



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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



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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, 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
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Wednesdays

Paint 'N Snack	18mos-2.5 yrs
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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
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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.



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.

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.



GYM AND SPORTS

Parent/Child Classes

Tuesdays

Gym Jumpers	18mos – 3.5 yrs
Gym Juniors	8–17mos

Wednesdays

Sports Mix	2 – 3 yrs
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Thursdays

Gym Jumpers	18mos – 3.5 yrs
Gym Juniors	8–17mos

Saturdays

Gym Juniors/Jumpers	8mos – 2.5 yrs
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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

Open Gym 8mos–6yrs

Free with Family Membership

\$10 Youth Membership

Tuesdays/Thursdays 11:00am–11:45am

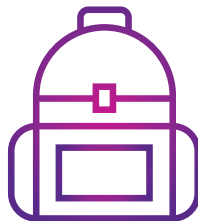
Saturdays 10:30am–11:15am

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

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.



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.



FOR YOUTH DEVELOPMENT PARK STREET YMCA

Empowering young people to reach their full potential

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.



For program descriptions and registration — visit montclairymca.org

PARK 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
Saturdays	
Soccer	1-3

YOUTH FITNESS

Free with 7th Grade Initiative & Family Memberships

Tuesdays	
Youth Functional Fitness	Ages 10-18



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.





7TH GRADE INITIATIVE

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.

7th Grade Initiative includes:

- Access to Park Street's Teen Room
- Open gym & swim times
- FREE youth fitness classes
- FREE workshop programs

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.

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

Information Sessions

Saturday, Sep 9
Monday, Sep 11*

Start Date
Monday, Sep 18

YMCA of Montclair
25 Park Street
Montclair, NJ 07042

***Virtual make-up session**

CONTACT: Naomi Wallace, Teen Director • nwallace@montclairymca.org • 973-415-6124 EXT. 245

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, developing skills that prevent chronic disease, increase social, emotional, and cognitive well-being, and foster a lifetime of physical activity. 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	
Parent Child A	Ages 6m-24m
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 (Aquatics Inclusion Class)	
Adult/Teen Beginners (Stages 1-3)	13 & up
Adult/Teen Intermediate Advanced (Stages 4-6)	14 & up

GEYER FAMILY YMCA	
Parent Child Stage A	Ages 6m-24m
Parent Child Stage B	19m-36m
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	4-5 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

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

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.

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.**

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.





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 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)



ADULT FAMILY SPORT RECREATION Free with membership

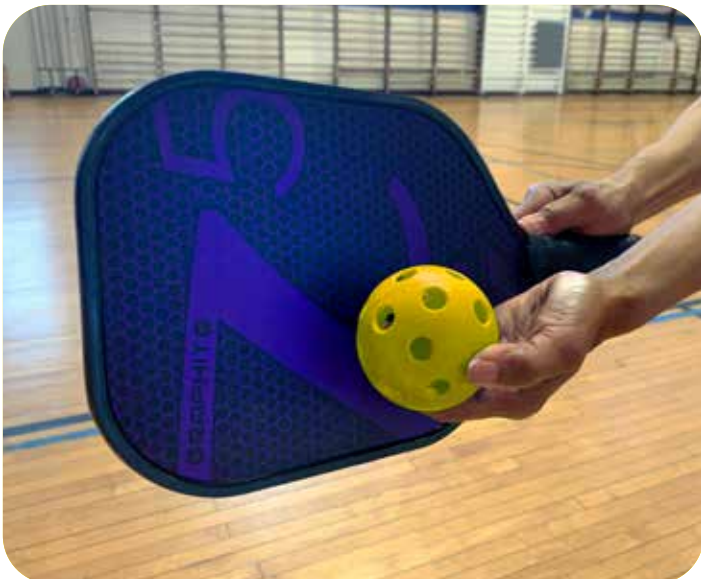
ADULT BASKETBALL
TEEN BASKETBALL

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 montclairymca.org for current days/times.



FOR SOCIAL RESPONSIBILITY

Providing support and inspiring action in our community



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.

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.





SAVE THE DATE! WELCOMING WEEK | SEP 8-17

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.

BELONGING BEGINS WITH US.

#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

SAVE
THE
DATE!

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.



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