



We build strong kids, strong families, strong communities.

WINTER/SPRING I PROGRAM GUIDE



In 2010 the Metropolitan YMCA of the Oranges will celebrate our 125th Anniversary. The South Mountain Branch is proud to observe this milestone and looks forward to a rich future of community service.



A Greener Approach...

In an effort to lessen our carbon footprint, the South Mountain YMCA will no longer be printing Program Guides. This will be the last printed Program Guide. Please refer to our website at www.smountainymca.org to view this and all future guides.

Session Dates:

Winter: 1/4/10 – 2/28/10

Registration begins:

- Facility Members – Online only 12/14/09
- Program Members – Online only 12/17/09
- Open Registration – 12/19/09

Spring I: 3/1/10 – 4/25/10

Registration begins:

- Facility Members – Online only 2/8/10
- Program Members – Online only 2/11/10
- Open Registration – 2/13/10

**Online
Registration
available 24
hours a day**

MISSION STATEMENT

The **Metro YMCAs of the Oranges** enriches the lives of the children, families and communities we serve, through programs that build spirit, mind and body, welcoming all people, in an environment nurturing positive values.

YCALENDAR OF EVENTS™

December 11	Young Leaders Club 6:30pm-8:00pm
December 12	Breakfast with Santa - 4 seatings
December 14	Winter Session Registration Begins
December 19	Parent's Night Out 6:00pm-10:00pm
December 25	CLOSED in observance of Christmas
December 28-31	Schools Closed - Vacation Camp
December 31	PNO Overnight 8:00pm-9:00am
January 1	CLOSED in observance of New Year
January 4	Winter Programs Begin
January 8	Middle School Teen Dance
January 14	Camp, Program & Child Open House – 7:00pm-8:30pm
January 15	Young Leaders Club
January 16	Parent's Night Out – 6:00pm-10:00pm
January 18	Schools Closed – Vacation Camp
January 26	Strong Kids Campaign Kick-off
January 31	World Festival – 3:00pm-6:00pm
February 8	Spring Programs Registration Starts
February 12	Middle School Dance 8:00pm-10:00pm
February 13	Parents Night Out 6:00pm-10:00pm
February 15	Schools Closed – Vacation Camp
February 15	Red Cross Babysitting Training
February 19	Camp Open House – 7:00pm-8:30pm
February 19	Young Leaders Club 6:30pm-8:00pm
February 28	Family Fun Day
March TBD	Spring Travel Basketball Tryouts
March 1	Spring Programs Session I Begin
March 12	Camp Open House
March 12	Magical Family Night 7:00pm-8:30pm
March 19	Young Leaders Club
March 20	Parents Night Out 6:00pm-10:00pm
April 2-9	Schools Closed – Vacation Camp
April 9	Red Cross Babysitting Training
April 16	Young Leaders Club 6:30pm-8:00pm
April 16	Middle School Teen Dance 8:00pm-10:00pm
April 17	Parents Night Out 6:00pm-10:00pm
April 17	Camp Open House 1:00pm-4:00pm
April 17	Healthy Kids Day
April 19-23	Week of the Young Child
April 26	Spring 2 Programs Start
May 7	Ahoy Matey! Family Night
May 15	Parent's Night Out
May TBD	Young Leaders Rally
June 4	Middle School Teen Dance 8:00pm-10:00pm
June 5	Parents' Night Out 6:00pm-10:00pm
June 17-25	School is Out – Vacation Camp
June 28	First Day of Camp!!

YFAMILY™

Many of our **Family Programs** are FREE, however pre-registration and membership may be required.

FAMILY GYM TIME (3½ - 5 yrs, enrollment with adult required)
Children and parents will have the opportunity to socialize and play in the Y Gym with various games and activities, including gymnastic equipment. Unstructured, but supervised. Child must participate with at least one parent.

Friday 9:00am – 9:45am

Location: Y Gym

FREE with Family Membership and Registration each session

MUSIC & ME! (2 – 4 yrs)

Come join in and sing classic children's songs with your youngster in this free class for all members. Instruments and the parachute will also get everyone moving and a-grooving. Parents/chaperones are required to stay. Registration is required.

Wednesday 9:00am – 9:30am

Location: Program Center

FREE with Membership

SPECIAL PARENTS NIGHT OUT (3 – 12 yrs)

(NY Eve Sleepover) 8pm – 9am Enjoy your evening ringing in the New Year while your children have their own fun evening at the YMCA's Child Care Center.

Thursday 12/31 – Friday 1/1 8:00pm – 9:00am

Location: Y Program Center (no CCC this evening – 3 & up only)
1 Child \$90, 2 Children \$150, 3 or more \$195

PARENTS NIGHT OUT (6 weeks – 9 yrs)

Enjoy an evening without the children, while the children feel like they have a play date with friends! Each month features a different theme and lots of age appropriate activities. Children 3 and older will be entertained in our gym, program center and field, while the children younger than 3 enjoy activities in our child care center. Pre-Registration is required by the Wednesday, prior to each date.

Saturdays 12/19, 1/16, 2/13, 3/20, 4/17, 5/15, 6/5 6:00pm – 10:00pm

Location: Y Program Center & Child Care Center

1 Child \$30, 2 Children \$45, 3 or more \$70/per evening

FAMILY FUN EVENTS (All ages)

Join us for a fun evening or afternoon with the entire family. Special entertainers and guests will be planned. Pre-registration required at least one week prior to some events.

BREAKFAST WITH SANTA

Saturday 12/12 9:00am – 10:00am 10:30am – 11:30am

12noon – 1:00pm 1:30pm – 2:30pm

\$35/per Family – Members (up to 2 children),

\$50/per Family – Non-Members-\$10 per additional child

WORLD FESTIVAL

Sunday 1/31 3:00pm – 6:00pm

Child Care classrooms and the After School Child Care program celebrate Cultures from around the world with Food, Festivities and Fun!

Member-Only Event

FAMILY FUN DAY

Feb. 28

Free Community Event

MAGICAL FAMILY NIGHT

Friday 3/12 7:00pm – 8:30pm

Come and enjoy a Magic show and an evening filled will fun surprises, friends and snacks.

YOUTH SPECIALTY CLASSES™

CRAZY COOKS (3 – 5 yrs)

Get your aprons on and let's get cooking. Cook your lunch and eat it too in this creative class for preschoolers. Children will learn to measure ingredients, follow recipes, experience tasting new healthy foods and acquire knowledge of healthy eating.

Wednesday 11:30am – 12:30pm

Thursday 11:30am – 12:30pm

Friday 11:30am – 12:30pm

Location: Multi-Purpose Room (MPR)

Fee: Winter \$110 Spring I \$110

MATH BLAST (3 – 5 yrs)**

Math Blast is a fun and exciting class that will teach early mathematical skills. The class will consist of number games, counting exercises, math crafts, shapes, and patterns.

Monday 9:30am – 10:15am

Location: Program Center

Fee: Winter \$95 Spring I \$95

FUN WITH PHONICS (3 – 5 yrs)**

Fun with Phonics is a great way to learn new words, expand vocabulary, and improve letter and sound recognition through songs, stories, crafts, and other activities. Children will get a grasp of the alphabet in a whole new way.

Monday 10:30am – 11:15am

Location: Program Center

Fee: Winter \$95 Spring I \$95

MUSIC & ME (2 – 4 yrs)

Come join in and sing classic children's songs with your youngster in this class. Instruments and the parachute will also get everyone moving and grooving. Parents/chaperones are required to stay.

Wednesday 9:00am – 9:30am

Location: Program Center

FREE with Membership

CREATIVE BALLET (3 – 5 yrs)

Lace up the ballet slippers and dance along in this class that is perfect for the little ballerina. Children will learn skills on the bar, coordination, and basic ballet terms.

Wednesday 10:30am – 11:15pm

Location: Program Center

Fee: Winter \$90 Spring I \$90

CRAFTY KIDS (3 – 5 yrs)

This new class will bring out the creative side of your child. They will learn about different art mediums, improve upon fine motor skills, and get messy along the way.

3 yrs Friday 9:30am – 10:15am

4-5 yrs Friday 10:30am – 11:15am

Location: Program Center

Fee: Winter \$100 Spring I \$100

BROADWAY BOUND (3 – 5 yrs)***

Sing and dance along in this musical theater class for kids. Children will learn songs, and dances that will improve coordination, rhythm, self confidence as they sing and dance to familiar Disney songs and others from the musical stage.

Tuesday 9:45am – 10:15am

Location: Program Center

Fee: Winter \$90 Spring I \$90

FUNKY DANCE (3 – 5 yrs)***

Have fun and get fit with this wacky and crazy dance class. Children will learn choreography and use their imagination to create their own dances. Coordination and rhythm will be learned through this high energy class.

Tuesday 10:30am – 11:00am

Location: Program Center

Fee: Winter \$90 Spring I \$90

YOUNG EXPLORERS (3 – 5 yrs)

This class is perfect for the little explorer. Children will strengthen skills involving: orienteering, cooperation, team work, and puzzle solving through new themed adventures each week.

Thursday 1:00pm – 1:45pm

Location: Program Center

Fee: Winter \$95 Spring I \$95

** Math Blast and Fun with Phonics Combined price: \$165

*** Funky Dance and Broadway Bound Combined price: \$155



FOR FUTURE PROGRAM INFORMATION
PLEASE VISIT OUR WEBSITE

WWW.SMOUNTAINYMCA.ORG

YOU WILL FIND OUR:

- CURRENT PROGRAM & CLASS INFORMATION
- CLASS SCHEDULING GRIDS FOR PLANNING
- CAMP REGISTRATION & REFERENCE INFORMATION
- CHILD CARE INFORMATION
- CURRENT SPECIAL FAMILY AND MEMBER EVENTS

...AND SO MUCH MORE

YOUTH SPORTS

Y-BE-FITKIDS (4 – 6 yrs)

Fitness based games and activities that encourage cooperative play and boost self esteem.

Mondays 10:50am – 11:35am

Location: Y Gym

Fee: Winter \$76 Spring I \$76

STREET DEVILS FLOOR HOCKEY (4 yrs – 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 wear a helmet with a face guard (either bring your own helmet or borrow one from the Y).** The NJ Devils and the YMCA 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 2:50pm – 3:35pm

Gr. 1-2 Tuesday 3:45pm – 4:30pm

Location: Y Gym

Fee: Winter \$76 Spring I \$76

PEE WEE TENNIS (AND ADVANCED 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. The 6-8 yr. old class is taught at the same age appropriate level as the Advanced class.)

4-5½ yrs Friday 3:50pm – 4:35pm

6-8 yrs Friday 4:40pm – 5:25pm

Location: Y Gym

Fee: Winter \$76 Spring I \$76

PRE-KARATE (4 – 5½ yrs)

Children are introduced to beginning elements of Karate. Through age appropriate activities children will learn basic Karate movements and philosophy helping them to develop their self discipline, self control and self esteem. They will learn about self defense and safety awareness. Uniforms are not required.

Wednesday 10:00am – 10:45am

Location: Y Gym

Fee: Winter \$76 Spring I \$76

NEW!!! KARATE FOR KIDS (Grade K – 4th)

Children improve their fitness, well-being, self-esteem, discipline and concentration through multi-discipline martial arts program. Program is taught by Sensei Carmen Puglio who has been teaching the martial arts in our community since 1972.

Saturday 11:10am – 11:55am

Location: Program Center

Fee: Winter \$76 Spring I \$76



KINDER SPORTS (3 – 5 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 sport skills, team play and values. Please observe age restrictions.

3 yrs Monday 9:00am – 9:45am

3 yrs Monday 9:55am – 10:40am

3 yrs Wednesday 2:05 – 2:50pm

4-5½ yrs Tuesday 9:00am – 9:45am

4-5½ yrs Wednesday 1:10pm – 1:55pm

Location: Y Gym

Fee: Winter \$76 Spring I \$76

BASEBALL SKILLS (Grades 1st – 2nd) Winter Session ONLY

The basics and the fundamentals of baseball will be taught through drills, skills, practice and fun games.

Mondays 6:30pm – 7:30pm

Location: Jefferson Elementary School Gym

Fee: Winter \$67 (no class 1/18)

SOCCER

PRE KINDER SOCCER (3 yrs)

Special version of Kinder Soccer just for 3 year olds. Basic soccer skills introduced in fun play environment.

Tuesday 9:55am – 10:40am

Wednesday 9:05am – 9:50am

Location: Y Gym

Fee: Winter \$76 Spring I \$76

KINDER SOCCER (AND ADVANCED KINDER SOCCER) (4 – 5½ yrs)

Introduction to soccer through skill games and fun. Class ends with a game. (Please note: the Advanced Kinder Soccer class is taught at the same time and place. Children are taught within the class at their own ability and matched with children of like ability during games)

Friday 3:00pm – 3:45pm

Saturday 2:00pm – 2:45pm

Location: Y Gym

Fee: Winter \$76 Spring I \$76

TIGER SOCCER (Grades 1st & 2nd)

Learn the rules, develop skills and build character in this class. Children have fun playing lots of skill-building games in an age appropriate environment.

Saturday 2:50pm – 3:35pm

Location: Y Gym

Fee: Winter \$76 Spring I \$76

KINDER BASKETBALL (4 – 6 yrs)

Introduction to basketball through skill games & fun. Please observe age restrictions.

4-5yrs Tuesday 10:50am – 11:35am

4-6yrs Saturday 3:40pm – 4:25pm

Location: Y Gym

Fee: Winter \$76 Spring \$76

YOUTH SPORTS cont.

BASKETBALL

Not only is the YMCA the birthplace of basketball, but the South Mountain YMCA has been providing the finest in youth basketball instruction and fun in the area for years. South Mountain Y is proud to offer quality basketball for all skills and needs. Coaches Dave Berry and Fred Ross will once again be providing leadership to all of our basketball programs.

YOUTH BASKETBALL LEAGUE & CLINIC (Grades 1st – 4th)

Children can participate in a fun, low-intensity basketball league where competition is not emphasized and team work, skill improvement 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. Games are at the Y Gym. A game shirt is included.

Placement evaluations for this league will be held from 4:35pm–6:05pm on the first day of the session. For the rest of the session after placement on a team, players will have an assigned 45 minute practice time during the week. Games will be at one of three times on the grade level's game day.

Grades 1st & 2nd

Evaluation - all report to Y Gym

Winter - Wednesday January 6th from 4:35pm – 6:05pm

Spring I - Wednesday March 3rd from 4:35pm – 6:05pm

Practice: Wed 4:35pm or 5:20pm or 6:10pm for 45 min

Games- Sun: 3:00pm or 3:45pm or 4:30pm

Grades 3rd & 4th

Evaluation - all report to Y Gym

Winter - Tuesday January 5th from 4:35pm – 6:05pm

Spring I - Tuesday March 2nd from 4:35pm – 6:05pm

Practice: Tues 4:35pm or 5:20pm or 6:10pm for 45 min

Games – Sat: 4:30pm or 5:15pm or Sunday 5:15pm

Location: Y Gym

Fee: Winter \$125 Spring I \$125

THE YMCA AAU TRAVELING BASKETBALL TEAMS

12 & Under - any one of proper age may tryout
(born after 9/1/97 or in the 6th grade)

14 & Under - any one of proper age may tryout
(born after 9/1/95 or in the 8th grade)

- After the conclusion of the Winter YMCA State Basketball League, there will be tryouts for the YMCA Spring Travel Teams. The teams will be involved in weekend spring tournament play. These teams will be continuing throughout the spring, playing approximately 6 weekend tournaments in North and Central New Jersey through the end of June.
- There will be open tryouts during the week of March 8th at the Y gym at dates and times to be announced. Please check our website www.smountainymca.org.
- The registration fee for the 12A team is \$245 for March 8 – June 13 (plus YMCA youth membership if not a member). After making the team you may register at the YMCA office or you may go online to www.smountainymca.org. Some scholarships are available.
- Parents are responsible for transportation to tournament games. Practice days and times will be announced.

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

LET'S GO TO GYM (Walking – 3 yrs)

Meet other children and parents. A fun-filled gym class for your toddler with your participation. Free time in our well-equipped gym followed by circle time songs.

Thursday 9:30am – 10:15am

Friday 10:30am – 11:15am

Location: Y Gym

Fee: Winter \$80 Spring I \$80

FAMILY GYM (3½ – 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. 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 – 4 yrs)

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 to drop off your child.

Monday 2:45pm – 3:15pm

Thursday 3:00pm – 3:30pm

Friday 1:50pm – 2:20pm

Saturday 9:00am – 9:30am

Location: Y Gym

Fee: Winter \$90 Spring I \$90

KINDER GYMNASTICS (4 – 5+ yrs)

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 1:45pm – 2:30pm

Thursday 10:30am – 11:15am

Thursday 2:00pm – 2:45pm

Friday 1:00pm – 1:45pm

Saturday 9:40am – 10:25am

Location: Y Gym

Fee: Winter \$105 Spring I \$105

GYMNASTICS TM cont.

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.

LEVEL I/II GYMNASTICS (6 – 10 yrs)

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 4:00pm – 5:15pm
Saturday 10:30am – 11:45am
 Location: Y Gym
 Fee: Winter \$145 Spring I \$145

LEVEL II/III GYMNASTICS (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 4:00pm – 5:15pm
Saturday 10:30am – 11:45am
 Location: Y Gym
 Fee: Winter \$145 Spring I \$145

LEVEL III GYMNASTICS (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.

Monday 4:00pm – 5:30pm
Saturday 10:30am – 12 Noon
 Location: Y Gym
 Fee: Winter \$160 Spring I \$160

TUMBLING 101 (8 – 12 yrs)

This beginner tumbling class is designed for students to learn proper stretching techniques for shoulder, hip, and split flexibility. They will also work on strength training exercises, basic jumps, and important tumbling skills including handstands, bridges, back bends, cartwheels, round-offs, and walkovers. Tumbling 101 is a great way to gain a strong tumbling foundation. Instructors are competitive team coaches.

Friday 5:45pm – 6:45pm
 Location: Y Gym
 Fee: Winter \$145 Spring I \$145

ADVANCED TUMBLING (8 yrs and Up)

Minimum skills required: cartwheel, round-off, unassisted front and back walkover.

This class allows tumblers to perfect their intermediate level skills while progressing safely to advanced tumbling skills. Tumblers will learn drills and techniques for correctly doing back handsprings, round-off back handsprings, back handspring series and front handsprings. They will also continue to improve their strength, flexibility, and jumps. Advanced tumbling is for participants who are ready to go beyond the basics!

Monday 6:00pm – 7:00pm
 Location: Y Gym
 Fee: Winter \$145 Spring I \$145

PRE-TEAM GYMNASTICS (8 – 18 yrs)

(Permission from the Gymnastics Coordinator is required.)

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. We feel strongly it is not about natural ability or "talent" of the gymnast that is important but the desire of the gymnast to be involved in the sport of gymnastics and her willingness to put forth 100% effort to achieve her goals. 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.

Choose any 2 days:
Monday & Thursday 5:00pm – 7:30pm;
Friday 5:30pm – 8:00pm

Location: Y Gym
 Fee: Winter \$285 Spring I \$285
 Please email Mary Sullivan at msullivan@metroymcas.org

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.

Practice Schedule:
Monday, Thursday 5:00pm – 7:30pm
Friday 5:30pm – 8pm

Location: Y Gym
 Please Email Mary Sullivan at msullivan@metroymcas.org

Y TEENS™

NEW CREATIVE WRITING (Grades 4th – 8th)

This class will explore the different elements and types of creative writing. Children will learn about creative writing through brainstorming, tone, poetry, song writing, and short stories. Children will have opportunities in each class to write independently and in groups. This is a five week program.

4th & 5th Grades Tuesdays 6:00pm – 7:00pm
6-8 Grades Wednesday 6:00pm – 7:00pm

Location: Multi-Purpose Room (MPR)
 Fee: Winter \$25 Spring I \$25

BABYSITTING TRAINING (11 – 15 yrs)

This popular course gives the participants the knowledge, skill and confidence to care for infants and school-age children. Training will consist of videos, activities and hand-on skill training and discussion. This course teaches how to respond to emergencies, illnesses, first aid, rescue breathing, appropriate care of children, decision-making skills and child development. Textbooks and snacks will be provided. Each individual will receive an American Cross Certification Card upon completion. Courses are held approximately once a month and often on day when schools in the district are closed.

Next offering: 2/15, 4/9 10:00am – 4:00pm

Location: Y Program Center

Members: \$95/Non-members \$145

YOUNG LEADERS CLUB (Grades 6th – 12th)

Teens interested in becoming a great leader to their peers meet at the YMCA facility on the 1st Friday of every month from October thru June. These teens will design and help implement new teen programs, while volunteering and implementing special events. Young Leaders attend special retreats, weekend rallies in the tri-state area and have an opportunity to attend free sleep away camp for leadership training. Great for job or college applications!

3rd Friday of each month (Oct-May) 6:30pm – 8:00pm

Location: Y Multi Purpose Room

Free with Teen Membership Pre-Registration

YOUTH DODGEBALL LEAGUE (Grades 4th – 10th)

NADA (Nat'l Amateur Dodge ball Association) was created as a recreational pursuit for non-traditional sport enthusiasts. Teamwork and strategy are more valuable factors in Dodge ball than athletic skill and individual competitiveness. Anyone can play! Experience is countered by enthusiasm.

Wednesday 7:00pm – 8:00pm

Location: Y Gym

Fee: \$70

TEEN BASKETBALL OPEN COURT (Grades 8th – 12th)

Pick-up games every Friday.

Friday Nights 8:00pm – 10:00pm

(not open on 1/8, 2/12, 4/16, 6/4)

Location: Y Gym

Free with Teen Membership and Pre-Registration

TEEN DANCES (Grades 6th – 8th)

A safe and fun way to spend the first Friday of each month with friends, music and special surprises. All chaperones are screened staff or volunteers.

Fridays 1/8, 2/12, 4/16, 6/4 8:00pm – 10:00pm

Location: Y Gym

FREE to Teen Members/Non-Members \$8

TEEN DANCE PARTY (Rental)

We supply the facility, DJ and staff. You get to take over our building and decorate it your way. Sweet 16's, class parties, team parties, birthdays, whatever! Renters must supply one adult chaperone for every 10 teens (age 11 – 16) up to 80 teens.

Saturdays – Various times – Prices cover 2 hours 8:00pm – 10:00pm

Location: Y Gym/Program Center

Members \$320/Non-Members \$400 – Additional Hour \$125/\$165

Y ADULT FITNESS™

NEW VINYASA YOGA

A dynamic style of yoga which involves synchronizing the breath with a progressive series of postures. The result is improved circulation, stamina, strength, flexibility and calmness of mind. Babysitting available for additional fee.

Thursday 7:00pm – 8:00pm

Location: Program Center

Fee: Winter \$75 Spring I \$75

CARDIO POWER HOUR (18 & Up)

This class utilizes a wide variety of training methods including aerobic, anaerobic, power and strength, with intervals of step kick-boxing and plyometric. Maximize your results by alternating between intervals of high intensity and intervals of recovery. All levels welcome, must be 18 years of age or older.

Monday & Wednesday 8:00pm – 9:00pm

Location: Program Center

Fee: 1 x /Week: Winter \$40 Spring I \$40

Fee: 2 x /Week: Winter \$75 Spring I \$75

ADULT BASKETBALL (18 & Up)

4x4 pick-up games. Must be among the first 16 people to play.

Sunday 10:00am – 1:00pm

Location: Y Gym

Fee: Winter \$37 Spring I \$37

ADVANCED VOLLEYBALL (18 & Up)

Recreational pick-up games for **skilled** volleyball players.

Sunday 7:30pm – 9:30pm

Location: Y Gym

Fee: Winter \$37 Spring I \$37

Y PARTIES

Birthday Parties and Facility Rentals run September through June only. Please call for availability and contract details at (973) 762.4145. Ask for a tour of our recently-renovated Programs Center and be sure to ask if you want a special themed party – we will work with you to create a party for your needs.

GYMNASTICS PARTY (3 yrs & Up)

Gymnastics with or without parent participation in our well-equipped gym designed for any age group.

Saturday 12:15pm – 1:45pm

Location: Y Gym/Multi-Purpose Room

Members \$145/Non-Members \$190

SPORTS PARTY (4 yrs & Up)

The party consists of the child's choice of sports/games led by Y Staff for the first hour, then parent-supplied refreshments are served in the multi-purpose room for the next half hour. Parent clean up is last 15 minutes.

Saturday 12:15pm – 2:00pm Members \$145/Non-Members \$190

Location: Y Gym/Multi-Purpose Room

(fees are for the first 15 children – \$8 each additional child)



We build strong kids, strong families, strong communities.

13 Jefferson Avenue Maplewood, NJ 07040

(973) 762.4145 or visit www.smountainymca.org

Office Hours: Monday 8:30am - 7:00pm

Tuesday - Friday 8:30am - 5:00pm

Camp 2010 June 28, 2010 – August 27, 2010

For complete information for both our camps and registration process, please visit www.smountainymca.org



Camp Open Houses:

Thursday, January 14 7:00pm-8:30pm

Friday, February 19 7:00pm-8:30pm

Saturday, April 17 1:00pm-3:00pm

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