RECHARGE YOUR GROOVE

FALL 1 2023 PROGRAM GUIDE SEP5 – OCT 29
Registration Begins
Family Members August 14 | All Members August 21

YMCA OF MONTCLAIR
973-744-3400
montclairymca.org
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, Montclair, Verona, 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 or visit either our Park Street or Geyer Family facilities for assistance. 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).
CODE OF CONDUCT

At the YMCA of Montclair, creating a welcoming environment is a team effort. We ask everyone—staff, members, and guests—to follow our Code of Conduct, which is based on our core values of Caring, Honesty, Respect, and Responsibility. View our complete Policies on our website montclairymca.org/policies.

Speaking in respectful tones; refraining from the use of vulgar or derogatory language appropriately.

- Resolving conflicts in a respectful, honest, and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a caring environment; never carrying illegal firearms or devices.
- Participating in programs to build a healthy spirit, mind, and body; never engaging in the use, sale, dispensing, or possession of illegal drugs or narcotics or the unsanctioned use of alcohol on YMCA premises. Smoking and vaping are not permitted on YMCA property.
- Adherence to the YMCA Code of Conduct and regulations is essential.

Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all. Suspension or termination of membership or employment with the YMCA may result from violating this Code of Conduct. The YMCA reserves the right to deny access or membership to any person who has been convicted of any crime.

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.

FACILITY ACCESSIBILITY

Our facilities and programs are accessible to individuals with disabilities.

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.

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

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)

Pool Facilities
SMALL POOL – PARK STREET YMCA
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.

LARGE POOL – PARK STREET YMCA
25-yard pool with 6 lanes. Depth of pool is 4 ft to 10 ft deep with water temperature between 79–81 degrees.
FOR YOUTH DEVELOPMENT GEYER FAMILY YMCA
Empowering young people to reach their full potential

GEYER ARTS & SCIENCE

Parent/Child Classes

Mondays
Mommy & Me Yoga 18mos-3 yrs
Sing Along with Mommy 8mos-24mos

Tuesdays
A Musical Me 18mos-2.5 yrs

Wednesdays
Paint ‘N Snack 18mos-2.5 yrs

Child Only Classes

Mondays
Bienvenido’s 3.5-5yrs
Guitar-n-Giggles 3.5-5 yrs
Guitar Class 6-8 yrs

Tuesdays
Kinder Cooks 3.5-7 yrs
S.T.E.M. 3-5 yrs | 6-8 yrs

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

Saturdays
Mini Ballerinas 2.5-3 yrs
Plié Ballet 4-6 yrs*

*Class Location: Park Street Branch

KIDS NIGHT OUT (Saturdays)
Child-only drop-off event
Parents can enjoy a night out while their children enjoy their own KIDS NIGHT OUT. Children will have fun in a familiar environment enjoying a variety of gym and swim activities.

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.

AN EVENING WITH... (Fridays)
Child-only drop-off event
Parents can enjoy a night out while their children enjoy AN EVENING WITH....a special themed guest appearance. Children will get an evening of fun with activities ranging from art and cooking to dance.
For program descriptions and registration — visit montclairyymca.org

**PRESCHOOL READINESS**

**Time for Twos**

The Y’s Preschool Readiness program prepares your child for Preschool and continued learning. The program provides a stimulating environment for children to play and learn while developing the physical, verbal, and social skills they’ll need to start school ready to succeed.

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**GYM AND SPORTS**

**Parent/Child Classes**

**Tuesdays**
- Gym Jumpers 18mos – 3.5 yrs
- Gym Juniors 8-17mos

**Wednesdays**
- Sports Mix 2 – 3 yrs

**Thursdays**
- Gym Jumpers 18mos – 3.5 yrs
- Gym Juniors 8-17mos

**Saturdays**
- 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 3–4 yrs

**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 5–6 yrs
- Kindergymnastics 4–6 yrs
- Rock ’N Roll Gymnastics 3 yrs
- Sensational Saturdays 3–4 yrs | 5–8 yrs

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**Open Gym**

**8mos–6yrs**

**Free with Family Membership**

**$10 Youth Membership**

*Tuesdays/Thursdays 11:00am–11:45am
Saturdays 10:30am–11:15am*

Parents reserve your spot on Y Account and enjoy our Little Gym with your child.

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**BIRTHDAY PARTIES**

Celebrate your child’s birthday at the Geyer Family YMCA! Our enthusiastic staff will lead the kids through fun activities, creating memories that last a lifetime. Whether a pool party or a gym party, we make it easy, enjoyable, and affordable.
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/

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/

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.

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.
**PARK YOUTH SPORTS**

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**YOUTH FITNESS**

Free with 7th Grade Initiative & Family Memberships

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**PANTHERS TRAVEL BASKETBALL TEAM 2023–2024**

Youth basketball players ages 7-14 (coed) are invited to try out for the YMCA of Montclair’s Panthers Travel Basketball Team. The fall season runs from November – March.
Kids in 7th grade are at a critical time in their lives, and learning healthy habits at an early age can benefit them for a lifetime. The YMCA of Montclair offers FREE memberships for the school year to 7th graders in Montclair, Bloomfield, Cedar Grove, Glen Ridge, Verona, and Clifton. A limited number of free memberships are available on a first-come, first-served basis. 7th Grader and parent/guardian must attend an information session together to participate in the program. Please bring a notebook and pen/pencil.

7th Grade Initiative includes:
- Access to Park Street’s Teen Room
- Open gym & swim times
- FREE youth fitness classes
- FREE workshop programs

Information Sessions
Saturday, Sep 9
Monday, Sep 11*
Monday, Sep 18

Start Date

Monday, Sep 18

YMCA of Montclair
25 Park Street
Montclair, NJ 07042

*Virtual make-up session

Register at montclairymca.org/7th-Grade-Initiative/

CONTACT: Naomi Wallace, Teen Director • nwallace@montclairymca.org • 973–415–6124 EXT. 245
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 Lifeguarding program. Must be 15 years or older.
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.

**GROUP EXERCISE Free with membership**

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

- Yoga All Levels
- BUTI Yoga
- 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

**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.
For program descriptions and registration — visit montclaymca.org

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

**Group Training for 2**
- 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)

**PERSONAL TRAINING**

**ADULT FAMILY SPORT RECREATION**
Free with membership

- Adult Basketball
- Teen Basketball
- Pickleball
- Racquetball
- Squash

**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.
- The YMCA of Montclair reserves the right to make schedule changes when necessary. Notification of any changes will be made available whenever possible.

Please check the Park Street Gym schedule at montclaymca.org for current days/times.
Youth Mental Health First Aid Training
Youth Mental Health First Aid (MHFA) training teaches ways to eliminate the stigmas associated with mental health. Participants will also learn a five-step action plan to help loved ones — including family, friends, colleagues, neighbors, and many others. The fee includes class materials, a light snack, and a certificate upon completion of the 8-hour course.

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
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 a 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.

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.

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, and managing stress. The program and membership to the Y are FREE.

Blood Pressure Program
A 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.
For program descriptions and registration — visit montclairyymca.org

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!

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.
Welcoming Week (September 8 – 17) is an annual national event celebrating diversity and inclusion by bringing people together and championing a welcoming spirit.

At the Y, we strengthen communities by helping all neighbors find where they belong.

Discover Welcoming Week programs and activities at montclairymca.org.

#YForAll
NOTABLE DATES, EVENTS, & WORKSHOPS

Aug 14   Fall 1 Family Member Registration
Aug 19, 20  Panthers Travel Basketball Tryouts
Aug 21  Fall 1 All Member Registration
Aug 22, 24  Time for Twos Open House
Aug 24  Boys & Young Men of Color Launch
Sep 8 – 17  Welcoming Week
Sep 9, 11  7th Grade Initiative Orientations
Sep 13  Intergenerational Harmony Event
Sep 16, 30  Kids Night Out
Sep 18  7th Grade Initiative begins
Sep 29  An Evening With...
Oct 12 & 19  Leaders Club Orientations
Oct 14  Glow After Dark
Oct 14, 21  Kids Night Out
Oct 16  Fall 2 Family Member Registration
Oct 23  Fall 2 All Member Registration
Oct 24  Boys & Young Men of Color Orientation
Oct 27  An Evening With...
Oct 28  Teen Scene
Glow After Dark
GLOW FOR GOOD
OCTOBER 14

Get ready to get your glow on! Join your favorite Group-Ex instructors for after-hours illuminated fun!

Events include:

- Pickle Mania
- Candlelit Yoga
- Live Band Zumba
- Disco Spin
- Teen Silent Disco & Glow Lounge

Proceeds from our Glow After Dark GLOW FOR GOOD event will support our Y’s financial assistance fund, ensuring our neighbors have access to the Y’s programs and resources.

TICKETS ON SALE SEP 5

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

The Y. For a Better Us.