being and aquatic exercise classes (Where applicable). Full members are entitled to advance registration and reduced fees for specialty classes. All of our locations offer a variety of equipment, classes and facilities. Please see specific location for facility specifics.

### Youth & Teen Full Members or as part of a Family Full Membership

Will benefit from an array of activities and programs and are entitled to recreational activities (branch specific) and membership benefits of early registration and member program rates for specialty classes.

Youth 12 and under must be under direct adult supervision when using the YMCA and may not be left unattended at any time. Youth enjoying recreational swim must be accompanied by an adult on the pool deck. Children in need of a flotation device must be accompanied by an adult in the water and within arm’s reach of assistance.

### PROGRAM MEMBERSHIP

An annual program membership entitles members to register for programs, child care and summer camp at program rates.

In order to benefit from all the Y has to offer a Full Membership is required.

### ALL INCLUSIVE MEMBERSHIPS CONVENIENCE AND FLEXIBILITY – ONE MEMBERSHIP – 4 LOCATIONS

Enjoy the benefits of membership at all 4 of our locations. With a branch in Elizabeth and Rahway and 2 locations in Union Experience the flexibility and hospitality of all of our programs, facilities and staff.

# MEMBERSHIP INFORMATION

## PAYMENT OPTIONS

### TOURS

Thinking about making a positive change for your health & well-being? Our YMCA staff is prepared to hear what you are looking for and Help you decide how our Y could support you. Visits are available during all hours of operation. Stop in at anytime.

### GUEST POLICY & FEE

Members are welcome to bring a guest to our Y. Guests must be accompanied by a member, show ID and complete a guest waiver. Members may bring up to (2) guests per visit. Members receive 2 complimentary guest visits per year.

#### Guest Fees:

Adults: \$10.00

Children: \$5.00

\*An adult must accompany all members & guest(s) under the age of 12.

### Payment in Full

Members may opt to pay in full for an entire year of membership at the time of registration. Memberships can be renewed at expiration date at the current annual rate.

**\* Please note that memberships set to expire during a program session must be renewed before class registration may occur.**

### MONTHLY DRAFT PAYMENT

A full annual membership can be paid monthly using our convenient monthly draft payment plan. An equal monthly payment is deducted from the member's bank account or credit card on the 5th of each month.

Membership will continue each month unless the member requests in writing for the draft to discontinue. 30 days notice is required.

## CREDIT POLICY

A credit only will be offered for a program or membership due to an extended illness or emergency. Credit requests must be in writing. A doctor's note is required along with the request. Credits which are issued will expire at the end of one year.

Refunds cannot be given for programs or membership.

All credit requests will be subject to a \$10 processing fee.

### JOIN ONE Y, EXPERIENCE ALL New Jersey Membership Reciprocity

All Inclusive Members will receive the added bonus of participation in the New Jersey Alliance YMCA Membership Reciprocity Program! Show your Membership Card at many of the 43 Y's across New Jersey and you will receive a free guest pass for facility usage. See our welcome center for locations and information

### Always Welcome at the Y A.W.A.Y Guest Policy

The YMCA of Eastern Union County honors the Y A.W.A.Y. (Always Welcome at the Y) program. A current Y member at a branch outside a 50 mile radius from our facilities may use our facility as free guest up to 6 times per calendar year. Additional visits will be \$5.00 per visit. Membership Card and ID required.

### 7th Graders – JOIN, PARTICIPATE, FEEL GREAT Free YMCA Membership!

The YMCA of Eastern Union County offers all 7th grade students in our service area a FREE Annual Membership. Youth in the 7th grade take ownership for your health and well-being and the Y will support and engage with you in a friendly, caring, honest, respectful, safe atmosphere.

## MILITARY MEMBERSHIPS

### THE YMCA of Eastern Union County PROVIDES SUPPORT TO MILITARY FAMILIES AS PART OF NEW \$31-MILLION INITIATIVE

The Armed Services YMCA (ASYMCA) and Department of Defense (DoD) Outreach Initiative responds to a provision in the National Defense Authorization Act of 2008, which requires the Secretary of Defense to develop a plan to support military family readiness and to ensure that military family readiness programs and activities are available to all military families, including those of the National Guard and Military Reservists.

**To find out if you are eligible call Military One Source at 800-342-9647.**

### WELCOME AT OUR Y Gateway One Month Trial Membership

For All Horizon Blue Cross Blue Shield of New Jersey Members Free One-Month YMCA of Eastern Union County Family Membership. For more information visit [www.HorizonBlue.com/YMCA](http://www.HorizonBlue.com/YMCA)

## FINANCIAL ASSISTANCE

The YMCA of Eastern Union County is a 501 (c) (3) nonprofit, health and community service organization of caring staff who are dedicated to providing quality services to people of all ages, races, faiths or incomes. Our Y is determined to create an environment which is hopeful and helps to infuse change in the lives of our members and the community. Financial Assistance is available to provide everyone access to YMCA programs and services. We will not turn anyone away due to financial need. Financial Assistance applications are available at the Welcome Center. For more information, please contact the Welcome Center.

# ALWAYS HERE FOR THE COMMUNITY

The YMCA of Eastern Union County, Elizabeth Branch provides rental opportunities for the community to come together to play, share ideas, learn a skill and celebrate with family and friends.

## Get Your Party On!

- **Y! Party-Ages 1-6**  
Games, parachute, bubbles, and more! (JJC Location)
- **Sports Fans Ages 6+**  
Ages 6+ Soccer, Basketball, Wiffleball or Volleyball in the gym
- **Dance-a-Rama Ages 6+**  
Dance 'til you Drop Party!
- **Gymtime- Fun-Ages 1-4**  
Circle Time, bubbles, parachute, music and Fun (JJC location).



## MAKE IT A PLAY DATE !

Gymnasium rental available for basketball, soccer, volleyball, racquet ball, and more. Inquire about availability and pricing at Welcome Center 908-355-9622 Ext. 1234.

## Locker Rentals

For any member's convenience, the health and well-being department offers public and private rooms. For public locker room gives member daily use of the lockers where you can keep your belongings safe while you work out. Private locker rooms are long term lockers which you rent on an annual basis. These rentals are available for both men and women members.

\*Must bring your own lock.

Long Term Men's Lockers:	Standard locker: \$53 (annually)
Long Term Women's Lockers:	Standard locker: \$53
	Small locker: \$28 (annually)

# FOR YOUTH DEVELOPMENT

## LEARN, GROW, THRIVE

We impact families and our community by fostering an environment for children to learn together and play together in an atmosphere that feels like home and is nurturing and supportive... fostering the potential of all children.

### CHILD CARE

#### Our Curriculum:

The High Scope curriculum is implemented in all six of our classrooms and extends to the Y's core values: Caring, Honesty, Respect, and Responsibility. The curriculum is applied to our young children through age-appropriate activities, lessons, and daily routines.

- Classrooms are fully equipped with learning materials that promote child centered learning, critical thinking, as well as positive and effective social relations.
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- We coach and encourage the use of problem solving techniques and support our children to make use of their creative form of thought.
- We offer trips, center events, and real life experiences that enhance a child's natural way of skill building in an educational setting.
- Ongoing curriculum training and childhood professional training are administered to ensure staff is highly knowledgeable of all child care aspects.
- All child care staff is required to undergo CPR and First Aid certification.
- Lead Teachers are credentialed with (CDA) Child Development Associates Certification
- Drop-In Care: Our children enjoy their time spent with the staff and other children at the YMCA Child Development Center and are enthusiastic to return the next day.

We are committed to meeting the individual need of each child!



Part Time care is available 3 days per week... You choose your day!

Our students graduate and are well adjusted and ready for the next level of learning!

Our parents share their experiences with others and refer friends and family to our program.

Drop In Care: ONLY \$30 PER DAY! (membership and registration fee apply)

We are open most major holidays!

Hours of operation: 7:30am-5:30pm

Meals offered: Breakfast • Lunch • Snacks

#### YMCA of Eastern Union County Josephine and John Jacobson Child Development Center

Located at 16-20 Jefferson Avenue  
Elizabeth, NJ 07201  
(908)355-3061 (Phone)  
(908)436-3769 (Fax)

#### Monthly Cost Full Time:

18-29 Months: \$745.00  
30 Months: \$630.00

#### Monthly Cost Part Time:

18-29 Months: \$485.00  
30 Months to 5 years: \$410.00

We provide the highest quality of developmentally appropriate practices in teaching young children.

# FOR YOUTH DEVELOPMENT

## LEARN TOGETHER, PLAY TOGETHER

We impact our community by nurturing and developing healthy habits in children through supportive staff who assist children in reaching their full potential through experiences and learning in a caring, honest, respectful and responsible atmosphere. Learning together, playing together, becoming part of a family that supports fun, friendship and endless possibilities.

### SCHOOL AGE CHILD CARE

#### The CATCH Healthy – U Program



The CATCH Healthy –U Curriculum is focused on guiding children to make choices that will improve their health. With a minimum of 30 minutes per day of physical activity, this initiative makes exercising appealing and rekindles the love of play. Through recipes and interactive lessons, children and families take small steps to making healthier choices.

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#### “NEW” PARENTS NIGHT OUT

Looking to enjoy an evening out? Send your child to the Y for Parents Night Out every second Friday of the Month. Children will enjoy activities that include, but are not limited to: Arts and Crafts, sports, games, and more! It’s more like “Kids Night Out”

\$ 20 Members  
\$ 25 Non-Members  
Pizza Dinner Included

#### Program Sites

George Washington School #1  
Winfield Scott School #2  
Peterstown School #3  
Joseph Battin School #4  
Mabel G. Holmes School #5  
Elmora School #12  
Abraham Lincoln School #14  
Christopher Columbus School #15  
Madison Monroe School #16  
Robert Morris School #18  
Woodrow Wilson School #19  
Nicholas Murray Butler School #23  
Antonia Pantoja School #27

#### After School Childcare Options:

5 days \$248/month  
3 days \$196/month

#### 30-Day Notice of Withdrawal

Written notification of withdrawal from the program is due 30 days in advance to the School Age Childcare Director.

#### Now Serving Dinner!

Children enrolled in the After School Program receive a well balanced, family style dinner. Save time and money when enrolled in our After School Program with complimentary dinner at 5:30pm daily.



The Y understands parent's schedules and is here to support you !

#### HOLIDAY CARE

The Vacation Day Program is available for the entire community on most holidays at the Elizabeth Branch.

Hours – 7:30am-6:30pm

Cost: 15 for Members and \$ 30 for non-members per child daily. Snacks and Lunch is provided.

\*Price is subject to change in September 2012

#### Registration Procedures

Call the Y to set up appointment. Be sure to bring the following:

- Current proof of income– if applying for subsidy
- Child's Birth Certificate
- Child's Social Security Card
- Child's Shot Records
- Insurance Card

#### Required Fees

- \$25 Registration Fee
- \$40 Annual Membership Fee

This institution is an equal opportunity provided & employer.

#### LAUGH, PLAY, EXPLORE

#### It's Time to Prepare for Camp!

- Register NOW and SAVE through April 28th!
- Get Half Off on Deposit
- Up to \$ 155 in savings

Camp Open House–May 16th and June 6th

# FOR YOUTH DEVELOPMENT

## ENSURING A BRIGHTER FUTURE

Impacting our community by supporting teens to develop lifelong habits for health and well-being as they develop into responsible and contributing members of the community in a warm, safe and supportive environment.

### YOUTH AND TEEN

#### YMCA of Eastern Union County/City of Elizabeth Building Future Leaders (BFL) Collaboration introduces Youth Achiever Program

The YMCA of Eastern Union County-Elizabeth Branch and the City of Elizabeth Building Future Leaders (BFL) Program is proud to offer our youth and teens a safe place to learn, grow and thrive. We look to help develop our leaders of tomorrow with tools of today. Our goals are to assist our teens to pursue high education and career goals.

Our programs includes but are not limited to:

- SAT PREP COURSES
- Character Development
- College Prep Programs
- Self Development workshops
- Volunteer and Job Opportunities

If you are interested in learned about our programs, please feel free to contact Nakeisha Sweatte, 908-355-9622 for more information or come in and see us.

#### YOUTH PROGRAMMING

The Elizabeth Branch is excited to introduce new youth programming in the Arts and Dance such as Hip Hop and Martial Arts. Please inquire at Welcome Center for Schedule time and Dates.



### 7TH GRADERS – JOIN, PARTICIPATE, FEEL GREAT

#### BUILDING FOR THE FUTURE

The Y provides a warm, safe, supportive environment fostered by relationship building by offering a free year of membership to all 7th grade students.

Our teen center offers a place for all teens to be able to enjoy various games, relax in our trendy teen center afterschool, or experience a variety of clubs and fun activities with other teens your own age! Our Y is goal oriented to teach lifetime skills such as our core values of caring, honest, respect, and responsibility, develop self-esteem, personal growth and advance social skills.

#### Come Join the Fun and Movement!

Come by the YMCA, and join us for us Teen Night, group exercise classes especially designed for Teens, and Teen Orientation\*

\*Teen Orientation–Our personal training will introduce Teens to all the amenities that our Health and Well Being Center offers. This orientation is designed for your safety and to ensure the proper use of the equipment. Orientation will include: Micro-Fit Health Assessment, establish clear Fitness Goals, education on strength training and cardiovascular equipment.

For more information, parents and teens can contact Welcome Center at 908-355-9622 and start your experience today!

# FOR HEALTHY LIVING

## GET SUPPORT YOU NEED AS YOU EMBRACE YOUR FITNESS JOURNEY

Through our Health & Well-being programs we impact our community and the people we serve by nurturing all youth, adults and families to reach their full potential at their own comfort level. We are determined to be a leader and a voice for healthy living bringing families closer together by developing relationships and support. Impacting and preventing chronic disease and obesity.

### HEALTH AND WELLNESS

#### Fitness Orientations

Our Fitness orientations will introduce you to all the amenities our health and well-being center offers. These orientations are for your safety and to ensure proper use of equipment. Your individual fitness orientation is based on your needs, and can include any and all of the "Free" Micro-Fit Health & Well Being Assessment.

#### Micro-Fit Fitness Testing

- Weight
- Height
- BMI
- Fat % Testing
- Body Measurements
- Wellness Profile
- Blood Pressure
- and more...

Individual fitness orientations or refresher Orientations are available and can be scheduled at any time at our Welcome Center.

### WE'RE HERE FOR YOU !

#### Personal Training with a Personal Coach

Achieve your personal fitness goals with a Certified Personal Trainer, known at the YMCA as a Certified Personal Coach. Your Coach is here to help support your goals & achieve greater health & well being for you spirit, mind and body.

##### One on One Coaching:

Work individually with a Personal Trainer with a program designed to fit your needs. Our certified Personal Trainer will create an exercise plan that fits your needs and goals, through experience support and motivation.

##### Individual Training:

- (1) 60 minutes session: \$ 24.00
- (5) 60 minute sessions: \$110.00 "Savings-\$10"

##### Duo Coaching:

Feel more confident, comfortable or happier exercising with a partner? You share the benefit of good health with someone else and as well as savings!

##### Duo Training:

- (1) 60 minutes session: \$40.00
- (6) 60 minute sessions: \$200.00 "Double the savings-\$20"

To schedule a personal training session contact Rafael Cano, Health & Well Being Coordinator at the Health and Well-Being Center, at 908-355-9622 ext 1225.

### Membership Volleyball, Soccer and Basketball

Making friends, listening to music, laughing, and smiling are all part of our membership volleyball nights. The YMCA of Eastern Union County is proud to introduce membership volleyball where members can release stress, strengthen friendships, and have a fun night! Please feel free to join us in our main gymnasium on the following days and times and don't forget to bring your game face and sneakers!

<b>Volleyball</b>	Tuesdays 7pm-8:45pm and Saturdays 1pm-3pm
<b>Soccer</b>	Thursday 7pm-8:45pm
<b>Basketball</b>	Open Gym-Check schedule for latest availability*

\*Actual basketball available for rental free of charge at Welcome Center.

# FOR HEALTHY LIVING

## MAKING CHANGES TO BETTER SERVE YOU

### Health & Well Being Center

The Elizabeth Branch continues to serve its members and community while construction is in full swing. In fact, the Health and Well Being Center will be unveiled in its new area in the building prior to total completion and grand opening in Fall 2012. Current members will enjoy uninterrupted access to the new floor plan and enjoy all the new amenities. Members can also look forward to more weekly offerings of group exercise classes.

## DO MORE, BE MORE, TOGETHER

### Group Exercise Classes

#### Zumba

Tired of the same workout routines and exercise programs? Then this high intensity, rhythm driven class is something you will enjoy! This is not just a regular dance class but a fusion of Latin and International music that creates a dynamic, exciting, and fun way to work out and look great!

#### Introducing Teen Zumba

Monday 6:00pm-6:45pm

#### All Ages Are Welcome

Friday 8pm-8:45pm

#### Abs Class:

A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Ball and other props may be utilized.

Tuesday 10-10:45am

Thursday 10-10:45am

#### Turbo Kick:

an intermediate to advance class that incorporate workouts focused to work your entire body and to burn hundreds of calories, by going from one exercise to another. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises. It will also include a core focused training and some strength and conditioning.

Wednesday 7pm-7:45pm

#### Yoga

Had a stressful day? Need some time to relax and rejuvenate? Join us while we work your body and quiet your mind in our weekly classes with a warm environment and certified staff!

Monday 7pm-7:45pm

#### Abs Express:

A mix of exercises to strengthen, tone, and stretch the core muscles of the abdomen and back. Stability Ball and other props may be utilized.

Tuesday 10-10:45am

Thursday 10-10:45am

#### Cardio Mix:

A cardio choreography class that involves traditional and nontraditional dancing, body weight routines and a lot more. Design to help you burn fat and build a lean and healthy body.

Friday 5pm-5:45pm

#### Fit Body:

Great for beginners and allows versatility for advanced members. We look to give you a total body workout that engages major muscles groups and is taught on a progressive level. We care and work to assist you to reach your fitness goals and have certified instructors that will work on working you out!

Tuesday 7pm-7:45pm

Thursday 7pm-7:45pm

#### Cardio Kick:

Cardio kickboxing is a combination of aerobics, boxing, and martial arts, is one of the most popular fitness trends to hit gymnasiums in recent years. This total-body workout is design to improve strength, aerobic fitness, flexibility, coordination, and balance.

Monday 10am-10:45am

Thursday 10am-10:45am

#### Body Blast:

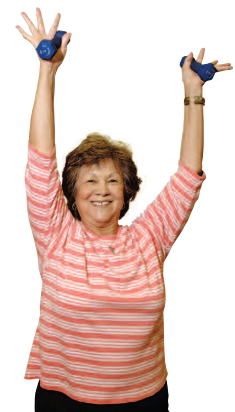
an intermediate to advance class that works your entire body and burns away calories. This class moves from exercise to exercise evolving a combination of calisthenics and strength and conditioning.

#### Active Older Adults:

For those young at heart, this class engages you with a variety of strength training, stretching exercises and relaxation resulting in mind, body and spirit. Participants work at their own pace to build flexibility and endurance.

Tuesday 12-12:45pm

Thursday 12-12:45pm



All classes are subject to change. Please check with Welcome Center for current day and Time. All members must register for classes at welcome center, before participating.

# FOR HEALTHY LIVING YOU CAN TAKE CONTROL

## DIABETES PREVENTION PROGRAM YMCA of Eastern Union County

You can reduce your risk for type 2 diabetes and gain tools for healthy living.

**NEW CLASSES BEGINNING FEBRUARY and March 2012!**

All Classes are for 16 weeks:

### **Rahway Branch – 1567 Irving Street, Rahway NJ**

Tuesday, February 21, 2012 6:00 PM

### **Five Points Branch, 201 Tucker Avenue, Union NJ**

Wednesday, February 22, 2012 12:00 PM

### **Five Points Wellness Center 1000 Galloping Hill Road**

Tuesday, February 28, 2012 6:30 PM

### **Elizabeth Branch 135 Madison Avenue, Elizabeth NJ**

Thursday, March 15, 2012 6:00 PM

### **Elizabeth Branch, 135 Madison Avenue, Elizabeth NJ**

Monday, March 5, 2012 7:00 PM

### **Five Points Branch 210 Tucker Avenue, Union NJ**

Saturday, March 10, 2012 10:00 AM

### **Program Cost:**

YMCA Members \$125.00

Non-Members \$199.00

### **Contact Alane McCahey**

Call: 908-249-4806

Email: [amccahey@ymcaeuc.org](mailto:amccahey@ymcaeuc.org)

Visit our website [www.ymcaeuc.org](http://www.ymcaeuc.org)



# FOR SOCIAL RESPONSIBILITY

## ALWAYS HERE FOR THE COMMUNITY

Community outreach is actively pursued within our Y by giving back and providing support to our neighbors. Our commitment and dedication is to provide our members with a safe environment and opportunities to restructure their family lives. Our hope is that each individual and family will put their lives on the right track through the development of new skills and social service resources. We work to make sure every child, family and community has what is needed to achieve their greatest potential.

### TRANSITIONAL

**Project Sustain** is a Mommy and Me program designed for pregnant women and women with infants/toddlers who are in recovery from addiction. Our six-month residential program provides a safe and stable environment for the women and their infants/toddlers children. Project Sustain members are provided with wrap around social services that help maintain their sobriety and stabilize their lives.



**Madison House** We provide temporary housing for heads of household females and their children in a safe and caring environment. Through this initiative we assist families in making small meaningful changes in their lives. Our nurturing staff provides the ongoing encouragement and tools needed to maintain a healthy and productive lifestyle. The Y has been listening and responding to our communities' most critical social needs for over 160 years.

**The Step up Transitional Housing Program** is an extension of the YMCA Madison House. The individuals or families in Step-Up receive extensive support through our continuum of care system. This program has strong emphases on employment and training. Our staff provides the assistance needed to transition from homelessness to self- sufficiency.

**Supportive Housing Program** is to assist homeless persons and families in the transition from homelessness to permanent housing providing the members with apartments in the community, tuition support and transportation. Our goal is to make sure every family in our community develop the necessary tools needed to remain in permanent housing.

**Men's Dormitory** is a single room occupancy (SRO) unit for males 18 years old and older. Members have use of laundry facilities, air-conditioned lounge with cable television. The members in the men's dormitory receives wrap around social services to assist them in stabilizing their lives to obtain permanent housing.

### PERMANENT HOUSING



**Sierra Gardens** is located directly across the street from the Elizabeth Branch main building. It was created to provide families and individuals with low cost, affordable housing. The staffs at the Y are here day-in and day-out to provide resources needed to address the most pressing social issues: employment preparation, life skills, education, and substance abuse prevention. Our goal is to make sure every family in our community develop the necessary skills needed to remain in permanent housing.

The Y takes pride in giving back and providing on-going support to its community. Our commitment and dedication provides our members with a safe environment and opportunities to better themselves and their love ones. We proudly work hard to make sure every child, adult and family are put in the right path to achieve a better life.

For additional information please contact: Susan Pepper @ 908-355-9622 and/or [spepper@ymcaeuc.org](mailto:spepper@ymcaeuc.org).

**Referral Required for All Social Services**

# FOR SOCIAL RESPONSIBILITY

## Senior Day Care

Susan Butler, WISE Center Director  
908-687-2995

The WISE Center (Wellness, Independence and Socialization for our Elders) helps older adults maintain their independence and improve their quality of life through dementia-specific programming and adaptations to help them meet their needs.

The program also offers support to caregivers through support groups and respite program.

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## HELP OUR COMMUNITY REALIZE THEIR POTENTIAL GIVE TODAY!

The Y is the unparalleled cause for strengthening community because we are the community. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That is why, at the Y, strengthening community is our cause. Every day, we work side by side with our neighbors in our community to make sure that everyone, regardless of age, income or background has the ability to learn, grow and thrive.

**We need your support of our financial assistance program.**

Go to [www.ymcaeuc.org](http://www.ymcaeuc.org) and click on **donate today!**

Thank you for your support to your community.

## Special Events

- CELEBRATING HEART HEALTHY MONTH- FEBRUARY 7th
- SPELLING BEE-COMMUNITY WIDE EVENT
- HEALTHY KIDS DAY -APRIL 28th
- CAMP OPEN HOUSE -MAY 16th and June 6th
- THE UNVEILING OF THE HEALTH & WELL BEING NEW HOME !



# CELEBRATING HEALTHY KIDS

Healthy Kids Day  
Saturday,  
April 28, 2012

ELIZABETH, FIVE POINTS, RAHWAY  
BRANCHES

Save the date for a family day at the Y to inspire and engage you in learning and maintaining healthy habits and academic skills.

Free for our community!



**YMCA OF EASTERN UNION COUNTY**

**Elizabeth Branch**

135 Madison Avenue

Elizabeth, NJ 07201

[www.ymcaeuc.org](http://www.ymcaeuc.org)

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**GROWING  
STRONGER  
TOGETHER**



**JOIN US, WE'RE ARE  
MAKING A DIFFERENCE**

**Pre-Grand Opening Special**

**February 27th to June 17th**

**NO JOINERS FEES!**

**ONE MONTH FREE!**

**COMPLIMENTARY YMCA GIFT!**

\*Free Month will be applied to the members at the completion of their annual membership (12 consecutive months)