



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WARM UP WITH THE Y

WINTER 2023 PROGRAM GUIDE

JAN 2 – FEB 25

Registration Begins

Family Members December 11

All Members December 18



YMCA OF MONTCLAIR
973-744-3400
montclairymca.org



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MISSION STATEMENT

Since 1891, the YMCA of Montclair works to empower young people, improve health and well-being, and inspire action in and across our community.



Serving Bloomfield, Bloomingdale, Clifton, Cedar Grove, Glen Ridge, Haskell, Hewitt, Montclair, Verona, Wanaque, and West Milford.

FINANCIAL ASSISTANCE ACCESS FOR ALL

The YMCA of Montclair is here to help everyone reach their full potential. Financial assistance is available for membership, programs, childcare, and camps thanks to generous donor support of the Y's Annual Campaign.



To apply please download an application at montclairymca.org/financial-assistance/ or visit the Park Street YMCA. All members receive the same membership benefits, regardless of scholarship assistance.

To receive financial assistance, you must reside in our service area (Bloomfield, Bloomingdale, Clifton, Cedar Grove, Glen Ridge, Haskell, Hewitt, Montclair, Verona, Wanaque, and West Milford).

FACILITY ACCESSIBILITY

Our facilities and programs are accessible to individuals with disabilities.

YOUR SAFETY

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Y reserves the right to remove all access to our facilities.



CODE OF CONDUCT

For the enjoyment of all, our members agree to abide by the rules and regulations of the YMCA. Protecting members and guests utilizing the facility is of paramount concern to the YMCA of Montclair.

We reserve the right to deny membership access to any person whose behavior is determined to conflict with the welfare and safety of other members and staff. This includes a person who is a registered sexual offender, has pleaded guilty to or has been convicted of any crime involving sexual abuse, or a crime against persons such as a child, spousal or parental abuse. It will also include any offense related to the sale or transportation of illegal, habit-forming, or dangerous drugs that are presently clearly under the influence of intoxicating beverages or behavior-modifying drugs.

This code of conduct does not permit language or any action that can hurt or frighten another person or fall below a generally accepted standard of conduct. This includes inappropriate attire, angry or vulgar language, physical contact with another person in an angry or threatening way, any demonstration of sexual contact or activity, harassment or intimidation by words, gestures, body language, or any other menacing behavior, theft, or behavior destroying property. Parents are held responsible for the conduct of their children.

The YMCA is a weapon and smoke (vaping) free environment. This includes any devices or objects which could be used or perceived as weapons.

WE PROHIBIT THE ABUSE OR MISTREATMENT OF OUR MEMBERS/PARTICIPANTS

The YMCA of Montclair has zero tolerance for abuse and will not tolerate the mistreatment or abuse of members and participants in its programs. Any mistreatment or abuse by an employee or volunteer will result in disciplinary action, including termination of employment or volunteer service and cooperation with law enforcement.

WE PROHIBIT THE ABUSE OR MISTREATMENT OF ONE MEMBER/PARTICIPANT BY ANOTHER MEMBER/PARTICIPANT

The YMCA of Montclair has zero tolerance for abuse, mistreatment, or sexual activity among members/participants within the organization. The Y is committed to providing all members/participants with a safe environment and will not tolerate the mistreatment or abuse of one member by another member. Conduct by members that rises to abuse, mistreatment, or sexual activity will result in intervention or disciplinary action, up to and including dismissal from the program. In addition, the Y will not tolerate any behavior classified under the definition of bullying. To the extent that such actions are disruptive, the Y will take necessary steps to eliminate such behavior.

MEMBERSHIP RIGHTS & RESPONSIBILITIES

YMCA of Montclair reserves the right to revoke or deny membership privileges if a member:

- abuses or misuses any YMCA-owned or operated equipment or facilities,
- engages in conduct, which is abusive, illegal, disruptive, or poses a threat to others,
- engages in activities contrary to the mission and purpose of the YMCA,
- is identified as a registered sex offender through our sex offender screening or
- is consistently threatening or abusive to staff or other members.

The Executive Director has the authority to deny or suspend membership privileges at any time. The Chief Operations Officer will be consulted for permanent revocation of membership privileges.



GEYER FAMILY YMCA

Hours of Operation

Monday–Friday 7:30am–6pm

Saturday–Sunday Hours vary based on programming.

Nut Free Facility

The Geyer Family YMCA is a nut-free facility. For the safety of all members and guests, please do not bring nut products into the building.



PARK STREET YMCA

Hours of Operation

Monday–Friday 5am – 9pm

Saturday–Sunday 7am – 6pm

Daily and Permanent Lockers

(Locker Rooms close 15 minutes after building closing time)



FOR YOUTH DEVELOPMENT PARK STREET YMCA

Empowering young people to reach their full potential

Teen Scene

Free with 7th Grade Initiative Membership

Members ages 12-17 can enjoy themed gatherings with gym and swim activities and access to the Teen Center. Pizza and snacks will be provided.

Teen Center

Free with Membership

Members ages 11-17 can enjoy a dedicated space to hang out with friends, play games, and relax. The Teen Center is supervised by staff at all times.



Leaders Club

Free with Membership

Leaders Club unites members ages 12-17 through community service, engaging activities, and volunteer opportunities to help them develop into leaders in an ever-changing world.

Program initiatives include:

- Service Learning
- Team Building
- Academic Enrichment
- Social Events

Program participants and a Parent/Guardian must attend an Orientation to learn about the program ahead of the start date.

Register at montclairymca.org/leaders-club/

Boys and Young Men of Color (BYMOC)

Pathways Program

Free with Membership

The Pathways Program ensures equitable outcomes for boys and young men of color ages 11-13 by building on, and investing in, pathways to success to help them reach their full potential.

Program initiatives include:

- College and career readiness
- Belonging and community building
- Health and wellness

Families are invited to connect and learn about the program. Learn more at montclairymca.org/bymoc/



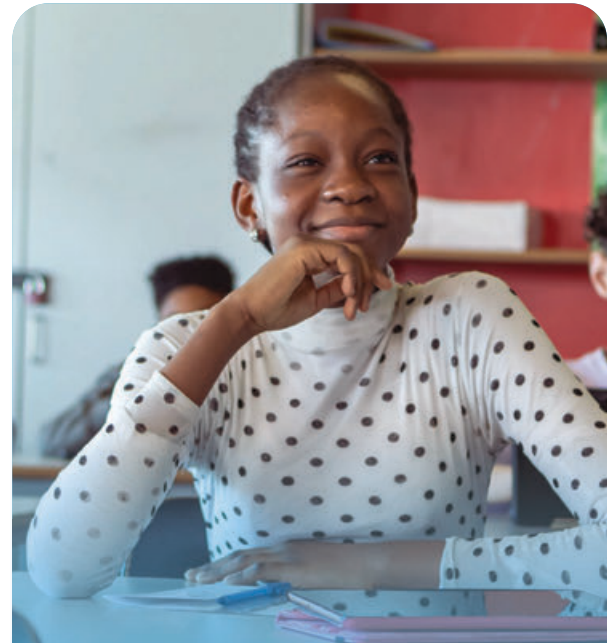
YOUTH SPORTS

Mondays	Grades
All-Star & MVP Basketball (Beginners)	4-6
MVP Basketball (Advanced)	4-6
Basketball	7-9
Tuesdays	
Bump, Set, Spike	4-6 7-9
Wednesdays	
Rookie Basketball (Beginners)	1-3
Starter Basketball	1-3
Thursdays	
Tennis Technique	1-3 4-6
Fridays	
Soccer	4-6

YOUTH FITNESS

Free with 7th Grade Initiative & Family Memberships

Tuesdays	
Youth Functional Fitness	Ages 10-18



MODEL U.N.

Free with membership

The Y's Model United Nations (Model UN) program is a hands-on civic learning initiative for students in grades 6 - 8. Participants will take on the role of diplomat while engaging in respectful discussions about the state of the world and exploring solutions to international challenges. Delegates will research political policies and form diplomatic alliances all while learning about the role the UN plays on the world stage.

Program initiatives include:

- Public Speaking
- Proposal Writing
- Debate Strategy
- Team-Building

Learn more at montclairymca.org/civic-engagement/



FOR YOUTH DEVELOPMENT **GEYER FAMILY YMCA**

Empowering young people to reach their full potential

ARTS & SCIENCE

Parent/Child Classes

Saturdays

Brunch Buddies 2-3.5 yrs

Child Only Classes

Tuesdays

Bienvenidos! 3.5-5.5 yrs

Wednesdays

Kinder Cooks 3.5-6 yrs

Thursdays

Meet the Artist 3.5-6 yrs

S.T.E.M. 3-5yrs | 6-8 yrs

Saturdays

Brunch Bunch 4-6 yrs

Open Gym

8mos-5 yrs

Free with Family Membership

\$10 Youth Membership

Tuesdays/Thursdays 11:00am-11:45am

Saturdays 10:30am-11:15am

GYM & SPORTS

Parent/Child Classes

Tuesdays

Gym Jumpers 18mos - 3.5 yrs

Gym Juniors 8-17 mos

Wednesdays

Sports Mix 2 - 3 yrs

Thursdays

Gym Jumpers 18mos - 3.5 yrs

Gym Juniors 8-17 mos

Saturdays

Gym Jumpers 18mos - 3.5 yrs

Gym Juniors/Jumpers 8mos-2.5 yrs

Child Only Classes

Mondays

Basketball Bouncers 5-6 yrs

Tennis Time 3-4 yrs | 5-6 yrs

Tuesdays

Game Day Soccer 5-6 yrs

Superstar Basketball 3-4 yrs

Wednesdays

Kindergymnastics 4-6 yrs

Rock 'N Roll Gymnastics 3 yrs

Superstar Soccer 3-4yrs

Thursdays

Little League Sports 3-4 yrs

Kindersports 5-6 yrs

Fridays

Gym Ninjas 5-6 yrs

The Wall 3-4 yrs

Saturdays

Basketball Bouncers 4-6 yrs

Kindergymnastics 4-6 yrs

Rock 'N Roll Gymnastics 3 yrs

Sensational Saturdays 3-4 yrs | 5-8 yrs

BIRTHDAY PARTIES

Celebrate your child's birthday at the Geyer Family YMCA! Whether a pool party or a gym party, we make it easy, enjoyable, and affordable.



KIDS NIGHT OUT (Saturdays)

Child-only drop-off event

At the Y, we know parents/guardians need a break sometime. Your children will have fun in a familiar environment enjoying an assortment of fun activities at the YMCA.



AQUATICS

Confidence with every stroke

For program descriptions and registration — visit montclairymca.org

Y SWIM LESSON PROGRAM – AT PARK STREET AND GEYER FAMILY YMCA

We offer the National YMCA Swim Lesson Curriculum year-round for swimmers of all ages and skill levels. YMCA swim lessons emphasize water safety, skill, and stroke development. In stages 1–3 students learn personal water safety and achieve basic swimming competency by learning two benchmark skills —swim, float, swim and jump, push, turn, grab.

Having mastered the fundamentals, students in stages 4–6, learn additional water safety skills and build stroke technique. YMCA swim lessons follow the National YMCA’s child-to-instructor ratio to ensure plenty of time in the water. We strive to foster a student-centered and caring atmosphere with well-trained professionals.

PARK STREET YMCA	Ages
Parent/Child Stage A	6–24 mos
Parent/Child Stage B	19–36 mos
Preschool Stage 1	3–5 yrs
Preschool Stage 2	3–5 yrs
Preschool Stage 3	4–5 yrs
School Age Stage 1	6–12 yrs
School Age Stage 2	6–12 yrs
School Age Stage 3	6–12 yrs
School Age Stage 4	6–14 yrs
School Age Stage 5	8–14 yrs
School Age Stage 6	8–14 yrs
School Age Stage 7A (Endurance, Sports & Games)	10–16 yrs
School Age Stage 7B (Aquatics Conditioning)	10–16 yrs
Diverse Abilities	6 & up
Aquatics Inclusion Class	
Adult/Teen Beginners (Stages 1–3)	13 & up
Adult/Teen Intermediate/Advanced (Stages 4–6)	14 & up

GEYER FAMILY YMCA	Ages
Parent/Child Stage A	6–36 mos
Parent/Child Stage B	19–36 mos
Preschool Stage 0	3 yrs
Preschool Stage 1	3–5 yrs
Preschool Stage 2	3–5 yrs
Preschool Stage 3	3–5 yrs
Preschool Stage 4	3–5 yrs
School Age Stage 1	6–12 yrs
School Age Stage 2	6–12 yrs
School Age Stage 3	6–12 yrs

WATER GROUP EXERCISE CLASSES

Free with membership

- Aqua Fit
- Aqua Fit Hi
- Aqua Fit - Movie it to Music
- Deep Water Exercise with Noodles
- Mornin’ Mania

PRIVATE AND SEMI-PRIVATE LESSONS

Private and Semi-Private Lessons are offered for ages 3 years old to adults. Lessons are 30 minutes. Membership is required.



The YMCA of Montclair offers lifeguarding courses following the requirement of the American Red Cross

PARK STREET YMCA – SMALL POOL

25-yard pool with 4 lanes. Depth of pool is 3 ½ ft to 8 ½ ft deep with water temperature between 85–88 degrees.

PARK STREET YMCA – LARGE POOL

25-yard pool with 6 lanes. Depth of pool is 4 ft to 10 ft deep with water temperature between 79–81 degrees.

GEYER YMCA – SMALL POOL

60-yard pool. Depth of pool is 3 ft to 5 ft deep and with water temperature between 86–88 degrees.

FOR HEALTHY LIVING

Improving individual and community wellbeing

GROUP EXERCISE Free with membership

The YMCA of Montclair offers 70+ Group Exercise Classes that span all levels—from Beginners to Advanced. If you are unsure of what class you want or what level would suit you, please speak to one of our Nationally Certified Personal Trainers. The following list is current as of this printing, but new classes are added often. **For the most up-to-date listing and schedule of classes, check our app MotionVibe.**

- Adaptive Exercise
- Athletic Conditioning
- Athletic Conditioning Intensive
- Back To Abs
- Bodysculpt
- Boot Camp
- Butts & Guts
- Core & More
- Ease Into Spin (senior friendly)
- Express Spin
- Functional Training Studio Open Hours
- HIIT
- Just Stretch
- Lower Body Liffoff
- Mat Pilates
- Parkinson's Exercise Program (open to all)
- Pop Pilates
- Pump It Up
- Senior Chair Exercise: Level 1
- Senior EnhanceFitness: Level 2
- Senior Strength, Balance & Endurance: Level 2/3
- Senior Strength: Level 1
- Shred
- Spin
- Spin, Arms & Abs
- Strength Core & More
- Step and Sculpt
- Super Fit
- Tabata
- Tai Chi
- Taste of Tai Chi (senior friendly)
- Teen Warrior
- WARRIOR Strength
- Zumba



YOGA Free with membership

The physical practice of yoga integrates spirit, mind and body while developing strength, flexibility, relaxation, and general well-being. All movements can be modified to decrease or increase the intensity.

- Chair Yoga (senior friendly)
- Gentle Yoga (senior friendly)
- Iyengar Yoga
- Sacred Arbor Yoga (senior friendly)
- Slow Flow Yoga
- Vinyasa Flow Yoga
- Vinyasa/Yin Yoga
- Yoga
- Yoga: Intermediate

CHILD WATCH

6 months to 6 years

Free with Family Membership

Our Child Watch room offers childcare for children 6 months to 6 years old. If you choose to bring snacks for your child, please remember we are a nut-free environment. Children may remain for up to 1½ hours during any visit. Parent or caregiver must remain in the Park Street YMCA facility.





PERSONAL TRAINING

Our Nationally Certified Personal Trainers can help you get motivated to train safely and effectively with results! Intake interview precedes your first session. Group Sessions Available.

- Group Training Pairs (Sessions for 2 People)
- Personal Training (1 Session)
- Personal Training (1 Session - Seniors Only)
- Personal Training Introductory (Package of 3)
- Personal Training (Package of 5, 10, 20)
- Personal Training (Package of 5, 10, 20 - Seniors Only)
- Youth/Teen Personal Training (1 Session)
- Youth/Teen Personal Training (5 Sessions)



ADULT FAMILY SPORT RECREATION

Free with membership

- ADULT BASKETBALL
- PICKLEBALL
- TEEN BASKETBALL
- RACQUETBALL

PLEASE NOTE

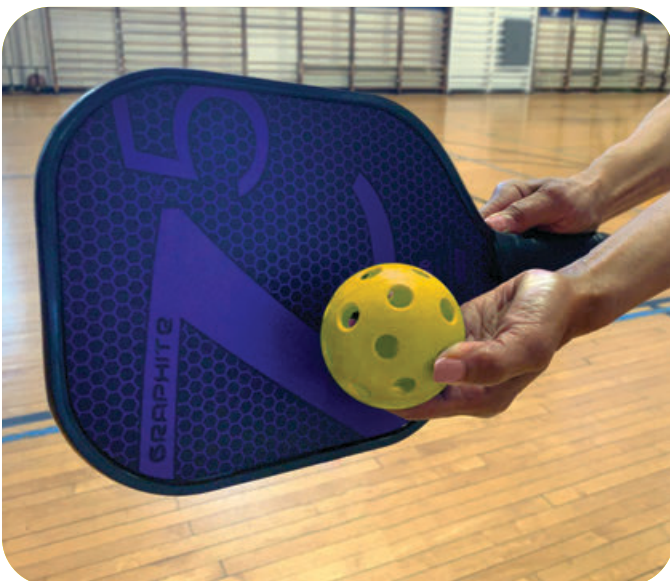
- Parents must remain in the building for children under 10.
- Family Gym is for parents and children with Family Membership. Parent must participate with child.
- Young Adult and Adult members are not permitted in the gym during Youth and Teen open gym times.

ADULT FITNESS

Winter PickleBall Lessons Ages 18+
Beginner and Intermediate/
Advanced Sessions

Winter PickleBall Competitive Play 18+
Beginner and Intermediate/
Advanced Competitive Play

Please check the Park Street Gym schedule at montclairymca.org for current days/times.



FOR SOCIAL RESPONSIBILITY

Providing support and inspiring action in our community



Youth Mental Health First Aid Training Free to All

Youth Mental Health First Aid (YMHFA) training teaches ways to eliminate the stigmas associated with mental health in teens and adolescents. Participants will learn a five-step action plan to identify, understand, and respond to signs of mental health and substance use challenges amongst youth. Trainees must be 18+. To learn more visit montclairymca.org/mental-health-first-aid-trainings/

Senior Coffee Hour

Join the Y for coffee and conversation, re-connect with familiar faces, and make new friends as well.

Volunteer

Resolve to get involved! At the YMCA of Montclair, we are mobilizing volunteers to use their creativity, passion, and hard work to strengthen our community. We have ongoing volunteer opportunities such as tutoring or coaching and short-term ones like our spring and fall clean-up projects, our Montclair Run, and other event support. We are confident that there is a need that will meet your interests and talents and fit within your schedule.

CHRONIC DISEASE PROGRAMS

Free with membership

Parkinson's Exercise Program

This is an exercise and educational program for individuals with Parkinson's. This group exercise instruction is led by a Certified Personal Trainer according to recommendations from the Parkinson's Foundation and the American College of Sports Medicine. This 45-minute class includes an appropriate warm-up, aerobic activity, strength training, balance and agility movements, and stretching. Supervision and modification will focus on safety and individual experience. This group exercise class is for anyone with Parkinson's or a related movement disorder or anyone interested in an adaptive form of exercise.

Prevent T2 Diabetes Program

The YMCA's Prevent T2 Diabetes Prevention Program, sponsored by the Department of Health, is based on the Centers for Disease Control and Prevention (CDC)'s curriculum. You will work with other participants and a trained lifestyle coach to learn the skills you need to make lasting changes. These changes include losing a modest amount of weight, being more physically active (150 minutes per week), and managing stress. Being part of a group provides support from other people facing similar challenges. Together you can celebrate successes and find ways to overcome obstacles. Membership provided.

Enhance® Fitness

Each Enhance® Fitness class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of strong social relationships between participants. Modified exercises are available for those with chronic conditions, such as arthritis.

Blood Pressure Program

This program helps adults at high risk of hypertension and high blood pressure, which are significant contributors to cardiovascular disease. Participants will take steps to improve their overall health and well-being. In a virtual setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity, and other behavior changes over 12 months.

Y360

Free with membership

Enjoy high-quality healthy living from the comfort of your own home. With Y360, you can stream your favorite programs, classes, and instructors anywhere and anytime. Experience all the Y has to offer with everything from fitness classes to personal training sessions, and even art exploration, mindfulness practice, and guided nutrition programs!

To learn more, visit ymca360.org



Dolphins Swim Team

The YMCA of Montclair Dolphins Swim Team offers a year-round opportunity for competitive swimming in Y and USA Swimming competitions and seasonal instructional clinics for aspiring competitive athletes. The team is comprised of children from age 6 through high school.

Adventure Guides

Through the Adventure Guides program, parents and children develop strong bonds that support self-esteem and communication skills, setting the foundation for positive lifelong relationships: "Friends Forever." Together, parents guide their children through a wide array of experiences aimed at helping children reach their full potential. Spring/Fall Girls and Boys Weekends

Early Learning Center for ages 3 months to 4 years old

The YMCA Early Learning Center utilizes The Creative Curriculum®, a developmentally appropriate, comprehensive curriculum that promotes positive outcomes for children. This research-based approach to teaching is centered around exploration and discovery as a way of learning, enabling preschool children to develop confidence, creativity and lifelong critical thinking skills while offering younger children an environment and experiences that are nurturing, responsive and intentional.



School Age Child Care September through June

Offered during the school year at public schools in Bloomfield, Montclair, and Verona. The YMCA of Montclair's Before and After Care program makes it easy for parents to know their children are happy, creative, and safe before and after school. The program operates on-site at each of the public schools and is staffed by YMCA employees who have gone through a national background check.

Staycation

When school is closed, the YMCA of Montclair is open. Working parents can register their children Kindergarten through 8th grade in the Staycation program. Your child will enjoy a variety of activities which may include games, art, reading, swimming, STEM, cooking/nutrition, and indoor & outdoor play.



Camp Registration Opens

Feb 1st

Reserve your child's spot! Our camps offer children and teens — ages 3-14 — a safe, exciting, and memory-making experience. Choose among our five camps: Camp at the Lake, Explorers, New Adventures, New Discoveries, and Young All-Stars Basketball (Y.B.A.). Financial assistance is available to families who live in our service area.

UPCOMING EVENTS

- Jan 20 Kids Night Out
- Jan 27 Kids Night Out
- Feb 1 Camp Registration Opens
- Feb 10 Kids Night Out
- Feb 12 Spring 1 Family Member Registration
- Feb 19 Spring 1 All Member Registration
- Feb 19 Staycation
- Feb 24 Kids Night Out

GIVING

No matter the challenges facing our community, the Y is here to help. The YMCA of Montclair is proud to be an anchor institution in our community, welcoming all regardless of need. However, this is only possible with the help of generous supporters like you. Please consider making a contribution today by going to our website montclairymca.org/give.



YMCA OF MONTCLAIR
973-744-3400
montclairymca.org
   

Park Street YMCA
25 Park Street
Montclair, NJ 07042
973-744-3400

Geyer Family YMCA
YMCA Early Learning Center
159 Glenridge Avenue
Montclair, NJ 07042

YMCA Outdoor
Education Center
131 Germantown Road
West Milford, NJ 07480