



# GET YOUR SUMMER GLOW

## SUMMER 2025 PROGRAM GUIDE

**SUMMER SESSION: JUN 23 – AUG 16**

Registration Begins

Family Members June 9

All Members June 16



YMCA OF MONTCLAIR

973-744-3400

[montclairymca.org](https://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/](http://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).

## 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.



## SNAP

The YMCA of Montclair is a SNAP Navigator. Our team can answer questions about eligibility and screening, and help you apply for New Jersey SNAP benefits.



## 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 an alcohol, drug, weapon, and smoke (including 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–8:00pm

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

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



### 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)

#### 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.

#### 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.



# FOR YOUTH DEVELOPMENT **GEYER FAMILY YMCA**

Empowering young people to reach their full potential



## GEYER GYM & SPORTS

### Parent/Child Classes

#### Mondays/Wednesdays

Gym Jumpers/Jammers 18 mos–3.5 yrs

#### Saturdays

Gym Jumpers/Jammers 18 mos–3.5 yrs

### Child Only Classes

#### Mondays/Wednesdays

Kindergymnastics 4–7 yrs

Rock 'N Roll Gymnastics 3 yrs

Soccer 5–7 yrs

Superstar Soccer 3–4 yrs

#### Tuesdays/Thursdays

Basketball Bouncers 5–7 yrs

Superstar Basketball 3–4 yrs

#### Fridays

Gym Ninjas 3–4 yrs

Kindersports 5–7 yrs

Little League Sports 3–4 yrs

The Wall 5–7 yrs

#### Saturdays

Basketball Bouncers 5–7 yrs

Rock 'N Roll Gymnastics 3 yrs

Kindergymnastics 4–7 yrs

Sensational Saturdays #1 3–4 yrs

Sensational Saturdays #2 5–8 yrs

### Open Gym

6 mos–6 yrs

Parents reserve your spot on **CORE** and enjoy Geyer's Little Gym with your child.

**Mondays/Wednesdays** 11:00am–11:45pm

**Saturdays** 10:30am–11:15am

## PRESCHOOL READINESS

### Time for Twos – Summer

Our carefully crafted two-hour program includes fun and age-appropriate activities that stimulate your child's creativity, curiosity, and social skills. From interactive play time to arts and crafts, your little one will be captivated by a world of exploration.

Children must turn 2 years old within the first two weeks of the program. The program runs Monday – Thursday.



## BIRTHDAY PARTIES

Celebrate your child's birthday at the Geyer Family YMCA! Deluxe and Spectacular Pool and Gym Party packages are available for children ages 1-12.



# SCHOOL AGE CHILD CARE

(S.A.C.C.)



The YMCA of Montclair School Age Child Care Program is designed to provide care for children while parents are working. This program focuses on building self-confidence and character. We emphasize the Y's four core values in character development — caring, honesty, respect, and responsibility — in every activity and interaction. When children enter one of our state-licensed Y SACC Programs, a world of growth opens to them in a safe, fun, and enriching environment. In addition to supplementing what they learned in school, they can participate in a variety of structured activities, get assistance with their homework from trained YMCA staff, have a chance to socialize with their peers, and form new relationships. We also see the importance of giving them some time to participate in staff-supervised free play, which is vital for their development, growth, and self-confidence.

## OUR GOALS:

- ♥ To provide a warm, caring, and safe environment under the guidance of an experienced staff.
- ♥ To provide each child the opportunity to develop their self-confidence and social skills.
- ♥ To provide developmentally appropriate activities that stimulate creativity and encourage learning through fun and discovery.

## LOCATIONS:

- **BLOOMFIELD**
- **MONTCLAIR**
- **VERONA**

**ONLINE REGISTRATION  
WILL OPEN JULY 8 • 10:00am**



# AQUATICS

Confidence with every stroke

For program descriptions and registration — visit [montclairymca.org](http://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
School Age Stage 1	6–12 yrs
School Age Stage 2	6–12 yrs
School Age Stage 3	6–14 yrs
School Age Stage 4	6–14 yrs
School Age Stage 5	7–14 yrs
School Age Stage 6	7–14 yrs
School Age Stage 7A <b>Endurance, Sports &amp; Games</b>	8–16 yrs
School Age Stage 7B <b>Aquatics Conditioning</b>	8–16 yrs
Diverse Abilities Aquatics Inclusion Class	6+
Teen & Adult Stage 1 <b>Beginners Building Aquatics Trust</b>	13+
Teen & Adult Stages 2 & 3 <b>Advanced Beginners</b>	13+
Teen & Adult Stage 4, 5 & 6 <b>Intermediate/Advanced</b>	13+
Adult Stroke Clinic Intermediate/Advanced	18+

### PRIVATE AND SEMI-PRIVATE LESSONS

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

The YMCA of Montclair offers American Red Cross Lifeguarding Classes. Must be 15 years or older.



### GEYER FAMILY YMCA

	Ages
Parent/Child Stage A	6–24 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	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

Aqua Fit

Aqua Fit Hi

Aqua Fit – Movie it to Music

Deep Water Exercise with Noodles

Mornin’ Mania

# 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 MotionVibe app.**

Athletic Conditioning  
Athletic Conditioning Intensive  
Back To Abs  
Bands and Gliders  
Beginner Self Defense  
Bodysculpt  
Boot Camp  
Butts & Guts  
Core & More  
Ease Into Spin **(senior friendly)**  
Express Spin  
Feldenkrais Method  
HIIT  
HIIT/Tabata Combo  
Just Stretch  
Mat Pilates  
Parkinson's Exercise Program **(open to all)**  
Pump It Up  
Senior EnhanceFitness: Level 2  
Senior Strength, Balance & Endurance: Level 2/3  
Senior Strength: Level 1  
Spin  
Spin, Arms & Abs  
Strength Core & More  
Strong Warrior  
Step and Sculpt  
Super Fit  
Tai Chi  
Taste of Tai Chi **(senior friendly)**  
Xtreme Hip Hop Step  
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  
Vinyasa Yoga (with singing bowls)  
Vinyasa Flow Yoga  
Vinyasa/Yin Yoga  
Yoga  
Yoga: Intermediate

## CHILD WATCH

6 months to 7 years

**Free with Family Membership**

Our Child Watch room offers childcare for children 6 months to 7 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. Custom personal training packages are 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)



## ATHLETIC PERFORMANCE LAB

Fuel Your Fitness Journey in the Athletic Performance Lab, a private workout space dedicated to performance-based workouts. Used for personal training, youth athletic performance training, and small-group instruction, the space includes:

Power rack and barbell equipment  
Free weights  
Ergonomic motorless treadmill  
Tire flip  
Adjustable standard and Nordic benches  
TRX Suspension trainers  
Vertimax  
Turf run  
Weighted sled  
Rack and bar installation  
Kettlebells  
Slam bells  
And more!



## ADULT FAMILY SPORT RECREATION

Free with membership

ADULT BASKETBALL  
TEEN BASKETBALL

PICKLEBALL  
RACQUETBALL

### PLEASE NOTE

- Parents must remain in the building for children under 12 years and younger.
- 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.

Please check the Park Street Gym schedule at [montclairymca.org](http://montclairymca.org) for current days/times.

## ADULT FITNESS FITNESS

### ADULT FITNESS

PickleBall Lessons	Ages 18+
Private Dance Lessons	Ages 13+
Private Dance Lessons (Seniors)	Ages 65+

# FOR SOCIAL RESPONSIBILITY

Providing support and inspiring action in our community



## COMMUNITY PROGRAMS

Free with membership

### 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. **Membership provided.**

### 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.

### Mahjong

Members are invited to exercise their minds with Mahjong games. This is an opportunity for players to learn the game, sharpen their skills, and make new friends. All levels are welcome! No prior registration is required.

### 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.

### 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.

### Wellness Events

Meet in the Park Street Lounge for a presentation and roundtable discussion on Healthy Aging lead by a physician and functional medicine practitioner

- Tuesday June 24 at 10am
- Tuesday July 29 at 10am

## 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!

Learn more at [ymca360.org](http://ymca360.org)



## Dolphins Swim Team

The YMCA of Montclair Dolphins Swim Team offers a year-round opportunity for competitive swimming in YMCA 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.



# UPCOMING EVENTS

## JUNE-AUGUST

June 21 Gift of Yoga Solstice Celebration

June 23 First Week of Camp

July 19 Camp at the Lake Family Day

August 9 Camp at the Lake Family Day



## SAVE THE DATE!

## SHUTDOWN WEEK IS AUG 24-SEP 1

## 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](https://montclairymca.org/give).



YMCA OF MONTCLAIR  
973-744-3400  
[montclairymca.org](https://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