



# WINTER PROGRAM GUIDE 2025

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

**Session Dates:**  
**11.26.24 to 3.15.25**

# 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 (@gmyymca). Stay in the KNOW!

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## THE GREATER MORRISTOWN YMCA STAFF

### PRESIDENT & CEO

Laure Ferrando

### ADMINISTRATIVE DIRECTOR

Claudine Armellino

### AQUATICS

Aquatics Director

Alanna Van Steyn

Associate Aquatics Director

Scott Reiners

Head Swim Team Coach

Josh Wing

### BABYSITTING

Babysitting Supervisor

Laura Engler

### BUILDINGS & MAINTENANCE

Maintenance

Rich Mazzocchi

### YOUTH DEVELOPMENT

Director of Youth & Family

Jason Magnetico

### CHILD CARE CENTERS

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

### DATA & IT

Data & IT Manager

Dawn Granata

### FINANCE

Finance Director

Ray Fisher

### FITNESS

Director of Fitness & Wellness

Kelly Schweighardt

### MARKETING

Program & Marketing Manager

Ashton Cillo

### MEMBERSHIP

Membership Director

Kim Eliades

Membership Admin. Coordinator

Rashmi Karlekar

### SPECIAL PROJECTS

Project Manager

Lisa Swensen

**BE SURE TO CHECK OUT THE ITEMS WE HAVE FOR SALE AT THE MEMBER SERVICES DESK, INCLUDING T-SHIRTS!**

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 (resurfaced in 2024)
- 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

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 151 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 151 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
- \$450** Will provide one week of camp for one child ages 5 - 13 during the summer
- \$900** 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:

**College Holiday Membership Specials:**  
1 month - \$33; 2 months - \$66; 3 months - \$99  
1 week - \$20

**Thanksgiving Week - All guest fees waived from 11.24.24-11.30.24**

## January Membership Special

**Adult, Family, Senior, Senior Couple and Young Adult join annually and get 13 months. (One month FREE!)**

**Adult, Family, Senior, Senior Couple and Young Adult join monthly get 50% off your 1st month. (Must join for a minimum of 3 months)**

**SuperBowl Prediction for Feb. 9, 2025. Win a Free month and YMCA prize.**

**Friendship Coupons - Given out on Valentine's Day.**

**Luck of the Draw Prize Wheel on St. Patrick's Day!**

**Spin the wheel in our lobby and win a prize!**

**Prizes will range from a free month to free Y swag.**

**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, 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

## December

- 5<sup>th</sup> **YMCA Early Closure** - Due to a Staff Christmas Party the YMCA will be closing at 4:00pm
- 7<sup>th</sup> **Pictures with Santa** - @ the Y, 10am - 12pm. Join us in our lobby for this free event. Bring your own camera and take some pictures with Santa! Coloring pages and other holiday items will be in the lobby for fun family activities while you wait.
- 10<sup>th</sup> **Free Blood Pressure Screening by Atlantic Health** - @ the Y, 10am - 1pm. Join us in our lobby for this free event. Bring a friend!
- 17<sup>th</sup> **Senior Coffee Social** - @ the Y, 9:30am - 11:30am. Join us in our lobby for this free event.
- 24<sup>th</sup> **Christmas Eve** - The YMCA will be closing at 12:00pm.
- 25<sup>th</sup> **Christmas Day** - Merry Christmas! The YMCA will be closed all day. Have a wonderful day with friends and family!
- 31<sup>st</sup> **New Years Eve** - The YMCA will be closing at 3:00pm.

## January

- 1<sup>st</sup> **New Years Day** - Happy New Year! The YMCA will be open 11:00am to 4:00pm.
- 21<sup>st</sup> **Camp 2025 Registration Opens** - Online Only, @ 9am. More details will be released as we get closer to registration!

## February

- 7<sup>th</sup> **National Wear Red Day** - The first Friday of February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.
- 14<sup>th</sup> **Valentine's Day** - @ the Y, Join us in the lobby for some Valentine's Day fun! Happy Valentine's Day! Be sure to pick up one of our Friendship Coupons for a free guest on us!
- TBA **Saturday Family Fun Pool Party** - @ the Y, 1pm-3pm. This will be a fun themed recreational swim event!

**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.

## L-O-V-E Yourself Personal Training Special

For the month of February, the Fitness Department is spreading the love by offering a Personal Training discount to our members. Special is valid for purchase from February 1st, 2025 to February 28th, 2025. One purchase per member. Packages cannot be transferred to another member.

3 hours (or 6 half-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.

# 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.

**FLOOR, CORE, & MORE:** This mat class focuses on strengthening the core and the small muscle groups. Balls, blocks, and light weights are incorporated along with flow movements to improve joint mobility and total body fitness. Finish with fifteen minutes of focused stretching for increased flexibility. This multi-level class is simple enough for beginners and can be intensified for the very fit.

**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.

**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.

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

### 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

TRX® (Total Resistance Exercises) is a form of suspension training that use 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.

## Session Dates:

Session 1 - 1.8.25  
to 2.12.25

Session 2 - 2.19.25  
to 3.26.25

## Times Offered Each Session:

8:15am to 9am with  
Kelly

9:15am to 10am  
with Kimberly

## Fees per Each Session:

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



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

Registration is required and must be completed through our online membership portal. There is a maximum of 5 people per class. You must be a member to sign up for this program. If you have any questions, please feel free to contact Kelly, our Fitness Director, at 973.267.0704 ext. 128.

## 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

**January Session: 1.7.25 - 1.30.25 • February Session: 2.4.25 - 2.27.25**  
**March Session: 3.4.25 - 3.27.25**

## 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

## Days and Times Offered

Tuesdays at 8:30am  
Thursdays at 8:30am

**Registration:** This program will require registering through your online membership portal. The program is for members only. Registration for all sessions will open in December. Registration for the January session closes 1.6.25. Registration for the February session closes 2.3.25. Registration for the March session closes 3.3.25. Drop-In feature will remain open until the morning before the class is held.

**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 a class for the first time, please contact Kelly for a free trial date!

**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!**

# PICKLEBALL INSTRUCTION

**NEW YEAR? NEW CHANCE TO TAKE UP PICKLING.... PICKLEBALL THAT IS!  
SIGN UP FOR OUR WINTER PICKLEBALL INSTRUCTION CLASSES!**

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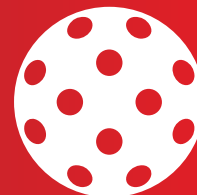
What is pickleball? Pickleball is a fun paddle game that combines elements of badminton, tennis, and table tennis while volleying back and forth to score points. There's a reason so many players get hooked on this sport – it's easy to start, but hard to stop. Pickleball is a sport for everyone!

**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.



## Upcoming Session Dates This Winter:

1.13.25 to 2.10.25 or 2.24.25 to 3.24.25

Our hour long instruction classes will be held weekly on Mondays. The **Beginner classes** will be at 7am and 8am. The **Advanced Beginner class** will be at 9am. 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.



# 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.**



# FITNESS INFORMATION

Here are some tips from our Fitness Director to help you start your fitness journey in the New Year:

A great way to kick things off is by setting realistic goals. Start small, choose activities you enjoy, and prioritize proper form to prevent injuries. Consistency is key, and always listen to your body—don't forget to schedule rest days!

**The 28-Day Rule:** This rule suggests it typically takes 21 to 28 days to form a new habit. The first few weeks may be challenging, but once you push through, the activity can become a regular part of your routine.

**Start Small and Build Up:** Avoid overdoing it at first. Begin with shorter workouts and gradually increase the duration and intensity as you improve.

**Set Achievable Goals:** Make your goals specific, measurable, and realistic to prevent feeling overwhelmed.

**Find Enjoyable Activities:** Choose workouts you love—walking, running, dancing, yoga, Pilates, etc. This will help make exercise a sustainable habit.

**Create a Schedule:** Dedicate specific times in your day for exercise, and try to stick to that time as consistently as possible.

**Consider a Workout Buddy:** Exercising with a friend or partner can provide extra motivation and accountability.

**Listen to Your Body:** Pay attention to how your body feels and take rest days when needed. Giving yourself time to recover helps reduce soreness and fatigue, allowing you to put in more effort during your next workout.

**Warm Up and Cool Down:** Always include proper warm-up and cool-down stretches before and after your workouts. Stretching is crucial for several reasons:

- **Injury Prevention:** Increases flexibility and reduces the risk of muscle tears.
- **Improved Performance:** Enhances your physical performance and athletic ability.
- **Increased Range of Motion:** Helps your joints move through their full range of motion.
- **Improved Blood Flow:** Increases circulation to your muscles, prepping your body for activity.
- **Reduced Stiffness:** Alleviates feelings of stiffness and muscle soreness.

# AQUATICS

## CLASS INFORMATION FOR SWIM LESSON REGISTRATION:

- Session Dates: 1.5.2025 – 3.15.2025
- Registration for lessons opens online on Tuesday, November 26<sup>th</sup>, 2024 at 8:00am
- Registration stays open to register until Saturday, December 7<sup>th</sup>, 2024
- Classes are once per week
- An evaluation is required to register for all levels with the exception of our Introductory 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
- 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. The Skip 1 & 2 classes 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.

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.

\*Introductory 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.

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.

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	11:05am - 11:50am
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
Intro to Swimming*	Sat.	11:55am - 12:25pm	\$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

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

# AQUATICS PROGRAMS

## STAY TUNED..... WINTER SPECIALITY CLINICS ARE COMING!

### About the Program:

Our winter clinics offer a wonderful opportunity to explore different swimming concepts, including various strokes and an introduction to competitive swimming for those interested in joining the swim team.

These clinics will be held twice a week during our break from regular swimming lessons.

Please keep an eye on our website for updates on when registration will open online.

If you have any questions about the program, feel free to reach out to us at [swim@morristownymca.org](mailto:swim@morristownymca.org).

We're already gearing up for our Spring Pre-Competitive Program, and we can't wait to share more details with you! Keep an eye on our website and your emails for updates as we get closer to March.

Tailored for swimmers who have competitive aspirations, this program is designed to help swimmers sharpen their technique, enhance their speed, and improve their overall endurance. Our expert coaching team will work closely with advanced swimmers to elevate their skills and prepare them for future competition.

Important: Before registering, all participants are required to complete an evaluation, which may consist of either a progress report or an individual assessment to ensure the program is the right fit.

### 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@gmail.com](mailto:gmycoachjosh@gmail.com).

# PROGRAMS FOR CHILDREN

## Sports Introduction Program

We warmly invite you to join us on the first Saturday of each month, for a delightful introduction to various sports, specially designed for 3 and 4-year-olds!

This engaging program will focus on introducing basic skills for each featured sport while fostering teamwork and ensuring that everyone has fun.

We encourage parent or guardian participation, creating a wonderful opportunity for you to bond with your child as they explore these new activities. It's a lovely way to introduce your little ones to sports in a supportive and active environment!

Typically held in the morning on designated Saturdays.

The cost for members is \$20 per child, while non-members can join for \$30 per child. We also offer a sibling discount: use the code FS25YMCA to receive a \$10 discount for any additional siblings registered.

The specific location will be shared with each program registration.

**Please note that registration is required.**

You can sign up through our online membership system on our website ([greatermorristownymca.org](http://greatermorristownymca.org)). Non-members should select the Non-Member Membership Type when registering. Space is limited, so we encourage you to secure your spot as soon as the registration opens!



If you have any questions, please feel free to reach out to Jason Magnetico our Director of Youth & Family, at: [j.magnetico@morristownymca.org](mailto:j.magnetico@morristownymca.org).

We're Hiring! The Greater Morristown YMCA is looking for passionate Youth Sports Instructors and Trainers to join our team! We need coaches for soccer, tennis, speed & agility, and volleyball. If you're enthusiastic about teaching kids, building skills, and making a difference, we want to hear from you!

Interested? Contact Jason Magnetico at the email above and be sure to include your resume, coaching background, and credentials. Let's help young athletes thrive together!

# PROGRAMS FOR CHILDREN

## Kids 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 (no cleats) and bring a water bottle.

This program takes place usually once a month, during the school year, on a Saturday night from 4pm to 8pm. Space is Limited!

**\$40.00 for Members**

**\$50.00 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 specific program dates and themes, will be announced online. Be sure to keep checking our website!



# SAVE THE DATE, SUMMER CAMP REGISTRATION IS COMING!

Summer Camp runs June 23<sup>rd</sup> to August 15<sup>th</sup>

For 1<sup>st</sup> Grade through 6<sup>th</sup> Grade & is located at the Y-Zone  
(25 Saddle Road, Cedar Knolls, NJ)

Our philosophy is simple: put play in their day! Our campers are interested in fun, activities, exploring, laughing and making friends. We've created the perfect blend in our Y-Zone Camp so your child will have fun all summer long.

Registration will open on our website  
January 21st at 9am.

Interested in being  
a camp counselor for the  
summer? Reach out to  
Jason, our Director of Youth &  
Family for details at:  
[j.magentico@morristownymca.org](mailto:j.magentico@morristownymca.org).





**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

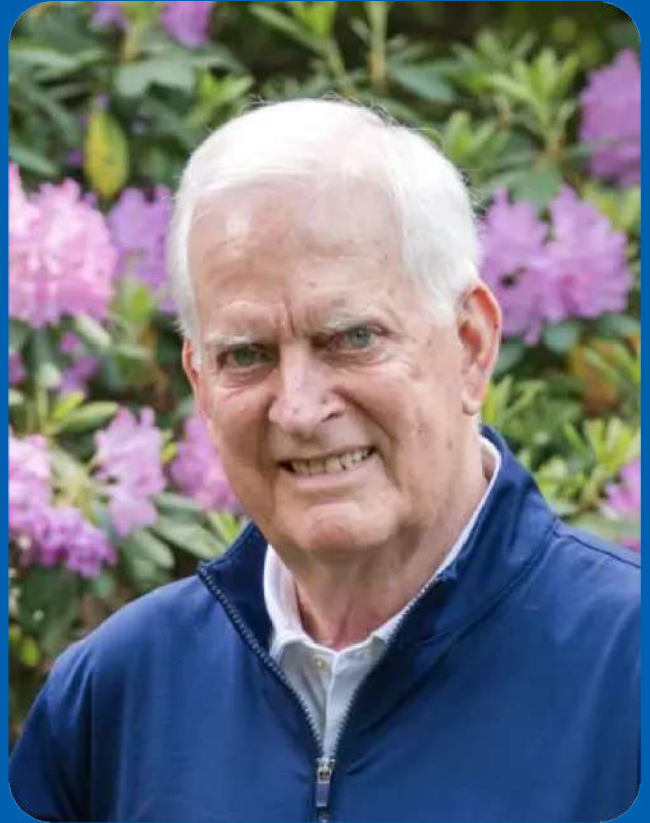
**THE GREATER MORRISTOWN YMCA**  
79 Horsehill Road, Cedar Knolls, NJ 07927  
P 973.267.0704 [www.greatermorristownymca.org](http://www.greatermorristownymca.org)

## MEMBER SERVICES UPDATE

### Upcoming Holiday Hours and Closures:

- 12.5.24 Early Closure for Staff Event - 4pm
- 12.24.24 Christmas Eve - Closing at 12pm
- 12.25.24 Christmas - Closed
- 12.31.24 New Year's Eve - Closing at 3pm
- 1.1.25 New Year's Day - Hours are 11-4pm

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



## It is with deep and profound sadness that The Greater Morristown YMCA announces the passing of beloved board member and Chairman Frank Giannantonio.

Frank, beloved husband, father, and grandfather, passed away on October 26, 2024, surrounded by his loving family.

Born on October 16, 1945, to Nicholas and Louise Giannantonio in Palisades Park, NJ, he grew up with his sister, Dolores. Frank earned his undergraduate degree from Rutgers University and a Master's from NYU.

A renowned Information Systems Executive, Frank served as CIO for Victoria's Secret and Lands' End, notably leading the online launch of Victoria's Secret. He later transformed digital strategies for private equity-backed companies, achieving successful exits.

An avid sports fan, Frank developed a love for golf after hitting a hole-in-one during a round with his wife, who also scored one that day. He enjoyed watching the NY Yankees and NY Giants and contributed to his community by helping establish a youth soccer league, coaching, and serving as Chairman of the Greater Morristown YMCA.

Frank is survived by his wife of 56 years, Evelyne, and children Daryl (Joerg), Craig (Erin), and Kerry. He is also missed by his grandchildren Vivienne and Luke, sister Dolores, and niece and nephews. He will be greatly missed.