



# 150 Years

1874-2024



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## FALL 2024 PROGRAM GUIDE

The Greater Morristown YMCA  
[greatermorristownymca.org](http://greatermorristownymca.org)

Session Dates:  
9.15.24 to 11.23.24

# WELCOME!

## Our Mission

The Greater Morristown YMCA, founded on Christian principles, is a charitable organization with an inclusive environment committed to enriching the quality of family, spiritual, social, mental and physical well-being.

## Stay Connected

Visit our website at the following link ([www.greatermorristownymca.org](http://www.greatermorristownymca.org)) for our most up to date information and facility perks! Sign up on our website to receive our email blasts regarding news and updates. We also post upcoming events and information on our social media accounts (@gymca). Stay in the KNOW!

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## THE GREATER MORRISTOWN YMCA STAFF

<b>PRESIDENT &amp; CEO</b>	Laure Ferrando
<b>ADMINISTRATIVE DIRECTOR</b>	Claudine Armellino
<b>AQUATICS</b>	
Aquatics Director	Alanna Van Steyn
Associate Aquatics Director	Scott Reiners
Head Swim Team Coach	Josh Wing
<b>BABYSITTING</b>	
Babysitting Supervisor	Laura Engler
<b>BUILDINGS &amp; MAINTENANCE</b>	
Maintenance	Rich Mazzocchi
<b>CAMP &amp; SCHOOL AGED CHILD CARE</b>	
Camp & School Aged Children Program Dir.	Ashley Nimmo
<b>CHILD CARE CENTERS</b>	
Exec. Director of Child Care	Jennifer Tritto
Director, Angela's Place	Beatrice Yuan
Director, Blake Center	Maria Barakat
Director, Y-Zone	Brittany Edwards
Assistant Director, Blake Center	Megan Rumble
Associate Director, Children's Corner	Amanda Brower
Associate Director, Children's Corner	Rachel DeVito
Office Manager, Blake Center	Justin Braun
<b>DATA &amp; IT</b>	
Data & IT Manager	Dawn Granata
<b>FINANCE</b>	
Finance Director	Ray Fisher
<b>FITNESS</b>	
Director of Fitness & Wellness	Kelly Schweighardt
<b>MARKETING</b>	
Program & Marketing Manager	Ashton Cillo
<b>MEMBERSHIP</b>	
Membership Director	Kim Eliades
Membership Admin. Coordinator	Rashmi Karlekar
<b>SPECIAL PROJECTS</b>	
Project Manager	Lisa Swensen

## THE GREATER MORRISTOWN YMCA BOARD OF DIRECTORS

Frank Giannantonio	<b>Chairman</b>
Allan Ehrich	<b>Vice-Chairman</b>
Ted Vogtman	<b>Treasurer</b>
Maria Di Zio	<b>Secretary</b>
Chuck Ferrando	Don Lepore
Robert Nish	Alfred B. Nunan
Eric Ricciardi	Michael Walter
	Dr. Joe Prestifillippo
	James Wood

The Greater Morristown YMCA, founded in 1874, in the Christian traditions of honesty, respect, caring and service to others, seeks to enhance the character and quality of life for all people in the community by providing activities to enrich their spiritual, mental, and physical well being. Located at 79 Horsehill Road in Cedar Knolls, our Y offers something for everyone. More than just a gym, a pool, or a place for fitness, our members experience a sense of belonging that can't be found anywhere else! We want people of all ages to enjoy and maintain an active healthy lifestyle. Take advantage of all we have to offer and make new friends while you're here!

Below are just some of our Facility Perks as a member:

- Recently Renovated Facilities (2018)
- State-of-the-Art Fitness Center
- Full Basketball Gym
- Luxurious Adult Only Locker Rooms (ages 24+)
- Family/Assistance Needed Locker Room
- Children/Young Adult Locker Rooms
- Free Babysitting (for Adult and Family Memberships)
- Picnic Grove and Playground
- 2 Cardiovascular Centers ("Circuit Rooms")
- 2 Studio Classrooms for Group Exercises
- 1/16 Mile Elevated, Indoor Cushioned Track
- Stretch Room
- 70+ FREE Fitness Classes
- Pickleball
- Boot Camp Classes
- Senior Programs
- Spin Room with 25+ bikes
- Certified Personal Trainers
- B-Board Workout® Program (fee required - only Location in NJ!)
- Pilates Reformers Training (fee required)
- Adult & Youth Personal Training (fee required)
- TRX® Training (fee required)
- 25 Meter Heated Pool w/ 6 lanes
- Whirlpool (ages 24+)
- Steam Room (ages 24+)
- Sauna (ages 24+)
- Water Exercise Classes
- Swim Lessons (fee required)

# FACILITY PERKS

## HOURS OF OPERATION

<b>Sun:</b>	<b>9am-5pm</b>
<b>Mon:</b>	<b>6am-9:45pm</b>
<b>Tues:</b>	<b>6am-9:45pm</b>
<b>Wed:</b>	<b>6am-9:45pm</b>
<b>Thu:</b>	<b>6am-9:45pm</b>
<b>Fri:</b>	<b>6am-8pm</b>
<b>Sat:</b>	<b>8am-8pm</b>

Note: Please be courteous to our closing staff and exit the building at our posted closing times.

# MEMBERSHIP INFORMATION

## NEW RATES AS OF JUNE 3<sup>RD</sup>, 2024

Membership Type	Monthly	Annual	Savings with Annual
Teen (age 12-18)	\$40	\$375	\$105
Young Adult (age 19-23)	\$45	\$425	\$115
Adult (age 24-64)	\$70	\$700	\$140
Senior (age 65+)	\$50	\$500	\$100
Senior Couple	\$75	\$725	\$175
Family	\$105	\$1050	\$210

### Family Memberships:

Defined as: two adults cohabitating as a couple and their children through age 23 residing with parents, including college students (age 18-23). For guardianship, legal documentation must be provided for children in your care upon registration.

### Monthly Memberships:

When signing up for a monthly membership it is required to pay first and last month when you join. If you are signing up online you will need to stop by the Member Services Desk to receive your membership card and have your photo taken.

### Youth 3 Month and 6 Month Memberships:

(Swim Lesson Only for ages 0-11 years)

Rates: 3-Months: \$75 or 6-Months: \$150

This membership entitles your child to register for swim classes and to enjoy Recreational Swim with an adult guest (if a guest is not a member, a guest fee will be charged).

### Membership Discounts:

We offer a Corporate Discount for Atlantic Health Employees (with valid ID, employee #, or letter from HR stating employment) and a discount for our Veterans/Active Military (with valid documentation). Please visit the Greater Morristown YMCA's Member Services Desk for more details.

### Tours:

The best way to experience the YMCA is through a guided tour. Stop by anytime during regular operating hours and one of our friendly staff will show you everything the Y has to offer.

### Financial Aid (Applications are only available/accepted May 1 to May 31):

The YMCA believes in making our services accessible to everyone in our community. To apply for financial assistance for membership, programming or childcare, ask the Member Services Desk for an application. Applicants must live in our service area.

### Annual Shutdown:

Every year, the Y may be closed for up to 10 days at the end of August/early September for major maintenance and improvements/renovations. This is considered part of your membership.

### Cancellation and Refund Policy:

The Greater Morristown YMCA requires written notice 30 days in advance of the next invoice date to cancel a membership. Membership cancellation paperwork must be submitted in person or via email. After receipt of written notification and fulfillment of the required 30-day notice, the YMCA will end the pre-authorized charges to the credit/debit card. No refund will be given for an invoice that occurs during the 30-day cancellation period.

Membership fees are not refundable. Membership participation will be active through the last day that has been paid for. YMCA memberships and programs are non-refundable and non-transferable. Lending a membership card subjects the owner to loss of membership. Memberships cannot be refunded or extended if the building is closed due to circumstances beyond our control. Please note that memberships set to expire during a program session must be renewed before class registration occurs. Membership must be current for duration of class. Any medical extensions apply only to single memberships.

### Aquatic Programs Cancellation and Refund Policy:

Those wishing to change classes may do so through the 1st week of class permitted space is available. Changes may only be made with Aquatic Administration staff. Class changes are subject to a \$15.00 or more administrative fee.

We reserve the right to cancel a class due to low enrollment. There are no credits allowed after the second week of the session. There are no make-up classes nor do we give credit for individual classes missed regardless of the reason. This includes illness, weather, holidays, etc. Participants can only attend the class in which they are registered.

# INFORMATION (CONT'D)

## Member Referral Program:

Completely fill out our member referral card, which can be found online, as well as at the front desk. Referred members must present the referral card at the time of enrollment, as we will not accept them at any other time. **Referred members will receive \$25 off their next renewal. This is for both Annual memberships and Monthly memberships. Member who made the referral will receive a one-month extension to their current membership.**

## Guest Passes:

We are offering all active Family and Adult memberships (Monthly & Annual) two Complimentary Guest Passes a month to bring a friend! Passes cannot be transferred to another membership and cannot be carried over into the next month. A Government issued photo ID is required for all guests over the age of 18. One guest per member is allowed. Only guests accompanying an active member are permitted. Member must accompany their guest at all times and is responsible for their guest. Guest day passes are available for purchase. The fees for your one guest are as follows: **\$6 for youth (up to 11), \$10 for teen (12-18), \$12 for young adult (19-23), \$15 for adult (24+), \$10 for seniors (65+), \$20 for family, and \$6 for military.** Guests under 11 **MUST** be accompanied by an adult. We have suspended guest privileges for members between the ages of 12-15 years.

## Non-Discrimination Policy:

The Greater Morristown YMCA in keeping with its mission to help all people realize their greatest potential, encourages and supports the participation of all in YMCA programs. We serve all children, families, and adults, regardless of gender, race, color, nationality, religion, ethnicity, disability, or language.

## Youth & Teen Membership Policy:

All children ages 11 and under must be supervised at all times by a member 18 or older. If the child holds the membership and an adult supervisor does not, that person must pay a guest fee. All waivers for those under 18 need to be signed by a parent/guardian in person at the Member Services Desk.

## Weather Related Closings:

Check our website and your email for weather related delayed openings, early closings, or full day closings. Please note, if there are widespread power outages, it may be impossible to update the website, phone, or email blasts.

Please contact [info@morristownymca.org](mailto:info@morristownymca.org), visit our website at [www.greatermorristownymca.org](http://www.greatermorristownymca.org) or contact the Member Services Desk at 973.267.0704 if you have any questions.

## Annual Campaign

Throughout the surrounding Morristown communities, countless people know about the Greater Morristown YMCA. But, there's so much more to our Y than one might think. From exercise to education, from aerobics to advocacy, from fitness to financial assistance, the Y doesn't just strengthen our bodies, it strengthens our minds and our communities. The Y is so much more than a gym. It's a cause - a cause dedicated to youth development, healthy living, and social responsibility. For 150 years, we've been proud to help our neighbors learn, grow, and thrive. Yet we're called to do so much more. Every day, our local communities face new challenges which create a greater need for the services we provide. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, and staff to make a difference. But we need your philanthropic support to seize these opportunities. Join us in keeping our mission going for another 150 years and donate today!

- \$50** Will provide before school care for one week during the school year
- \$135** Will provide one preschooler 11 weeks of life saving swim lessons
- \$270** Will provide two preschoolers 11 weeks of life saving swim lessons
- \$426** Will provide one week of camp for one child ages 5 - 13 during the summer
- \$852** Will provide camp at the YZONE for two children ages 5 - 13 for one week during the summer
- \$915** Will provide two weeks of infant care for a child at one of our quality childcare centers
- \$1,430** Will help a struggling family with one month of full time daycare for their preschooler

Please visit our website for details or click [here](#).



# MEMBER BENEFITS

## Baby

- Enjoy playtime in babysitting
- Enroll in parent/child swim classes
- Swim with an adult in the pool during Recreational Swim
- Enjoy the outside playground with an adult
- Attend a Family Fun Event at the Richard F. Blake Children's Center

## 3-5 Years

- Enjoy playtime in babysitting
- Learn to swim in small group classes
- Swim with an adult in the pool during Recreational Swim
- Learn to play basketball in the Happy Hoopsters YBA Program
- Enjoy the outside playground with an adult
- Attend a Family Fun Event at the Richard F. Blake Children's Center

## 6-11 Years

- Enjoy playtime in babysitting
- Learn to swim in small group classes
- Swim with an adult in the pool during Recreational Swim
- Learn to play basketball in the YBA Program
- Enjoy the outside playground with an adult
- Attend Camp Y-Zone during the summer
- Play in the basketball gym accompanied by an adult
- Join the Y's Competitive Swim Team
- Use our circuit rooms (8+ older). Must be accompanied by an adult

## Teen (12-18)

- Enjoy the Y without a parent or guardian
- Take morning, afternoon or evening Spin classes
- Participate in over 70+ FREE fitness classes
- Join the Y's Competitive Swim Team
- Walk or jog on the track
- Play basketball with friends
- Lap Swim (16+)
- Take a Lifeguard Training Class (15+)
- Enjoy Recreational Swim time in the pool
- Enroll in swim lessons
- Register for our B-Board® Classes

## Adult

- Participate in over 70+ FREE weekly fitness classes including Spin, Yoga, Zumba, and Pilates.
- Work out in any of the Fitness Rooms
- Achieve a fitness goal with Personal Training or Pilates Reformer Training
- Swim laps, take a water aerobics class, or enjoy Recreational Swim
- Relax in the Sauna, Whirlpool, or Steam Room (ages 24+)
- Play basketball during open gym or join a pick up game during our Adult Noontime Basketball
- Play Pickleball with friends
- Run or walk on the indoor track
- Enroll in swim lessons
- Register for our B-Board® Classes
- Register for our TRX® Classes

## Active Older Adult

- Make new friends!
- Participate in over 70+ FREE weekly fitness classes including Chair Yoga
- Work out in any of the Fitness Rooms
- Achieve a fitness goal with Personal Training & Pilates Reformer Training
- Swim laps, take a water aerobics class, or enjoy Recreational Swim
- Relax in the Sauna, Whirlpool, or Steam Room (ages 24+)
- Play basketball during open gym
- Play Pickleball with friends
- Run or walk on the indoor track
- Enroll in swim lessons
- Register for our B-Board® Classes
- Register for our TRX® Classes

Questions about Memberships?  
Please contact the Member Services Desk at  
973.267.0704

Fitness Questions?  
Please contact Kelly at  
973.267.0704 ext. 128

# MEMBER ENGAGEMENT

The Greater Morristown YMCA prides itself on providing numerous member engagement opportunities throughout the year, including:

## Guest Incentive starting September 1st!

One free day pass to a guest that comes in with a member. (19+)

If that guest joins they get \$25 off their next renewal. Member that brought them in receives one month added onto their membership.

## Monthly Membership Raffle!

Free 5-day Trial Pass offered in the month of October.

If you join after the 5 days you're automatically enrolled in our Monthly Membership Raffle for November.

## Complimentary Guest Passes Adult, Family, and Senior Memberships (2 a month)

Fall American Red  
Cross Blood Drive

Bring in a free  
guest during the week  
of Thanksgiving!

This extra member perk will run from Sunday 11.24 to Saturday 11.30. If your guest joins they get a YMCA t-shirt!

Monthly  
Free Senior  
Coffee Chats in  
Our Lobby!

# YMCA CHILDCARE

## Angela's Place

6 Saddle Road Cedar Knolls, NJ  
(Morris School District Preschool Expansion Program)

Angela's Place was named after Angela Lepore, a champion for the education of young children. A volunteer and contributor for many years, Angela was the loving wife of our long-time board member, Don Lepore. Both Angela and Don saw the rising need for childcare back in the 1980s when more and more women were heading back to the workforce and needed quality childcare.

Opened in September 2020 for the 2020/2021 school year, Angela's Place is managed and operated by the Greater Morristown YMCA. A satellite extension of the Richard F. Blake Children's Center, located just around the corner, Angela's Place offers preschoolers ages 3-5 a top notch education in an 8,000 squarefoot environment. Angela's Place is a result of a partnership between the Greater Morristown YMCA and the Morris School District (Morristown / Morris Township) to offer FREE preschool for eligible 3 and 4 year olds residing in either Morristown or Morris Township.

### Center Highlights:

- Three preschool classes
- Certified P-3 teacher in all classes
- Follows the MSD school calendar (September - June)

Enrollment at Angela's Place is through the Morris School District and is awarded on a LOTTERY BASIS.

For more information, please contact the Morris School District Office at: 31 Hazel St, Morristown, NJ 07960  
P 973.292.2300



## The Richard F Blake Children's Center

65 Horsehill Road, Cedar Knolls NJ  
P 973.984.2255



Ages: 6 weeks - 5 years  
Days: Monday - Friday  
Hours: 7:00am - 6:00pm

Founded in 1988, the Richard F. Blake Children's Center is a premier childcare center in the state of NJ. Newly renovated in September 2021!

- 20,000 square foot facility in a park-like setting with an indoor Lil' Honey Gym and large outdoor playgrounds ([expanded the outdoor play area in Spring 2024!](#))
- Certified teacher in every classroom, low child to teacher ratio, average teacher tenure of 10.5 years
- Since 1993 the Blake Center has been NAEYC accredited ([Newly reaccredited in 2023!](#))
- Staff trained in NJ State Preschool Core Curriculum; utilizes State-approved Creative Curriculum
- Tuition includes: discovery science, sports skills, music, swimming lessons at the YMCA (for Preschool 2 & 3; must be potty-trained), healthy snacks served daily, pizza lunch Friday for our preschoolers
- Camera and door buzzer systems for your child's safety
- Additional activities: dance, field trips, parenting workshops and family friendly events.

## The Children's Corner

475 South Street, Morristown, NJ  
P 973.593.2450



Ages: 6 weeks to 5 years  
Days: Monday - Friday  
Time: 6:30am - 6:00pm

Facility is **ONLY** open to employees of Atlantic Health, attending physicians, and their staff. Since 1996, Children's Corner has provided full-day care and education for the children of Atlantic Health employees.

- 25,000 square foot facility on the Corporate Atlantic Health campus has professional security and provides a safe and nurturing environment
- Certified teachers in every classroom and small group sizes
- Spacious, shaded outdoor playgrounds and indoor playroom
- NAEYC Accredited since 1998
- Utilizes state-approved Creative Curriculum
- Additional activities include: weekly swim lessons at the YMCA (starting in PS II)
- Additional activities throughout the year include field trips, music, dance, sports skills
- Tuition includes a nutritious lunch and snacks

Atlantic Health employees may call 973.593.2450 for more information.



## Before/After School Care (Morris Plains)

The Greater Morristown YMCA understands how critical it is that young people spend their before and after school hours in a productive and safe manner. Both our before and after school programs provide quality care for your child. Ours is an enrichment program with experienced directors and counselors who are invested in your child's well-being. We provide healthy snacks, homework assistance, sports/games, arts & crafts, and so much more! Registration is required; space is limited.

### Before School Care:

Starts at 7:00am

- Mountain Way School (on-site)
- Borough School (held at Mountain Way; transportation is provided to Borough)

### After School Care:

Children must be picked up by 6:00pm

- Mountain Way School (on-site)
- Borough School (on-site)

Detailed program information for the 2024 – 2025 school year is posted on our website at: [www.greatermorristownymca.org](http://www.greatermorristownymca.org).

## The Y-Zone

25 Saddle Road Cedar Knolls, NJ  
(Morris School District Preschool Expansion Program)

Built in 2016, the Y-Zone is a 6,000 square foot facility, situated on three acres of park-lined grounds, and located on a cul-de-sac. Opening as a preschool this September 2024 for the 2024/2025 school year, the Y-Zone is managed and operated by the Greater Morristown YMCA. Featuring a gymnasium and two large classrooms, this facility is the perfect environment for your preschooler to learn and thrive. The Y-Zone offers preschoolers ages 3-5, that reside in either Morristown or Morris Township, a top notch education. We are excited to welcome our inaugural class this fall!

### Center Highlights:

- Two preschool classes
- Certified P-3 teacher in all classes
- Follows the MSD school calendar (September - June)

Enrollment at the Y-Zone is through the Morris School District and is awarded on a LOTTERY BASIS.

For more information, please contact the Morris School District Office at: 31 Hazel St, Morristown, NJ 07960 P 973.292.2300

# YMCA CHILDCARE

## YMCA Drop Off Babysitting

### Free Babysitting While You Work Out

For children ages 8 weeks to 11 years, The Greater Morristown YMCA (79 Horsehill Road, Cedar Knolls, NJ) offers quality drop-in childcare at no cost to our members. Please note that this service is only for parents/guardians who are using the fitness or aquatic facilities and **they MUST remain on site at all times.** This is perfect for parents who are working out or must be with another child for a parent/child class such as Skips swimming or a toddler class. **There is a firm 60 minutes time limit. Parents/Guardians are not permitted to stay with their children, this is a drop off service only.** If your child is sick, we kindly ask you to refrain from bringing them into the facility. Guests are not permitted to use this service.

### Hours:

Monday - Sunday: 9:00am-12:00pm

Monday - Thursday: 4:30pm-7:30pm



# UPCOMING EVENTS

## September

- 1<sup>st</sup>** Annual Shutdown – The YMCA will be closed for final touch ups due to our annual cleaning.
- 2<sup>nd</sup>** Labor Day – We will be closed in observance of this federal holiday.
- 9<sup>th</sup>** Annual Charity Golf Outing – See our website for more information and how you can be a part of this charity event. More information can also be found on the back of this brochure.
- 24<sup>th</sup>** Youth Basketball Association Registration Opens – Online Only, @ 9am. For more information, please see page 24 of this brochure.

## October

- 5<sup>th</sup>** Pickleball for the Cure Tournament – @ the Y, 9am–5pm. Registration is required through our online registration system. All proceeds go towards The Carol G. Simon Cancer Center. This tournament has limited spots available. Please check online for full details as we get closer to this event. Open to GMY Members and Non-Members.
- 12<sup>th</sup>** American Red Cross Blood Drive – @ the Y-Zone from 9am–2pm. Registration is required through the Red Cross’s Blood Drive Portal. Visit their website for details.
- 26<sup>th</sup>** YMCA Open House – @ the Y, 11am – 3pm. Come tour the facility during this family fun event!  
  
Pumpkin Plunge – @ the Y, 1pm to 3:45pm. This is our annual floating pumpkin patch in our pool. Registration will be required for this event. Check our website as we get closer to this event for more details.

## November

- TBA** Thanksgiving Turkey Drive – @ the Y, 10am – 1pm. All non-perishable food donations will be going towards the InterFaith food Pantry. This is a drive and drop system. You won’t even have to get out of your vehicle!
- 26<sup>th</sup>** Winter 2025 Swim Lessons Registration Opens – Online Only, @ 8am.
- 28<sup>th</sup>** Thanksgiving Bootcamp – @ the Y (outside, weather permitting), 7:30am. Register for this free public bootcamp that runs the morning of Thanksgiving. Tone up for Turkey Day!  
  
Thanksgiving – The YMCA will be closed for Thanksgiving. We wish all our friends who celebrate a happy and healthy holiday!

This schedule is subject to change! Please check our website, [greatermorristownymca.org](http://greatermorristownymca.org), for our News and Events sections on the home page!

# PERSONAL TRAINING

## Introduction to Personal Training:

Are you tired of working out and not getting results? Have you been curious about our Personal Training program? GMYMCA personal trainers are here to help you reach your fitness goals. Your certified trainer will keep your workouts challenging and keep progressing each session to meet your current fitness level and improve your overall health. We would like to help you achieve your goals. This package consists of 3 private 1 hour (or 6 half hour) sessions with a Certified Personal Trainer for only \$150. Please note: this program is for members NEW to personal training at the Greater Morristown YMCA. Before starting any new fitness routine it is important to consult your doctor. Prices are based per hour.

## PERSONAL TRAINING RATES

### Adult Personal Training Rates (Individual) Ages 20+:

Packages may be broken into 30-minute sessions under the same hourly price structure.

1-10 Hours: \$60/hr • 11-20 Hours: \$55/hr • 21+ Hours: \$50/hr

### Student Personal Training Rates Ages 10 - 19:

Packages may be broken into 30-minute sessions

1-4 Hours: \$50/hr • 5 Hours: \$225 Package • 10 Hours: \$400 Package • 20 Hours: \$650 Package

### Group Personal Training Rates (up to 4) Ages 10+:

Packages may be broken into 30-minute sessions under the same hourly price structure.

1-10 Hours: \$65/hr • 11-20 Hours: \$60/hr • 21+ Hours: \$55/hr

## GMYMCA Personal Trainers:

Trainers will help you get maximum results in minimum time with a program designed specifically for you. If you are just getting started, try out Introduction to Personal Training. Please contact our Fitness Director, Kelly in order to purchase training sessions at the Front Desk. Our trainers have national Personal Training Certifications through professional organizations such as the American Council on Exercise (ACE), the Athletics and Fitness Association of America (AFAA), American Sports and Fitness Association (ASFA); National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), and the Personal Training Institute of America (PTI). They are also certified in CPR and AED.

## Fit for Fall Personal Training Special

For the month of October, the Fitness Department is offering a Personal Training discount to our members. Special is valid for purchase from October 1st, 2024 to October 31st, 2024. One purchase per member. Packages cannot be transferred to another members.

3 hours (or 6 1/2 hours) of Personal Training for \$150.00

Purchase is valid for one year from purchase date. Please contact our Fitness Director, Kelly, at 973.267.0704 ext. 128 so that she can add a note to the system before you purchase the hours.

**NOTE: Limited Availability for Members that are new to the Personal Training Program**

# FITNESS CLASSES

The Greater Morristown YMCA is happy to offer a range of indoor and outdoor fitness classes for our members. You must have an ACTIVE Greater Morristown YMCA Membership in order to participate. For the most up to date schedules and classes, please check the schedules on our website, [greatermorristownymca.org](http://greatermorristownymca.org). Not sure where to begin? Contact Kelly, our Fitness Director, and she will be more than happy to guide you to the classes geared more for your comfort level. Kelly can be reached at: 973.267.0704 ext 128.

## LOW IMPACT CLASSES

**CHAIR YOGA:** A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Seated and standing postures are designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**EASY RIDER SPIN:** A spin class but the cycling ride is designed to be relaxed and low intensity.

**LINE DANCING:** A choreographed dance in which a group of people dance along to repeating sequence of steps while arranged in one or more lines or rows.

**LOW IMPACT CARDIO/CORE:** Basic cardio / core / strength class that is not hard on the body, especially the joints, and can be a great way to get in a heart-pumping workout while reducing the risk of injury.

**PILATES:** A system of exercises designed to improve strength, flexibility, posture, and enhance mental awareness. Classes help create a leaner, stronger look.

**PILATES BARRE:** Combines the practice of Pilates and Yoga to help you build strength, lose weight, and increase flexibility.

Please feel free to view the schedule on our website, or pick up a paper schedule at the Member Services Desk.

**PIYO:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.

**POWER YOGA:** Power yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa style Yoga with its emphasis on strength and flexibility.

**YOGA:** Spiritual and ascetic discipline, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

**VINYASA YOGA:** Vinyasa is an approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, though the specific poses and the pace of the flow vary.

### Class Cancellation and Refund Policy:

The YMCA reserves the right to cancel a class and to make schedule changes when necessary. We reserve the right to cancel a class if the minimum number of participants has not been reached. It is only under these circumstances that a refund or credit will be issued for a paid class. Credits will expire one year from issue.

# FITNESS CLASSES

## MID TO HIGH IMPACT CLASSES

**BARRE FUSION:** Barre fusion is a fusion of Pilates, ballet and strength training. Exercises will focus on the core, bottom and inner thighs to achieve long, lean muscle tone and also give that booty a pop!

**B-BOARD® – Fee Based Class:** Created in 2018, B-BOARD® WORKOUT is the new dry land small group fitness program inspired by paddle boarding, mixing different types of techniques such as H.I.I.T, Pilates and Yoga.

**BODYWEIGHT BLITZ:** This class is designed to give an all over full body toning without using equipment...only your body! The class is a mix of body conditioning, strength, toning and core.

**BOOTCAMP:** Get in line with this high intensity bootcamp class that will have you saying, "Yes, Sir! / Yes, Madam!" to a vigorous and powerful workout. You'll be sweating during the warm-up! Camo attire optional!

**BOXING & BOOTCAMP:** Increase your speed, agility, and strength and prepare to sweat in this bootcamp style interval training and boxing class.

**CARDIO INTERVAL CORE / CARDIO STRENGTH & CORE:** Total body workout. Uses a combination of cardio strength and core exercises.

**CARDIO STEP INTERVAL & CORE/STEP & ABS:** High intensity step aerobics. Step up, down, and around the platform in different patterns to boost your heart rate and strengthen your muscles.

**EXPRESS BUTTS AND GUTS:** This 30-minute class is a workout for your butt and gut! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted workout.

**HIIT:** Shift your workout into overdrive with this high intensity interval training class that combines grueling, all-out work efforts with brief recovery periods to provide a total body workout with maximum results.

**KICKBOXING:** Easy to follow, drill based kickboxing exercises set to music. This class is designed to elevate your heart rate as you challenge your muscles and mind.

**KICK, JUMP, AND PUMP:** This interval class has a combination of kickboxing, cardio/hiit, and weights.

**STRENGTH TRAINING / SUPER STRENGTH / STRENGTH & ENDURANCE:** Sculpt muscle and burn body fat with this blend of strength training class utilizing a variety of equipment.

**STRONG:** Strong combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**SPIN:** Put the pedal to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music.

**SUPER SCULPT / STRENGTH & SCULPT:** Whole body muscle conditioning class that uses external weight or resistance or your own body weight to strengthen and tone the muscles.

**TRX® (Total Resistance Exercises) – Fee Based Class:** A form of suspension training that uses body weight exercises to develop balance, core stability, flexibility, and strength. The TRX® Suspension trainer is used as a tool throughout the training session to challenge your core to stabilize your movements against the force of gravity.

**ZUMBA:** Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance workout designed to tone your body from head to toe.

**ZUMBA / STRENGTH:** This class combines the fun dance moves of Zumba with the addition of light weight toning for a well-rounded cardio toning workout.

**ZUMBA TONING:** This class incorporates light weights for toning and resistance training.

# TRX® PROGRAM

## FALL 2024 TRX CLASSES

**8:15 – 9:00am with Kelly or 9:15 – 10:00am with Kimberly**

Session 1 classes will run from 9.18.24 to 10.23.24. Session 2 classes will run from 11.6.24 to 12.11.24.

**\$65.00 for one 6-week session (must have at least 3 registrants to run the program)**

The registration for each session must be completed individually. Registration is required (5 Registrants Max).

**Registration closes at noon the day prior to the session beginning. Sign Up Today!**

Registration can be found through your membership portal under programs. You must be a member to sign up for this program. If you have any questions, please call the Membership Desk at 973.267.0704. If you wish to speak to Kelly, our Fitness Director, specifically, her extension is 128.

Below Photo: TRX® Demonstration



### **Pilates Reformer (Private & Semi-Private):**

Pilates Reformer training is ideal for anyone from the beginner to advanced devotee. The Pilates Reformer is a piece of equipment with a bed like carriage that utilizes springs and cables to support the body in various positions. It assists you through more challenging exercises and adds resistance to easier moves. One hour sessions with a certified personal trainer for groups up to 2 are scheduled at the convenience of all parties.

# of Sessions	Individual	Group of 2
1-5	\$65 per hour	\$100 per hour
6-10	\$60 per hour	\$95 per hour
11-15	\$55 per hour	\$90 per hour
16+	\$50 per hour	\$85 per hour

### **Power Plate:**

Pressed for time? Want to maximize your workout? Try a Power Plate session. It's your normal routine on high speed that gives your muscles an incredible workout. Each session is 30 minutes. Some health restrictions apply.

Fee: \$75 for 3 sessions or \$150 for 10 sessions

# B-BOARD® WORKOUT PROGRAM

Created in 2018, B-BOARD® WORKOUT is an innovative and unique balance board that replicates the movement of a paddle board on the water, developing stabilizing muscles, improving balance and increasing core strength.

## Dates Offered

**September Session: 9.10.24 – 10.3.24 • October Session: 10.8.24 – 10.31.24**

**November Session: 11.5.24 – 11.27.24** (last Thursday class will be on Wednesday the 27th due to Thanksgiving)

**December Session: 12.3.24 – 12.19.24** (3 week session only – pricing will be prorated for the shortened session)

## Class Fees

\$40 a Session for 1 Class a Week (\$10 a Class)

\$60 a Session for 2 Classes a Week (\$7.50 a Class)

Drop-In Option: \$15 per class



## Registration:

This program will require registering through your online membership portal. Registration for all sessions is open. Registration for our September Session will close 9.9.24 at noon. Registration for our October Session will close 10.7.24 at noon. Registration for our November Session will close 11.4.24 at noon. Registration for our December Session will close 12.2.24.

## Questions About Signing Up?

Please feel free to reach out to Kelly, our Fitness Director at 973.267.0704 ext. 128 if your schedule changes from week to week. Kelly will work with you on making sure you will make up any classes missed within a session. Also, if you are interested in trying one free class, please contact Kelly!



Each of our classes focuses on building a strong core and improving your overall balance.

The classes run about 45 minutes and get you burning calories from the moment you start!



# WELLNESS INFORMATION

## Parkinson's Wellness:

We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build power, strength, and flexibility with exercise.

P.E.P for Wellness is designed to empower those living with Parkinson's disease and other chronic diseases. This program is designed to optimize physical function and help delay the progression of symptoms.

We are striving to aide in enhancing daily quality of life by building power, strength, flexibility, balance, and gait.

**NOTE:** Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace

Some Types of Exercise Best for Parkinson's:

**Aerobic** – e.g. brisk walking, stationary cycling – activities that get the heart pumping.

**Strengthening** – e.g. using weights or resistance bands- to improve muscle strength.

**Balance & Flexibility** – e.g. boxing, yoga, chair yoga – exercises that help you be more steady on your feet.

We have many classes on the fitness schedule that you can participate in to help you feel and function better.

## Healthy Heart Wellness:

What happens after cardiac rehab? After you complete your last cardiac rehab session you move to your final phase of cardiac rehabilitation: independent and ongoing conditioning. If you have participated in the previous phases of your rehab you should have excellent knowledge about your specific condition, risk factors and strategies to maintain heart health. Independent exercise and conditioning are essential to maintaining optimal health and preventing possible future cardiac problems. Starting small and steadily building your program over time will help to set you up for success.

We offer a variety of classes and programs that can help keep your workouts from being the same every time. A group setting is also a great way to hold yourself accountable while exercising.

## Not Comfortable In a Group Setting?

We offer one-on-one personal training with one of our certified Personal Trainers. Trainers can help you become familiar with equipment, design specific workout routines, and monitor your blood pressure. Working one-on-one might reduce anxiety, improve confidence and prepare you to set realistic goals while getting back to exercise in a safe way.

## Multiple Sclerosis Wellness:

People with Multiple Sclerosis can exercise. With some of the common symptoms of MS, such as fatigue and declining strength and coordination, it may make the prospect of exercise daunting. Studies show that the benefits of exercise far outweigh the challenges if you have MS – as long as you remember that moderation is essential.

**The best MS exercises are aerobic exercises, progressive strength training, balance training, and stretching.**

Exercise can improve your fitness, endurance, and strength in your arms and legs and can give your mood a boost. Anyone with MS can modify an exercise routine to meet his or her needs. Just remember to work within your range of ability and not to overdo it. We offer a variety of classes that may help to create a routine that fits your capabilities and schedule.

**Lo Impact Aerobics:** Lo Impact aerobics are dynamic exercises that increase the heart rate. This form of exercise is especially good for improving lung capacity, strengthening core muscles, and improving balance, and coordination.

Additionally, using equipment like the Recumbent bikes and Nu Step may assist those with limited mobility to perform high repetition exercises to improve lost motor skills.

**Water Aerobics:** Water aerobics is both aerobic and resistance training exercise. You can raise your heart rate due to constant motion, but the water is a force for you to work against, providing resistance and the buoyancy makes it easier for you to move. Water aerobics is one of the best exercises an individual with MS can do.

**Progressive Strength Training:** Progressive Strength Training can improve muscle strength, posture, and balance. During a progressive strength training program, people start with light weights and minimal repetitions. They slowly increase the amount of weight or the number of repetitions as they build more muscle over time. This can help prevent overworking of the muscles, which can result in worsening symptoms.

**Balance Training:** Balance training involves performing exercises that will focus on controlling your posture. Practicing balance exercises is crucial in order to help reduce the possibility of falls.

**Yoga:** Yoga combines breath and movement. A gentle type class is wonderful for stretching. Doing some form of yoga daily can help improve balance, range of motion, and help with muscle spasms.



# BASKETBALL & PICKLEBALL

## Basketball



**Noon Basketball:** This is for players 21 and over. Come and enjoy playing the sport you love with others! Build relationships, exercise, and develop a healthier lifestyle. Noontime basketball is for those looking to play in a pickup game with other basketball players. Noon Basketball is offered Monday - Friday.

**Open Basketball:** Members 11 and under must be accompanied by an adult. Shoot hoops or play friendly games with others who are willing to join in! Open Basketball is offered at a variety of times, and 7 days a week.

**Family Basketball:** Reserved for Families with Children under the age of 12 to play and practice basketball skills. Family Basketball is offered on weekends.

**Please check our website for an up to date Basketball Gym Schedule.**

## Pickleball

Pickleball is one of the fastest-growing sports in the United States. It combines elements of badminton, tennis, and ping pong. It is played with solid paddles and a perforated ball, similar to a whiffle ball, and is played on a solid court with a low net.

It is a great game for all ages and abilities and provides a cardio workout, as well as balance and eye-hand coordination training. The Pickleball group at the Y enjoys the social benefits and friendly competition.

Players are encouraged to wear athletic attire that allows for easy movement and sneakers or non-marking shoes. Tennis shoes are recommended as they provide the best stability for side-to-side movement.

**Pickleball is offered at different times in our Basketball Gym. Please check our website for an up to date Pickleball Schedule.**



# PICKLEBALL INSTRUCTION

BE-LEAF IN YOURSELF THIS FALL AND REGISTER FOR OUR PICKLEBALL INSTRUCTION AT THE Y!

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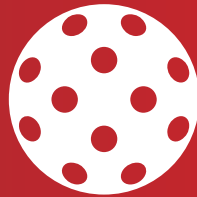
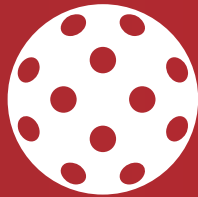
What is pickleball? Pickleball is a fun paddle game that combines elements of badminton, tennis, and table tennis while volleying back and forth to score points. There's a reason so many players get hooked on this sport – it's easy to start, but hard to stop. Pickleball is a sport for everyone!

**Beginner Class** – Learn all about the rules, scoring, court positioning, different types of shots and game play. Paddles will be provided, but you may bring your own. Court shoes required.

**Advanced Beginner Class** – These sessions will focus on more advanced strokes and strategies for winning pickleball. Focus will include a mix of drills and game play. Paddles will be provided, but you may bring your own. Court shoes required.

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Our Instructor Johnnia is a PPR Certified Pickleball Coach with a love and passion for the sport. Background includes 5+ years pickleball playing experience, Pickleball Leagues and Tournament Play as well as providing group, semi and private instruction to beginner, advanced beginner and intermediate players.



## Session Dates This Fall:

9.9.24 to 10.7.24, 10.21.24 to 11.18.24, & 11.25.24 to 12.23.24

Our hour long instruction classes will be held weekly on Mondays. The **Beginner classes** will be at 7am and 8am. The **Advanced Beginner classes** will be at 9am and 10am. All classes will take place in the YMCA Basketball Gym (79 Horsehill Road, Cedar Knolls, NJ).

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**Fee:** Members (18+): \$100 per session

**Registration:** Required and must be done through our membership portal. For any questions regarding registration, please call our member services desk at 973.267.0704. There is a two person minimum for each of these classes to run, and a four person maximum.

**Other Information:** For any and all other questions regarding this program, please contact Kelly, our Fitness Director at: 973.267.0704 ext. 128.

Our next Pickleball Tournament is October 5th, 2024.  
Online registration will open 9.1.24. Space is Limited!

# AQUATICS

## CLASS INFORMATION FOR SWIM LESSON REGISTRATION:

- Session Dates: 9.15.2024 – 11.23.2024
- Registration for lessons opens online on Tuesday, August 20<sup>th</sup>, 2024 at 8:00am
- Registration stays open to register until Saturday, September 7<sup>th</sup>, 2024
- Classes are once per week
- An evaluation is required to register for all levels with the exception of our beginner levels: Skips, Pikes, Polliwog 1, and Intro to Swimming.
- For more information or to schedule an evaluation, please call 973.267.0704 ext. 115 or email [swim@morristownymca.org](mailto:swim@morristownymca.org)
- If you need help accessing your membership account, or need us to set you up with an online account, please reach out to the Member Services Desk at 973.267.0704 and we will be happy to help you.

## Parent & Child Lessons (\$130.00)

These programs are for children aged [6 months to 3 years old](#). Parent must accompany the child in the pool for the entire lesson. Our teaching staff will work with you to teach your children water acclimation skills and the beginning stages of water movement. These beginner programs do not require an evaluation to participate. Any child that is not toilet trained **MUST** wear a swim diaper and rubber/plastic pants under their swimsuit. Plastic pants are available for purchase at the Member Services Desk.

Class	Day	Time
Skips 1*	Saturday	9:35am – 10:05am
Skips 2*	Saturday	10:10am – 10:40am
Skips 1 & 2*	Tuesday	6:00pm – 6:30pm
Tadpoles	Saturday	9:00am – 9:30am

## Preschool Lessons (\$130.00)

These lessons are for our novice level swimmers [ages 3–5 years](#). In these classes, skills will vary from water acclimation skills, water movement and the beginnings of stroke development. Aside from our Pike classes, these classes require an evaluation to register. The instructor for these classes will be in the water with students.

Class	Day	Time
Pikes*	Monday	4:00pm – 4:30pm
Pikes*	Monday	4:30pm – 5:00pm
Pikes*	Monday	5:10pm – 5:40pm
Pikes*	Tuesday	4:00pm – 4:30pm
Pikes*	Tuesday	5:45pm – 6:15pm
Pikes*	Wednesday	4:00pm – 4:30pm
Pikes*	Wednesday	5:10pm – 5:40pm
Pikes*	Saturday	8:50am – 9:20am
Pikes*	Saturday	10:00am – 10:30am
Eels	Monday	4:00pm – 4:30pm
Eels	Monday	4:35pm – 5:05pm
Eels	Monday	5:45pm – 6:15pm
Eels	Tuesday	4:00pm – 4:30pm
Eels	Wednesday	4:00pm – 4:30pm
Eels	Wednesday	5:10pm – 5:40pm
Eels	Thursday	4:00pm – 4:30pm
Eels	Thursday	6:00pm – 6:30pm
Eels	Saturday	10:45am – 11:15am
Rays/Starfish	Tuesday	4:35pm – 5:05pm
Rays/Starfish	Thursday	5:25pm – 5:55pm



**NOTE:** For those that are new to our program we have the Swim Program Registration membership type option for registration. This to **ONLY** be used to REGISTER for a YOUTH SWIM PROGRAM for a PARTICIPANT who does not have an active membership AT THIS TIME (a paid membership will be REQUIRED if the participant gets into the program.) It can **ONLY** be used to register for a SWIM PROGRAM. This Swim registration will become inactive prior to the first day of the program. A PAID MEMBERSHIP IS REQUIRED to be in the class.

\*Beginner level. An evaluation is not necessary for this class.

# AQUATICS

## PreProgressive Lessons (\$130.00)

These lessons are for our novice level swimmers [ages 6-12 years](#). In these classes, skills will vary from water acclimation skills, water movement and the beginnings of stroke development. Polliwog 2 classes require an evaluation to register. The instructor for these classes will be in the water with students.

Class	Day	Time
Polliwog 1*	Monday	4:00pm - 4:30pm
Polliwog 1*	Monday	4:35pm - 5:05pm
Polliwog 1*	Tuesday	5:10pm - 5:40pm
Polliwog 1*	Wednesday	4:35pm - 5:05pm
Polliwog 1*	Thursday	4:00pm - 4:30pm
Polliwog 1*	Thursday	6:00pm - 6:30pm
Polliwog 1*	Saturday	8:15am - 8:45am
Polliwog 2	Monday	6:00pm - 6:30pm
Polliwog 2	Tuesday	4:35pm - 5:05pm
Polliwog 2	Wednesday	4:35pm - 5:05pm
Polliwog 2	Thursday	4:00pm - 4:30pm
Polliwog 2	Thursday	4:35pm - 5:05pm
Polliwog 2	Saturday	9:25am - 9:55am
Polliwog 2	Saturday	10:35am - 11:05am



## Private Swim Lessons

In this program, instructors work with students one-on-one to improve technique and build stamina and strength in the water. This program is perfect for swimmers who do not do well in a group environment, nervous swimmers, or swimmers who need a few lessons to push them to the next level. This program is **Wait-List Only**. Availability is limited and is scheduled based on pool space. To join the waiting list email: [swim@morristownymca.org](mailto:swim@morristownymca.org).

## Progressive Lessons (\$180.00)

These lessons are for our intermediate and advanced level swimmers [ages 6-12 years](#). In these classes, swimmers will refine their swimming abilities, continue to learn new strokes and work on their endurance. These classes require an evaluation to register. The instructor for these classes remains on the pool deck.

Class	Day	Time
Guppy	Monday	5:10pm - 5:55pm
Guppy	Thursday	4:35pm - 5:20pm
Guppy	Saturday	8:10am - 8:55am
Minnow	Tuesday	5:10pm - 5:55pm
Minnow	Thursday	4:35pm - 5:20pm
Minnow	Saturday	11:20am - 12:05pm
Fish/Flying Fish	Wednesday	4:15pm - 5:00pm
Fish/Flying Fish	Thursday	5:10pm - 5:55pm
Fish/Flying Fish	Saturday	12:00pm - 12:45pm
Stroke Clinic	Saturday	11:10am - 11:55am

## Adult & Teen Lessons:

Our Adult lesson program is perfect for any adult who is looking to improve their swimming abilities. These particular classes are geared towards swimmers [aged 13 years and older](#). All classes with the exception of our Introduction to Swimming class require an evaluation prior to registration. To set up an evaluation, please call 973.267.0704 ext. 115 or email [swim@morristownymca.org](mailto:swim@morristownymca.org).

Class	Day	Time	Price
Intro to Swimming*	Sat.	8:25am - 8:55am	\$130.00
Intro to Swimming*	Sat.	9:00am - 9:30am	\$130.00
Intro to Swimming*	Sat.	9:35am - 10:05am	\$130.00
Beginner	Sat.	10:10am - 10:40am	\$130.00
Intermediate	Sat.	10:45am - 11:30am	\$180.00
Advanced	Sat.	11:35am - 12:20pm	\$180.00

# AQUATICS PROGRAMS

## GMY DOLPHIN SWIM TEAM 2024 - 2025

### About the Team:

The Dolphin Swim Team is the ideal environment in which your child can have fun while swimming competitively. This healthy, lifetime sport promotes team spirit as well as individual success. Our Head Coach, Josh Wing, has over 20 years of experience when it comes to training competitive swimmers of all ages. Josh, as well as, the entire coaching staff, are committed to the YMCA's mission of developing well-rounded individuals who enjoy competition and good sportsmanship. The Dolphin Swim Team concentrates on technique, strength and endurance throughout regularly attended practice sessions.

### Pre-Competitive Programs 2024 - 2025:

These programs are for swimmers with competitive aspirations. Our coaching staff will work with advanced level swimmers to refine their strokes and work on speed and endurance. All participants must be evaluated prior to registration. An evaluation may come in the form of a progress report or an individual evaluation. If you are interested in either Dolphin Club or Pre-Team, please email [swim@morristownymca.org](mailto:swim@morristownymca.org) for more information.

#### Fitter Faster Clinic

**Dates:** 9.19.24 - 3.13.25

**Practice:** Thurs. - 5:25 to 6:25pm

**Member Fee:** \$340.00

#### Dolphin Club

**Dates:** 9.18.24 - 3.12.25

**Practices:** Wed. 5:30 to 6:30pm & Sun. 4:00 to 5:00pm

**Member Fee:** \$680.00

#### Pre-Team

**Dates:** 9.20.24 - 3.14.25

**Practices:** Fri. 5:30 to 6:30pm & Sun. 5:00 to 6:30 pm

**Member Fee:** \$735.00

### Adult Water Fitness Classes:

These classes are specifically designed for members who want to perform aerobic, and strength and toning exercises in the water in a class setting. These classes are led by a member of our teaching staff. Equipment will be provided but you may choose to bring your own. Water shoes are strongly recommended for shallow water activities. For the most up to date schedules and classes, please check our website at [greatermorristownymca.org](http://greatermorristownymca.org).

#### Shallow Water Aerobics:

An enjoyable fitness class that features conditioning and resistance training in shallow water (waist to chest deep).

Non-swimmers welcome.

#### Deep Water Challenge:

This program uses vigorous movements in deep water; guaranteed to give you a great workout with low impact. Participants must be able to swim and feel comfortable in deep water. Aqua belts are required and provided.

#### Gentle Aqua:

This class is for people seeking low-impact exercise to help alleviate pain and stiffness. A certified instructor leads range of motion, stretching, breathing exercises and light aerobics exercises.

## QUESTIONS?

For any questions regarding swimming classes or lessons, please reach out to the Aquatics Department at 973.267.0704 ext. 115 or email [swim@morristownymca.org](mailto:swim@morristownymca.org).

For any questions regarding Swim Team please reach out to Head Coach Josh Wing at [gmycoachjosh@yahoo.com](mailto:gmycoachjosh@yahoo.com).

# PROGRAMS FOR CHILDREN

## Adventure Days

Open to members and non-members, Adventure Days are held at our beautiful Armour Family Y-Zone Youth Annex, located at 25 Saddle Road in Cedar Knolls. This location is the perfect place for your child to spend a safe and productive day during school vacations. This program is offered to students in Kindergarten through 6th Grade from 8:00 AM to 5:00 PM. The children will have structured play and activities throughout the day including indoor gym play, arts and crafts, swimming and outside play (weather permitting).

Children should bring their lunch, a bathing suit, towel, reusable water bottle, additional snack, and wear sneakers each day.

PM snack will be provided.

**Grades:** Kindergarten – 6th Grade

**Hours:** 8:00am – 5:00pm

### Dates:

10.3.24 (Rosh Hashanah)  
11.7.24 & 11.8.24 (NJEA Convention)  
1.20.25 (Martin Luther King Day)  
2.17.25 (President's Day)  
4.14.25 – 4.18.25 (Spring Break)

**Location:** The Y-Zone  
(25 Saddle Rd, Cedar Knolls, NJ)

**Rates:** \$85 per day (for Members & Non -Members\*) Members use your current membership for registration Non-Members please use Adventure Days Non-Membership Registration ONLY

\*For Morris Plains Before/ After care children enrolled in our program use the Adventure Days Member Link for discounted pricing.

Space is limited.

Registration will open in September through our online portal.



If you have any questions, please feel free to reach out to Ashley Nimmo, our Camp & School Aged Children Program Director, at:  
[a.nimmo@morristownymca.org](mailto:a.nimmo@morristownymca.org)

# PROGRAMS FOR CHILDREN

## Kid's Night Out

At The Greater Morristown YMCA, kids (K through 5th grade) can enjoy a night of fun while adults enjoy an evening out! Kids will be able to enjoy a variety of activities like arts and crafts, escape rooms, mystery nights, movies and more!

Pizza and snacks will be provided. Kids should come dressed comfortably, wearing sneakers and bring a water bottle.

This program takes place once a month, on a Saturday, from 4pm to 8pm. Space is Limited for each of these events!

**\$35.00 for Members**

**\$40.00 for Non-Members**

\*If registering more than one child, the promo code **kidsnightout10** should be entered in the Promo Code box on the Payment page. Discount is \$10 off any additional siblings.\*

Full details, including location, dates and themes, will be provided later this fall. Please check back on our website in mid-September.



# YOUTH BASKETBALL ASSOCIATION (YBA)

## 2024-2025 SEASON

Our philosophy at YMCA YBA is that players need to develop their skills and love for the game while having fun and exercising! All YBA leagues are co-ed and will focus on developing basketball skills, team play, and leadership skills. Children should bring water bottles, wear the program shirt, and wear sneakers. Members and Non-Members welcome! **Non-members must activate a YBA Non-member membership account to be able to register.**

The season will run December 14th through March 15th. There will be no program ran on December 28th. Instead of an end of the year party, we will be extending our season by another week. We will hand out an extra treat at the end of the final games. Note: This league is run by Coach Kenny Smith, who has ran our successful YBA program the last two years!

Registration is required through our online portal and will open on September 24th, at 9:00am. Registration will close on October 22nd, at 7:00pm. This registration is on a first come, first served basis. For safety reasons, we will not be going over our maximum count for any of our groups this year. There will be no buddy requests.

If you have any questions, please contact the Member Services Desk at 973.267.0704 or email our manager at [yba@morristownymca.org](mailto:yba@morristownymca.org).

The first two Saturdays of the season will be skills and drills, no games will be played.

Volunteer coaches are needed for all grade levels!  
Please email [a.cillo@morristownymca.org](mailto:a.cillo@morristownymca.org)  
for an application.

**NEW!**

Any Additional  
Siblings will get \$10  
off their  
registration

Discount Code:  
YBA2024

### NOTE:

There will be practices for teams in Grades K through 6 during the week. Practices will be determined by the coaches before the beginning of the season. Also, there will be an evaluation day for Grades 3rd-6th. An email will be sent out with the dates and times. The one hour evaluation will be held at the Y-Zone (25 Saddle Road, Cedar Knolls, NJ).

**Pre-K** (\$130 for members/\$180 for non-members)

At the Blake Center - 8:00am to 9:00am  
24 Children Maximum

**Kindergarten** (\$135 for members/\$185 for non-members)

At the YMCA - 9:15am to 10:15am  
48 Children Maximum

**1st Grade** (\$135 for members/\$185 for non-members)

At the YMCA - 10:30am to 11:30am  
48 Children Maximum

**2nd Grade** (\$135 for members/\$185 for non-members)

At the YMCA - 12:00pm to 1:00pm  
48 Children Maximum

**3rd & 4th Grade** (\$135 for members/\$185 for non-members)

At the YMCA - 1:30pm to 2:30pm  
48 Children Maximum

**5th & 6th Grade** (\$135 for members/\$185 for non-members)

At the YMCA - 3:00pm to 4:00pm  
36 Children Maximum

We will be taking interest submissions first for this group, before taking payment. If at the end of the registration period, we have 24 children, we will then charge the card on file for the above amount. If there are not enough interested children, we will notify those that filled out the form by Oct 22nd.



**SPREAD THE**  
**WORD!**

# EMPLOYMENT OPPORTUNITIES

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you. In more than 10,000 communities nationwide, our staff members of all ages and from diverse backgrounds and life experiences enjoy the personal satisfaction that comes from nurturing the potential of youth and teens, improving the nation's health and well-being and providing support to our neighbors.

## Open Positions:

- **Before and After School Care Counselors:**

Under the supervision of the site supervisor, the Y Kids Counselor is responsible for providing direct leadership to groups of children in various formats and activities. This includes organizing and motivating the children during their time at the Before or After care program and maintaining a safe environment. In this role, the counselor will work with children through the ages of 6 and 12 years old (depending on location).

- **Group Exercise Instructors: YMCA**

A current group exercise certification from a nationally accredited institution, CPR and AED certifications required

- **Personal Trainers: YMCA**

A current nationally recognized certification, CPR and AED certifications required

- **Lifeguards: YMCA**

American Red Cross Lifeguard Training Certification and Standard First Aid, CPR for the Professional Rescuer Certification

- **Water Aerobics Instructor: YMCA**

AEA or equivalent water aerobics certification, Standard First Aid, CPR for the Professional Rescuer Certification and Automated External Defibrillator Certification

- **Assistant Swim Team Coach: YMCA**

American Red Cross Lifeguard/First Aid/CPR/AED certification or equivalent and American Red Cross Safety Training for Swim Coaches

- **Swim Lesson Instructors: YMCA**

American Red Cross Lifeguard Training Certification preferred, Standard First Aid, CPR for the Professional Rescuer Certification, and Automated External Defibrillator Certification

- **The Richard F. Blake Children's Center - Part-Time Positions available**

Candidates must have experience with young children in a licensed child care setting. Our program supports teacher training and continued education opportunities

- **The Children's Corner - Part-Time Positions available**

Candidates must have experience with young children in a licensed child care setting. Our program supports teacher training and continued education opportunities

Applications can be found on our website under [About Us > Employment Opportunities](#). Please fill out the application and send it back to [info@morristownymca.org](mailto:info@morristownymca.org) or submit a hard copy at the Member Services Desk at the YMCA.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**THE GREATER MORRISTOWN YMCA**  
79 Horsehill Road, Cedar Knolls, NJ 07927  
P 973.267.0704 [www.greatermorristownymca.org](http://www.greatermorristownymca.org)

## SEPTEMBER 9TH, 2024 OUR 35TH ANNUAL GOLF OUTING

This day brings over 100 business leaders from the Morris County area together to aid in the Y's Annual Support Campaign, which provides direct financial assistance to underserved children, families, seniors, and the disabled in our community.

Please consider participating in this event where 100% of the proceeds go directly to finance our Annual Support Campaign fund, enabling the Greater Morristown YMCA to assure our services are available to all people, regardless of their background or ability to pay.

The following are just some of the many programs that donations to the YMCA support: scholarships to our summer camp; life saving swim lessons for the underprivileged local youth; scholarships to help local working families afford preschool and afterschool care at our centers; membership assistance for seniors, handicapped individuals, and families in need. Additionally, many Morris County social service agencies such as Jersey Battered Women's Shelter, Deirdre's House, and Homeless Solutions come to the Y for support with their most difficult cases and we never turn them away.

On behalf of the Greater Morristown YMCA, Board of Directors, and the many children and families that we help thank you in advance for your support.

For full details surrounding this special cause, and to download the sponsor card, please go to our website or scan the QR code below.



### ELITE DIVERS SCUBA DIVING:

Elite Divers offers a range of SCUBA Diving courses from beginner to technical diving. Classes are held in our pool during off hours. For more information or to register, contact Elite Divers at 973.586.2214 or at [www.elitedivers.com](http://www.elitedivers.com). Registration for this program is NOT available at the YMCA.

### MEMBER SERVICES UPDATE:

#### Upcoming Holiday Closures:

8.30.24	Annual Shutdown - Closing at 6pm
8.31.24	Annual Shutdown - Closed
9.1.24	Annual Shutdown - Closed
9.2.24	Labor Day - Closed
11.28.24	Thanksgiving - Closed
12.24.24	Christmas Eve - Closing at Noon
12.25.24	Christmas Day - Closed
12.31.24	New Year's Eve - Closing at 3pm

Gift Certificates are available in any denomination and can be used throughout the year! They make wonderful gifts for Christmas! To purchase one, please stop by the Member Services Desk!