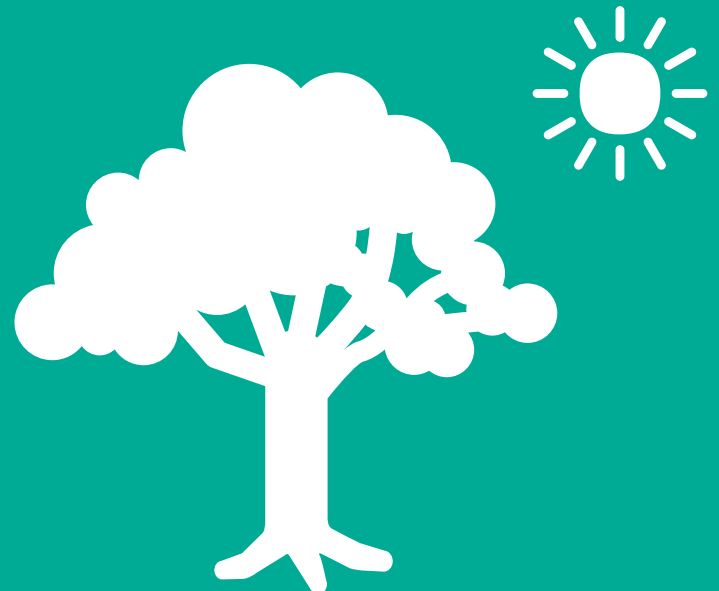




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

THE YMCA OF EASTERN UNION COUNTY
Strengthening the Foundation of Community



Spring I and II, 2012 Brochure
Rahway Branch

PROUDLY SERVING: AVENEL, CARTERET, COLONIA, LINDEN, RAHWAY, WINFIELD PARK

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

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

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



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

STAFF DIRECTORY

ASSOCIATION OFFICE SENIOR LEADERSHIP TEAM

144 Madison Avenue, Elizabeth, NJ • (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

RAHWAY BRANCH LEADERSHIP TEAM

1564 Irving Street, Rahway, NJ • (732) 388-0057

Gerry Gessie, Branch Executive

Ed Soder, Aquatics Director

Lindsay Sudia, School Age Childcare Director

Jim Smythe, Senior Property Director

Tomora Young, Health and Well-Being Director

Patt Krug, Aquatics Coordinator

Hours of Operation:

Monday - Friday 6:00AM - 9:30PM

Saturday 6:00AM - 6:00PM

Sunday 9:00AM - 5:00PM

Pool Closes 30 minutes
before facility closes

Holiday Closings:

Easter, Sunday April 8th

Memorial Day, Monday, May 28th

SPRING SESSION INFORMATION:

Spring I Registration Full Members:

Beings Monday, February 13

Spring I Registration Program Members:

Begins Monday, February 20

Spring I Session Dates:

Monday, February 27- Sunday, April 22

Spring II Registration Full Members:

Begins Monday, April 9

Spring II Registration Program Members:

Begins Monday, April 16

Spring II Sessions Dates:

Monday, April 23-Sunday, June 17

Register in person or online at www.ymcaeuc.org

YOUR JOURNEY STARTS HERE

Rahway Branch AT A GLANCE

- 25 Yard, 6 Lane, Indoor Pool
- Adult Group Exercise Classes
- Aqua Fitness Classes
- Youth Sports and Exercise Classes
- Health and Well-Being Center
- Weight Room
- Cardio Room
- Sports Performance Training
- Group Swim Lessons for Ages 6 month-Adult
- Personal Training
- Child Watch For Ages 2-11

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.

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.

CHILDWATCH

The Rahway Branch offers Childwatch services Monday-Thursday: 6pm-8pm. Saturday Babysitting upon request (5 person minimum to run). This service is available for members who are utilizing the facility and/or programs. Child Watch is a babysitting service for members with kids ages 2-11.

- Babysitting is available so you can take classes from:
Monday-Thursday 6pm-8:00pm
Friday 6pm-7pm
Saturday 9:00am-11:00am
*subject to change with demand

Fees: Full Members: Free
Program Members: \$2 per child

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

GATEWAY 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.

**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

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.

YOUR JOURNEY STARTS HERE

MEMBERSHIP INFORMATION

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

Membership Fees Effective April 1, 2012 through March 31, 2013

MEMBERSHIP TYPE	JOINER'S FEE	MONTHLY	ANNUAL
Rahway Branch			
Youth (6 weeks-12 yrs)	\$25.00	\$15.00	\$180.00
Teen (13-17 yrs)	\$25.00	\$16.00	\$192.00
Young Adult (18-23 yrs)	\$50.00	\$31.00	\$372.00
Adult (24 yrs +)	\$75.00	\$45.00	\$540.00
Senior (62 yrs +)	\$50.00	\$35.00	\$420.00
Single Parent Family	\$100.00	\$54.00	\$648.00
Family (2 adults, children under 18)	\$150.00	\$62.00	\$744.00
Basic/Program (adult & youth)	N/A	N/A	\$75.00
All Inclusive – Access to 4 Branches (Five Points, Wellness Center and Elizabeth)			
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			

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.

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.

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. 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.

FOR YOUTH DEVELOPMENT

The Y supports youth in the growth of positive character attributes through the development of strong relationships within programs that sustain both academic and the physical development of all youth in order to enhance lifelong health and well being in a welcoming and engaging environment.

SCHOOL AGE CHILD CARE

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 services are held directly at 11 elementary schools throughout Rahway and Linden. All of our locations are state licensed and are kept at low student: staff ratios. Your child's time with us will be structured to allow for snack, homework, and play time. For more information please contact Lindsay Sudia at lsudia@ymcaeuc.org or 732-388-0057.

REGISTRATION INFORMATION:

Initial Registration Fee: \$25.00 First Time Initial Registration Fee is due at the time of registration for those who have not previously participated in our Aftercare or Camp programs.

First Month's Tuition: First Month's tuition is due at the time of registration. A deposit of one month is also required at the time of registration if you do not participate in our bank draft option. The deposit will be used for your child's last month of tuition.

SCHOOL AGE CHILD CARE SERVICES

After Care

(Located at School Sites)

Hours: Dismissal* to 6:30pm

2011/2012 TUITION:

\$260.00 Per Month 5 Days per week

Elementary Schools Served:

Rahway: Grover Cleveland, Franklin, Madison, Roosevelt

Linden: #1, #2, #5, #6, #8, #9, #10

***YMCA staff are available at school site on scheduled half-days at early dismissal time until 6:30pm.**

MORNING CARE AT RAHWAY SCHOOLS!

Program runs on school days from 7:00am-8:45am

Elementary Schools Served: Grover Cleveland, Franklin, Madison and Roosevelt

Tuition: \$99.00 per month 3 days per week

\$135.00 per month 5 days per week

For more information, contact Lindsay Sudia at lsudia@ymcaeuc.org or (732)388-0057

Vacation Days

Vacation Day child care is available at the Rahway Branch when schools are closed for holidays or teacher in-service training. Vacation Days are open to all members in Kindergarten to 5th grade.

Hours – 7:00 AM – 6:30 PM

Registration Information:

Registration is required 48 hours prior to scheduled vacation day or payment is subject to \$20.00 surcharge. Non-school age child care participants must provide current immunizations and medical forms and complete a registration form.

Fees:

Full Member: \$30.00 per day

Program Member: \$40.00 per day

2011-2012 Vacation Days

February 17 and 20

March 19

April 9-13



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.

SUMMER DAY CAMP

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

10 Weeks of Playing, Laughing, and Exploring at our Summer Camp from June 25th- August 31st
From crafts to field trips, sports, games, and swimming; all the fun and adventure incorporate a weekly theme!

Visit Our Camp Open House On March 14th from 5-7pm for more information!

Please contact Lindsay Sudia at 732-388-0057 or at lsudia@ymcaeuc.org for more information.

YOUTH SPORTS & SKILLS CLASSES

Tennis Skills Clinic: Ages 9-12 Your child will learn the fundamentals of tennis skills and game rules. Class will emphasize teamwork, sportsmanship, discipline and self confidence.

Fees: Members \$40 individual session, \$15 each for group of 4 and under participants, and \$10 each for group of 5-8 participants. Group package deals are also available at the rate of \$80 for ten sessions per person.

Cheerleading Cheerleading is a fun sport that incorporates organized routines, gymnastics, and dance. The Y Cheer Program helps each participant to build confidence, self esteem and a healthy body.

8 week session \$100 (paid in full) or
8 week session Monthly Bank Draft \$150
(2 payments of \$75).

Basketball This developmental basketball clinic introduces the participant to the skills of basketball. Full Member \$30 and Program Member \$50
Basketball league to follow in March \$40

SPORT SHORT: AGES 3-5 Sports Shorts will introduce a new sport every week. Sports include basketball, hockey, t-ball and kickball.

Full Members: \$30 Program Members: \$50

Get Fit Kids: Ages 8-11 Kids will have fun while learning the benefits of exercise. Instructors will emphasize healthy habits and lifestyle choices.

Full Members: FREE
Program Members: \$25.00

Kids Gym

Kids choice of what sports they want to play for the day. Use of fun filled CATCH games to ensure that all participants are involved at all times.
Free for members \$25 basic members

Martial Arts: Martial Arts is good exercise for all to increase their physical endurance, confidence, discipline, and more.

1 session per week for 8 weeks \$65
2 sessions per week for 8 weeks \$110

NEW! ZUMBATOMIC®

The Zumbatomic® program fuses hypnotic Latin rhythms and easy-to-follow movesto create a one-of-a-kind fitness program that will blow youth away.

Fee: \$30 Full Members or \$50 Non-Members

Basketball Sports Performance Training:

This training will provide you with speed, agility, strength and cardio that will elevate your game to the next level.

Group sessions free for Full Members
\$10 Non-Members

CLASS SCHEDULE

Schedule is subject to change. Please register at the Welcome Center.

***Class Sessions are in 8 Week Intervals.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Biddy Basketball 4:00pm-5:00pm Held at Roosevelt School Gymnasium	Kids Gym 4:00pm-4:45pm Gymnasium	Basketball Clinic Ages: 11-14 4:15pm-6:00pm	Kids Gym 4:00pm-4:45pm Gymnasium		Sports Spectacular Ages 6-8 9:30a-10:15a
Get Fit Kids and Teens 6:00pm-6:45pm Health & Well-Being Room	Cheerleading Clinic 6p-7:30p Fitness Studio	Martial Arts 4:15pm-5:30pm Fitness Studio/Gym	Cheerleading Clinic 6p-7:30p Fitness Studio		Sports Shorts Ages 3-5 10:30am-11:15am
Tennis Instruction Gymnasium Upon Request Any day	Basketball Sport Performance Gymnasium Upon Request Any day	Get Fit Kids 6:00pm-6:45pm Gymnasium	Basketball Sport Performance Gymnasium Upon Request Any day		Skills and Drills Ages 9-12 11:30am-12:15pm
Sport Performance Gymnasium Upon Request Any day	Tennis Instruction Gymnasium Upon Request Any day	Zumbatomic Fitness Studio 6:45p-7:30p	Tennis Instruction Gymnasium Upon Request Any day		Martial Arts Ages 7-14 11:00am-12:00pm Fitness Studio
					Sunday

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.

TEEN PROGRAMS

Teen Nights (Ages 12-17):
Basketball, Open Swim, Interactive Games
Tournaments and more just for TEENS!

Teen Nights are held on the second Friday of every month.

FREE for members

One Guest per Teen Member.

Guest Fee \$5.00



ATTENTION 7TH GRADERS!

Enjoy A **FREE** 7th Grade Membership Opportunity!

7th Grade Members within the Rahway Branch service areas of Avenel, Carteret, Colonia, Linden, Rahway and Winfield Park 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.

- Parent/Guardian must be present at time of registration
- School ID or Report Card, verifying 7th Grade status, is required at time of registration.

Registration is on-going through August 31, 2012

Birthday Parties

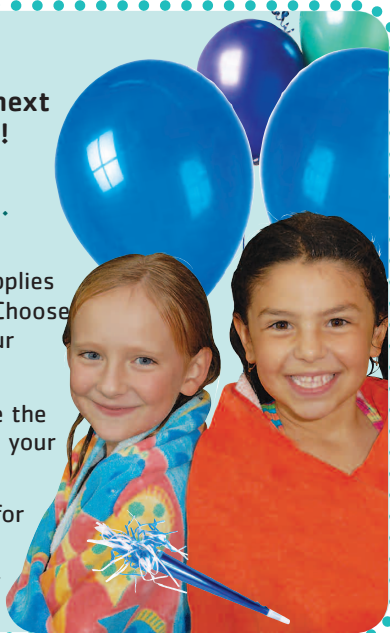
Celebrate your child's next birthday party at the Y!

PARTY THEMES INCLUDE
SWIM, SPORTS, OR DANCE.

Parents are responsible for bringing prepared food, supplies and all other party needs. Choose your theme and reserve your party today!

Your Y party host will make the party extra fun for you and your guests!

Just looking to rent space for your party? Contact the Welcome Center for details.



Rental Space - Rooms available.



Pool



Gym



All-purpose room

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.

The YMCA of Eastern Union County, Rahway Branch has a heated, 25 yard, 6 lane pool that is open year round! We offer our members and their guests lap swim and open swim for adults and family swim. All pool rules and regulation as are listed on the back of the pool schedule. Youth ages 11 and younger must be accompanied by an adult in the pool and locker room area at all times. Youth ages 5 and up must be in the appropriate locker room for their gender. Parents requiring assistance should speak to a staff member. Se Habla Espanol.



YOUTH AQUATICS PROGRAMS

PARENT/CHILD AND PRESCHOOL LESSONS

Parent/Child and all Preschool classes are 30 minutes.

Parent/Child (Ages 6 months – 30 months)

Parent/Child includes basic water orientation. Instructor guides the adult in teaching their child the basic skills of water adjustment.

Perch (Ages 2–3 years)

This level includes more basic water orientation and prepares the child to be comfortable with just a swim instructor in the water. By the fourth class parents will gradually leave the water so the instructor can work with the children independently. Pike skills will also be introduced by the fourth class.

Pike (Ages 3–5 years)

For the beginner who cannot swim independently without flotation. Students will learn the paddle stroke and elementary backstroke with support. Children will learn how to blow bubbles and swim ½ the pool paddle stroke with flotation.

Eel (Ages 3–5 years)

Prerequisite: Completion of Pike level or child can do the paddle stroke for ½ the pool with support. The main focus of this class will be to have the child swim ½ the pool paddle stroke without support and swim elementary backstroke for 15 feet.

Ray (Ages 3–5 years)

Prerequisite: Completion of Eel level or child can paddle stroke for ½ the pool without support. Swimmers will work on

backstroke, front crawl with rotary breathing and elementary backstroke.

Starfish (Ages 3–5 years)

Prerequisite: Completion of Ray level or child can swim front crawl with rotary breathing for the length of the pool. Swimmers will start to swim freestyle with rotary breathing and will start to dive.

YOUTH LESSONS

All Youth classes are 45 minutes.

Polliwog (Ages 6–10 years)

For the beginner who cannot swim independently without flotation. Students will learn blowing bubbles, elementary backstroke, paddle stroke and gain confidence to swim without a floatation device.

Guppy (Ages 6–10 years)

Prerequisite: Completion of Polliwog level or child can swim paddle stroke without support ½ the length of the pool. Students will be introduced to freestyle with rotary breathing, back stroke and diving.

Minnow (Ages 6–10 years)

Prerequisite: Completion of guppy level or child can perform a medley of 25 yards each of front crawl, backstroke, side stroke, & elementary backstroke.

Fish (Ages 6–10 years)

Prerequisite: Completion of Minnow level or child can perform freestyle, backstroke, Breaststroke Kick, elementary backstroke and sidestroke for 50 yards.

Flying Fish (Ages 6–10 years)

Prerequisite: Completion of Fish level or child can perform 100 yards of each stroke including freestyle, backstroke, breaststroke, sidestroke and 25 yards of butterfly kick.

Shark (Ages 6–10 years)

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.

TWEENS (11–12) & TEENS (13–16) LESSONS JUST FOR YOU!

Beginner:

For new swimmers who are still fearful of the water or with little swimming knowledge. Some skills that will be taught are floating, flutter kick, front crawl and treading water.

Intermediate:

Prerequisite: swimmer must be able to swim front crawl one length of the pool and be comfortable in deep water. Some skills that will be taught are freestyle with rotary breathing, backstroke, and breaststroke.



FOR YOUTH DEVELOPMENT

YOUTH AQUATICS PROGRAMS

2012 SPRING I AND II SWIM LESSON SCHEDULE

	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 min classes	SHRIMP		5:30- 6:00 PM				9:00 - 9:30 AM
	PERCH						9:30 - 10:00 AM
	PIKE	6:00 - 6:30 PM	6:00 - 6:30 PM		5:30 - 6:00 PM	5:30 - 6:00 PM	9:00 - 9:30 AM
	EELS	6:00 - 6:30 PM			6:00 - 6:30 PM	5:30 - 6:00 PM	9:00 - 9:30 AM
	RAYS	6:00 - 6:30 PM	6:00 - 6:30 PM		6:00 - 6:30 PM	5:30 - 6:00 PM	9:30 - 10:00 AM
	STARFISH		6:00 - 6:30 PM		6:00 -6:30 PM	6:00 - 6:30 PM	9:30 - 10:00 AM
45 min classes	POLLIWOG	6:30 - 7:15 PM	6:30 -7:15 PM		6:30 - 7:15 PM	6:00 - 6:45 PM	10:00 - 10:45 AM
	GUPPY	6:30 - 7:15 PM	6:30 - 7:15 PM		6:30 - 7:15 PM	6:00 - 6:45 PM	10:00 - 10:45 AM
	MINNOW	6:30 -7:15 PM			6:30 - 7:15 PM	6:45 - 7:15 PM	10:00 - 10:45 AM
	FISH		6:30 - 7:15 PM			6:45 - 7:15 PM	10:45 - 11:15 AM
	FLYING FISH					6:45 - 7:15 PM	10:45 - 11:15 AM
	SHARK						10:45 - 11:15 AM
	RAPIDS		6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM		
	TWEEN/TEEN BEG.			6:00 - 6:45 PM			
	TWEEN/TEEN INTER.	7:15 - 8:00 PM		6:45 - 7:30 PM			
	RIPTIDES 2/27-4/21		6:00 -7:00 PM		6:00 -7:00 PM		
	SPRING CLINIC 4/23- 6/16		6:00 -7:00 PM		6:00 -7:00 PM		
Adult Program Schedule							
	ADULT BEGINNER			6:00 - 6:45 PM			
	ADULT INTERMEDIATE			6:45 - 7:30 PM			

Spring I Pricing for the swim lessons:

30 MINUTE LESSON	FULL MEMBERS: \$70	PROGRAM MEMBERS: \$110
45 MINUTE LESSON	FULL MEMBERS: \$90	PROGRAM MEMBERS: \$130
60 MINUTE LESSON	FULL MEMBERS: \$130	PROGRAM MEMBERS: \$190

Spring II Pricing for the swim lessons:

30 MINUTE LESSON	FULL MEMBERS: \$72	PROGRAM MEMBERS: \$112
45 MINUTE LESSON	FULL MEMBERS: \$92	PROGRAM MEMBERS: \$132
60 MINUTE LESSON	FULL MEMBERS: \$130	PROGRAM MEMBERS: \$190

New Rapids Programs Starting in Spring!

Rapids

This is our Pre-team Program that will meet 3 days a week. This program will be the foundation to start to build our Association wide Swim Team. Participants must be recommended and will meet 3 times a week on Tues. , Wed. , Thurs. from 6:00 Pm – 7:00 Pm. We will focus on stroke techniques and endurance to prepare for meet competition in Fall 2012. (Ages 10 and up)

Prices: \$175 Full member and \$220 program.

Riptides

This program is for individuals that want to improve their swimming techniques and also work on their endurance. Participants must be at the fish level or participated in the rapids programs during the Fall I, Fall II, or Winter Session. This program will be held on Tuesday and Thursday from 6:00 - 7:00 Pm.

Prices: \$130 Full members and \$190 Program members.

Spring Swim Clinic

This program will be offered in the Spring II session and is geared to help participants that swim on a Summer Swim Team get ready for their season. Participants will work on swimming techniques and a little endurance to get ready for their summer swim team. We will meet on Tuesdays and Thursdays from 6:00 - 7:00 Pm. Participants must be at least at the Fish level and have had some swim team experience to be a part of this program.

Prices: \$130 for Full members and \$190 for Program members.

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.

PERSONAL TRAINING

Your Certified Personal Training is here to help support your goals & achieve greater health & well-being for your spirit, mind and body. Team up with a friend, family member or spouse to save!!

One on One/Group Training:

Work individually with a personal trainer with a program designed to fit your needs.

	1 on 1	Full Members
1	45 Minute Session	\$45.00
5	45 Minute Sessions	\$175.00
10	45 Minute Sessions	\$325.00

	Duo	Full Members
1	45 Minute Session with 2 People	\$50.00 per session
5	45 Minute Sessions with 2 People	\$200.00 Per Session

New! Sports Performance Training

Sports Performance Training provides strength and cardio training to help improve functional activities performed in daily life. SPT will also help improve with speed and agility for all sports.

1	TEAM SESSION	\$100
5	SESSIONS	\$450
\$50 savings (max 10 participants – 11 or More Participants By Appointment ONLY)		

Packages must be used within 90 days of purchase.

Only trained YMCA staff are permitted to personal train within the Rahway Branch. Unauthorized training is prohibited.

FAMILY PROGRAMS

Family Workout Time:

Bring the Family...Join the Fun!

Spend quality time working out with your family in the Health and Well-Being Center. Move at your own pace for a fun, healthy workout on our family, friendly circuit of cardio and strength training machines. No instructor for this time. YMCA staff will be available for equipment review and instruction.

Monday-Friday 5:00pm-7:00pm

Saturday 12pm-3pm

Sunday 12pm-3pm

Location: Health and Well-Being Center

Family Fit Body Class:

Workout with certified instructor.

Thursday 6p-6:45p

Free for Full Members

\$30 per month for Program Members (1 member of the family must have Program Membership)

\$45 per month for Non-Member families



LET'S TALK ABOUT YOUR HEALTH

Meet each month for health talks led by a Certified Personal Trainer. Each month will provide information and answer questions on different topics related to your health.

9:15am – 10:15am

Spring I & II 2012 Schedule:

April 14, May 12, June 9

Register at the Welcome Center

FOR HEALTHY LIVING

ADULT GROUP EXERCISE

Group exercise is a great way to strengthen the body, mind and spirit. Our group classes are a community of fellow members with similar goals taking steps together in the health and well-being journey of life. Join our classes to take your first step or next steps. However, if you are not sure, please use the following levels as a guide:

YMCA OF EASTERN UNION COUNTY-RAHWAY BRANCH GROUP EXERCISE CLASS DESCRIPTIONS

Beginner Level 1 (BL1)

SILVERSNEAKERS® Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

GENTLE YOGA Experience a peaceful mind with emphasis on proper breathing, alignment and movement. Flexibility and strength is improved by focusing on both physical and psychological reactions caused by various postures.

YOGA/PILATES MIX This class combines Yoga and Pilates for a full body workout.

FAMILY WORKOUT TIME Move at your own pace for a fun, healthy workout on our family, friendly circuit of cardio and strength training machines. No instructor for this time. YMCA staff will be available for equipment review and instruction.

FAMILY FIT BODY Bring the family in for a fun field fitness class that will get everyone a workout.

Beginner Level 2- Intermediate Level (BL2)

YOGALATES Relax * Release * Rejuvenate, Improve your balance, stability, posture, and learn to relax.

ZUMBA® FITNESS The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

CORE TRAINING Improve your appearance and overall well-being by focusing on your body's core. Core muscles of the body include the abs and lower back.

Intermediate-Advanced Level (IA)

ADULT MARTIAL ARTS This class consists of kick-boxing and a variety of simple movements like jumping jacks, pushups or squats done without weights or equipment. Instructor will teach basic self defense skills and overall conditioning. Class focuses on increasing strength and flexibility by using the individual body weight for resistance. No prior experience required.

BOOT CAMP This class includes cardio to increase your heart rate and strength training exercises designed to reduce body fat and increase stamina.

CLASS SCHEDULE

Schedule is subject to change. Please register at the Welcome Center.
*Class Sessions are in 8 Week Intervals.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00am-8:45am Zumba® Fitness (BL2)
					8:45am-9:45am Gentle Yoga (BL1) All Purpose Rm
	9:00am-9:45am Zumba® Fitness (BL2) Fitness Studio	9:00am-10:00am Yoga & Pilates Mix (BL1) All Purpose Room	9:00am-9:45am Zumba® Fitness (BL2) Fitness Studio	9:00am-10:00am Yoga Mix (BL1) All Purpose Room	9:00am-9:45am Fit & Firm (BL2) Gymnasium
	10:30am-11:15am SilverSneakers (BL1) Fitness Studio		10:30am-11:15am SilverSneakers (BL1) Fitness Studio		10:00am-11:00am Mixed Karate Workouts
6:00pm-6:45pm Boot Camp! (IA) Gymnasium	6:00pm-6:45pm Family Fit Body Gymnasium	6:00pm-6:45pm Boot Camp! (IA) Gymnasium	6:00pm-6:45pm Family Fit Body Gymnasium		
6:30pm-7:30pm Gentle Yoga (BL1) All Purpose Rm	6:30pm-7:15pm** Zumba® Fitness (BL2) Gymnasium	6:45pm-7:30pm Core Meditation (BL2) Gymnasium	6:30pm-7:15pm Zumba® Fitness (BL2) Gymnasium	7:00pm-9:15pm Open Basketball	Sunday
6:45pm-7:30pm Core Meditation (BL2) Gymnasium	7:30pm- 8:15pm Yogalates (BL2) All Purpose Rm	7:45pm-9:15pm 30+ Basketball	7:15pm-9:15pm Open Volleyball		
	8:00pm-9:00pm Mixed Karate Workouts		7:30pm- 8:15pm Yogalates (BL2) All Purpose Rm		

CHILD WATCH

We support your decision to live a healthy lifestyle. Babysitting is available from Monday-Thursday 6pm-8pm while you use the facility. For more details, please visit the Welcome Center.

FOR HEALTHY LIVING

ADULT AQUATICS PROGRAMS

Aquatic Exercise Classes

Come join our Aqua Exercise classes to stay young and healthy, while you meet new friends.

Aqua in the AM

Excellent non-impact, aerobic workout for beginners or those who just want to stay fit. Enjoy stretching, calisthenics, yoga and basic exercising to get your day started right. Swimming not required. (2 classes per week)

Monday & Wednesday: 9:30 - 10:15 AM

Full Members: Free
Program Members: \$80.00

Hydro Health

A fun low-impact strength training cardio party, incorporating aqua jogging, resistance training and more to increase your cardio endurance. Swimming not required.

Tuesday: 7:15P-8:00P

Full Members: Free
Program Members: \$55.00

Private Swim Lessons

Enjoy customized swim lessons with a qualified instructor. Lessons are offered as a set of 5, ½ hour classes. Please call to set up an appointment today. There is a strict attendance policy with this program. Share the lesson with a fellow Y member of a compatible swim lesson level and save!

Single Private Lessons: Full Members \$132.00
Program Members \$155.00

Duo Private Lessons: Full Members \$202.00
Program Members \$225.00

Adult Program Schedules & Fees

	Wednesday	Saturday
ADULT BEGINNER	6:00 - 6:45 PM	11:45AM-12:30PM
ADULT INTERMEDIATE	6:45 - 7:30 PM	

Full Members: \$90.00 Program Members: \$130.00



Aqua Zumba

Aqua Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program in the POOL that will blow you away. This is a 10 week session.

Wednesdays 7:30pm-8:15pm
Full Members \$40.00
Program Members \$50.00
Non-Members \$60.00



Hydro Active

This class incorporates water resistance techniques, stretching, fun-combination movements, aqua-jogging, and a total water workout experience.

Thursdays: 7:15P-8:00P
Full Members: Free
Program Members: \$55.00

Adult Swim Lessons

Adult Beginner Lessons

This class is designed for adults with no or little swimming knowledge. Skills taught: floating, flutter kicking, front crawl, and blowing bubbles.

Adult Intermediate Lessons

Swimmers must be able to swim front crawl the whole length of the pool and be comfortable in the deep water. Skills taught: freestyle, backstroke, treading water and breaststroke.

Coming Soon:

Lifeguard Training Course ~ CPR/AED Certification
 Spring Swim Clinic ~ Scuba Classes

YMCA of Eastern Union County Rapids Swim Team!!!



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

Visit our website www.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.

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 908.687.2993 E sbutler@ymcaeuc.org



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. Financial Assistance applications are available at the Welcome Center. For more information, please contact the Welcome Center.

RESIDENTIAL PROGRAMS

Making a difference!

ELIZABETH BRANCH

Through our residential programs we impact our community by providing a home to our neighbors. Each day we provide supportive services to make sure that every Child and family have what they need to achieve their best. Contact Susan Pepper at 908-355-9622 or at spepper@ymcaeuc.org

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.

YMCA OF EASTERN UNION COUNTY

Rahway Branch

1564 Irving Street
Rahway, NJ 07065
(P) 732-388-0057
www.ymcaeuc.org

Non-profit
organization
US Postage

PAID

Permit 116
Rahway, NJ

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!



LEAP AHEAD WITH OUR Y

Spring I Registration Full Members:

Begins Monday, February 13

Spring I Registration Program Members:

Begins Monday, February 20

Spring I Session Dates:

Monday, February 27- Sunday, April 22

Spring II Registration Full Members:

Begins Monday, April 9

Spring II Registration Program Members:

Begins Monday, April 16

Spring II Sessions Dates:

Monday, April 23-Sunday, June 17

Register in person or online at www.ymcaeuc.org