



## 2023 PROGRAM GUIDE



# HEALTHY STARTS HERE



SUMMIT AREA YMCA

# A PLACE WHERE YOU BELONG

At the YMCA, you belong to a place where parents find a safe, positive environment for children to learn good values, social skills, and behaviors; families come together to have fun and spend quality time with one another; our teens play, children and teens play, learn who they are, and what they can achieve, and are accepted; and adults connect with friends, pursue interests, and learn how to live healthier, but most importantly, you'll find a place where you belong.

## 2023 MEMBERSHIP RATES

Membership Type	Rate	Join Fee
<b>Adult 18+</b>	\$90/month	\$95
<b>College Student</b>	\$60/month	\$75
Eligible for 12 credit undergraduate or 9 credit graduate level student. Proof of enrollment required.		
<b>Family</b>	\$140/month	\$95
2 adults and all dependants, age 22 and under, living in the same household.		
<b>Senior Adult 62+</b>	\$78/month	\$95
<b>Senior Family</b>	\$110/month	\$95
2 adults (1 whom is 62+) and all dependents age 22 and under, living in the same household.		
<b>Teen (13-17)</b>	\$50/month	None
<b>Youth (12 &amp; Under)</b>	\$110/year	None

Annual memberships are non-refundable. No annual contracts. One-time join fee is due in full upon joining and is used to maintain facilities and equipment. Fee is waived for memberships that are renewed within 45 days of expiration.

Want to try out the Y before you join? Schedule a facility tour by visiting [www.thesay.org/tours](http://www.thesay.org/tours) and inquire about our free 7-day trial membership!

**JOIN TODAY**



### STATE-OF-THE-ART FITNESS CENTERS

Our branches mean business when it comes to new equipment and free weights. From the best in the industry and some brands you may not have heard of \*yet\*. We also offer free customized demos to help you make the most of your individual workouts!

### 200+ WEEKLY GROUP EXERCISE CLASSES

Find your passion or try something new! The Y offers 200+ indoor group fitness classes weekly for all ages, levels and interests. There's something for everybody, no matter your schedule. Explore our class schedules online or via the SAY Mobile App.

### PROGRAMS & CLASSES FOR EVERYONE

Our branches are vital, vibrant, and valued centers in the community, which provide meaningful experiences for individuals and families through a variety of athletic, enrichment, recreational and social programs -- each and every day, season and year.

### ACCESS TO 2,500+ LOCATIONS

As an added benefit of being part of our Y family, your Y membership allows access to over 2,500 participating YMCA's in the United States and Puerto Rico, at no additional cost! Because being a part of our Y family means you'll be close to 'home' everywhere you go.

# REGISTRATION INFORMATION

## BEGIN YOUR Y STORY TODAY!

### WHERE TO REGISTER

To register for programs online you must have an account in our easy-to-use, convenient, web-based Membership Database system (Daxko). In your account, you will be able to safely and securely search and register for classes, programs, events, and camp, access all of your registrations, make payments, view your transaction history, manage and update your account information and print receipts.

#### SIGN IN HERE

Don't have an account? Click on Sign Up and follow the instructions to get started. If you're not a member you can join online or join as a non-member to register for programs at the non-member rate (where applicable).

### HOW TO REGISTER

- >> Sign in to Daxko with your existing Membership account.
- >> Browse in Daxko and register for programs and classes!
- >> Or browse through the guide or website and click on the Register button.

### GROUP EXERCISE RESERVATIONS

To reserve your spot in group exercise classes please use the SAY Mobile App or visit: [www.thesay.org/schedules](http://www.thesay.org/schedules). A separate login is required for the SAY Mobile App and website schedules reservation system.

#### SCHEDULES

#### MOBILE APP

### FACILITY ACCESS CARDS

If you are entering the Y to pick-up or drop-off a program participant and are not a Y member, you'll need an access ID card. Access ID cards are issued individually and are not transferrable. To receive your access ID card and take your photo, visit the membership desk of the Berkeley Heights YMCA or Summit YMCA. A government issued photo ID must be presented for anyone over the age of 18. Prior to entering any YMCA facility, all visitors must complete our participation waiver online at [www.thesay.org/waiver](http://www.thesay.org/waiver). After receiving your access ID card, you may use the SAY Mobile App to scan in for convenience.

### FOR YOUR SAFETY

As your safety, and that of your family's is always our primary concern, all YMCAs conduct regular sex offender screenings on all members, participants and guests. If a sex offender match occurs, the YMCA will cancel membership, end program participation, and remove visitation access.

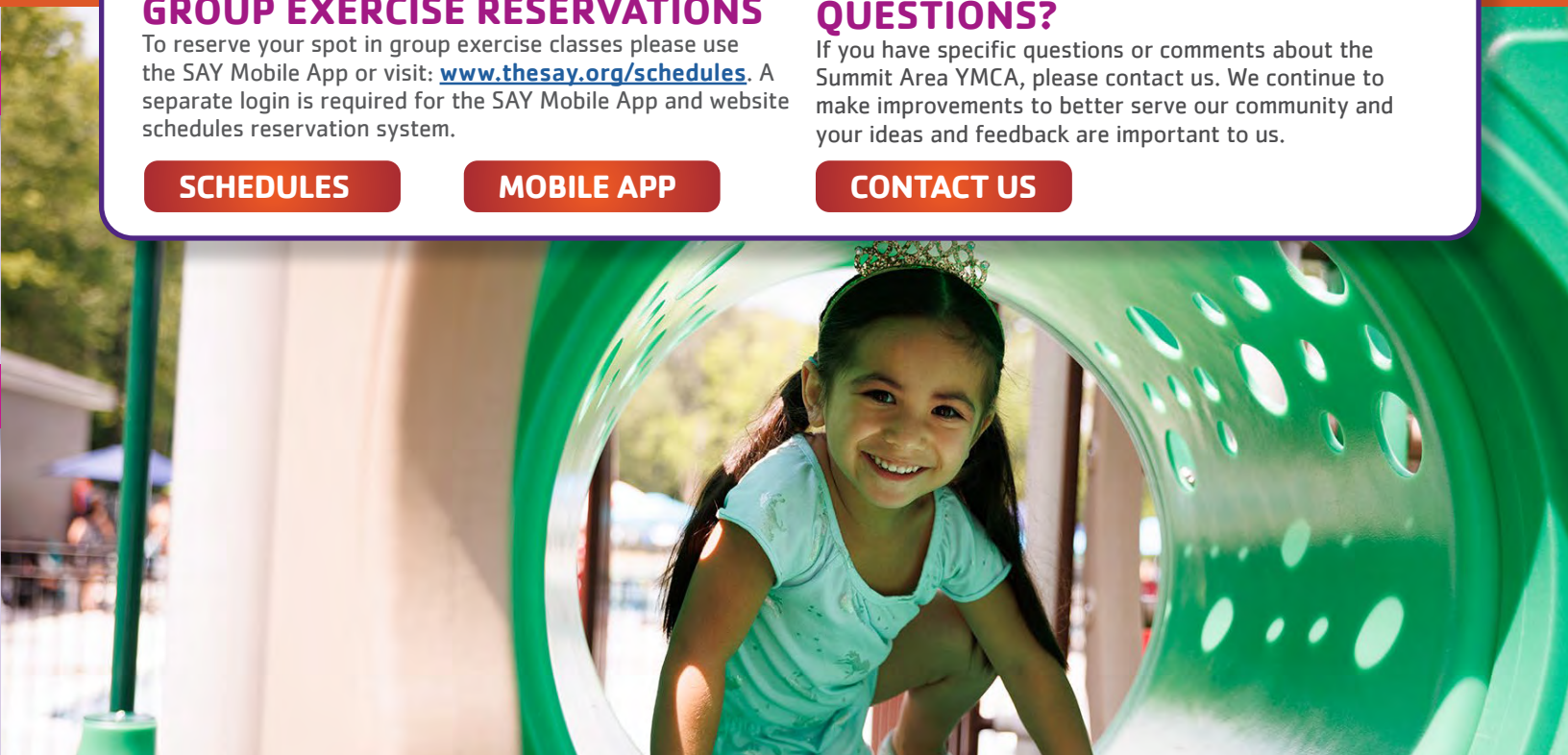
### PARENT INFORMATION

In an effort to keep our children safe and to remind parents, nannies, and caregivers of the YMCA policy for minors: Any child that is under 11 years old must be accompanied by a parent or guardian in the facility. The parent does not need to be a member, but does need to stay with the child at all times.

### QUESTIONS?

If you have specific questions or comments about the Summit Area YMCA, please contact us. We continue to make improvements to better serve our community and your ideas and feedback are important to us.

#### CONTACT US



# THERE'S A Y IN EVERY COMMUNITY

When you join the Y, you're not just a member of a facility, you are part of a cause. With a shared commitment to nurturing the potential of our kids, improving health and well-being, and giving back and supporting our neighbors, membership at the Y gives you and your family the opportunity to learn, grow, and thrive in a fun and safe environment that welcome's all.



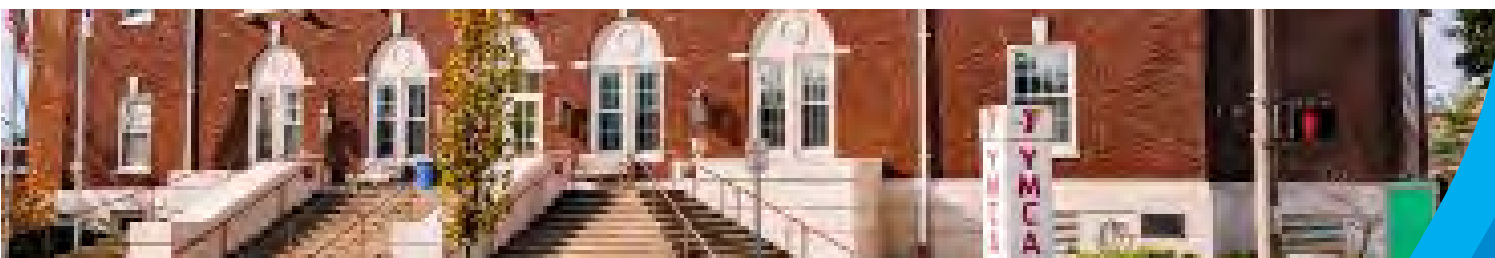
## BERKELEY HEIGHTS YMCA

59 Locust Ave, Berkeley Heights, NJ 07922 | (908) 464-8373



### HOURS OF OPERATION

MON-FRI	5:00 AM - 9:30 PM
SAT	6:30 AM - 5:00 PM
SUN	7:00 AM - 5:00 PM



## SUMMIT YMCA

67 Maple Street, Summit, NJ 07901 | (908)273-3330



### HOURS OF OPERATION

MON-FRI	5:00 AM - 9:30 PM
SAT	6:30 AM - 5:00 PM
SUN	7:00 AM - 5:00 PM



## THE LEARNING CIRCLE YMCA

95 Morris Ave, Summit, NJ 07901 | (908) 273-7040



### HOURS OF OPERATION

MON-FRI	7:30 AM - 6:00 PM
SAT	CLOSED
SUN	CLOSED

# ENJOY THE OUTDOORS THIS SUMMER

## SUMMIT AREA YMCA SEASONAL LOCATIONS



### BERKELEY HEIGHTS COMMUNITY POOL AT THE YMCA

59 LOCUST AVE. BERKELEY HEIGHTS, NJ 07922

LEARN  
MORE

#### HOURS OF OPERATION

PRE-SEASON (Weekends Only)  
SAT & SUN 12-7 PM

SUMMER SEASON  
MON-SUN 12-8 PM



### SPRINGFIELD COMMUNITY POOL

44 MORRISON RD. SPRINGFIELD, NJ 07081

LEARN  
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#### HOURS OF OPERATION

PRE-SEASON (Weekends Only)  
SAT & SUN 12-7:30 PM

SUMMER SEASON  
MON-SUN 12-8 PM

# »» WHAT YOU CAN DO AT THE Y



## If I am a baby I CAN...

- Begin my education journey by enrolling in child care
- Enroll in a parent/child class
- Swim with mom, dad, or an adult guardian in the pool
- Enjoy playtime and engagement activities in Kid Zone
- Attend a community event with my family

## If I am 2-5 yrs. old I CAN...

- Take an enrichment class
- Play sports at the Y
- Enroll in swim lessons
- Enroll in summer camp
- Swim with mom, dad, or an adult guardian in the pool
- Meet new friends at Parents Night Out
- Enjoy playtime and engagement activities in Kid Zone
- Attend a community event with my family

## If I am 6-12 yrs. old I CAN...

- Attend the Y's before and after school program
- Enroll in swim lessons
- Enroll in summer day camp
- Participate in summer sports and specialty camps
- Take a sports or enrichment class
- Join the swim team
- Meet new friends at Parents Night Out
- Attend a community event with my family

## If I am a teen I CAN...

- Visit my friends at the YMCA Teen Center after school
- Work out in the Wellness Center without a parent
- Participate in group exercise classes
- Play sports at the Y
- Enroll in swim lessons
- Participate in college readiness programs
- Go on a college tour
- Join the swim team
- Work at the Y
- Enjoy swimming in the pool with friends
- Become a Y volunteer to earn service hours



### If I am an adult I CAN...

- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Join a walking or running club
- Take a swim lesson
- Workout in the Wellness Center
- Swim in the pool
- Volunteer on a committee, the Y Board, or help with fundraising
- Compete in my first mini triathlon
- Form a team and participate in an adult sports league or tournament
- Perfect my jump shot during open gym
- Participate in a fitness challenge

### If I am an active older adult I CAN...

- Enroll in a water fitness class
- Participate in a group exercise class
- Work out with a personal trainer
- Take a swim lesson
- Workout in the Wellness Center
- Swim in the pool
- Receive support through a medical wellness prevention program
- Work at the Y
- Volunteer on a committee, the Y Board, or help with fundraising
- Attend a community event
- Bring a guest for a FREE visit to the Y
- Play pickleball with friends

### My family CAN...

- Swim in the pool
- Play basketball in the gym
- Attend a Family Fun Night
- Host a birthday part for family and friends
- Volunteer as a family at the Y or a special event
- Attend a community event
- Enjoy activities at Healthy Kids Day
- Create memories that will last a lifetime

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## WHERE KIDS THRIVE

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.



## EARLY CHILDHOOD PROGRAMS

### THE LEARNING CIRCLE YMCA | BERKELEY HEIGHTS YMCA CHILDCARE

Experienced, caring childcare staff and licensed, certified teachers make your child their #1 priority. We strive to make our centers a home-away-from-home, where your child feels confident, connected and secure to learn new things and discover their potential.



### BERKELEY HEIGHTS YMCA CHILD CARE

- Toddlers | 18 months–3 years
- Preschool | 3–4 years
- Pre-K | 4+ years
- Kindergarten | 5+ years

### THE LEARNING CIRCLE YMCA

- Infants | 6 weeks–18 months
- Toddlers | 18 months–3 years
- Preschool | 3–4 years
- Pre-K | 4+ years
- Kindergarten | 5+ years

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# SCHOOL-AGE PROGRAMS

BERKLEY HEIGHTS YMCA | SUMMIT YMCA

At they Y, we provide safe, affordable and fun opportunities for youth in teens in grades K-8.

## BEYOND THE BELL

The Y's before & after school care program, BEYOND THE BELL, helps fill a gap for working families by keeping kids safe when not in school. Kindergartners and school age children balance learning and fun before and after school while developing social skills and engaging with positive adult role models. The Summit Area YMCA proudly offers after school to children in-school as well as at the Y to better accomdate the needs of the children and their families.

\*Transportation is included from school to the YMCA

## BERKELEY HEIGHTS YMCA (at the Y & in-school)

- Allen W. Roberts School | Grades 1-5
- Mary Kay McMillin | Grades K-2
- Mountain Park School | Grades 3-5
- Thomas Hughes School | Grades 3-5
- William Woodruff School | Grades K-2

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## SUMMIT YMCA (at the Y)

- Brayton School | Grades 1-5
- Franklin School | Grades 1-5
- Jefferson Primary | Kindergarten only
- Jefferson School (Grades 1-5)
- Lincoln Hubbard School (Grades 1-5)
- Salt Brook School - New Providence (Grades 1-5)
- Washington School (Grades 1-5)
- Wilson Primary (Kindergarten only)

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## HOLIDAY CARE

Holiday Care is offered at the Berkeley Heights YMCA and Summit YMCA on school vacation days, such as teacher conventions, holidays, winter and spring vacations, when your child's school is closed.

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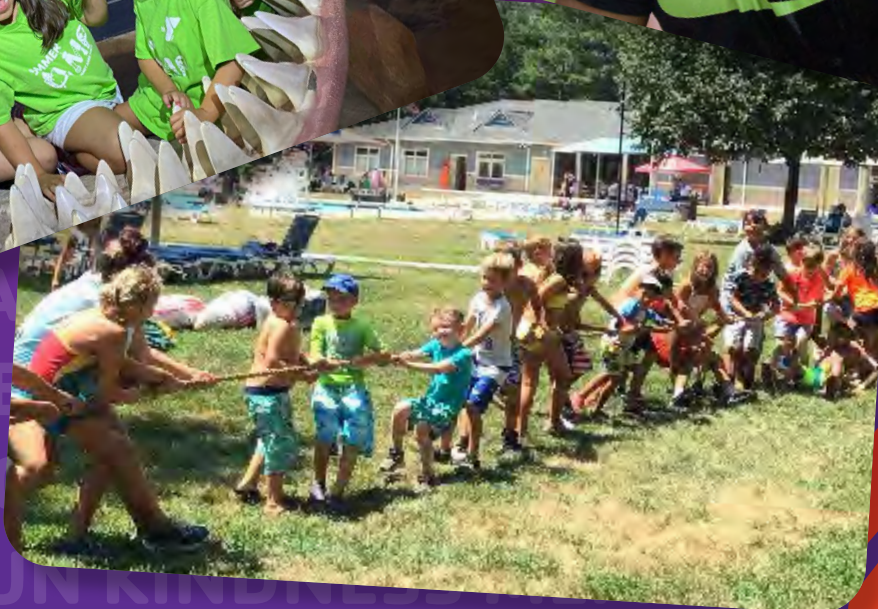
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# GREAT SUMMERS START AT THE Y

**SUMMIT AREA YMCA  
SUMMER CAMPS >>>**



# Y SUMMER CAMP | Ages 3-14

For more than 85 years, the Summit Area YMCA has provided our community's children with safe and exciting opportunities to explore, learn, create, and discover the world around them. To prevent summer learning loss, the Y is here to stimulate and encourage creativity and individuality in every camper.



During Summer Camp, children are grouped by age and grade, campers learn how to create new friendships and explore the natural world around them. Camp activities like art, music, nature, swimming, and sports are designed to build confidence, new skills, and untapped talent. Themes, special activities, and events make it a different adventure every week.



## At the Y, campers:

- Are inspired to carry out the Y core values of caring, honesty, respect and responsibility
- Learn to appreciate and incorporate diversity
- Make friendships, become stronger leaders, encourage team work



**OVER 40  
UNIQUE CAMP  
PROGRAMS!**



## CAMP LOCATIONS

### BERKELEY HEIGHTS YMCA

- CAMP LAGOONLAND (Ages 5-8)
- BUSY BEES (Ages 3-5)
- SPECIALTY CAMPS (Ages 6-10)
  - Bricks 4 Kidz
  - Mad Science
  - and MORE!

### WATCHUNG RESERVATION

- CAMP CANNUNDUS (Ages 5-13)
- JUNIOR TRAVELERS (Ages 7-8)
- LEADERS IN TRAINING (Ages 14-16)
- OBSTACLE WARRIORS (Ages 6-10)
- SPORTS CAMP (Ages 7-12)
- TEEN TREK (Ages 11-14)
- TRAVELERS (Ages 9-10)
- WILDERNESS ADVENTURES (Ages 8-12)

### SUMMIT YMCA

- CAMP-A-PALOOZA (Ages 5-8)
- CAMP ENTERPRISE (Ages 7-10)
- CAMP DISCOVERY (Ages 7-10)
- SPECIALTY CAMPS (Ages 6-10)
  - Bricks 4 Kidz
  - Mad Science
  - and MORE!

### SPRINGFIELD COMMUNITY POOL

- ART ADVENTURES (Ages 6-10)
- CAMP CANNON BALL (Ages 5-13)
- OBSTACLE WARRIORS (Ages 6-10)

### THE LEARNING CIRCLE YMCA

- ADVENTURERS (Ages 4-7)

**EXPLORE!**

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# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## KID ZONE

Berkeley Heights YMCA & Summit YMCA

A complimentary service to members on family or adult memberships, we provide supervised care for your child (ages 6 wks-12 yrs) in a safe, enriching environment through non-structured, age appropriate play activities so your little one can develop social skills while you participate in activities at the Y, work out or take a class.

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## PARENTS NIGHT OUT

Drop off your child for a few hours of structured activities (arts & crafts, group games, story time or a movie) in a safe, supervised environment while you enjoy some "me" time - whether that's in or out of the house. A light snack and refreshments will be provided. Daytime or nighttime options vary by event.

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## BIRTHDAY PARTIES

Berkeley Heights YMCA & Summit YMCA

The Summit Area YMCA offers many different types of birthday parties that will create lasting memories for your little one. Themes include, but not limited to, Basketball, Dodgeball, Sports & Games, Zumba, Swimming, and more. Whatever it is you are seeking, let our Special Events Team help you!

LET'S  
PARTY!

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# TEEN



## » FIND YOUR Y

**FREE 7th Grade Memberships**

**JOIN TODAY!**

**CLICK HERE**

Through our commitment to supporting and encouraging youth to make good decisions and form habits that lead to a healthy lifestyle, the Summit Area YMCA is proud to offer free memberships to all 7th grade students in our service area. Available at both the Berkeley Heights YMCA and Summit YMCA, this program not only provides access to the fitness center and open gym but opportunities for students of all backgrounds to be inspired to learn new things, get involved in community projects, form wellness habits that lead to a healthy lifestyle and socialize with peers in a safe, supervised environment outside of school.

## TEEN SPACE

Berkeley Heights YMCA & Summit YMCA

Our FREE Teen Space provides 6-12th grade students a safe place to hang out with friends afterschool to do homework, play video games, stay active in open gym, have discussions, engage in themed events, get involved in the community, learn leadership skills and more, all under the supervision of caring staff and role models!

**LEARN MORE!**

**CLICK HERE**

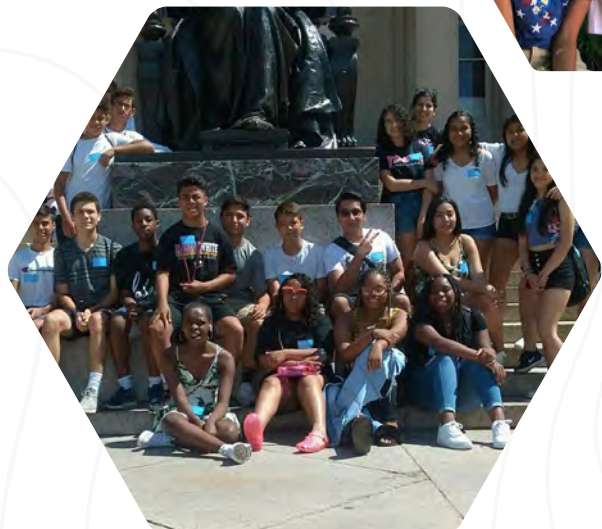


## ACHIEVERS

The Summit Area YMCA's Achievers/Destination College Program is a free career and college preparation program that motivates and encourages high school students by giving them the inspiration, support, direction, and opportunities to pursue their personal, academic, and professional goals. Program components include weekly meetings, special events, SAT preparation, career planning workshops, internship opportunities, corporate mentoring, guest speaker lectures, assistance finding scholarships and college tours.

**LEARN MORE!**

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# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## STEMNASIUM SATURDAYS

STEMNASIUM is a project-based, adaptive learning program, sponsored by Hikma Pharmaceuticals and taught by Purdue University, with built-in key reading, math and science rigor that goes beyond playing with computer games, putting small blocks together and tutoring. Instead, students actively develop critical thinking skills while progressing through our carefully crafted curriculum as they learn complex engineering, technology, science and math concepts.

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## ESPORTS

Through the Y's eSports program, teens are welcome to be who they are, excel at what they love, and connect with like minds to develop the social, strategic and problem solving skills needed as they grow into thriving adults – all in a safe, moderated and inclusive environment. Students have options to play NBA 2K, Rocket League & Super Smash Bros on the Nintendo Switch or Xbox One, from home or at the Summit YMCA.

**PRESS  
START**

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## 8TH GRADE LEADERS CLUB

As an extension to the 7th grade membership program, and our commitment to continue supporting and encouraging youth, the Summit Area YMCA also offers free memberships to all 8th grade students in our service area. This program provides additional opportunities for students of all backgrounds to learn new things, encourages them to get involved in community projects, begins college readiness discussions, promotes healthy habits and socialization with peers in a safe, supervised and inspiring environment.

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## ARTS & ENRICHMENTS

The Summit YMCA offers engaging programs to help youth discover and explore their interests and talents. We believe in the potential of every child and our programs are built to help them learn, grow and thrive in a safe, nurturing environment.

### BERKELEY HEIGHTS YMCA

- Family & Me: Playground & Storytime | 0-5
- Time Machine Tuesdays | Ages 7-12
- Intro to DJing | Ages 7-12
- Weird Science Wednesdays | Ages 7-12
- How Things Work Thursdays | Ages 7-12
- Arts & Crafts | Ages 7-12
- Chess Master Jr. | Ages 7-12
- Broadway's Calling | Ages 6-8
- Detectives in Training | Ages 7-12

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### SUMMIT YMCA

- Family & Me: Playground & Storytime | 0-5
- Time Machine Tuesdays | Ages 7-12
- Chess Master Jr. | Ages 7-12
- Weird Science Wednesdays | Ages 7-12
- How Things Work Thursdays | Ages 7-12
- Broadway's Calling | Ages 7-12
- Detectives in Training | Ages 7-12
- Learn Spanish! | Ages 7-12
- Young Chefs | Ages 7-12
- STEMNASIUM Saturdays | Ages 8-14



## YOUTH SPORTS PROGRAMS & LEAGUES

When kids and teens play sports, they do more than just exercise. Besides being physically active, they develop their self-esteem, perform better in school, and work better in a group setting. The Summit Area YMCA's YOUTH SPORTS program teaches youth and teens the fundamentals of the game while emphasizing the importance of teamwork. Above all, kids who participate have a lot of fun!

### BASKETBALL

- Youth Basketball Clinics | Ages 6-12
- Pee Wee Basketball | Ages 4-6
- Youth Basketball League | Ages 5-9
- Travel Basketball League | Grades 4-8
- Private Basketball Training

### FOOTBALL

- Youth Football Clinics | Ages 7-10

### SOCCER

- Pee Wee Soccer | Ages 4-6
- Youth Soccer Association (YSA) | Ages 2.5-6
- Youth Soccer Clinics | Ages 6-10

### SPORTS CAMP

- Watchung Reservation SPORTS CAMP
- OBSTACLE WARRIORS

### T-BALL

- T-Ball League | Ages 4-6
- Indoor Classes | Ages 4-6

### TENNIS

- Youth Tennis | Ages 4-8

### VARIETY YOUTH SPORTS

- Afterschool Gym Class | Ages 6-10
- Bowling | Ages 7-9
- Family & Me Playground | Ages 0-5
- Golf Clinics | Ages 6-9
- Pee Wee Intro to Sports | Ages 2-3
- Pickleball Lessons | Ages 7-12

### VOLLEYBALL

- Youth Intermediate/Advanced Volleyball Clinic | Ages 11-14



## IGNITE YOUR PASSION

At the Y, we are fortunate enough to have a supportive community of volunteers who donate their time and talents to coach in our youth sports programs. All YMCA volunteers must complete background and reference checks before volunteering in Y programs.

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# YOUTH SOCCER ASSOCIATION



The Youth Soccer Association is a non-competitive, co-ed youth sports program where children learn soccer fundamentals, make new friends, grow self-confidence and more, in a safe and fun environment.

## FALL & SPRING SESSIONS

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Strategy & teamwork exercises
- ✓ Fun games & trial matches

## AGES | 2.5–6 years old

### LOCATION

Lawton C. Johnson Summit Middle School  
272 Morris Ave, Summit, NJ 07901



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FALL & WINTER SESSIONS

SUMMIT YMCA



# YOUTH BASKETBALL LEAGUE

**AGES  
5-9**



Participation in our Youth Basketball League (YBL) is open to ages 5-9. Players learn the fundamentals of basketball, make new friends, grow self-confidence and more, in a safe and fun environment. Each player received guaranteed playing time to promote fair play. In this age group, our coaches place emphasis on structured drills, positive competition, sportsmanship & teamwork. Youth Basketball League runs every year during the late Fall and early Winter.

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# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## YOUTH AQUATICS PROGRAMS

At the Summit Area YMCA, we believe in the importance of water safety and that everyone should be comfortable in and around water. Our swim programs help build strong, secure, connected and confident swimmers and ensure that anyone can learn to swim at any age! We offer a variety of swim lessons, water exercise classes, lap swim sessions, lifeguard training, competitive swim programs and more!

### YOUTH SWIM LESSONS

Youth group swim lessons are available for children ages 3+ and are taught by Swim Instructors who have been trained in the American Red Cross swimming program as Water Safety Instructors (WSI). Instruction levels are designed using the Red Cross's Learn-to-Swim Levels, all which are adjusted to suit the needs of our members. Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.

### PARENT & ME

With a parent present in the water with the child, infants and toddlers from 6 months to 3 years learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. This introductory course lays a foundation for learning to swim. Infants and toddlers are introduced to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water. Parents learn about water safety, drowning prevention, and the importance of supervision. One parent\* must be present in the water per child registered.

### PRIVATE

Private swim lessons are booked as 4 lessons per session to all members, ages 3+, regardless of swimming abilities or experience. Lessons are 30-minutes long and guarantee one-on-one lessons tailored to the needs of the swimmer. Private lessons are recommended to those who are looking for a custom and personalized swim lesson experience.



**DIVE IN!**

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## ADAPTIVE SWIM

Adaptive Swim Lessons are customized swim lessons for youth and teens with special needs. Swimming aids in relaxation, teaches them new skills, helps to build muscle and stamina, all while increasing self-esteem and confidence. Skills are taught by instructors who have been trained in the American Red Cross swimming program as Water Safety Instructors (WSI).



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## ARE YOU WHISTLE WORTHY?

### LIFEGUARD TRAINING

CERTIFICATION COURSES

Get certified by the American Red Cross to be a lifeguard and learn the skills and knowledge to perform water rescues. Participants who successfully complete the course receive a certification in Lifeguarding, First Aid, CPR, and AED for the Professional Rescuer that is valid for 2 years. Course curriculum includes classroom work, practical skills in the water and on land and two exams.

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## SEALS SWIM TEAM

CELEBRATING 100 YEARS

The Summit Area YMCA (SAY) Seals Swim Team is celebrating a century of tradition, swimming excellence, and success in 2023 at the local, state, and national levels. Our highly selective, year-round competitive program offers training and practice groups for swimmers ages 6 to 18. Our philosophy is a cooperative effort of swimmers, coaches, professional YMCA staff, and parents. Each play an important role in maintaining and improving our swim team, for the benefit of all involved. As with all YMCA programs, our objectives are to promote Youth Development, Healthy Living, and Social Responsibility.

We encourage all parents to participate in our Summit Seals Parents Organization, known as the SSPO. This group of dedicated and hardworking parents form the backbone of our program. They assist the coaches, other parents, and--most importantly--the swimmers.

JOIN  
TODAY

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## LOVE WHERE YOU WORK

APPLY TODAY!

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The Y is always looking to add talented, qualified, and positive part-time & full-time employees to our YMCA family! All employees receive a FREE Y membership and enjoy a discount on Y programs!

# FOR HEALTHY LIVING

Nurturing the potential of every child and teen.

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, our community is able to receive the support, guidance, and resources needed to achieve greater health and well-being for their spirit, mind, and body.

## WELLNESS NAVIGATION

With so many options and pathways to take, getting healthier can be overwhelming. That's why we offer complimentary Wellness Navigation as a part of your membership where a personal Wellness Navigator works with you to:

- Listen to your goals
- Create a plan with you that fits your lifestyle
- Connect you to Y programs
- Track your progress and help you stay focused
- Provide the motivation and support you need

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## SMALL GROUP TRAINING

Work with a personal trainer or wellness coach and receive personalized attention in a small group format at the Berkeley Heights YMCA and Summit YMCA! Small group training is a fun, effective and affordable way to reach your fitness goals.

- Indoor Rowing
- Cardio Boxing
- Cardio Circuit Training
- MX4
- MX4 Youth
- Athletic Conditioning
- Weightlifting/Barbell

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## ACTIVTRAX

ActivTrax is a web based program for exercise, weight management, and progress tracking that's also conveniently available through your smart phone! ActivTrax provides you with powerful adaptive technology to help you succeed.

All workouts are customized using your personal profile settings and our equipment library to meet your unique goals and preferences. An ActivTrax account comes free with your membership and takes all the guesswork out of your next workout.



## GROUP EX CLASSES

Wellness is an overall feeling of health and wholeness. It's a sense of belonging. It's having the energy to live each day to the fullest. At the YMCA, our dedicated team will help you to achieve your health and wellness goals on day at a time.

Class offerings and schedules vary by location. Please stop by the Membership Desk, visit [www.thesay.org](http://www.thesay.org), or download our app to view our group ex schedules!

### 200+ GROUP EXERCISE & FITNESS CLASSES WEEKLY!

From low-impact exercises like Enhance Fitness & Forever Strong to LES MILLS™ programs like BODY COMBAT, we offer High-Intensity Interval Training classes like MX4 & Battle Ropes, Indoor Cycling & Rowing, BollywoodX, Cardio Salsa, more relaxing classes like Vinyasa Yoga & Pilates and so much more!

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## PERSONAL TRAINING

Whether you're just starting a fitness routine or looking to add a little variety to your exercise program, a YMCA personal trainer can help you achieve your wellness goals. One-on-one or small group coaching enables our certified trainers to interact with members in creating a fitness program that meets their needs and offers direction, education, motivation, and support every step of the way.

- A personalized program designed for you and your goals
- An efficient workout program to improve your health
- Professional assistance in improving strength, flexibility, endurance, posture, balance, coordination and cardiovascular health
- Instruction on correct form and technique
- Easy Draft payment plan so you can focus on achieving your goals

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## InBody



With the InBody 570, users are able to get a comprehensive body composition analysis that provides data about your body in under 1 minute. 45 seconds, to be exact! By simply standing on the machine and holding the hand electrodes, the InBody machine is able to measure fat, muscle and water levels, and by inputting your phone number, all your data is saved to InBody's cloud based database management system where you can easily view and manage your progress anytime, anywhere.

The use of InBody is **FREE** to all members of the Y. To best track your progress, we recommended using the InBody machine once per month, as fluctuations in the body can vary easily within a day to day and week to week basis.

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# FOR HEALTHY LIVING

Nurturing the potential of every child and teen.

## LIVESTRONG® AT THE YMCA

The Y and LIVESTRONG® joined together to create LIVESTRONG® at the YMCA, a **FREE** research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. LIVESTRONG® at the YMCA is a 12-week small-group recovery program offered to adult cancer survivors looking to regain their health and strength in a supportive environment.

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## HEALTHY HEARTS

Directed by nationally certified trainers, the Healthy Hearts & Cardiac Maintenance Program meets 2x a week for 12 weeks to focus on cardiovascular exercise, build muscle strength and work on flexibility in a small group non-medically supervised setting. have had a cardiac event.

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## PARKINSON'S PROGRAM

In an effort to empower those living with Parkinson's disease, the Summit Area YMCA now offers exercise classes that help individuals manage their quality of life, coordination, range of motion, flexibility, and more.

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## ADULT AQUATICS PROGRAMS

Swimming is one of the best aerobic exercises you can do to improve your overall health. Our expert aquatic professionals will help you change up your fitness routing by introducing you to one of the many water-based activities you'll find at the Y.

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# ADULT SPORTS & ENRICHMENTS

Members, ages 18 and up, are invited to participate in open gym and a variety of sports programs throughout the year, including basketball and pickleball! In addition to that, our adult members may part in a number of enrichment activities such as mahjong, bingo, ping pong, educational workshops, and more!

## ADULT SPORTS

- Basketball
- Pickleball
- Open Gym
- Soccer
- Swim
- Tennis
- Volleyball



## ENRICHMENTS

- Bingo!
- Board & Card Games
- Book Club
- Community Garden
- Educational Workshops
- Mahjong
- Special Events
- Volunteer Opportunities



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# FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

As a non-profit 501 (c)(3) organization, the generosity of others is at the core of the Y's existence. The Summit Area YMCA embraces the Y's mission and furthers its cause thanks to the support of our members, staff, community partners, volunteers, and generous donors.

## FINANCIAL ASSISTANCE

Since 1886, we at the Summit Area YMCA have dedicated ourselves to serving everyone in our community, regardless of their ability to pay. Last year, over 950 families received financial assistance to help alleviate the costs of membership, sports, childcare, and other fees. We are here to serve our community and thanks to our wonderful donors, we can do just that.

APPLY FOR ASSISTANCE

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## FOOD INSECURITY

Year round, more than 300 families a month received nutritious food through our various food distribution programs. Our partnership with the Community FoodBank of New Jersey has allowed us to provide families with fresh and shelf stable foods weekly, via our Family Packs Program. As partners in the Summit Hunger Coalition, we worked with other local non-profits, such as GRACE, Bridges, and many more to fight hunger locally.

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## BLOOD DRIVES

Every day, blood donors help patients of all ages including accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. To assist, the Summit Area YMCA, in partnership with the American Red Cross, hosted several emergency blood drives at the Berkeley Heights YMCA and Summit YMCA. Our community showed up and total blood donations estimated over 168 lives saved with 62 pints that were donated by selfless community members.

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## NEW EYES

Summit Area YMCA has partnered with New Eyes to provide access to vision care and free resources for families to receive free or low-cost eye care and eyeglasses to those who may not have the financial means to afford necessities to better their lives. Having the right corrective lenses makes it possible for children to succeed in school, adults to find employment and function well at work, and for seniors to live safely and independently.

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## DIAPER & PERIOD PROGRAM

The Summit Area YMCA strives to assist and serve those in need in our community. Many are unaware of a hidden public health issue in our country. More than 2 in 5 people experience period poverty, and 1 in 3 households require diapers. Through the combined efforts of our community and the Community FoodBank of NJ (CFBNJ), diapers and period products will now be available at our food distributions!

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## SPECIAL NEEDS PROGRAMMING

At the Summit Area YMCA we believe that everyone's needs should be met, regardless of their age, race, gender, and diverse abilities. Our all-inclusive, adaptive programming has allowed youth and young adults to express themselves freely in a friendly and supportive environment. Participants enjoyed a variety of activities that promote health, wellness, socialization, and more.

### • Fridays in Motion

Berkeley Heights YMCA | Summit YMCA

The **FREE** Fridays in Motion program encompasses 1-hour of swim or recreation where children with diverse abilities and their families can enjoy a variety of activities in the gym and in the pool that promote health, wellness, creative enrichment, socialization and community.

- Adaptive Cycling
- Adaptive Dance
- Adaptive Swim



## SPECIAL EVENTS

Thanks to our generous local sponsors, we also host a variety of special events throughout the year, like our annual **Extra Special Prom**, open swim days at our outdoor pools, pet therapy sessions, yoga nights and more!

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# FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## DIVERSITY, INCLUSION & GLOBAL INNOVATION (DIG)

The Summit Area YMCA is committed to creating a culture in which diversity and inclusion are integral to everyday operations. Our Y will empower communities through access to the support and connections all people need to learn, grow, and thrive. Through welcoming, inclusive practices and environments, we will welcome and engage all people from all diverse groups of the community to help and impact lasting, meaningful change. Our organization was the first Diversity, Inclusion and Global Innovation Network YMCA in New Jersey committed to creating a culture in which diversity and inclusion are integral to everyday operations.

The Summit Area YMCA is proud to host a number of culturally diverse and inclusive events throughout the year including Welcoming Week, Holi Color Festival, Diwali Festival of Lights, Pride Celebration, and the Lunar New Year Festival to celebrate all walks of life.



## VOLUNTEERING OPPORTUNITIES

Are you looking to take an active role in bringing about meaningful, enduring change right in your neighborhood? The Y is for you! We are proud to say that volunteers play an important role in the success and quality of the programs that we offer at the Y.

### VOLUNTEERS AT THE Y:

- Lead our boards, committees, and branch councils.
- Raise funds to ensure that the YMCA is accessible to all members of our community.
- Coach our youth sports teams
- Motivate and support young people in our summer camp offerings, before and after school care, and teen programs.
- Participate in opportunities to give back and support our neighbors through community service projects and events.



## YEAR-ROUND VOLUNTEER OPPORTUNITIES

- FAMILY PACKS PROGRAM
- FOOD DISTRIBUTION PROGRAM
- FRIDAY'S IN MOTION
- SENIOR MANICURE SATURDAYS

BECOME A VOLUNTEER!

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# SUMMIT ACHIEVE COMMUNITY GARDEN

Last year, we dedicated 8 of the 56 plots in the Summit ACHIEVE Community Garden to grow produce to donate to the two Food Pantries in town – GRACE Food Pantry and Loaves + Fishes out of St. Teresa's church in Summit. The Community Garden's contribution is unique in being freshly picked and organically grown. In addition to the plots dedicated to growing food for these programs, gardeners with personal plots regularly contribute from their bounty as well.

The Summit Area YMCA subsidized 4 plots to Summit residents that were identified through the GRACE Food Pantry. We continue to support a plot maintained by the Summit High School Planting Club, which was comprised of approximately 25 high school students who were active from start to finish in cleaning out beds, planting seedlings and harvesting produce. We also hosted the Berkeley Heights YMCA's Fun on the Farm summer camp introducing children to the garden where they spent the morning identifying vegetables and helped harvest for our Food Pantries in town.

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# The Y.<sup>TM</sup> For a better us.<sup>TM</sup>

View our entire program offerings online  
**[www.theSAY.org](http://www.theSAY.org)**

**SUMMIT AREA YMCA**



**[www.theSAY.org](http://www.theSAY.org)**

The Summit Area YMCA is one of area's leading 501(c)(3) organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.