



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALWAYS HERE FOR YOU

**SOUTH MOUNTAIN YMCA
WINTER SESSION**

**January 2, 2012 –
February 26, 2012**

SPRING 1 SESSION

**February 27, 2012 –
April 22, 2012**

**Easy Online
Registration
www.smountainymca.org**



WELCOME TO THE SOUTH MOUNTAIN YMCA

13 Jefferson Avenue, Maplewood, NJ 07040 • 973 762 4145

For the most up to date information, visit www.smountainymca.org

At the South Mountain YMCA , we are committed every day to helping you and your children learn, grow, thrive!

Year Round Sports and Enrichment Programs

Wide variety of classes for Pre-Schoolers, Youth & Adults

Early Childhood Learning Center (6 wks--Pre K)

Care available throughout the year
7:00am - 7:00pm

School Age Child Care (Grades K-5)

On-Site & off-Site, available as early as
7:15am & as late as 7:00pm

Vacation Camp (Grades K-5)

For most days that the school district is closed.
7:15am-7:00pm

13 Summer Camps (2½ yrs-Grade 10)

All 9 weeks of summer - care available
7:00am - 7:00pm. A wide variety of
both traditional and specialty camps

Family and Community Events

Parent's Night Out, Healthy Kids day, Family Olympics, Teen Game Nights, Breakfast with Santa, World Festival

Community Collaborations

South Orange/Maplewood School District & Recreation Departments, Kiwanis, Winchester Gardens, Rotary, YouthNet

South Mountain is proud to be one of six branches of the Metro YMCAs of the Oranges. We offer programs and services at all of our branches: the Wayne YMCA, East Orange YMCA, Sussex County YMCA, West Essex YMCA and Fairview Lake YMCA Camps.

The South Mountain YMCA is here to serve the needs of our community. All of our programs and services are developed around three key areas of focus:

YOUTH DEVELOPMENT
HEALTHY LIVING
SOCIAL RESPONSIBILITY

We also teach our four core values in each of our programs. These values are caring, respect, honesty and responsibility. We believe that firmly rooted values provide a strong foundation for lasting success! Our professional and dynamic staff is ready to serve you. For detailed information on any of our programs or services please contact our Welcome Center at 973 762 4145 and ask for one of our directors:

Executive Director

Marcia Meehan mmeehan@metroymcas.org X114

Associate Executive Director

Karen Robson krobson@metroymcas.org X116

Senior Director Early Childhood Learning Center

Krys Jensen kjensen@metroymcas.org X128

Senior Director School Age Child Care

Irene Gallagher igallagher@metroymcas.org 973 762 0183

Director - Health & Wellness

Dave Berry dberry@metroymcas.org X117

Director - Enrichment

Tom Donaldson tdonaldson@metroymcas.org X115

Director - Membership & Marketing

Roslyn Trewick rtrewick@metroymcas.org X113

FOR YOUTH DEVELOPMENT

THROUGH OUR Y YOUTH SPORTS PROGRAMS, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. The Y believes that its youth sports programs can help children to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun.

Not only is the Y the birthplace of basketball, but the South Mountain YMCA has been providing the finest in youth basketball instruction in the area for years. Coaches Dave Berry and Fred Ross will provide leadership to all of our basketball programs.

BASKETBALL

KINDER BASKETBALL (4-5 ½ yrs)

Children will learn introductory basketball skills, the importance of fair play, teamwork and good sportsmanship all while having lots of fun! Please observe age restrictions.

| | |
|------------------|--------------------------|
| Tuesday | 11:10am - 11:55am |
| Wednesday | 3:45pm - 4:30pm |
| Saturday | 3:40pm - 4:25pm |

Location: Y Gym
Fee: \$85

BASKETBALL CLINIC ONLY (Grades 1-4)

Fundamentals of basketball are taught (dribbling, passing, shooting and defense) along with the team concepts of offensive play and zone defense all done in a fun, values-oriented environment. Children new to basketball game play must take this class before enrolling in our League/Clinic program. **Note that the children in this one day a week class are mixed in with the children in our regular League team practices in order to help the new children transfer more easily into the league when they are ready.** Only a limited number of Clinic Only children are allowed at each practice time. Please observe age restrictions.

| | | |
|--------------------------|------------------|------------------------|
| Grades 1 & 2: | Tuesday | 5:25pm - 6:10pm |
| | Tuesday | 6:10pm - 6:55pm |
| | Wednesday | 4:35pm - 5:20pm |
| Grades 3 & 4: | Wednesday | 5:20pm - 6:05pm |
| | Tuesday | 4:35pm - 5:20pm |
| | Wednesday | 6:10pm - 6:55pm |
| | Wednesday | 6:55pm - 7:40pm |

Location: Y Gym
Fee: \$85

BASKETBALL LEAGUE & CLINIC (Grades 1-4)

Children can participate in a fun, low-intensity basketball league where competition is not emphasized and team work and good sportsmanship are. No standings are kept and everyone plays at least one half of a game. Participants are divided into teams at an evaluation class and games start the following week. **Children new to basketball or with minimal basketball skills should do one of our Clinic Only programs first.**

Placement evaluations for the children in this league will be held the first week of the session on a Tuesday or Wednesday. See below for the evaluation schedule. For the rest of the session, after placement on a team, players will have an assigned 45 minute practice time on a Tuesday or Wednesday. Please inform the coach of any clinic practice scheduling requirements before the end of the evaluation.

Do not ask for your child to be placed on a particular team unless there is a scheduling need (siblings will be placed on the same team). Depending on your team schedule, games will be at one of the times on the weekend day listed below. A game shirt is included.

Grades 1 & 2

Initial Evaluations:

New team members: Choose from one of the time periods below

| | | |
|--------------------------------------|-----------------------------|------------------------|
| Returning Spurs and Heat: | 1st Tue. of session* | 5:25pm - 6:10pm |
| Returning Suns and Cavaliers: | 1st Tue. of session* | 6:10pm - 6:55pm |
| Returning Celtics: | 1st Wed. of session* | 4:35pm - 5:20pm |
| Returning Bulls and Lakers: | 1st Wed. of session* | 5:20pm - 6:05pm |

Clinics: Children will be assigned to a team and will practice at one of these times

| | | |
|--------------------------|-------------|------------------------|
| Heat and Spurs: | Tue. | 5:25pm - 6:10pm |
| Knicks: | Tue. | 6:10pm - 6:55pm |
| Celtics: | Wed. | 4:35pm - 5:20pm |
| Bulls and Lakers: | Wed. | 5:20pm - 6:05pm |

Games:

Sundays - 2:30pm or 3:15pm or 4:00pm
(depending on the team schedule.)

Location for Evaluations, Clinics and Games: Y Gym
Fee: \$135

* Please refer to website for more specific details

Grades 3 & 4

Initial Evaluations: Children new to basketball must do Clinic Only first. Approved children new to our league should report to one of these listed times for evaluation

New Team Members: Choose from one of the time periods below

| | | |
|--------------------------------------|-----------------------------|------------------------|
| Returning Celtics: | 1st Tue. of session* | 4:35pm - 5:20pm |
| Returning Knicks & Bulls: | 1st Wed. of session* | 6:10pm - 6:55pm |
| Returning Lakers: | 1st Wed. of session* | 6:55pm - 7:40pm |

Clinics: Children will be assigned to a team and will practice at one of these times

| | | |
|------------------------------|-------------|------------------------|
| Celtics and Suns: | Tue. | 4:35pm - 5:20pm |
| Knicks & Bulls: | Wed. | 6:10pm - 6:55pm |
| Lakers and Cavaliers: | Wed. | 6:55pm - 7:40pm |

Games:

Saturdays - 4:30pm or 5:15pm or Sunday 4:45pm
(depending on the team schedule)

Location for Evaluations, Clinics and Games: Y Gym
Fee: \$135

* Please refer to website for more specific details

FOR YOUTH DEVELOPMENT

YOUTH SPORTS

KINDER SOCCER (3 yrs)

In this special version of Kinder Soccer just for 3 year olds, children will learn introductory soccer skills, the importance of fair play, team work and good sportsmanship - all while having lots of fun!

Tuesday 10:15am - 11:00am
Wednesday 9:20am - 10:05am

Location: Y Gym
Fee: \$85

KINDER SOCCER (4-5½ yrs)

Children will learn introductory soccer skills, along with the importance of fair play, and teamwork - while having fun. Class ends with a game.

Friday 3:00pm - 3:45pm
Saturday 2:50pm - 3:35pm

Location: Y Gym
Fee: \$85

TIGER SOCCER (Grades 1st & 2nd)

Children will improve their fitness while building their soccer skills. They will also gain a better appreciation of fair play, good sportsmanship and team work in a values oriented environment. Children have fun playing lots of skill-building games in an age appropriate environment.

Saturday 2:00pm - 2:45pm

Location: Y Gym
Fee: \$85

PEE WEE TENNIS (4-8 yrs)

Learn tennis with junior sized tennis racquets, oversized balls and unique teaching methods. Racquets are supplied by the Y but you can bring your own.

Please note: the 6-8 yr. old class is the same as the former Advanced Pee Wee tennis class and is taught at the same age appropriate level.

4-5½ yrs

Friday 3:50pm - 4:35pm

6-8 yrs

Friday 4:40pm - 5:25pm

Location: Y Gym
Fee: \$85



KINDER SPORTS (3-5½ yrs)

Designed to build confidence in a child's ability, and to introduce children to the basics of a variety of sports while playing age appropriate versions of soccer, football, basketball, floor hockey, T-Ball and volleyball. Introduction to skills, team play and values. Please observe age restrictions.

3 yrs

Monday 9:20am - 10:05am
Wednesday 2:05pm - 2:50pm

4-5½ yrs

Tuesday 9:20am - 10:05am
Wednesday 1:10pm - 1:55pm

Location: Y Gym
Fee: \$85

STREET DEVILS FLOOR HOCKEY (4yrs-2nd Grade)

South Mountain YMCA teams up with New Jersey Devils to provide this sneakers footwear hockey program. Hockey fundamentals will be taught in a fun, values-centered environment. Each class ends with a game. Participants must provide their own helmet with face guard. The NJ Devils and the Y will provide all other hockey equipment. All participants will receive a New Jersey Devil's promotional item. A liability release from the Devils will need to be signed to participate.

4-5½ yrs

Tuesday 2:45pm - 3:30pm

Grades 1 & 2

Tuesday 3:40pm - 4:25pm

Location: Y Gym
Fee: \$85

KARATE FOR THE FAMILY (4-8 yrs)

Children participate independently, or with their parents, in this class that introduces the beginning elements of Karate. Child & adult students will learn basic Karate movements and philosophy helping them to develop their physical fitness, body control, self discipline, self control and self esteem. In addition the program covers topics of self defense and safety awareness. The program is taught by Sensei Carmen Puglio who has been teaching the martial arts in our community since 1972. Uniforms are not required.

4-5½ yrs

Wednesday 10:10am - 10:55am

6-8 yrs

Saturday 11:10am - 11:55am
Saturday 12:00pm - 12:45pm

Location: Program Center
Fee: \$95

FOR YOUTH DEVELOPMENT

ENRICHMENT

LET'S GO TO ART (1-4 yrs)

Meet and socialize with other young children and families in this art class that will build fine motor skills and spark creativity in all of us. Must be accompanied by a caregiver.

Thursday 9:15am – 9:45am

Location: Program Center

Fee: \$85

ZUMBATOMIC FOR KIDS (3-5 yrs)

A fun filled dance class designed to get your kids dancing for joy. A 30 minute, age appropriate class using easy movements. Get your kids loving to move and dance in this easy for children to follow class and enhance their gross motor movement skills, led by certified Zumba instructor Serina Powell.

Friday 10:00am – 10:30am

Location: Program Center

Fee: \$75

MUSIC & ME! (2-4 yrs)

Children will benefit from social interactions with peers while gaining an appreciation for music by learning songs, playing instruments, parachutes and participating in marching bands. Parents/chaperones are required to stay. Registration is required.

Wednesday 9:00am – 9:30 am

Location: Program Center

Free with Family Membership & Registration each Session

YOUNG EXPLORERS (3-5 yrs)

Children will learn to fine tune thought processes by exploring our facility through clues and will benefit from the social interaction and team work exploration of each week's themed adventure throughout our facilities and will strengthen skills involving teamwork, physical play, the environment, shapes, numbers, and letters.

Thursday 1:00pm – 1:45pm

Location: Program Center

Fee: \$90

NEW LITTLE EINSTEINS (3 ½-5 yrs)

Let your "Little Scientist" learn through interactive experiments, music and art - all designed to have them question the natural world.

Thursday 1:00pm – 1:45pm

Location: Program Center

Fee: \$85

CREATIVE BALLET (3 ½-5 yrs)

Children will benefit from a total body workout including balance, strength, and flexibility while learning new dance moves and having fun with new friends. This is a drop off class.

Tuesday 9:15am – 10:00am

Location: Program Center

Fee: \$95

FUN WITH PHONICS (3-5 yrs)**

Fun with phonics is a great way to enhance vocabulary, as well as improve on letter, word and sound recognition. Through songs, stories, crafts and other activities, children will get a grasp of the alphabet in a whole new way.

Friday 10:00am – 10:45am

Location: Program Center

Fee: \$95

NEW MATH IN MOTION (3-5 yrs)**

Children will gain a better understanding of mathematical concepts by participating in a variety of physical activities, cooperative play, and music games designed to strengthen number recognition, counting, patterns and sequencing.

Friday 11:00am – 11:45am

Location: Program Center

Fee: \$95

****Register for both Fun with Phonics and Math in Motion and receive a price break.**

Both Math & Phonics Classes Winter: \$165

NEW FIRST IMPRESSION! (Etiquette Class) (3-5yrs)**

This class provides the fundamentals of building self-esteem and making a great first impression. Through interactive role-play, students will master how to make proper introductions, improve posture, voice control/projection, maintain eye contact, and shake hands with confidence and more! Students learn the importance of using 'words' versus 'actions' to garner attention and express how they feel. Each week, the children will have a "word of the week" to expand their day-to-day vocabulary, as well as build communication and listening skills.

Wednesday 9:45am – 10:30am (50741)

Location: Program Center

Fee: Winter \$85

NEW PASS THE PEAS PLEASE (Etiquette Class) (3-5yrs)**

Our table manners and dining class will teach all the social graces and etiquette they'll need to last a lifetime. The children will learn proper use of utensils, how to have polite table conversations, how to formally set the table and much more.

Wednesday 10:45am – 11:30am (50742)

Location: Program Center

Fee: Winter \$85

****Register for both FIRST IMPRESSIONS and PASS THE PEAS PLEASE and receive a price break.**

Both Classes Winter: \$150

FOR YOUTH DEVELOPMENT

ENRICHMENT continued

FUNKY DANCE (3-5 yrs)

This active class with fast pace dancing will instill a love of movement through organized dances that the participants will learn to perform together.

Tuesday 10:15am - 10:45am

Location: Program Center
Fee: \$85

CRAZY COOKS (3-5 yrs)

Children will make lunch and be introduced one healthy new food item each week and learn how to easily add them to meals so they can become stronger and healthier. Children will cook their lunch and eat it too in this creative class for preschoolers.

Monday 11:30am - 12:30pm
Tuesday 11:00am - 12:00pm
Friday 11:30am - 12:30pm

Location: Multi-Purpose Room
Fee: \$125

CHESS 101 (ages 6 & up!)

Learn the beginning steps to become a great chess player. This is a great way for parents and children to learn and practice chess together. This class will introduce different strategies, piece movement and basic game play which will enhance self-esteem, strategic thinking and family connectedness.

Tuesday 6:15pm - 7:00pm

Location: Multi-Purpose Room
Fee: \$65

COOKING 101 (Grades 3-6)

Get your aprons on and get ready to cook. This class will teach basic cooking techniques, how to follow a recipe, and learn to cook meals and desserts that are easy to make and fun to eat.

Wednesday 6:15pm - 7:30 pm

Location: Multi-Purpose Room
Fee: \$125

NEW Y-IMPROV (Grades 1-5)

Use your imagination by building on and developing social skills and self-confidence through skits and theater games in this interactive improv class.

Thursday 6:00pm - 6:45pm

Location: Multi-Purpose Room
Fee: \$80

ART 101 (Grades 2-8)

Explore your creative side by learning terms, styles, and applications of art from abstract, animation, design, still life and many more. This is a great introduction to art appreciation.

Monday 6:15pm - 7:15pm

Location: Program Center
Fee: \$120

GYMNASTICS

For safety reasons, all children should wear non-restrictive clothing (leotards are best for girls). Dresses, skirts and jeans should be avoided and pants without belts, buckles, snaps and buttons are safest. Long hair should be tied back. No jewelry. For 4-year-old classes children must be toilet trained (no pull-ups).

PARENT / TOT GYMNASTICS (Co-ed)

LET'S GO TO GYM (Walking - 3 yrs)

Meet other children and parents in this fun-filled gym class for your toddler and you. Free time in our well-equipped gym will be followed by circle time songs to encourage socialization and active play.

Monday 10:30am - 11:15am
Friday 10:00am - 10:45am

Location: Y Gym
Fee: \$85

FAMILY GYM (3 ½-5 yrs)

This class is offered to our family members free of charge. Children and parents will have the opportunity to socialize and play in the Y Gym in an open gym setting. Activities will include basketball, soccer, hoops, scooters, volleyball, and other sports and games. This program is unstructured, but supervised. Child must participate with at least one parent/guardian.

Friday 9:00am - 9:45am

Location: Y Gym
Free with Family Membership, Registration is required

PRESCHOOL GYMNASTICS (Co-ed)

TERRIFIC THREES (3 yrs)

Children will learn to love flexibility movement and gain a sense of independence while being physically active in a group setting. For the first time gymnast, this class provides an introduction to basic gymnastics skills. Instruction is provided on all Olympic events. This class may be taken for multiple sessions. Gymnasts remain in Terrific Threes until age 4. It is preferable and helpful to drop off your child for this class.

Monday 3:00pm - 3:30pm
Thursday 9:15am - 9:45am
Thursday 11:00am - 11:30am

Location: Y Gym
Fee: \$95

KINDER GYMNASTICS (4-5+ yrs)

Children will grow at an individual pace to gain flexibility and strength while developing gross motor skills. This class will help keep the body flexible while children learn new skills at the own pace, and is a beginner class for children up to 6 years old. The class includes conditioning, stretching, and basic gymnastics skills on all Olympic events. This class may be taken for multiple sessions. This is a drop-off class.

Monday 1:00pm - 1:45pm
Thursday 10:00am - 10:45am
Thursday 1:45pm - 2:30pm

Location: Y Gym
Fee: \$110

FOR YOUTH DEVELOPMENT

GYMNASTICS **continued**

GIRLS GYMNASTICS

The following gymnastics classes are designed to challenge gymnasts while learning proper progressions on floor exercise, balance beam, uneven bars, and vault. In addition to learning specific gymnastics skills, gymnasts will develop strength, flexibility, coordination, and self-confidence. Our instructors are charged with ensuring each participant has a positive and motivating experience with gymnastics and physical fitness. Ratio 8:1. Girls should wear leotards or non-restrictive clothing without buckles, belts, snaps, buttons or zippers. No jewelry except for small earrings. Long hair must be tied back.

Successful completion of each level's skills and instructor recommendation is required to advance to next level.

GYMNASTICS LEVEL 1 & 2 (6-10yrs)

We start from the ground up, working on the basics while providing an introduction to gymnastics skills on all Olympic events with an emphasis on flexibility, strength, and the fundamentals of gymnastics. Class begins with group warm-up/stretch then gymnasts will be grouped by ability when working on gymnastics apparatus. Groups will be changed as participants' progress. Participants can expect to learn forward and backward rolls, handstand, cartwheels, round-offs, and bridges. This is a great class for anyone with little or no gymnastics experience.

Thursday 3:45pm – 5:00pm
Saturday 10:35am – 11:50am

Location: Y Gym
Fee: \$150

GYMNASTICS LEVEL 2 & 3 (7-12 yrs)

This class focuses on complex beginner skills while preparing the gymnast to progress to more advanced gymnastics skills by merging skills to form combinations. Handstand rolls, cartwheel variations, and walkovers will be taught, along with intermediate skills on bars, beam and vault. Participants are grouped according to ability therefore, ensuring participants are challenged. This class requires previous gymnastics experience with the ability to perform a solid round off and a back-bend unassisted.

Monday 3:45pm – 5:00pm

Location: Y Gym
Fee: \$150

GYMNASTICS –LEVEL 3 (8-12 yrs)

This class will focus on higher level skills and will serve to prepare participants for the next level. An introduction to advanced skills including walkovers and back handsprings on floor, cartwheels on beam, and high bar skills on uneven bars plus strength and flexibility training. This is not an appropriate class for participants who have not had formal gymnastics instruction.

Saturday 9:00am – 10:30am

Location: Y Gym
Fee: \$160

THE ACES COMPETITIVE GYMNASTICS TEAM

The South Mountain YMCA has a long history with gymnastics that we are proud to continue to offer. Our ACES Team members work very hard every week to learn new skills, cheer each other on and get fit while doing so. 2010 has been a very successful year for our Gymnastics Team with several team members competing across the nation, winning several medals. Our staff members have been with us for several years and are all excellent role models for our team members, cheering them on with every attempt at a medal both individually and as team members.

PRE-TEAM GYMNASTICS (8-18 yrs)

Are you interested in becoming a part of our competitive Aces Gymnastics Team? The pre-team program was created to introduce gymnasts to our competitive program as early as possible to make the transition from classes to the team program a smooth one. Gymnasts will learn the basics of competitive-style gymnastics with a concentration on tumbling and dance connections, routine requirements, and essential gymnastics drills. Work out with the team twice a week improving your skills on all four gymnastics events.

Monday 5:00pm – 7:30pm
Friday 5:00pm – 7:30pm

Location: Y Gym

ACES GYMNASTICS TEAM (8-18 yrs)

The "Aces" competitive team program offers an ideal opportunity for young gymnasts, who show an aptitude and keen interest in the sport of gymnastics, to take their gymnastics skills to the next level. Gymnasts compete at local, state, regional, and national level competition in the New Jersey YMCA Gymnastics League following USAG Junior Olympic Program rules and guidelines. Gymnasts compete based on their skill level. Our coaches are safety certified and USAG members with a combined 50 years of coaching and competition experience. Our goal is for every competing gymnast to reach their individual potential no matter what skill level they attain. Team members practice 3 times a week.

Practice Schedule:

Teams A & B: **Monday 4:30pm – 7:30pm**
Thursday 4:30pm – 8:00pm
Friday 5:00pm – 8:00pm
(+Some Saturday 8:45am – 10:45am)

Team C: **Monday 5:00pm – 7:30pm**
Thursday 5:00pm – 7:30pm
Friday 5:00pm – 8:00pm

Location: Y Gym

Please Email Mary Sullivan at msullivan@metroymcas.org for more Pre-Team & Team information and a personal consultation.





SOUTH MOUNTAIN YMCA

A Branch of

The Metropolitan YMCA of the Oranges

13 Jefferson Ave.

Maplewood, NJ 07040

973 762 4145

www.smountainymca.org

FAIRVIEW LAKE YMCA CAMPS - A PLACE FOR ALL SEASONS

Fairview Lake YMCA offers a variety of sleepaway camp programs. Please call our office, 800 686 1166, to arrange a tour and provide your child the summer of a lifetime. Whether Ranch Camp, Sailing & Windsurfing, joining a trip exploring the Delaware River or Lake George in the Adirondacks – we have an exciting camp program for all interests.

SPECIALTY CAMPS DURING THE SUMMER AND THROUGHOUT THE YEAR

Each year a wide selection of specialty camp programs are offered – from Sailing and Windsurfing in the summer to Winter Bash with Skiing in February. Check our website for the next exciting program at www.fairviewlakeymca.org

Fairview Lake staff offers activities from our environmental education program as well as Archery, Swimming, Crafts, Tie Dyeing, Scout Badge Requirements and Winter Sports.

Office Hours:

Monday 8:30am – 7:00pm

Tuesday – Friday 8:30am – 5:00pm

Non-Profit Org.

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