



SOAK UP THE FUN

SPRING 2026 PROGRAM GUIDE

SESSION 2: APRIL 27 – JUNE 21

Registration Begins

Family Members April 13

All Members April 20



YMCA OF MONTCLAIR

973-744-3400

montclairymca.org



TABLE OF CONTENTS

Membership and Facility Information 3

YOUTH DEVELOPMENT

Empowering young people to reach their potential

PARK STREET YMCA.....5

Youth/Teen Programs

GEYER FAMILY YMCA 6-7

Youth Arts & Science Classes

Youth Gym & Sports Classes

Preschool Readiness, Kids Night Out,
& Birthday Parties

AQUATICS

Confidence with every stroke

Group Swim 9

Private Swim

Lifeguard Training

Water Exercise

HEALTHY LIVING

Improving individual and community health and wellbeing

Group Exercise..... 10-11

Yoga

Personal Training

Adult Fitness

Youth Fitness

Court Sports

SOCIAL RESPONSIBILITY

Providing support and inspiring action in our community

Community Programs.....12-13

Community Health

Upcoming Events 15

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 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).

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.



FRONT COVER:
Swim Instructor with student
circa 1990s

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.



THE YMCA OF MONTCLAIR PRESENTS

43RD ANNUAL MONTCLAIR RUN

SUNDAY, JUNE 7

FEATURING A 10K RACE & 2-MILE FAMILY FUN RUN



Hackensack Meridian Mountainside Medical Center



MILNER



CIVIC ENGAGEMENT



Youth & Government (YAG)

Teens in grades 7-12 will have the chance 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, press members, and lobbyists.

Throughout the program, delegates are mentored by a dedicated volunteer staff of NJ YAG alumni who currently study and work in a variety of fields.

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.

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.

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.



FOR YOUTH DEVELOPMENT

Empowering young people to reach their full potential

GEYER ARTS & SCIENCE

Child/Only Classes

Mondays

Chess Mates 4-5 yrs | 6-8 yrs

Tuesdays

Intro To Spanish 3-5 yrs

Thursdays

Green Thumb Club 3-5 yrs

Fridays

NEW Rising Artists 3-5 yrs

NEW Art Lab 6-8 yrs

STEM Sprouts 3-5 yrs
Exploring Science, Technology, Engineering & Math

Saturdays

NEW Happily Ever Actors* 6-8 yrs

NEW Actin' Out* 9-12 yrs

*Held in Park Street's Teen Center

GEYER GYM & SPORTS

Parent/Child Classes

Thursdays & Saturdays

Gym Jumpers/Jammers 18 mos-3.5 yrs

Thursdays

Gym Juniors 8-17 mos

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

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

PRESCHOOL READINESS Time for Twos

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

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.



KIDS NIGHT OUT

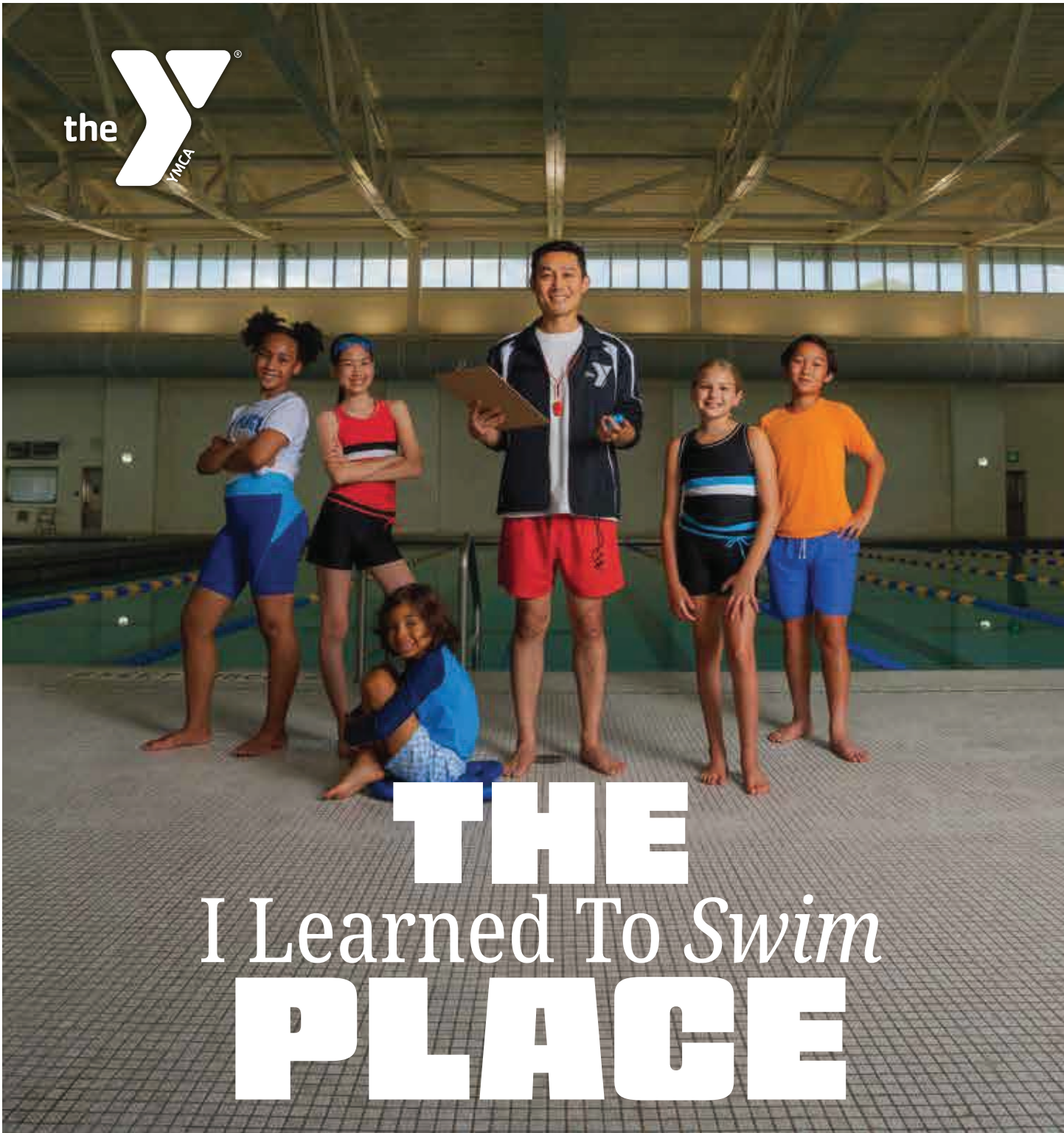
Saturdays **Child-only drop-off event**

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., cooking, craft projects, and more.

GEYER YOUTH SPORTS - Grades 1-9

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





THE
I Learned To *Swim*
PLACE

**SIGN UP FOR
SWIM LESSONS**

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	10-16 yrs
Aquatics Conditioning	
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+
Adult Stroke Clinic Intermediate to Advanced	18 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
- Butts & Guts
- Core & More
- Ease Into Cycling (senior friendly)
- Feldenkrais Method
- Groove Cycle
- HIIT
- Ignite Cycle
- Mat Pilates
- Parkinson's Exercise Program (open to all)
- Pilates Sculpt
- Pump It Up
- 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
- Super Fit
- Tai Chi
- Taste of Tai Chi (senior friendly)
- World Dance
- 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 (with singing bowls)
- 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 1½ 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.

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 balls
And more!



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.
- 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 for current days/times.

ADULT & YOUTH FITNESS

ADULT FITNESS

Private PickleBall Lessons Ages 18+

TEEN FITNESS

Teen Cycling Ages 11-17
Teen Fitness Fundamentals Ages 11-17

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

(NEW)

Veterans Wellness Initiative

The Veterans Wellness Initiative offers access to health and wellness resources along with opportunities for meaningful connection for veterans and their families. Participants receive a complimentary 12-week family membership, access to the YMCA's Y360 virtual wellness platform, and personalized support from staff and trainers.

(NEW)

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. Exercises can be done standing 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.

CPR & AED Certification Classes

The CPR/AED courses are designed to teach individuals the essential skills needed to recognize and respond to cardiac and breathing emergencies.

Participants will gain hands-on experience using manikins and training AEDs under the guidance of a certified instructor. By the end of the course, participants will be able to confidently perform CPR and operate an AED on adults & children in real-life situations.

Lifeguard Certification & Re-certification Classes

Train to save lives as a whistle-worthy lifeguard at the YMCA of Montclair. Lifeguard certification and re-certification classes follow the requirements of the American Red Cross Lifeguarding program.

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.



YOU'RE INVITED

SATURDAY, MAY 9TH

Please join us as we celebrate the Ribbon Cutting of three signature facilities at the Outdoor Education Center:

**Turgeon Pavilion
Fette Environmental Center
Constable Lodge**

Followed by the 2026 Annual Meeting

2025 Year in Review

2026 Overview

Staff Awards

Board Recognition

10:00 AM – 11:30 AM | Brunch will be served



Explore our beautiful campus, meet our staff, and learn about the hands-on learning experiences we offer for schools, families, and community groups.

Tour Program Areas

Sample Outdoor Activities

1:00 PM – 3:00 PM



UPCOMING EVENTS APRIL-JUNE

- | | |
|-------------|---|
| April 23 | Story Salon |
| May 1 | Lifeguard Certification Pre-Course Test |
| May 2 | Muffins with Mom |
| May 6 & 14 | New Adventures Camp Tours |
| May 9 | YMCA Annual Meeting & Family Day |
| May 29 | Y Camp Canteen |
| May 30 | Middle School Night |
| June 7 | 43rd Annual Montclair Run |
| June 8 & 15 | Summer Session Registration |
| June 13 | Field of Fathers |
| June 19-22 | ARC Lifeguard Full Course |



YMCA OF MONTCLAIR PRESENTS
3RD ANNUAL

Y CAMP CANTEEN

Who says summer camp isn't for grown-ups?

A FUNDRAISER FOR
YMCA OF MONTCLAIR'S
CAMP SCHOLARSHIP FUND

Friday, May 29th
6:30 - 9:30 PM

Live Music | Bites & Drinks
Camp-Inspired Festivities

www.montclairymca.org/giving/event

TICKETS (21+) &
SPONSORSHIPS
ON SALE NOW

Every ticket sold is
a day at camp for a
child in need!

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