

FALL INTO FUN.

FALL 2026 PROGRAM GUIDE

SESSION 1: OCT 26 – DEC 20

Registration Begins

Family Members October 12

All Members October 19

YMCA OF MONTCLAIR
973-744-3400
montclairymca.org

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Empowering young people to reach their potential

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A **Z Facility Pass** is required for all parents and guardians of children with Youth Memberships to enter the facility. This protocol is necessary to protect the safety of all our members.

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 fill out our online 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).

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.

100 YEARS
PARK STREET YMCA

FRONT COVER:
Three-man acrobatic balance act performing in front of a live audience in the Park Street gymnasium circa mid-1940s to early 1950s

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.

Video/Photo/Audio Recording: To protect the privacy and safety of our members, guests, and staff, the use of cameras, microphones, smartphones, smart glasses, and other wearable devices to record audio, photo, or video is prohibited on YMCA property without prior authorization. All recording devices are strictly prohibited in private areas, including locker rooms, restrooms, and changing areas.

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

Empowering young people to reach their full potential

GEYER ARTS & SCIENCE

Child/Only Classes

Mondays

Builders Beyond: Cardboard Construction	4–5 yrs
Construction Studio	6–8 yrs

Tuesday

Rising Artists	3–5 yrs

Wednesdays

Junior Coders	6–8 yrs

Thursdays

STEM Sprouts	3–5 yrs
STEM Squad	6–8 yrs

Open Gym

8mos–6 yrs

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

Tuesdays/Thursdays 11:30am–12:15pm
Saturdays 10:30am–11:15am

GEYER GYM & SPORTS

Parent/Child Classes

Thursdays & Saturdays

Gym Jumpers/Jammers	18 mos–3.5 yrs

Thursdays

Gym Juniors	8–17 yrs

Child Only Classes

Mondays

Tennis Time	3–4 | 5–6 yrs

Tuesdays

Basketball Bouncers	5–6 yrs
Superstar Basketball	3–4 yrs

Wednesdays

Advanced Gymnastics	5–8 yrs
Kindergymnastics	4–6 yrs
Rock 'N Roll Gymnastics	3 yrs
Soccer	5–6 yrs
Superstar Soccer	3–4 yrs

Thursdays

Kindersports	5–7 yrs
Little League Sports	3–4 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 # 1	3–4 yrs
Sensational Saturdays # 2	5–8 yrs

GEYER YOUTH SPORTS – Grades 1–9

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





FOR YOUTH DEVELOPMENT

Empowering young people to reach their full potential

PRESCHOOL READINESS

Children ages 2–3 will discover fun, learning, and new friendships. Little ones will engage in outdoor play, music and movement, circle/story time, imaginative play, and much more.

Children must be 2 years old two weeks prior to the start of the program.





KIDS NIGHT OUT

Saturdays **Child-only drop-off event**

We know parents and guardians need a break sometimes to have a night out to see a movie, catch up with friends, or have dinner. Kids ages 6 mos–12 yrs will enjoy a night out of their own with NEW, fun activities, including S.T.E.M., craft projects, and more.



BIRTHDAY PARTIES

Celebrate your child's birthday at the Geyer Family YMCA! Choose from our Deluxe and Spectacular Pool and Gym Party Packages for ages 1–12 – now including our **NEW** Ninja Power Party! Make it a celebration to remember with fun, active adventures for you and your family.



COMING THIS FALL!

Panthers Basketball Tryouts

the YMCA

Leaders Club

Free with Membership

Leaders Club unites members ages 12–14 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

Teen Ambassadors

Free with Membership

Teen Ambassadors, an extension of Leaders Club, unites teens ages 15–17 to develop socially responsible and community-driven youth leaders by providing opportunities for leadership training, mentorship, volunteer service, and civic engagement. Through hands-on experiences and guided reflection, teens will strengthen their voice, build confidence, and make meaningful contributions within their communities.



Middle School Nights

Members in grades 6–8 can enjoy themed monthly 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 12–15 can enjoy a dedicated space to hang out with friends, play games, and relax. The Teen Center is supervised by staff at all times.

7th Grade Initiative

Kids in 7th grade are at a crucial stage in their development, and learning healthy habits early on can benefit them for a lifetime. 7th-grade students in our service area can enjoy workshop programs, youth fitness classes, open gym times, Teen Scene Events, and access to the Teen Center. **Membership provided.**

★ ★ ★ ★ ★ FOR CIVIC ENGAGEMENT ★ ★ ★ ★ ★

Model United Nations (UN)
is a hands-on civic learning initiative for students in grades 6–8. Delegates will research political policies and form diplomatic alliances all while learning about the role the UN plays on the world stage.

Youth and Government
gives students in grades 7–12 the opportunity to enrich their understanding of civics by participating in a simulated legislative process leading to enacting laws. Delegates will participate as senators, assembly people, justices, lawyers, media members, and other political figures. Delegates are mentored by a dedicated volunteer staff of NJ YAG alumni who currently study and work in a variety of fields.

Learn more at montclairymca.org/civic-engagement/

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
School Age Stage 3	8–14 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	8–16 yrs
Endurance, Sports & Games	
School Age Stage 7B Aquatics Conditioning	8–16 yrs
Diverse Abilities (Aquatics Inclusion Class)	6+ yrs
Adults & Teens Building Aquatics Trust (Stage 1)	13 yrs+
Adult & Teen Beginners (Stages 2 & 3)	13 yrs+
Adult & Teen Intermediate/Advanced (Stages 4, 5, & 6)	13 yrs+
Stroke Clinic Intermediate/Advanced	13 yrs+

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
Mini Mounties	3–5 yrs
School Age Stage 1	6–12 yrs
School Age Stage 2	6–12 yrs
School Age Stage 3	6–7 yrs
Diverse Abilities (Aquatics Inclusion Class)	4–7 yrs

WATER GROUP EXERCISE CLASSES

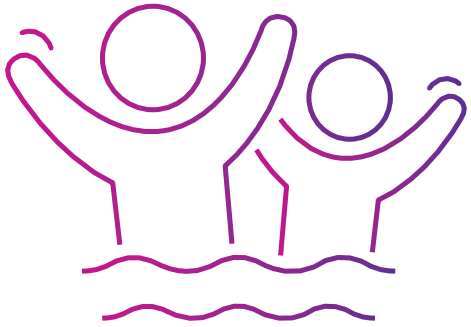
Free with membership

Aqua Fit
Aqua Fit Hi
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. Membership is required.

The YMCA of Montclair offers American Red Cross Lifeguarding Classes. 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 MotionVibe app.**

- Athletic Conditioning
- Athletic Conditioning Intensive
- Back To Abs
- Bands and Gliders
- Boot Camp
- Burn Baby Burn
- Butts & Guts
- Core & More
- Feldenkrais Method
- Fitness Tenacity
- Groove Cycle
- HIIT
- Ignite Cycle
- Kettlebells
- Mat Pilates
- Parkinson's Exercise Program (open to all)
- Pump It Up
- Rise & Shine
- Senior EnhanceFitness: Level 2
- Senior Strength, Balance & Endurance: Level 2/3
- Senior Strength: Level 1
- Step and Sculpt
- Strength Core & More
- Strive Cycle
- Strong Warrior
- Sweat & Stretch
- 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)
- Flow & Restore
- Gentle Yoga (senior friendly)
- Hatha Fire
- Iyengar Yoga
- Vinyasa Yoga
- Vinyasa Flow Yoga
- Yoga
- Yoga: Intermediate

Child Watch & Kids Club

6 mos to 7 yrs | 8–12 yrs

Free with Family Membership

Child Watch and Kids Club offers quality childcare and engaging, age-appropriate activities for little ones 6 months to 7 years old and bigger kids ages 8 to 12 years old. PLEASE NOTE: Children may remain for up to 1 ½ hours during any visit. Parents/guardians must stay in the Park Street YMCA facility. All snacks must be nut-free as we are a nut-free environment.
Register on MotionVibe.

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 and custom packages available. **Senior Rates Available.**

Group Training Pairs
Personal Training
Personal Training Introductory
Youth/Teen Personal Training

Contact:
froy@montclairymca.org
(973) 744-3400



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
Turf run
Weighted sled
Rack and bar installation
Kettlebells
Slam balls
And more!



Reformer Pilates

Reformer Pilates classes offer participants a guided low-impact workout that focuses on core strength, flexibility, and alignment in a supportive group setting. Classes blend controlled movement and breathing techniques from Pilates, making it accessible for a range of fitness levels.

ADULT FAMILY SPORT RECREATION

Free with membership

ADULT & TEEN BASKETBALL
RACQUETBALL • PICKLEBALL • SQUASH

PLEASE NOTE

- Parents must remain in the building for children 12 years and younger.
- 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 for current days/times.

ADULT & YOUTH FITNESS

YOUTH FITNESS

Youth Athletic Performance Training	Ages 10–17

FOR SOCIAL RESPONSIBILITY

Providing support and inspiring action in our community



SENIOR & VOLUNTEER PROGRAMS

Free with membership

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.

COMMUNITY HEALTH PROGRAMS

Free with membership

Stay Active & Independent for Life (SAIL)

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older. Excercises can be done standng or sitting.

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.**

Sponsored by Partners for Health and the New Jersey YMCA State Alliance.

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.

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 Self-Monitoring Program

The YMCA's Blood Pressure Self Monitoring Program supports adults who face a heightened risk of hypertension and high blood pressure, which are major factors contributing to cardiovascular disease. Led by our Certified Healthy Heart Ambassador, this program empowers participants to take control of their blood pressure through education, support, and consistent monitoring. Starts January 19.

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



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.



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 in Kindergarten through 8th grade in the Staycation program. Your child will enjoy a variety of activities which may include games, art, reading, swimming, S.T.E.M., cooking/nutrition, and indoor & outdoor play.

DID YOU KNOW?



On November 12, 1926, "officials of the Montclair YMCA gathered about Governor A. Harry Moore and Mayor Henry A. Lardner just before the state's chief executive delivered an address at the official opening of the Association."
– The Montclair Times, Wednesday Morning, November 17, 1926

YMCA OF MONTCLAIR

UPCOMING EVENTS
October – December

October 12	Family Member Registration Opens
October 19	All Members Registration Opens
October 24	Pumpkin Pool Party
October 30	Halloween Glow-Bash
November TBA	Thanksgiving Food Drive
November 7-14	Personal Training Centennial Promo
November 14	Friendsgiving Dinner
November 3-6 & 11	Mini Basketball Camp
November 3-6 & 11	Staycation
November 20	Club Centennial Dance Party
November 27- December 31	Personal Training Black Friday Promo
December 1	Giving Tuesday
December 18	Teen Holiday Party
December TBA	Holiday Giving Tree
December 28-31	Staycation





Together We Give.

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/

December 1st, 2026

GIVINGTUESDAY

The Y. For a Better Us.

YMCA OF MONTCLAIR
501(c)3
NONPROFIT

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

The YMCA of Montclair is a 501(c)3 organization, EIN #22-1487617