

Garfield YMCA

Email: GarfieldYMCA@optonline.net

Website: <http://www.garfieldymca.com>



Look for new pricing on our wellness classes.
Some are included with membership now!
Members still must register for free classes.
All classes are still first come first serve.

33 Outwater Lane 973-772-7450
Monday through Friday 6:30 a.m. to 10:00 p.m.
Saturday 7:30 a.m. to 6:00 p.m.
Sunday Closed

490 Midland Ave 973-272-8855
Monday and Wednesday 5:30 am to 9:00 p.m.
Tuesday and Thursday 5:30 a.m. to 10:00 p.m.
Friday 5:30 a.m. to 8:00 p.m.
Saturday 8:00 a.m. to 3:00 p.m.
Sunday 7:30 a.m. to 12:45 p.m.

70 Outwater Lane
Monday, Thursday, Friday 5:30 a.m to 10:00 p.m.
Tuesdays and Wednesdays 5:30-9:00 p.m.
Saturday and Sunday 8:00 a.m. to 5:00 p.m.

Effective February 22, 2010



Mission Statement

The Garfield YMCA is an Association of members voluntarily banded together for the purpose of growing spiritually, intellectually and physically in the spirit of God. The association is a Christian Character builder and personality developing organization, which welcomes all who wish to participate regardless of cultural heritage, religion, creed, race or gender.

Activate America Vision

To support health seekers in their pursuit of well being in spirit, mind and body, both internally and externally, as we seek to engage and motivate positive change in our communities to promote health and well being.

Membership Information

Membership Promotion until April 1, 2010.

Take out a membership out at the 2009 rate, pay no joiners fee AND get one month free!!!

Type of Membership	2009 Rate	2010 Rate
Adult 1 Year	\$380	\$420
Senior Citizen (65+)	\$250	\$250
Parent/Child (one parent, one child under 18)	\$390	\$430
Family (Husband, wife, all children under 18)	\$600	\$660
Household (2 adults, all children under 18 living in the same home)	\$675	\$700
Husband/Wife	\$525	\$540
Student (Full Time with Schedule)	\$260	\$300
3 Month Student (Full time with schedule for June, July August only)	\$100	\$100
Sr. Youth 16-16 years old	\$180	\$200
Clergy	\$250	\$250
Youth	\$50	\$50

There is a one time \$50 joiners fee

New Member Orientation: All new members must sign up for orientation for the fitness room. See front desk for more details.

Monthly drafts:

Year \$35.00 a month \$120.00 down payment (first, last & joiner fee)

Sr. Citizen \$21.00 a month \$92.00 down payment (first, last & joiner fee)

Parent/Child \$36.00 a month \$122.00 down payment (first, last & joiner fee)

Family \$55.00 a month \$160.00 down payment (first, last & joiner fee)

Husband/Wife \$45.00 a month \$140.00 down payment (first, last & joiner fee)

Household \$59.00 a month \$168.00 down payment (first, last & joiner fee)

*Adults may have one guest per visit and they must stay with the member at all times in the building. Upon joining, you will receive 2 free guest passes.

*Senior youth members cannot have guests at any time

*Youth members are allowed to bring one guest during family swim. No guests during fun swim

*Payment Options: In full or monthly drafts from your credit card account. Anyone who chooses to pay in full at registration **does not** have to pay a joiner fee!!

*Adults who are not members who have a child participating in a program may pay \$15 to use the fitness room or take a fitness class (subject to availability) while their child is in the program.

Guest Fees:	Family Swim:
Adult guest.....\$15.00	Adult.....\$7.00
“Y” Member in State.....\$5.00	Youth..... \$5.00
“Y” Member Out of State....no charge	

*\$15 drop in rate for adult fitness classes are subject to spot availability in each class

Membership, Program and Facility Policies:

Membership

- Under no circumstances are memberships refundable.
- Memberships cannot be used by anyone else other than the member
- Memberships can be frozen for a \$10 fee per month
- Memberships can be frozen with a doctor’s note with no charge. However the Dr.’s note must state that you are out for 30 days or more. Time on memberships for 2 weeks, 3 weeks, etc...will not be given.
- Membership freezes are only good for adult, husband/wife, family and sr. citizen memberships. No other type of membership is eligible for freezes.
- Only one guest permitted per member. Guests must stay with the member.

Programs

- There are no refunds given for any programs. Credits will be given with a doctor’s note for the remainder of classes left for the session when note is presented.
- Parents may watch the first and last lesson *only* for progressive swim lessons. (Parents of Preschool swim lessons must stay on pool deck during lessons.)
- Parents must stay on deck in the pool area during family swim
- Only one guest per member for family swim.

Facility

- Parking lot is one way for 33 Outwater Lane
- Everyone entering the building must sign in and out. Members must also present their membership card each time they come.
- Swimmers with hair past the ears must wear a bathing cap.
- All swimmers must shower before entering the pool or sauna. Before entering the pool after sauna use, a shower must be taken.
- Proper swim attire required
- All swimmers with hair below their shoulders must wear a swim cap. (Available at the front desk for \$5.00)
- Women are not allowed in the men’s locker room, men not allowed in the women’s locker room. Please use family locker rooms for children of the opposite gender.
- Please be respectful and modest when children are in the locker rooms.

Adult Health and Wellness Classes

Non-Peak Classes (Included for free with your membership. Register every 8 weeks.)

Mat Work: A class that is done all on an exercise mat with absolutely no impact. You will work all of your muscle groups for a full body workout! Pilates and Yoga moves will be included too. Mondays 4:45-5:30. Free for members, \$50 non-members. \$15 drop in rate.

Butts and Guts: Engage your core for a strengthening and slimming body work out. Low impact. Tuesdays 5:30-6:00. Free for Members , \$30 non-members. \$15 drop in rate.

Pilates: Strengthen your core and elongate your body. Thursdays 12:00-1:00 Free for Members Non-Members \$50.

Studio Sampler: These aerobics classes might be perfect for teachers or bankers. They are held at 3:45 p.m. on Mondays or Thursdays. Participants will perform a variety of different exercises that can be adjusted to varying degrees of impact and intensity. Free for members, \$50 non-members. \$15 drop-in rate.

Ultimate Lunch: Workout on your lunch hour. This high intensity class will get your heart pounding as it gets your metabolism moving. Each class ends with an abs workout. Fridays 12:00 – 1:00pm. Free for members, \$50 non members. \$15 drop in rate.

Body Sculpt: A class using weights to build and tone your muscles. No impact. Tuesday's 4:45-5:30 p.m. Free for members, \$50 non-members. \$15 drop in rate.

Pump It Up: High impact aerobics that will get your blood pumping and tone your body. Wednesdays 12:00 – 1:00pm. Free for Members , Non-members \$50 Drop in rate: \$15

Sculpt Interval: Strength Training and Cardio Training that will be mixed up each week and all levels can participate because of modifications available. Saturdays 10:00-11:00. Free for Members non-members \$50

Peak Classes

(\$10 for members every 8 weeks. There are some peak classes at certain hours that are actually non-peak and free with your membership.)

Aerobic Circuit Training: A high intensity, high impact aerobics class that will elevate your heart rate and help tone your body. Incorporates a body bar, step aerobics and traditional calisthenics. Classes are held on Wednesdays from 6:00-7:00 p.m. \$10 members and \$50 for non-members. Drop in rate: \$15

Silver Sneaker Class: Have fun and move to the music through a variety of exercises designed to increase

muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and or standing support.

Class I: Wednesdays and Fridays 10:30 a.m., Class II: Tuesdays 10:30. Free for Silver Sneakers Members, \$10 for members, \$50 for non-members.

Silver Sneakers Yoga: Yoga Stretch will teach a blend of three yoga styles to create a harmony of movement for the whole body. It is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. Held on Thursdays 10:30 a.m. Free for Silver Sneakers Members, \$10 for Members, \$50 non-members.

Mega Mix: The Class will incorporate body sculpting, cardio and circuit training. Each week participants will enjoy a new work out routine. Tuesdays 6:00-7:00 p.m. Great for all levels of fitness. \$10 members, \$50 non-members.

Integral Yoga: This class is taught by a certified yoga instructor. Class incorporates all aspects of yoga: physical (asana) breathing (pranayama) deep relaxation and meditation. Class is held on Monday evenings from 7:00 to 8:15 p.m. Cost is \$20 for members and \$120 for non-members. Drop in Rate: \$15 (Participants are strongly encouraged to bring a yoga mat and a blanket to class.)

Boot Camp Kickbox Class: A face paced workout class which incorporates calisthenics such as push ups, sit ups, and running in place. This method is the most efficient way to increase the intensity of your workouts and still have fun doing it. Thursdays 5:30-6:30 p.m. Members \$10; non-members \$50. Drop in Rate: \$15

Kickboxing: Cardio training, strength training and self-defense. Mondays 5:30 – 6:30pm OR Thursdays 5:00-6:00pm. Members \$10; non members \$50. Drop in Rate: \$15

Yogalates: A perfect mix of yoga and Pilates. This class will help you relax while strengthening your muscles and giving your body an overall leaning and lengthening work out. Tuesdays 7:30-8:30 p.m. Members \$10, non-members \$50. \$15 drop in rate.

Zumba: is a fusion of body sculpting movements with easy to follow dance steps to the tune of international music. An intense, energetic, dance-aerobics workout, no dance experience required. Zumba is fun and energetic, Latin-based dance exercise featuring salsa, flamenco, meringue, mambo, samba, afro-caribbean, belly dance and more. Zumba is like Jazzercise of the 2000's. Zumba turns exercise into a dance party and can burn 500 to 700 calories in an hour. Tuesdays 12:00 (non-peak), Thursdays 7:00p.m., or Saturdays 9:00a.m. \$10 members, \$50 non-members. \$15 drop in rate. (Price is per class, not for all class times listed.)

Spin: All abilities and levels welcome as your instructor leads the group with a warm up, ride and cool down. Your ride will consist of hills, climbs, maximum exertion, and pleasant straightaways. Your instructor will motivate you to stay focused and push yourself, but it's up to you to choose your comfort level. All classes are 45 minutes long. Mondays 12:00 (non-peak) or 6:15, Tuesdays 7:00 a.m. (non-peak), Wednesdays 7:00 p.m., Thursdays 7:00 a.m (non-peak) or 6:00 p.m., Fridays 5:00 p.m. Peak classes \$10 for members, \$50 non-members. Non Peak Classes are included with membership and \$50 for non members.

Personal Training is also available. This is for members only. Leave your name and number at the front desk and our trainer will call you and arrange a time that accommodates your schedule.

Adult Aquatic Classes

Water Workout: If you would like to exercise in the water for and joints without lifting weights; this is the class for you. The exercises consist of resistance movements combined with muscle toning for a 45 minute class that will get you moving. This program is held on Tuesdays and Thursdays from 9:30-10:15 a.m. It is \$10 for members and \$75.00 for non-members. Drop in Rate: \$15

Aquacise: This class is simply the morning version of Watercise. It is held three times a week, Monday, Wednesday and Friday 9:00-10:00 a.m. It is \$10 for members and \$75.00 for non-members. Drop in Rate: \$15.

Arthritis Foundation Aquatic Program: For those of you who suffer from arthritis or who are just looking to improve your range of motion and flexibility, The YMCA offers a slow moving class in the shallow end of the pool to get you moving. Classes are on Tuesday and Thursday mornings from 8:45 a.m. to 9:30 a.m. This class is \$10 for members and \$75.00 for non-members. Drop in Rate: \$15.

Watercise: It's an aerobics class in the shallow end of the pool! Water eases the pounding on joints and muscles that some people might feel when exercising in the gym. Classes are held Monday and Wednesday from 7:00 to 8:00 p.m; Cost is \$10.00 for members and \$75.00 for non-members. Drop in Rate: \$15.

Aqua Combo: You'll get a toning and cardio experience in this class and also engage your abdominal muscles. It is done all in the shallow in of the pool, so class is low impact and gentle on the joints! Class is held on Saturdays from 9:00-9:50 a.m. Free for members, \$50 non-members. Drop in Rate: \$15.

Splash: A light work out in the pool that helps tone, stretch and ease your muscles. Mondays 10:00-10:45 a.m. Free for members, \$50 non-members. Drop in Rate: \$15. Silver Sneakers Members Welcome!

Adult Swim Lessons: Everyone should know how to swim and the YMCA gives you the opportunity to learn from the beginning or to brush up on your skills. Classes are either Mondays at 8:00 p.m. or Thursday evenings from 7:30 to 8:30 p.m. Cost is \$20 for members and \$80.00 for non-members

Private Swim Lessons: One on one instruction to help even the most intimidated swimmer be comfortable in the water or the advanced swimmer perfects their technique. Members only. Rates: \$25/\$30/\$40 depending on length of lesson.

Family Swim: The YMCA strives to be a provider of family programs. We offer swim times for families to spend time together. Members are invited to swim and one guest per member is permitted to join the fun.

Family swims are held on Tuesday and Fridays from 7:00 to 8:00 p.m., Saturdays from 2:00 to 4:00 and Sundays from 10:00 a.m. to 11:30 p.m. (Sundays are at the Midland Ave facility.)

Red Cross Lifesaving: Must be 15 years old and be able to swim 100 yards. Class is held on Mondays at the Boys and Girls Club from 7:00-9:00 p.m. Starts March 15th and runs until Memorial Day. If you successfully complete the class you will be certified in CPR, Red Cross and Lifesaving. Non Members \$250 Members \$150 Staff \$75 Recert \$100.

Youth Programs ages 5-13

Progressive Swim Lessons: Everyone should learn how to swim, not only for safety reasons but also for FUN! There are seven levels to choose from depending on the skill level of the student. Classes are held once a week for 45 minutes for an 8 week session. Cost is \$65.00 with a current youth membership. Parents may watch the first and last class only.

FunSwim: Children need some free time in the pool to practice what they have learned and to have a good time with friends. Youth members ages 5 to 13 are invited to attend Monday through Friday 10:15-11:00 and 3:30 to 4:10 p.m. at either facility. NO GUESTS DURING FUN SWIM.

Family Swim: The YMCA strives to be a provider of family programs. We offer swim times for families to spend time together. Members are invited to swim and one guest per member is permitted to join the fun. Family swims are held on Tuesday and Fridays from 7:00 to 8:00 p.m., Saturdays from 2:00 to 4:00 and Sundays from 10:00 a.m. to 11:30 a.m. (Sundays at Midland Ave.)

Swim Team: We offer a swim team for children ages 5 and up. Try-outs for placement start right after Labor Day at 6:30 at Midland Ave. Practices are Monday's 5:30-7:30 p.m. Wednesday 7:30-9:00 p.m. and Fridays 6:00 to 8:00 p.m. Children will not have to swim all of these times, but these are the time frames for practice. Meets are on the weekends.

Karate: The Garfield Y offers Karate for children ages 5 to 13. Classes are held on Mondays and Wednesdays from 5:00 to 6:00 p.m. or Tuesday and Thursdays from 6:00-7:00 p.m. Cost is \$65.00 per month for twice a week of \$100 a month for all 4 times a week. A \$35.00 registration fee for new children and children must be a member of the YMCA.

Outdoor Recreation Soccer: Registers first 3 weeks of August and children start up after Labor Day and play at Spring Street Park. It's a league designed for all levels, is co-ed and children from the surrounding community may play. Members \$40.00 Non-Members \$55.00. 8 weeks long. Plays on Saturdays. Team Sponsorship \$125.00

Indoor Recreation Soccer: For boys and girls ages 4 to 13. Practices are on Saturday mornings in the gym at the YMCA. The league does not travel and does not have formal games. League starts in December. Registration is in November. Open to everyone. Members \$40.00 non-members \$55.00. Team Sponsorship \$125.00

Basketball: Registration starts Jan. 18th. Season starts Feb. 15th. Open to everyone ages 4 to 6 years old. The season will be 8 weeks, 4 weeks of practices and 4 weeks of games. League plays twice a week. Info at registration. Members \$40. Non-Members \$55.00. Team Sponsorship \$125.00

T-Ball: For children ages 4 to 6 years old. Registration is March 22nd-April 10th, and children start to play April 20th. 4 year olds play inside on Saturday mornings inside the gym at the YMCA. 5 and 6 year olds practice once during the week and have games on Saturdays at Dolphine Park. All are welcomed to register. Members \$40.00 Non-Members \$55.00. Team Sponsorship \$125.00

Summer Camp: Children ages 5 (completed kindergarten) to 13 are welcome to join us for their summer vacation. Our summer camp is a 9 week program. Registration is always May 1st. Doors open at 5:30 a.m.

Before School and After School program for schools 4, 5 and 8 in Garfield. The registration takes place the second Monday of August each year. Before school program is \$75.00 a month and after school program is \$150.00 a month. Drop off is at the YMCA for before school no earlier than 7:30 a.m. and pick up after school is no later than 6:00 p.m. at your child's school. Parents must have a copy of the children's immunization records and first month and last month deposit to register.

Birthday Parties: one hour swim in the pool, one hour in the party room. \$300 for 15-20 children. \$15.00 for each additional child. Pizza and soda included. See the front desk to book a date.

Private Swim Lessons: One on one instruction for your child to learn how to swim or improve their technique. Members only. \$25 for 30 minutes \$30 for \$45 minutes \$40 for 60 minutes. Speak with Michele Semancik ext. 204 to schedule a lesson. You may also email at: msemancikymca@optonline.net.

Stroke and Turn: Swimmers must be able to complete a lap of freestyle, backstroke and breaststroke. This clinic is used to perfect strokes and technique. Children who swim on a swim team would benefit in the off season from such a clinic, or children who are thinking about joining a team in the fall would benefit from the clinic as well. Tuesdays and Thursdays at the B&G Club 4:30-5:30. \$150 for members. Starts 4/20.

Preschool Programs ages 9 months to 5 years

Preschool Swim Lessons: It is important to teach young children about pool safety and give them the basic skills required for swimming. The YMCA has four levels of classes designed specifically for children ages 3 to 5. Session runs for 8 weeks and the cost is \$60.00 with a current youth membership.

Swimfants: The YMCA offers a swimming class for mom and baby between the ages of 9 months and 30 months. This class is to get the child used to the water. It teaches the basics such as getting the face wet, blowing bubbles, etc. Class is once a week for 30 minutes and the cost is \$60.00.

Stepping Stones: A swim class for children who are 2½ years old and who have already taken at least one session of swimfants. Stepping stones starts with parent or caregiver in the water and aims to “phase out” the parent by the end of the session so children have an easier transition into preschool swim lessons. Class is held once a week for 30 minutes and the cost is \$60.00.

Tiny Tots: 22 months to 36 months

Tuesdays & Thursdays

9:00-11:00

Cost \$90 per month plus \$50 Membership Fee

Children will enjoy arts & crafts, learn basic skills, be introduced to shapes, colors, numbers, letters, and names; sing songs, read books, enjoy socialization and develop self esteem.

Childcare for ages 2 and ½ to 5 years old

The Garfield YMCA operates a year round state licensed full-facility childcare center, Bright Beginnings, which earned its Accreditation in 2004 from NAEYC. Our facility serves children 2 ½ to 5 years from 7:00 a.m. to 6:00 p.m. We offer a safe, quality enriched, developmentally appropriate environment supervised by a well-trained staff of caregivers. Your child has an opportunity to grow socially, emotionally and academically through play. Our unit bases curriculum and activities that offer many opportunities for learning and coincide with state guidelines for child development. All our children participate in arts and crafts, music, computers, coking, physical education, academics and more. Our full time 4 year old children also have optional swimming lessons. Our Full time 2 ½ year old program is \$635.00 per month. To register a child who is 3 by October 1, please call 973-253-6600 to schedule a registration appointment.

Garfield YMCA now offering One Month Memberships for free to Horizon Blue CrossBlue Shield Insurance Holders.



Membership maybe for individuals or families.

Valid Insurance Card must be presented at the front desk when filing out membership application.

A few notes:

Financial assistance is available for membership and programs. See the front desk for more information.

Volunteers are always welcomed. Pick up an application at the front desk.

Entertainment Books available at the front desk for \$30

*Session dates for all programs are as follows:
(Most sessions run for 8 weeks)*

Register the week of March 1

Start the week of March 8

(8 weeks)

Register the week of May 3

Start the week of May 10

(8 weeks test week 7)

Register the week of June 28

Start the week of July 5

(8 weeks)

PLEASE DONATE TO OUR STRONG KIDS CAMPAIGN!

***Don't forget Healthy Kids Day on April 11th
at 70 and 33 Outwater Lane from 11:00-4:00***

Healthy Snacks

CATCH Games

Family Aerobics

Family Swim

Arts and Crafts