



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COOL, CALM, COLLECTED

THE YMCA OF EASTERN UNION COUNTY



Summer Brochure 2012

Five Points Branch

Five Points Wellness Center Branch

Proudly Serving: Hillside, Kenilworth, Roselle, Roselle Park, Union, Vauxhall

NEW LOOK, NEW FEEL...

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:

HEALTHY LIVING JUST GOT EASIER!

ELIZABETH BRANCH

Members, guests, campers and residents stay cool this summer with the newly installed central air system which will keep our expanded two levels Health & Well Being Center comfortable. Members will be able to “breeze” through their work outs with our new state of the art Cardio and strength training equipment along with four dedicated studio spaces to support our growing group exercise population. Many of our members have said that being part of a class helps them meet their wellness goals while having fun. Our Youth and Teen members will be able to get to know each other and our staff in the new Center designed just for them.

We are committed to the Elizabeth community and we look forward to celebrating at our Grand Opening this fall at the completion of our 7 million dollar renovation project.

For more information, contact:

Julisa Joaquim

Marketing and Membership Director

908.355.9622 or jjoaquim@ymcaeuc.org

WE HAVE SOMETHING FOR EVERYONE!

FIVE POINTS BRANCH

Come stay cool while you all take a dip in the pool! Calm your worries knowing your child is safe and having a great time, building friendships and having fun while learning in one of our many camps or skill programs.

Feel refreshed when you connect with your friends and share a workout in one of over 150 group exercise classes. Engage in a little friendly competition as you take on the Makoto challenge and check out our new interactive fitness equipment designed to make fitness fun!

Come in and talk to us about all the choices we have to offer you and your family to re-create this summer!

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

Paul Mickiewicz

Associate Branch Executive

908.349.9622 ext. 4234 or pmickiewicz@ymcaeuc.org

LET THE SUMMER FUN BEGIN!

RAHWAY BRANCH

Jump into summer and join us for all of the excitement at the Y! Have fun and get in shape with our full array of Group Exercise Classes that are designed to help you exceed all of your goals. Beat the heat in our 25-yard Swimming Pool! With over 20 different class types as well as dedicated times for Open Swim – We’ve got you covered! Staying cool, calm, and connected this summer. Step into our doors and experience it all for yourself!

The excitement continues as we move forward with our Rahway Branch Renovation Project! We remain dedicated to providing the finest offerings and opportunities for programs and services to our community.

For more information, contact:

Gerry Gessie

Branch Executive

732-388-0057 or ggessie@ymcaeuc.org



SUMMER SESSION INFORMATION

Summer Registration Full Members	Monday, June 4
Summer Registration Basic Members	Monday, June 11
Summer Session Dates	Monday, June 18 – August, 26 (10 wks.)
Summer I	June 18 – July 22 (5 wks.)
Summer II	July 23 – August 26 (5wks.)

Some Aquatic programs are available in condensed two week sessions, (see pg. 18).

Register in person or online at www.ymcaeuc.org

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YOUR JOURNEY STARTS HERE

The Five Points YMCA is here for the community by making sure everyone has the opportunity to learn, grow and thrive. We are joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We develop youth by giving kids the opportunity to discover who they are and nurture their potential. We do this through supporting youth in cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

We promote healthy living by guiding individuals to develop their personal health and well-being journey while providing encouragement and support to reach their goals.

We are here to provide the community with the resources needed to address the most pressing social issues. By bringing people of all ages and backgrounds together we can provide support for people and families and promote positive change overall.



MEMBERSHIP

Join the YMCA of Eastern Union County and become a part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to the Five Points Branch on Tucker Avenue and the Five Points Wellness Center on Galloping Hill Road as well as priority registration for classes and programs, discounts on classes and programs with a fee and three guest passes each year to share with friends.

ALL INCLUSIVE MEMBERSHIP

All Inclusive membership allows full access to all four of our branches: Five Points, Five Points Wellness Center, Rahway and Elizabeth. All Inclusive members receive the added bonus of participation in the New Jersey Alliance YMCA membership reciprocity program which grants access to 43 Y's across New Jersey.

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 by anytime!

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you provide leadership and talent vital to empowering people and communities to learn, grow and thrive. The Y is a nonprofit like no other. Take an active role in strengthening your community by being a program volunteer, board member, Strong Kids Campaign fundraiser or event volunteer.

OUR MISSION

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 spirits, minds and bodies for people of all ages, religions and cultures.

ASSOCIATION OFFICE LEADERSHIP TEAM

908-249-4800

Krystal R. Canady
Chief Executive Officer

Kim Decker
Executive Vice President, Chief Operating Officer

Dennis J. McNany
Senior Vice President, Chief Financial Officer

Marilyn D. Phinn
Vice President, Chief Human Resources Officer

Melissa O'Neill Walczak
Vice President, Chief Communications Officer

FIVE POINTS BRANCH TEAM

908-688-9622

Melynda Mileski, Branch Executive
Susan Butler, Director of W.I.S.E. Center Services
Danielle Cioffi, Associate Branch Executive
Ellen Daudelin, Aquatics Director
Stacy Ingoglia, Early Childhood Development Director
Judith Greene, Associate Membership Director
Monique Jackson, Director of Branch Administration
Kerry Jordan, Coordinator W.I.S.E. Center Social Services
Patrick O'Leary, Property Manager
Jessica Samolewicz, School Age Child Care & Camp Director

FIVE POINTS WELLNESS CENTER BRANCH

908-349-9622

Melynda Mileski, Branch Executive
Paul Mickiewicz, Associate Branch Executive
Michael Johnson, Senior Director of Health & Well-Being
Pat Sheafer, Health & Well-Being Coordinator

YOUR JOURNEY STARTS HERE

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 EFFECTIVE APRIL 1, 2012

MEMBERSHIP TYPE	JOINER'S FEE	MONTHLY	ANNUAL
Five Points Branch and Wellness Center Branch			
Youth (6 weeks-12 yrs)	\$25.00	\$14.00	\$168.00
Teen (13-17 yrs)	\$25.00	\$17.00	\$204.00
Young Adult (18-23 yrs)	\$50.00	\$42.00	\$504.00
Adult (24 yrs +)	\$75.00	\$49.00	\$588.00
Senior (62 yrs +)	\$50.00	\$42.00	\$504.00
Single Parent Family	\$100.00	\$64.00	\$768.00
Family (2 adults, children under 18)	\$150.00	\$77.00	\$924.00
Basic/Program (adult & youth)	N/A	N/A	\$75.00
All Inclusive - Access to 4 Branches (Elizabeth and Rahway)			
Youth (6 weeks-12 yrs)	\$25.00	\$16.00	\$192.00
Teen (13-17 yrs)	\$25.00	\$19.00	\$228.00
Young Adult (18-23 yrs)	\$50.00	\$48.00	\$576.00
Adult (24 yrs +)	\$75.00	\$55.00	\$660.00
Senior (62 yrs +)	\$50.00	\$48.00	\$576.00
Single Parent Family	\$100.00	\$70.00	\$840.00
Family (2 adults, children under 18)	\$150.00	\$88.00	\$1,056.00
MEMBERSHIPS ARE NOT REFUNDABLE OR TRANSFERABLE			

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

PAYMENT OPTIONS

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. Thirty (30) days notice is required.

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.



YOUR JOURNEY STARTS HERE

MEMBERSHIP

SERVING THOSE WHO SERVE OUR COUNTRY

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

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.

LIVE HEALTHY, FEEL GREAT, LEARN COLLEGE STUDENTS

College students that are home on vacations can take out a one month membership for \$50 per month. Full time college students under 23 years of age, who are living at home can be added onto family memberships by submitting a copy of their current school schedule. Students must provide a copy of their college ID and schedule each year.

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.

BE OUR GUEST

Guest Policy and Fees

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 3 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.

ALWAYS WELCOME AT A 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.

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.

KEEPING KIDS SAFE AND SECURE

Youth Policy

Youth under the age of 12 are not permitted in the Health and Wellness Center. *Youth ages 10-11 may use fitness center upon completion of YST class, (pg.10). Youth must be under direct adult supervision when using the YMCA and may not be left unattended at any time. Youth must also be accompanied by an adult on the pool deck and in the locker room. Youth wearing floatation devices must be accompanied by an adult in the water and within arm's reach of assistance.

LOCKER ROOMS

Lockers are for daily use only. Please bring your belongings and remove each day as items left overnight may be discarded. The YMCA of Eastern Union County is not responsible for lost or stolen items. **Children ages 6 and older must use gender specific locker rooms.**

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.

FIVE POINTS BRANCH

Membership provides access to both locations

201 Tucker Avenue

Union, NJ 07083

908.688.9622

- 2,000 square foot Health & Wellness Center featuring NEW interactive game equipment, cardiovascular training equipment, Iron Grip free weights, Cardio Theater and more
- 20 yard, four lane, indoor heated swimming pool and whirlpool
- Gymnasium and Dance Studio
- Locker rooms, showers and steam rooms
- Private and group swim lessons
- Aqua fitness and Arthritis Foundation fitness classes
- Teen and Senior Wellness Programs
- Child Development Center for ages 6 weeks—5 years
- Youth and teen programs
- Summer day camp
- W.I.S.E. Center, Adult Social Day Services
(Wellness, Independence, and Socialization for our Elders)

HOURS OF OPERATION

Monday—Friday5:30 a.m.—10:00 p.m.

Saturday7:00 a.m.—8:00 p.m.

Sunday8:00 a.m.—6:00 p.m.

Facility Closings

Wednesday, July 4th, Independence Day

Monday, September 3rd, Labor Day



FOR YOUTH DEVELOPMENT

EARLY CHILDHOOD DEVELOPMENT CENTER

The YMCA believes the values and skills learned early on are vital building blocks for quality of life and future success. That's why at the Early Childhood Development Center we provide care for children ages 6 weeks to 5 years in a safe, nurturing, educational and enriching environment. Our value based program is designed to enhance and enrich each child's cognitive, social, physical and emotional growth. Through collaboration with parents and families we provide support and strive to meet the developmental needs and temperament of each child.

At the Y, children will learn through self exploration and guided discovery with the High Scope Curriculum. 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 kind and supportive. Fostering the potential of all children. We provide additional opportunities that encourage children to learn, grow and thrive including our youth sports, dance, and creative development programs. Our certified staff will take your children the programs of your choice at the Y.

FULL DAY

JUMP START PRESCHOOL PROGRAM

7:00AM—6:30PM

9:00AM—12:00PM

INFANT CARE

Ages 6 months to 15 months

Our Infant Care Nursery is designed for the health, safety and well being of our youngest "bundles of joy." Parents and staff work together to provide the best care and atmosphere for a baby to grow and develop both physically and mentally. YMCA provides high chairs, toys, and individual cribs. Parent provides food, diapering and crib supplies, and information about your baby's special needs, individual style and schedule

TODDLER CARE

Ages 15 months to 2 years

Toddlers are curious, full of energy, and are learning many new skills. Our program helps them develop at their own pace and stimulates their natural curiosity through the use of music, stories, games, and creative and dramatic play

TODDLER PLUS

Ages 2 to 3 years

The toddler plus program provides educational and enriching programming for children ages 2-3 years. Children will participate in music, stories, games and more.

PRESCHOOL

Ages 3 to 4 years

This age group is experiencing tremendous physical, mental and verbal growth, while becoming more independent, outgoing, and social. In efforts to stimulate these growth patterns, our program provides an enriching and accepting environment where social, intellectual, physical, and emotional growth will bloom and blossom. Children must be completely potty trained to enter this room and be eligible for the Toddler Plus monthly rate.

PRE-K

Ages 4 to 5 years

Each child is an individual with a unique pattern and timing of growth and development. Our teachers are essential in helping to build every child's self-esteem and work to provide a positive and meaningful experience daily. Activities include exploration and interaction through dramatic play, blocks, science, math, games and puzzles, books, art, music and movement. Children in this room are eligible for the Pre-K monthly rate.

NEW JUMPSTART PRESCHOOL PROGRAM

Ages 4 to 5 years

9:00am—12:00pm

This program will help parents give their children a head start in the learning process before going to Kindergarten.



To schedule a visit or personalized tour, please contact:
The Early Childhood Development Director at 908.688.9622

FOR YOUTH DEVELOPMENT

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 Five Points Branch, in conjunction with the Union & Kenilworth School Districts, has developed a high quality School Age Early Childhood Development Center program that offers a balance between academic enrichment and healthy, recreational activities for children. Daily curriculum includes arts and crafts, physical activities, a healthy snack, as well as a supervised study period. All children enrolled in School Age Early Childhood Development Center will participate in the CATCH, "Healthy U" Program!

BEFORE CARE

(Located at School Site)

We provide onsite before school care at the following elementary schools in Union: Battle Hill, Connecticut Farms, Franklin, Hannah Caldwell, Livingston and Washington. In Kenilworth, we provide care at Harding Elementary School.

Monday-Friday **7:30am-9:00am**
Tuition **\$145/month**

AFTER CARE

(Located at School Site)

We provide onsite after school care at the following elementary schools in Union: Battle Hill, Connecticut Farms, Franklin, Hamilton, Hannah Caldwell, Livingston and Washington. In Kenilworth, we provide care at Harding Elementary School.

Monday-Friday	School Dismissal-6:30pm		
Days	2	3	5
Monthly Tuition	\$135	\$185	\$260

VACATION CLUB

(Located at Five Points Branch)

The YMCA understands that just because the kids have off does not mean that parents do too! The Five Points Branch offers high quality care in which children can swim, participate in arts and crafts, CATCH, sports, and play with their classmates.

Hours	7:30am-6:30pm
SACC Participants	\$25/day
Full Member	\$35/day
Basic Member	\$40/day
Non-Member	\$50/day

REGISTRATION INFORMATION

Initial Registration Fee

Initial Registration Fee is required for first time registrants or those who have not participated in the program in the last year. Membership, Initial Registration Fee, First month's tuition, plus one month *deposit is due at time of registration.

*Choose Bank draft option and deposit payment is waived (an initial savings of up to \$260)!

Fee **\$25**

Day Selection

Days must be selected at the time of registration for 2 or 3 day options and may not be changed mid-month. Please be advised that changes, including pricing and days of care, will go into effect on the 1st of the following month. There are no exceptions to this guideline.

Withdrawal

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



FOR YOUTH DEVELOPMENT

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.

TEENS PROGRAMS

TEEN NIGHT

Ages 12-17

Bring your friends to the Y for a night filled with basketball, interactive gaming, swimming, weight lifting and more!

Friday 7:00pm-10:00pm

YOUTH STRENGTH TRAINING

Ages 10-12

This program, which is mandatory for youth ages 10&11 in order to use the fitness centers, teaches safe and effective exercise principles under the supervision of a certified trainer. In a small group setting, participants will learn proper use of strength and cardio machines, workout layouts, proper etiquette, nutrition basics and progression. After successful completion of class and written practical test, participants are awarded a badge to be worn while in the fitness center.

Tuesday 4:30pm-5:30pm or

Saturday 1:15 pm -2:15 pm

Fee: \$48

TEEN PERSONAL TRAINING

Ages 12-17

Consistent and daily exercise is important for the development of a healthy spirit, body, and mind. Teens also experience psychological benefits from physical activity as it helps to relieve anxiety and stress while building confidence and a positive self-image. Our Certified Personal Coaches, offer a program tailored specifically to the needs and interests of each individual in an effort to keep them active and motivated. Private Sessions are available to Full Members by appointment only.

Sessions	1	5
1 Hour Sessions	\$25	\$100

TEEN SWIM LESSONS

Ages 12-17

Learn to swim or advance your skills lessons just for teens. Turn to page 17 for a full listing of classes, days and times.

TEEN DODGEBALL

Ages 12-17

Join us on the court for a classic game of dodgeball. Our staff will lead traditional games of dodgeball, but they also have variations to add which encourages a fun atmosphere. Don't miss out!

Tuesday 6:30pm-7:45pm



JOIN, PARTICIPATE, FEEL GREAT — 7TH GRADE FREE MEMBERSHIP

7th Grade Members within the Five Points Branch service areas of Union, Hillside, Kenilworth, Roselle, Roselle Park, and Vauxhall, are invited to have full access to all Teen Members privileges including Teen Hours, Teen Night, Group Exercise Programs, and additional asset building programs for FREE. Join us for a an Open House for 7th Grade students and their parents, Friday July 13th, 6-10 pm.

FOR YOUTH DEVELOPMENT

YOUTH PROGRAMS

TAE KWON DO

George Boley Jr. is a 4th Degree Black Belt. He is also a member of USITF/ITF, PPCT, ICHF, AFI and WHA. Tae Kwon Do is the essential discipline of the mind, body and spirit. Within each class, students learn the skills of self-defense by managing six tenets: Power, Speed, Focus, Balance, Relaxation and Control. Throughout their time within the program students practice and work to achieve belt levels by embracing new skills and enhancing those previously learned. Each level consists of the powers of concentration, self-discipline and timing. Students will become sharper and highly developed as coordination improves.

SUMMER SESSION I (June 18-July 22)

# Days	1	2	3
Full Member	\$43	\$62	\$74
Basic Member	\$62	\$89	\$105

Ages 5-12 years

Wednesday	6:30pm-7:15pm
Saturday	11:45am-12:45am

Ages 3 1/2-6 years

Monday	3:30pm-4:00pm
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Full Member	\$22
Basic Member	\$31

PRESCHOOL PROGRAMS

SUMMER SESSION I (June 18-July 22)
SUMMER SESSION II (July 23 - August 26)

KIDS YOGA

Ages 3-5 years

Childrens yoga is a fun, creative, and relaxing class, which combines movement with the basic poses of yoga. We will work on balance, flexibility, coordination, and body awareness. This class will introduce yoga terminology, poses and breath work.

Monday 9:15-10:00 am

Full Member	\$17
Basic Member	\$27

SPORTS SAMPLER

Non competitive games will be played while developing skills in a variety of sports including soccer, basketball, t-ball and more.

Pee Wee - ages 5-8 years

Monday 5:30 am -6:15 pm



FOR YOUTH DEVELOPMENT

We impact our community through programs that encourage children to try new things and be amazed at how those experiences will make them feel.

YOUTH PROGRAMS

SUMMER SESSION I June 18–July 22
SUMMER SESSION II July 23–August 26

MEMBERS: \$30
BASIC MEMBERS: \$62

BASKETBALL

This recreational basketball program is designed for your child to have fun while learning sportsmanship, basketball rules and skills.

Pee Wee—Ages 5-7 years

Saturday 9:30am–10:30am
2:45pm–3:45pm

Youth Beginner—Ages 8-12 years

Saturday 8:30am–9:30am

Youth Intermediate—Ages 8-12 years

Thursday 6:30pm–7:30pm

SOCCER

Your child and their new friends will have the opportunity to learn the basic skills of kicking, passing, defense, teamwork and sportsmanship with the emphasis on participation and fun!

Pee Wee—Ages 5-7 years

Saturday 10:30am–11:30am

Youth—Ages 8-12 years

Monday 6:30pm–7:30pm

GYMNASTICS BEGINNER—AGES 3-8 YEARS

Children are introduced to the sport of gymnastics and learn the fundamentals of movement. Young gymnasts will develop skills in overall coordination, balance, strength and flexibility. Class framework supports children interacting with peers and making friends.

Saturday 1:00pm–2:00pm

GYMNASTICS INTERMEDIATE—AGES 5-8 YEARS

Children will build upon the skills learned at the beginner level and further emphasis will be placed on strength and endurance. Children will also learn and practice more difficult gymnastics skills.

Wednesday 6:00pm–7:00pm

FUN FITNESS / ROOKIE SPORTS

Free for Full Members

During these high energy classes, children are encouraged to work as a team, while improving their individual coordination, flexibility and agility skills. Activities include, sports, obstacle courses, relay races, games and more

Fun Fitness—Ages 8-12 years

Tuesday & Thursday 5:30pm–6:30pm

Rookie Sports—Ages 5-7 years

Friday 5:00pm–5:45pm



SUMMER SPORTS CAMPS

Splash Camp: July 9–July 13 or August 6– August 10

Basketball Camp: July 16–July 20

Multi Sport Camp: July 23–July 27

No sports camp on Wednesdays, all campers can register for the trip or join traditional camp at the Y.

FOR YOUTH DEVELOPMENT

YOUTH PROGRAMS

SUMMER SESSION I (June 18-July 22)
 SUMMER SESSION II (July 23-August 26)

FULL MEMBERS: \$47
BASIC MEMBERS: \$62

DANCE

Jenny Logus is best known for directing the world renowned Broadway Dance Center in NYC from 1985-1989. As well as Directing Broadway Dance Center, Jenny was responsible for co-founding the Broadway Dance Center Children’s Program, where she was Assistant Director. As Assistant Director, Jenny was responsible for producing showcases, scholarships, and hiring faculty. From 1991 to 1998 Jenny was owner and artistic director of the Westfield School of Dance, the Westfield Dance Company, and co-founder of the Westfield Young Artists’ Cooperative Theatre. Currently, Jenny serves as a judge, instructor, and choreographer throughout Union County.

Each style of dance is approached by following a syllabus to ensure that each student is receiving the proper training for his or her level as compared to the dance industry. As well as following a progressive syllabus, we emphasize fun, creativity, and imagination. Our goal is to help students learn proper technique while developing a love for expressing themselves through dance.

Important Parent Note: Dance Classes work on a 40 week syllabus, students will begin to learn techniques beginning in Fall I and continue through Spring II. At the end of Spring II, a dance recital will be held. Students must be of class age by 9/30/12. Moving students up a level during the 40 weeks due to a change in age will not be permitted. Our dance program follows a “cut-off age” rule similar to that used by the NJ Department of Education to best place students in age-appropriate classes.

All dance classes are designed to introduce children to: Terminology, Music & Rhythm, Performance Technique, Creative Movement, How to work in a dance classroom and Viewing a live performance.

Ages 3-4 years

This class is an introduction to ballet, jazz, tap, acrobatics and basic motor skills

Tuesday 5:30pm- 6:15am
Wednesday 10:40pm-11:25pm
Saturday 5:30pm- 6:15pm
11:00am-11:45pm

Ages 4-5 years

This class introduces students to steps at the barre, center, and across the floor work.

Tuesday 6:15am- 7:00pm
Wednesday 9:35pm-10:35pm
6:15pm- 7:00pm

Age 6 years

This class introduces students to steps at the barre, center, and across the floor work.

BALLET

Thursday 5:30pm-6:15pm

TAP

Thursday 5:30pm-6:15pm

Children must be at the minimum age prior to the start of class.

SUMMER DANCE CAMP

Ages	Date	Time	Fee (Dance Only)	Fee (Dance & Camp)
3 & 4	July 9- July 13	9:15am-10:45am	\$50	
5 & 6	July 16- July 20	9:15am-10:45am	\$50	\$250
7 & 8	July 23- July 27	9:30am-12:00pm	\$75	\$250
9 & 10	July 30- August 3	9:30am-12:00pm	\$75	\$250

FOR YOUTH DEVELOPMENT

Our Y Camp impacts our community by stressing that all kids deserve the opportunity to discover who they are and what they can achieve. The Y supports families with camp programs that help children build friendships and learn foundational life skills. We are committed to investing in every youth for a brighter future.

PLAY LAUGH EXPLORE

IT'S NOT TOO
LATE TO
REGISTER!



SUMMER CAMP 2012

From crafts to field trips, sports and games all the fun and adventure incorporates a weekly theme. Curriculum includes: arts & crafts, sports, CATCH, games, daily swimming and weekly field trip or BBQ.

June 25th – August 31st
8:30am–5:00pm *Extended Hours Available
Pre K – 11th Grade
Flexible payment options!

FOR YOUTH DEVELOPMENT

FAMILY FUN TOGETHER

ZUMBA FOR THE FAMILY

For parents and children of all ages

If you are looking for something fun and healthy to do with your family, plan on Saturdays mornings at the Y.

Saturday 11:45am-12:30pm

FAMILY OPEN SWIM

Come together as a family and enjoy time in our indoor heated pool. Enjoy the fun of summer all year round.

Saturday 6:00pm-7:30pm

Sunday 2:00pm-5:30pm

FAMILY NIGHTS

On the second Saturday of every month, come to the YMCA for special Fun Family Time activities! A different theme each month. Open to all ages.

Saturday 6:00pm-8:00pm

Full Family Members Free

Non-Member Families \$20/per family

June 9, 2012

July 14, 2012

August 11, 2012

Summer Kickoff

Pool Party

End of Summer BBQ



BIRTHDAY PARTIES

WHERE EVERY CHILD IS TREATED LIKE NUMBER ONE!

Aquatics Birthday parties include:

- 25 guests
- One hour of private pool fun
- Two certified Lifeguards
- Pre-test of all swimmers
- Access to flotation devices
- One hour of party celebration
- Set up of tables, chairs, and small kitchen area
- Choose a Saturday timeframe of: 1-3pm or 5-7pm
- Contact: Ellen Daudelin, 908.688.9622 x2243

Full Member: \$255
Basic Members: \$270
Non-Members: \$315

ZUMBA, Dance, or Sports Birthday parties include:

- 25 guests
- One hour of private gym or studio fun
- Choose between one hour of ZUMBA, Dance, Sports or simply tell us what you would like!
- One certified Instructor
- One hour of party celebration
- Set up of tables, chairs, and small kitchen area
- Saturdays only: 1:30-3:30pm
- Contact: Danielle Bair, 908.688.9622 x2230

Full Member: \$230
Basic Members: \$245
Non-Members: \$290



FOR YOUTH DEVELOPMENT

We impact our community by supporting youth and adults to try and learn new life skills that will be transformative and amazing. We provide opportunities for individuals and families to develop and improve their health in a safe atmosphere which supports building relationships.

YOUTH AND TEEN AQUATICS

30 MINUTE CLASSES

MEMBERS: \$88
BASIC MEMBERS: \$138

45 MINUTE CLASSES

MEMBERS: \$112
BASIC MEMBERS: \$170

PARENT/CHILD I—AGES 6-30 MONTHS

30 minute classes

This class includes basic water orientation. Instructor guides the adult in teaching their child the basic skills of water adjustment.

PARENT/CHILD II—AGES 2-3 YEARS

30 minute classes

This level is structured with emphasis placed on independence and group learning. The instructor guides the adult in teaching their child within a more structured atmosphere.

PIKE I—AGES 3-5 YEARS

30 minute classes

For the beginner who cannot swim independently while wearing floatation devices.

PIKE II—AGES 3-5 YEARS

30 minute classes

Prerequisite: Completion of Pike I level or child must be comfortable swimming without the aid of an instructor and can paddle and kick on front, back and side for 12 yards while wearing a floatation belt and 3 yards without one. Child is comfortable putting entire face in the water.

EEL—AGES 3-5 YEARS

30 minute classes

Prerequisite: Completion of Pike 2 level or child can paddle and kick on front, back and side for 20 yards while wearing floatation belt and for 6 yards without one. Child is comfortable blowing bubbles for 3 seconds with entire face in the water.

RAY—AGES 3-5 YEARS

30 minute classes

Prerequisite: Completion of Eel level or child can paddle and kick on front with rotary breathing, back and side for 12 yards without floatation device.

STARFISH—AGES 3-5 YEARS

30 minute classes

Prerequisite: Completion of Ray level or child can swim rudimentary front and back crawl for 20 yards without floatation device.

NEW—ADAPTED SWIM LESSONS FOR CHILDREN WITH SPECIAL NEEDS

SPECIAL SWIMMERS I—AGES 3-5 YEARS

SPECIAL SWIMMERS II—AGES 6-10 YEARS

30 minute classes

This program is designed for swimmers who are classified as having special needs. A swim evaluation will take place on the first day to determine correct level placement.

WHAT LEVEL IS YOUR SWIMMER?

Any new swimmer or swimmer who has been out of lessons for more than 6 months should be evaluated prior to registration. Evaluations are free of charge and generally take 5-10 minutes. No pre-registration is required.

To schedule a time, contact Ellen Daudelin at 908-688-9622 ext. 2243.



FOR YOUTH DEVELOPMENT

YOUTH AND TEEN AQUATICS

GUPPY THROUGH SHARK: CHILDREN UNDER THE AGE OF 8 MUST HAVE RECOMMENDATION OF INSTRUCTOR AND DECK SUPERVISOR TO PARTICIPATE IN THESE LEVELS.

POLLIWOG I—AGES 6-10 YEARS

45 minute classes

This is the beginning level class for school-age children who can not swim independently. Children become acquainted with the pool and the use of flotation devices, as well as front and back floating.

POLLIWOG II—AGES 6-10 YEARS

45 minute classes

Prerequisite: Completion of Polliwog I level or child can perform rudimentary front and back crawl for 12 yards without flotation device. Swimmer must be comfortable with his/her face in the water a minimum of 3 seconds.

GUPPY—AGES 8-14 YEARS

45 minute classes

Prerequisite: Completion of Polliwog 2 level or child can perform freestyle (using rhythmic breathing), backstroke, and elementary backstroke for 20 yards.

MINNOW—AGES 8-14 YEARS

45 minute classes

Prerequisite: Completion of Guppy level or child can perform 20 yards of each stroke including freestyle, backstroke, and elementary backstroke. In addition, swimmer must be able to complete 20 yards rudimentary breaststroke. Swimmer must also have enough stamina to maintain 40 yards of continual swim.

FISH—AGES 8-14 YEARS

45 minute classes

Prerequisite: Completion of Minnow level or child can perform 40 yards of each stroke including freestyle, backstroke, breaststroke, elementary backstroke and sidestroke.

FLYING FISH—AGES 8-14 YEARS

45 minute classes

Prerequisite: Completion of Fish level or child can perform 80 yards of each stroke including freestyle, backstroke, breaststroke, elementary backstroke, sidestroke and 20 yards of butterfly wiggle.

SHARK—AGES 8-14 YEARS

45 minute classes

Prerequisite: Completion of Flying Fish level or child can perform a 200 yard individual medley consisting of 50 yards of each stroke including butterfly, backstroke, breaststroke and freestyle. Swimmer must also complete 100 yards of lifesaving medley including sidestroke and elementary backstroke.

THE RIPTIDES—AGES 6-16 YEARS

45 minute classes

PRE-SWIM TEAM/INTRAMURAL SWIM PROGRAM

Is your eager swimmer ready to take it to the next level? The Riptides Pre-Swim Team/Intramural Swim Program is designed to enhance stroke technique while increasing cardiovascular endurance. The Pre-Swim Team/Intramural Program introduces youth to a swim team environment. Led by qualified swim coaches who will train participants on the four competitive strokes (Butterfly, Backstroke, Breaststroke and Freestyle). All swimmers participating in the Riptides must be at the skill level of Fish and above. Swim evaluations are also conducted to determine admission to the program. Contact the Aquatics Department at extension 243 if you have any questions regarding this program.

# Days	2	3 & Up
Full Members:	\$160	\$238
Basic Members:	\$238	\$275

TWEENS/TEEN BEGINNER—AGES 11-16 YEARS

45 minute classes

This class is for those fearful of water or with no knowledge of swimming. **Skills taught:** Floating, flutter kick, rudimentary front crawl, treading water.

TWEENS/TEEN INTERMEDIATE—AGES 11-16 YEARS

45 minute classes

Prerequisite: Swimmer must be able to swim 20 yards of rudimentary front crawl and be comfortable in deep water. **Skills taught:** refining front crawl, back crawl, rudimentary breaststroke, treading water.

TWEENS/TEEN ADVANCED—AGES 11-16 YEARS

45 minute classes

Prerequisite: Swimmer must be able to swim four laps nonstop. This class is designed as a workout and will focus on stroke development, endurance training, butterfly and turns.

BIG NEWS!

The YMCA of Eastern Union County will be starting a swim team in September 2012 called the Rapids. Our current Intramural Swim Program known as the Rapids will now be called The Riptides Pre-Swim Team.

For more information on the swim team or the new Riptides program, please contact Ellen Daudelin at 908-688-9622 x 2243

FOR YOUTH DEVELOPMENT

YOUTH AND TEEN AQUATICS

AQUATIC SCHEDULE YOUTH & TEEN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
30 min classes	Parent/Child One		5:45PM			8:45AM		
	Parent/Child Two					9:15AM		
	Pike One	4:30PM 5:00PM	4:30PM 5:00PM	4:30PM 6:30PM		6:15PM	8:00AM 10:00AM 11:00AM 11:30AM	8:15AM 9:15AM
	Pike Two	4:30PM 5:00PM 6:15PM*	4:30PM 5:00PM	4:30PM 6:15PM*		6:15PM	10:00AM 11:00AM	8:45AM
	Eel	4:30PM 6:15PM*		4:30PM 6:15PM*		6:15PM	10:00AM 11:30AM	8:15AM 9:15AM
	Ray		4:30PM				10:30AM	
	Starfish		4:30PM	7:00PM			10:30AM	
	Polliwog One	5:00PM 5:30PM 6:45PM	5:00PM 5:30PM* 6:15PM	5:00PM	5:30PM*	5:00PM 5:45PM 6:45PM	8:00AM 10:00AM 12:00PM	9:45AM
	Polliwog Two	5:30PM	5:00PM 5:30PM* 6:15PM	5:00PM	5:30PM*	5:00PM 5:45PM	10:30AM 11:15AM	10:30AM
	Guppy	5:45PM	5:45PM	5:45PM*		5:00PM	10:45AM	11:15AM
45 min classes	Minnow		5:45PM	5:00 PM		6:45PM	11:30AM	11:15AM
	Fish		5:00 PM	6:45PM			12:00PM	
	Flying Fish		5:45 PM	6:45PM			12:00PM	
	Shark						12:15PM	
	Riptides		6:30PM		6:15PM	5:45PM		12:00PM
	Stroke Clinic				4:45PM	6:45PM		12:00PM
	Tween	Beg 6:30PM			Inter 4:45PM			
	Teen	Beg 6:30PM			Inter 4:45PM			

• EXPERIENCE SWIM LESSONS TWICE PER WEEK -

THE PERFECT JUMP START TO THE SWIM LESSON EXPERIENCE AND/OR GREAT FOR FAMILY VACATION PLANNING

• Classes with an * meet two times per week. Complete 10 classes in 5 weeks! Monday/Wednesday or Tuesday/Thursday

Swim Every Day for Two Weeks!

Monday-Friday			
Session 1	6/18-7/1	9:30-10am	Pike 1
		9:30-10:15am	Polliwog 1
Session 2	7/2-7/15 *No class 7/4; fee adjusted	9:30-10:15am	Polliwog 2
Session 3	7/16-7/29	9:30-10am	Pike 1
		9:30-10am	Eels
Session 4	7/30-8/12	9:30-10am	Pike 1
		9:30-10:15am	Polliwog 1
Session 5	8/13-8/26	9:30-10am	Pike 2
		9:30-10:15am	Polliwog 2

*Classes that do not run because of thunder will be made up during the week of 8/27/12



FOR HEALTHY LIVING

We impact our community by supporting youth and adults to try and learn new life skills that will be transformative and amazing. We provide opportunities for individuals and families to develop and improve their health in a safe atmosphere which supports building relationships.

ADULT AQUATICS

45 MINUTE CLASSES

MEMBERS: \$112

BASIC MEMBERS: \$170

ADULT BEGINNER 101

This class is designed for adult who are fearful of the water. Participants will become acquainted with floating, water adjustment, flutter kicking and treading water.

DAYS **Times**
Monday **6:45pm-7:30pm**

ADULT BEGINNER

This class is designed for adults with no knowledge of swimming. Participants will become acquainted with floating, flutter kick, treading water, rudimentary rotary breathing and basic front crawl.

Monday **6:45pm-7:30pm**
Tuesday **7:30pm-8:15pm**
Thursday **7:45am-8:30am**
7:00pm-7:45pm

ADULT ADVANCED BEGINNER

Prerequisite: Swimmer must be able to complete 20 yards of rudimentary front crawl and be comfortable in deep water. **Skills taught:** refining front crawl, back crawl and treading water.

DAYS **Times**
Tuesday **7:45am-8:30am**

ADULT INTERMEDIATE

Prerequisite: Swimmer must be able to complete 20 yards of rudimentary front crawl and be comfortable in deep water. Participants will become acquainted with refining front crawl, back crawl and treading water.

Tuesday **8:15pm-9:00pm**

AQUA ATHLETICS

This moderate intensity class takes place in the shallow end of the pool and combines cardiovascular training, stretching and strengthening exercises.

Full Members: **Free**
Basic Members: **\$60 per class**

Monday **7:30pm-8:15pm**

ARTHRITIS FOUNDATION AQUATIC PROGRAM

This is a specialized workout in the shallow end of the pool for those with Arthritis or who are in need of a program to ease back into exercising. This program combines the buoyancy of water and the soothing warmth of the pool to make a safe, ideal environment for relieving joint pain and stiffness. Led by a certified instructor.

Days **1**
Full Members: **Free**
Basic Members: **\$60 per class**

Monday, Wednesday and Friday **7:45am-8:30am**
8:35am-9:20am
Monday and Thursday **11:05am-11:50am**

HYDROHEALTH

This low intensity class takes place in the shallow end of the pool and combines cardiovascular training, stretching and strengthening exercises.

Full Members: **Free**
Basic Members: **\$60 per class**

Tuesday and/or Thursday **8:35am-9:20am**

AQUA FUSION

This moderate intensity class takes place in the shallow end of the pool and features aerobic conditioning, resistance training using a variety of equipment and flexibility.

Full Members: **Free**
Basic Members: **\$60 per class**

Tuesday and Thursday **7:30pm-8:15pm**



FOR HEALTHY LIVING

AQUATICS SAFETY

AMERICAN RED CROSS LIFEGUARD COURSE

Become an American Red Cross certified lifeguard. The course includes Lifeguarding, CPR, First Aid, AED and Oxygen Administration. Participants must be 15 years of age to register.

Full Member	\$225
Basic Member	\$245
Non-Member	\$270

Please note all course dates are hosted out of our Five Points Branch, with the exception of the pre and post test. The pre and post test is hosted at:

Rahway Branch
1564 Irving Street
Rahway, NJ 07065

Pre Test Requirements: 300 yard swim, demonstrating proficiency in freestyle and breaststroke. The Pre-Test must be successfully completed prior to registering for the Lifeguard Certification Course.

Pre-Test	\$15
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LIFEGUARD RECERTIFICATION COURSE

Renew your lifeguard certification with this one day course and test.

Full Member	\$115
Basic Member	\$130
Non-Member	\$140

LIFEGUARD PREP

These classes will strengthen your swimming skills and build up the endurance necessary to become a lifeguard.

Fees	\$5 per class
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Monday and Wednesday	4:00pm-4:30pm
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WEEKEND COURSES

LIFEGUARD COURSES

Pre-Test: at Rahway

Friday, July 6	7pm
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Full Course Dates:

July 7	10am-6pm
July 8	9am-5pm
July 14	10am-6pm
July 15	11am-3pm at Rahway

AUGUST

Pre-test: at Rahway

Friday, August 3	7pm
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Full Course Dates:

August 4	10am-6pm
August 5	9am-5pm
August 11	10am-6pm
August 12	11am-3pm at Rahway

Lifeguard Recertification Dates & CPR/AED Recertification Dates

July 21st	1pm
August 18th	1pm



FOR HEALTHY LIVING

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.

ADULT PROGRAMS

PICKLEBALL

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Full Member	Free
Basic Member	\$64 unlimited
Monday	11:00am-1:00pm
Thursday	11:45am-1:45pm
Sunday	9:15am-11:45am

VOLLEYBALL

This drop in league is for men and women ages 18 and older who wish to compete in fun competitive play.

Full Member	Free
Basic Member	\$44 unlimited
Monday	8:45pm-9:45pm
Sunday	2:45pm-5:45pm

BASKETBALL

Drop in by yourself or with friends to play a few games of basketball with friendly competition for men and women ages 18 and up.

Full Member	Free
Basic Member	\$84 unlimited
Tuesday	8:45pm-9:45pm
Wednesday	8:15pm-9:45pm
Saturday	3:45pm-6:30pm
Sunday	11:45am-2:30pm

SOCCER

This drop in league is for men and women ages 18 and older who wish to compete in fun competitive play.

Full Member	Free
Basic Member	\$44 unlimited
Monday	7:30pm-8:45pm
Thursday	8:45pm-9:45pm

****Must be 18+ to participate in Adult Sports****

TAE KWON DO (June 18-July 22)

Within each class, students learn the skills of self-defense by managing six tenets: Power, Speed, Focus, Balance, Relaxation and Control. Throughout their time within the program, students practice and work to achieve belt levels by embracing new skills and enhancing those previously learned. Each level consists of the powers of concentration, self-discipline and timing. Students will become sharper and highly developed as coordination improves.

Full Member	\$43
Basic Member	\$62
Saturday	11:45-12:45

Active Older Adult (AOA) PROGRAMMING

For your continued Health & Well-Being the following classes will meet during our Summer 2012 Session

AOA Fitness

Wednesday 8:00am at The Wellness Center

Dance Party

Tuesday 8:30am at Tucker Avenue

Zumba Gold

Thursday 8:30am at Tucker Avenue

Arthritis Program

Tuesday & Thursday 9:15am at Tucker Avenue

Arthritis Foundation Tai Chi Program

Monday 2:15 pm at Tucker Avenue



FIVE POINTS WELLNESS CENTER BRANCH

Membership provides access to both locations

1000 Galloping Hill Road

Union, NJ 07083

908.349.9622

- 5,000 square foot Health & Wellness Center, featuring 30 of latest cardio machines, 21 strength and 10 circuit training machines, as well as an impressive free weight area
- Kinesis Center which uses the unique Kinesis training modules to help build balance, flexibility and strength in a small group training format, (fee based service).
- Multi-Purpose Rooms for Group Exercise Programs
- Designated Cycle Studio
- Locker Room, Showers & other personal care amenities
- HydroMassage
- Over 120 Innovative & Traditional Adult Wellness Programs
- Child Watch Babysitting Services
- Plenty of parking

HOURS OF OPERATION

Monday—Friday5:30 a.m.—11:00 p.m.

Saturday7:00 a.m.—8:00 p.m.

Sunday8:00 a.m.—6:00 p.m.

CHILDWATCH HOURS

Monday—Friday9:00 a.m.—11:15 a.m.

Monday—Friday5:15 p.m.—9:15 p.m.

Saturday8:00 a.m.—12:00 p.m.

Facility Closings

Wednesday, July 4th, Independence Day

Monday, September 3rd, Labor Day



FOR HEALTHY LIVING

ADULT WELLNESS PROGRAMS

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.

GET STARTED OFF RIGHT

Free and included with Full Membership

FITNESS CONSULTATION

Get the support you need as you embrace your journey of health and well-being! Help us to help you. After a short discussion about what you would like to accomplish, we will address your priorities, provide a simple workout plan and help you get started. Come dressed and ready to exercise! You may schedule an appointment for the consultation, (or a refresher if needed), at the Welcome Center.

MICROFIT ASSESSMENT

A fitness assessment will provide a professional report which includes immediate, accurate and personalized feedback to help you create a successful exercise program. This information will assist our staff with helping you create both short and long term goals for continuous fitness success. Assessments can be scheduled at any time at our Welcome Center.



WANT TO SEE MORE RESULTS?

PERSONAL TRAINING

Get results working one on one with a certified YMCA Personal Trainer. Your trainer will design your workouts based on your goals, expose you to new forms of training under a watchful eye and challenge you to be your best!

# Sessions	1	5	10
1 Hour Sessions	\$45	\$185	\$350

PAIRS PERSONAL TRAINING

Feel more confident, comfortable and accountable by exercising with a partner. Team up with a friend or family and save!!

# Sessions	1	5
1 Hour Sessions	\$66	\$275

NUTRITION COUNSELING

There is a lot of confusing information out there about proper nutrition. Don't just follow the latest food fad or magazine article. Meet with our staff nutritionist to discuss your situation, analyze your diet and develop a healthy eating strategy for you and your family. To schedule an appointment, call Pat Sheaffer, Health and Well-Being Coordinator: 908.688.9622 x2241 or psheafer@ymcaeuc.org.

Sessions	1	5	10
45 Minute Sessions	\$45	\$185	\$350

HEALTHY EATING LECTURE SERIES

Free and open to the community

Come hear presentations on a variety of healthy eating topics to support you in your efforts to follow a healthy eating lifestyle. Check at the Welcome Center for our latest schedule of presenters.

FOR HEALTHY LIVING

ADULT WELLNESS PROGRAMS

SALSA, SABOR Y SALUD! (FOOD, FUN, FITNESS!)

This program will focus on the rising obesity levels within the Latino/Hispanic population. We are looking for Latino/Hispanic families to come and participate at least once a week for eight weeks. Nutritional and Fitness topics will be addressed weekly. The Y will supply you with the information needed to improve your families Health & Well-Being.

WOMEN ON WEIGHTS—WOW!

Ready to add strength training to your routine? Are you unsure if you're performing your routine correctly? This four week course can help you get on the right track. In a small group, meet with a certified personal trainer twice a week to get acquainted with strength training using free weights and proper safety and lifting techniques.

Full Members \$85
Basic Members \$125

Tuesday/Thursday 5:30pm—6:30pm

YOU CAN TAKE CONTROL DIABETES PREVENTION PROGRAM

You can reduce your risk for type 2 diabetes and gain tools for healthy living. Are you at Risk?

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%. In a classroom setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include healthier eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

Contact Alane McCahey for more information at 908-249-4806, amccahey@ymcaeuc.org.

KINESIS THE ORIGINAL MOVEMENT

Kinesis Training Fees are based on classes meeting once a week for four weeks. Multiple classes may be scheduled. Participants must be full members. Call Mike Johnson, Senior Director of Health and Well-Being for a current schedule of classes available, at 908-349-9622 x 4229

KINESIS PURE

Kinesis Pure is small group training, (2-4 people), using Kinesis equipment exclusively.

1X WEEK FOR FOUR WEEKS \$50
2X WEEK FOR FOUR WEEKS \$85

KINESIS PLUS

Kinesis Plus is group training, (4-8 people), using Kinesis equipment plus a variety of other fitness tools, such as stability balls, plyometrics, calisthenics, and more.

1X WEEK FOR FOUR WEEKS \$28
2X WEEK FOR FOUR WEEKS \$48

HYDROMASSAGE

HydroMassage is a fully customizable, user-friendly massage system that give you a relaxing, heated massage in as little as 10 minutes.

You stay fully clothed, dry and comfortably supported while powerful waves of water are directed at specific areas of the body—giving you a relaxing and rejuvenating massage.

HydroMassage offers similar benefits to traditional massage without the expense or time commitment. You really can experience an incredible massage everyday!

**JUST \$15 A MONTH (or simply 50 cents a day)
FOR A 10 MINUTE RELAXING MASSAGE PER DAY,
(5 hours worth of massage per month!)
SIMPLY ADD ONTO YOUR
MONTHLY DRAFT!**



FOR HEALTHY LIVING

ADULT WELLNESS PROGRAMS

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GROUP EXERCISE

All Adult Group Exercise Classes are FREE for full members! We offer over 100 Group Exercise and Cycling classes each week and it is all included in your membership! Have fun and stay fit! Our trained and certified staff conducts classes for men and women of all ages and all stages of fitness. Most classes offer modifications for all fitness levels from beginner to advanced. Visit our website or Welcome Center for the most recent schedule as we are always updating to meet the needs of our members.

CARDIOVASCULAR FITNESS

Suggested for all levels: Suggested for all levels: Total Body & Core, Step, Body Works, Circuit, Firm & Fit, Instructor's Choice, Interval, Step, willpower&Grace

Suggested for intermediate to advanced levels: Boot Camp, Group PT, HIIT, Kickboxing/TurboKick

STRENGTH

Back to Abs –30 minute class especially designed to target and strengthen weak abdominals and improve lower back muscles.

Muscle Blaster – high intensity, total body workout focusing on all muscle groups

Just Pump It – high intensity, total body workout focusing on all muscle groups.

Zumba Toning – learn how to use lightweights to enhance rhythm and **tone** all your target zones, including arms, abs, glutes and thighs.

DANCE

Belly Dance – oldest form of dance. Core strength, fluidity, posture, stamina and grace.

Hip Hop Cardio – combines traditional cardio with Hip Hop move

LatinFusion – similar to Zumba

Salsa – the distillation of many Latin and Afro-Caribbean dances. No partner needed.

Zumba – total body workout done to Latin influenced music.

MIND & BODY

Deepok Chopra's 7 Spiritual Laws of Yoga – "Yoga for Every Body" students are guided to experience body-centered, restful awareness

Meditation – life energy, regular meditation practice may help reduce stress and enhance relaxation

Mat Pilates – combines slow, controlled movements, building strength within the core muscle group

PIYO – blends Pilates and Yoga movements to increase strength, balance and agility

Soul Sweat Yoga – strength, flexibility & dance centered around ease and freedom of the body (free style dance)

Tai Chi – form of martial arts helping to generate Chi (vital energy) through relaxation and fluid movements, assists with improvements circulation and flexibility

Yoga – blends breathing, postures and meditation to develop strength and overall relaxation Flow and Vinyasa Yoga – appropriate for all levels

Power Yoga – challenging class with sun salutations blended with advanced poses.



GO CARD

Program Members can purchase a group exercise GO CARD for \$120, worth 20 classes.

Simply arrive to the YMCA, scan in, and the Welcome Center will punch your GO CARD for each group exercise class experience. After 16 punches, purchase another GO CARD for \$98 and continue your fitness journey! Please note: GO CARDS are non-refundable, non-transferable, and full reimbursement is not available for lost or missing cards. All GO CARDS expire 60 days from purchase. **Note: You must present your Go Card to the Welcome Center upon entrance into building prior to class.**

FOR SOCIAL RESPONSIBILITY

WE CARE LIKE YOU DO

WISE ADULT DAY CARE CENTER

WISE Adult Day Services: Wellness, Independence and Socialization for Elders. Balancing life can be difficult enough. We are here with you every day, making sure you and your loved ones have the resources and support you need.

- Encouraging good health and fostering connections for caregivers and participants through our welcoming atmosphere that feels safe and secure
- Working with you every day: open Monday thru Friday from 7am-6pm and on Saturdays from 9am-4pm
- Providing quality of care to elders in a supportive and stimulating environment
- Registered nurse and social worker available to assist with our participants specific needs
- Ratio of 1:5 to give every participant the care and attention they deserve
- Assistance with transportation available
- Healthy lunch and snacks provided
- Caregiver and Bereavement Support Groups open to the community.
- Provider of in-home Personal Emergency Response Systems (PERSYS).



YMCA of Eastern Union County
2095B Berwyn Street, Union, NJ 07083
P 908.687.2995 E sbutler@ymcaeuc.org

FOR SOCIAL RESPONSIBILITY

Because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

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 and click on **donate today!**

Thank you for your support to your community.

Housing/Social Services

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 restructured their family lives. In doing so this will put their lives back on the right track, develop new skills and provide helpful social service resources. We work to make sure every child, family and community has what they need to achieve their greatest potential.

For more information, contact Earnestine Brookins at ebrookins@ymcaeuc.org or 908-355-9622 ext. 1249



Special Events

- ◆ June 7 – Atlantic Health will be at the Five Points Wellness Center Branch from 10:00-12:00 pm conducting Respiratory Screening
- ◆ July 5 – Atlantic Health will be at the Five Points Wellness Center Branch from 10:00-12:00 pm conducting Sun Exposure Education with the Dermaview Machine.
- ◆ August 2 – Atlantic Health will be at the Five Points Wellness Center Branch from 10:00-12:00 pm conducting Bone Density Screening for men & women for \$10.
- ◆ September 6th—Atlantic Health will be at the Five Points Wellness Center Branch from 10:00-12:00 pm conducting Blood Pressure & BMI screening.

Registration, required for all screenings can be done by going to atlanticealthsystems.org and clicking on “classes and events” or by calling 800—247-9580

- ◆ We will be having a 7th Grade Initiative Open House , Friday, July 13th, 6-10 pm

YMCA OF EASTERN UNION COUNTY

Five Points Branch

201 Tucker Avenue
908.688.9622

Five Points Wellness Center Branch

1000 Galloping Hill Road
Union NJ 07083
908.349.9622
www.ymcaeuc.org

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ELIZABETH, FIVE POINTS, RAHWAY BRANCHES



GROWING YOUR POTENTIAL

Registration Begins Full Members
Registration Begins Basic Members

Monday, June 4
Monday, June 11

SUMMER SESSION Dates

Full Summer Session

June 18 - August 26th (10 wks.)

Summer I

June 18 - July 22 (5 wks.)

Summer II

July 23 - August 26 (5 wks.)

Some Aquatic Programs are available in condensed two week sessions, (pg.18)

Register in person or online at www.ymcaeuc.org