PROGRAM REGISTRATION BEGINS DEC. 10!

STRETCH

In More Ways Than One

New Year, New Y, New YOU!

Time to Join Now!

the YMCA

Program and Membership Guide
Winter 2018
January 2 through March 17

The Greater Morristown YMCA

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Come see why 8,200 of your neighbors have joined!

HELPING YOU STAY CONNECTED

Download our FREE Greater Morristown YMCA App, available on the Apple App Store & Google Play Store. Receive facility alerts and scan for entry.

YOUR YMCA MEMBERSHIP INCLUDES ACCESS TO:

- 120+ FREE Fitness Classes
- Free Babysitting
- 2 Fitness Centers
- Luxury Locker Rooms (M/W)
- Indoor Track
- Full Basketball Gym
- Pickleball
- Whirlpool & Steam Room
- Certified Personal Trainers
- Saunas
- TRX Training
- Synergy 360
- Toddler Classes
- 3 Power Racks
- Y-Zone Programs & Activities
- 25 Meter Pool with 6 Lanes
- Family Locker Room
- Chair Massage
- Water Exercise Classes
- Yoga & Pilates Reformers
- Senior Programs
- Youth & Teen Training
- Boot Camp Classes
- Swim Lessons
- LifeFitness Treadmills
- LifeFitness Ellipticals
- New Spin Room with 35+ bikes
- Power Plate Training
- New dumbbells (5-130 lbs)
- Brand new plates (2.5-45 lbs)
- Precor upright & recumbent bikes

MEMBERSHIP INFORMATION

MEMBERSHIP TYPE	ANNUAL	QUARTERLY	MONTHLY
YOUTH (12 & under)	$194	6 MONTHS: $124	N/A
TEEN (ages 13-18)	$309	$95	N/A
YOUNG ADULT (ages 19-22)	$380	$115	$40**
ADULT* (ages 23+)	$660	$187	$65**
SENIOR* (ages 65+)	$490	$134	$47**
SENIOR COUPLE* (both 65+, cohabiting as a couple)	$695	$190	$68**
FAMILY* (2 adults cohabiting as a couple and their children through age 22)	$950	$268	$96**

*These memberships are subject to a one time joiner's fee

** Monthly rates require first and last month due at sign-up, credit card on file for monthly draft and 30 day cancellation notice.

MEMBERSHIPS ARE NON-REFUNDABLE OR TRANSFERABLE, RATES ARE SUBJECT TO REVIEW AND ADJUSTMENTS ONCE A YEAR

SAME RATES SINCE 2012!

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 members will show you all the Y has to offer. After your tour, we welcome you to try us out with a FREE one-day membership pass.

YOUTH MEMBERSHIP POLICY

All children ages 11 and under must be supervised at all times by a member 18 or older. If the child holds a membership and an adult supervisor does not, that person must pay a guest fee.

GUEST POLICY

All guests must present a photo ID and be accompanied by a current YMCA member. Members can bring one (1) guest per visit for a fee of $15 for adults (23+), $10 for young adults (19-22), $8 for teens (13-18), $10 for seniors (65+), and $6 for youth (up to 12) Active Military $6.

THE Y ADVANTAGE

The YMCA offers premier health club facilities without the premium price tag. No other facility in the area has the extensive services we offer. Our specialized fitness and aquatics instructors are all certified in their area of teaching expertise.

RETURNING MEMBER AMNESTY

Show proof you were once a member here and we'll waive the joiner's fee! Proof includes: still in database (1.5 years inactive retention), Morris Center/Greater Morristown YMCA ID card or copy of bill.

MEMBER REFERRAL PROGRAM

Refer a friend to the Greater Morristown YMCA and when he/she joins you will receive a FREE one-month extension to your membership. Your friend will receive a $25 credit, good towards his/her next renewal. Referrals are only valid for new incoming members and the one month extension bonus is only valid on quarterly and annual memberships. Not valid for Youth or Teen Memberships, MPP, Summer Membership specials, or Group or Corporate rates.

DISABLED VETERANS DISCOUNT

We offer 10% off for our disabled Veterans. Please provide documentation.

BUILDING HOURS

Monday - Friday	5:00AM - 9:45PM
Saturday	7:00AM - 8:00PM
Sunday	8:00AM - 5:00PM

MEMBER SERVICES DESK HOURS

Monday - Friday	8:00AM - 9:00PM
Saturday	8:00AM - 7:00PM
Sunday	8:30AM - 4:30PM

MY Y YOUR Y

Visit njymca.org

As a member of your local Y, you have access to participating Y locations throughout the state at no additional cost.

HOLIDAY CLOSINGS

Thanksgiving Day	11/23	CLOSED
Christmas Eve	12/24	Open until Noon
Christmas Day	12/25	CLOSED
New Year's Eve	12/31	Open until 3PM
New Years Day	1/1	Open 11AM-4PM

Questions? Please contact:
Questions@morristownymca.org or visit our website at:
www.greatermorristownymca.org

The Greater Morristown YMCA is not responsible for typographical or other errors in this program.

YMCA PROFESSIONAL STAFF

Carol Armour.....President & Chief Executive Officer
Claudine Armellino.....Finance & HR Associate
Jim Carpentier.....Assoc. Health & Wellness Director
Tina Cecala.....Head Swim Team Coach
Cheryl Deighan.....Operations Director
Karen Dovano.....Babysitting Supervisor
Kim Eliades.....Member Service Supervisor
Juan Erazo .....Camp Director / Y-Zone
Laure Ferrando.....Director of Development
Cyndie Fetherston.....Membership Admin. Supervisor
Ray Fisher.....Finance Director
Yvonne Gannon.....Finance Asst. / Childcare Admin.
Marco Gomes.....Assoc. Aquatic Director
Dawn Granata.....Data Supervisor
Edward Johnson.....Director of Youth & Sports
Jeysson Rodriguez.....Fitness Supervisor
Bryan Struzienski.....Maintenance Supervisor
Kelly Schweighardt.....Director of Fitness & Wellness
Lisa Swensen.....Project Manager
Alanna Van Steyn.....Aquatics Director
Josh Wing.....Assoc. Swim Team Coach
Connie Zambri.....Membership Director
Mike Zambri.....Buildings Manager

CHILD / ADULT CARE

Ashley Kindberg.....Exec. Director of Child Care, Blake Center
Rose McGeough.....Parent Services Director, Blake Center
Bea Yuan.....Director, Ada Budrick
Kim Bolling..... Director, Allamuchy
Jennifer Tritto.....Director, Children's Corner
Marisa Freuler.....Parent Services Director, Children's Corner
Christine Wyckoff.....Director, Children on the Green
Micheline Hill.....Director, Harmony House Adult Day Center

NON-DISCRIMINATION POLICY

The Greater Morristown YMCA, in keeping with its mission to help all people realize their fullest 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.

REVOKING MEMBERSHIP

The Y reserves the right to suspend membership privileges (without refund or warning) of:

- Members who aid the unauthorized entrance of a non-member
- Members who become physically or verbally abusive or offensive to other members, guests or staff
- Members who disregard posted rules and regulations
- Members allowing another person to use their membership card
- Violation of Code of Conduct (available online or at Member Services)
- Members whose needs we cannot serve

BOARD OF DIRECTORS

Jim Smith.....Chairman
Don Lepore.....Vice Chairman
Ted Vogtman.....Treasurer
Nancy Tweed......Secretary

Carol Armour, Ex Officio
Les Armour
David Burke
David Epstein, M.D.
Lori Fiori
Cecilia Hale, Ph.D
Lauren Krause
Jonathan Luden
Alfred Nunan
Jonathan Poling
Eric Ricciardi
Maria Vinci-Savettiere, Esq.
Eugene Thomas
Michael Walter
Jim Wood
Jennifer Zambri

CANCELLATION & REFUND POLICIES

YMCA membership and programs are non-refundable and non-transferable. Loaning a membership card subjects the owner to loss of membership. The YMCA reserves the right to close areas of the building in order to upgrade and maintain facilities and equipment to better serve the needs of all our members. No refunds or credits will be issued for membership or programming canceled due to these closures.

Membership is not refunded or extended if the building is closed due to circumstances beyond our control.
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 a 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.

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. MEDICAL EXTENSIONS APPLY ONLY TO SINGLE MEMBERSHIPS, NOT FAMILY MEMBERSHIPS.

WEATHER RELATED CLOSINGS

Check the website, App or call the Y for weather-related delayed openings, early closings or full-day closings. Please note that if there are widespread power outages it may be impossible to update the website or phone.

FINANCIAL ASSISTANCE

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 or download it from our website. Applicants must live in our service area.

OUR MISSION

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.

Something for Everyone!

Baby

- Enjoy playtime in babysitting
- Enroll in parent/child swim classes
- Take a Tammy & the Toddlers class with an adult
- Swim with an adult in the pool
- Enjoy the playground outside with an adult
- Have a birthday party at the Lil' Honey Gym (Richard F. Blake Children's Center)
- Attend a Family Fun Event at The Richard F. Blake Center
- Burn energy during Preschool Open Play at the Y-Zone

More than just a gym, a pool, or a place for fitness, Greater Morristown YMCA members experience a sense of belonging that can't be found anywhere else!

3–5 Years

- Enjoy playtime in babysitting
- Take a Tammy Sports & Games class without a parent
- Learn to swim in the small group classes
- Burn energy during Preschool Open Play at the Y-Zone
- Swim with an adult in the pool
- Learn to play basketball in the Happy Hoopsters YBA Program
- Learn different sports at the Y-Zone Sports clinics
- Enjoy the playground outside with an adult
- Have a birthday party at the Lil' Honey Gym (Richard F. Blake Children's Center)
- Attend a Family Fun Event at The Richard F. Blake Children's Center
- Attend Little Owls or Kinder Camp at the GMY rate

6–11 Years

- Learn to swim in the small group classes
- Enjoy Open Gym or hang out in the game room at the Y-Zone (ages 8-12)
- Swim with an adult in the pool
- Learn to play basketball in the YBA Program
- Learn to play sports at the Y-Zone Sports clinics
- Enjoy the playground outside with an adult
- Have a birthday party at the Y-Zone
- Attend Camp Y-Zone
- Play in the Basketball gym
- Take Tween Personal Training
- Join the Y's Competitive Swim Team
- Improve sports skills with Private Basketball or Private Goalie Training

At the Greater Morristown YMCA, we want people of all ages to enjoy an active healthy lifestyle. Take advantage of all we have to offer and make new friends while you're here!

Teen

- Enjoy the Y without a parent or guardian
- Work out in either of the 2 fitness centers without a parent
- Get fit with Student Personal Training
- Take afternoon or evening Spin Classes
- Participate in over 120+ fitness classes weekly (for ages 16+ or 12 weekly classes for ages 13+)
- Join the Y's Competitive Swim Team
- Walk or jog on the track
- Play basketball with friends
- Lap Swim (ages 16 +)
- Take a lifeguard training class (15+)
- Enjoy Open Swim time in the pool
- Join a sports league or participate in a sports clinic at the Y-Zone
- Improve sports skills with Private Basketball or Private Goalie Training
- Enroll in swim lessons

Adult

- Participate in over 120+ fitness classes weekly, including Spin, Yoga, Zumba® & Pilates
- Work out in either of the 2 fitness centers
- Achieve a fitness goal with Personal Training, Pilates Reformer Training or Private Yoga Training
- Swim laps, take a water aerobics class, or enjoy open swim
- Relax in the Sauna, Whirlpool or Steam Room (ages 23+)
- Play basketball during open gym or join a pick up game during our Adult Noon Time Basketball
- Play Pickleball with friends
- Relax in our lobby with a cup of coffee, TV and free WIFI
- Attend FREE Lectures and Wellness Seminars
- Run or walk on the indoor track
- Enroll in swim lessons
- Enjoy Cards and Games at the Y-Zone
- Get IT help for personal devices at the Y-Zone

Active Older Adult

- Make new friends!
- Participate in Chair Yoga, Tai Chi or any of our other 120+ fitness classes
- Work out in either of the 2 fitness centers
- Swim laps, take a water aerobics class, or enjoy open swim
- Achieve a fitness goal with Personal Training, Pilates Reformer Training or Private Yoga Training
- Play basketball during open gym
- Play Pickleball with friends
- Relax in our lobby with a cup of coffee, TV and free WIFI
- Attend FREE Lectures and Wellness Seminars
- Run or walk on the indoor track
- Learn to swim
- Enroll in our Healthy Heart Program
- Enjoy Cards and Games at the Y-Zone
- Get IT help for personal devices at the Y-Zone

Personal Training

By working with a personal trainer you will find the best way to work out for you! You will learn the correct way to use equipment, appropriate form and technique for cardiovascular work and free-weight training. Trainers will help you get maximum results in minimal time with a program designed specifically for you. If you are just getting started, try our **Introduction to Personal Training.**

TRAINING SESSIONS MAY BE PURCHASED AT THE MEMBER SERVICES DESK

ADULT PERSONAL TRAINING Individual

# Of Sessions	Price Per Session
1-10 hours	$50
11-20 hours	$45
21+ hours	$40

ADULT PERSONAL TRAINING Group (up to 3)

# Of Sessions	# Of Members	Price Per Session	Price Per Member
1-10 hours	2/3	$60	$30/$20
11-20 hours	2/3	$55	$27.50/$18.33
21+ hours	2/3	$50	$25/$16.67

TWEEN PERSONAL TRAINING (Solo & Group)

Open to ages 8-12, this is a great way to get your pre-teen started on the road to fitness in a safe, nurturing environment. Tween sessions are not offered at group rates. Tweens may train in groups up to 3 people, however, each tween must purchase individual personal training packages.

# Of Sessions	Package Price	Price per Session
1	$35	$35
5	$125	$25
10	$230	$23
20	$420	$21

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

STUDENT PERSONAL TRAINING (Solo/Group)

Student personal training is for individuals, teams/groups, athletes and non-athletes. One-on-one training & group training is open to ages 13-22. Sessions are for groups up to 3 people.

# Of Sessions	Package Price	Price per Session
1	$40	$40
5	$150	$30
10	$280	$28
20	$520	$26

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

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 help you progress each session so you can exceed 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 $120. This program is for members NEW to personal training at the GMYMCA.

PILATES REFORMER (Private & Semi-Private)*

Pilates Reformer training is ideal for anyone from the beginner to the 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	$100
6-10	$60	$95
11-15	$55	$90
16+	$50	$85

PILATES CHAIRS

These chairs are a testament to the ingenuity of the Pilates method. Exercises with the chair are excellent for strengthening the core muscles and also the arms and legs. One can expect a lot of stability and flexibility work on the chair. It is the perfect addition to your private or semiprivate Pilates reformer session(s).

PRIVATE YOGA & MAT PILATES INSTRUCTION*

Pilates and Yoga are excellent alternatives to your traditional cardio and strength workouts. You will gain flexibility, strength and muscle tone. When you practice Pilates and Yoga in our tranquil studio environment, you will relax and find yourself less prone to injury. Newcomers: get started one-on-one before joining a group class. Experienced devotees: this is a great way to take your training to the next level with personal attention. Many use private class sessions as a supplement to group classes included with their Y membership. Private/semi-private classes allow you to focus fully on your body and workout.

YOGA & PILATES INSTRUCTION (Solo & Group)*

Certified instructors guide you through focused private or small group training. Sessions for groups of up to 3 are scheduled at the convenience of all parties.

# Of Members	Session Price	Price per Member
1	$70	$70
2	$130	$65
3	$129	$43

When purchasing sessions you must specify whether the session is private one-on-one Mat Pilates or Pilates Reformer

A complete exercise program should include a balanced amount of cardio, strength and flexibility training. This can be achieved by working with a personal trainer who might combine all areas into one session or by taking any of the myriad of fitness classes offered at the YMCA. For Optimal Fitness, try combining both personal training and group exercise training to give you a personalized balance between these areas of fitness.

Get one-on-one motivation from your trainer and get group motivation from your class! Taking group exercise classes can be challenging and fun. If others can do it, so can you!

For personalized class/and or personal training recommendations tailored to your fitness level, contact our Fitness Director, Kelly Schweighardt at kschweighardt@optonline.net or (973)267-0704 x28.

GMY PERSONAL TRAINERS

Our trainers have national Personal Training Certifications through professional fitness 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.

Before starting any new fitness routine it is important to consult your doctor. Visit our website to check out our fitness class schedule at www.greatermorristownymca.org or call (973) 267-0704

Fitness classes are open to members ages 16 and older. There are a few classes open to ages 13 and up. They are indicated on the Fitness Schedule. Most classes are free with membership and do not require registration.

LOW IMPACT

ARTHRITIS EXERCISE/ CHAIR YOGA
A gentle form of strength exercise/yoga that is practiced sitting on a chair, or standing using a chair for support.

BARRE FUSION/ BARRE YO-LATES
Fusion of Pilates/Yoga/Core Strength & Tone, Transform with CoreBody Pilates Plus workouts. Our studio offers Lagree Method - a Pilates inspired workout coupled with high energy cardio & strength training.

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 designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

HEALTHY HEART & WELLNESS
A specialized program that meets Mon, Wed, & Fri, for those with cardiac care concerns. Blood pressures are monitored and recorded for each client and class is run under the care/direction of a certified Personal Trainer. **Fee:** $100 for members, $200 for non-members for a three month session.

LOW IMPACT AEROBICS
Exercises during which you always have one foot on the floor, minimizing the landing force of your feet on the floor. This low intensity activity can still significantly raise your heart rate to the point where it benefits your cardiovascular and respiratory system.

MEDITATION
The ultimate relaxation to aid mental or spiritual development, contemplation or relaxation.

NIA FUSION
Mind, body & spirit aerobics that integrates music and movement. Class is done barefoot.

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

PIYO
Combines the practice of Pilates and Yoga to help you build strength, lose weight, and increase flexibility.

SENIOR STRETCH & STRENGTH
Move to the music through a variety of exercises designed to increase the muscular strength & range of movement for activities for daily living. Hand-held weights, elastic tubing with handles & a ball are offered for resistance. A chair may be used for seated and/or standing support.

TAI CHI
An ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

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

Chair Yoga
A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Easy Flow Yoga
Midday class, gentle flow yoga to increase flexibility and stamina.

Yoga Flow with Props
Flow yoga with equipment as props to help you achieve deep stretches and balance to improve your overall positions and posture.

Power Yoga/Yogalates
A vigorous, fitness-based approach to vinyasa-style yoga. Yogalates is a routine that combines Pilates exercises with the postures and breathing techniques of yoga.

Rising Sun Yoga
For early risers, gentle, slow pace to increase body awareness, flexibility and meditation.

Stress Management Yoga
Yoga poses and mental focus. Preparation of the body and mind to relieve stress.

Vinyasa Yoga
Yoga with a series of poses that will move you through the power of inhaling and exhaling.

Yoga Variety
Combination of Power, Vinyasa, Core, Balance & Strength Yoga

MIDDLE/HIGH IMPACT

BODY WEIGHTS & ABS
Lightweight dumbbell workout. Flow through a variety of exercises to sculpt and tone body and abs.

CARDIO WEIGHT TRAINING/ SWEAT & STRENGTH
Total body workout. This workout uses a combination of weights, steps, bands and more giving you both muscle tone and cardio endurance.

CROSS TRAINING
A combination of exercises to work various parts of the body. The aim is to reduce the risk of injury and improve overall fitness levels.

POWERBALL/CORE & STRENGTH CONDITIONING
Calorie blasting, body sculpting class. You will have a ball - literally, as you perform a fusion of cardio strength and stability.

PURE STRENGTH/ STRENGTH CORE
Your muscular strength and endurance will be tested when combined with cardiovasular movement. A total body workout that is challenging and will strengthen you from head to toe!

SPINNING
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.

Combine Personal Training with Classes for OPTIMAL FITNESS. See Page 7.

MIDDLE/HIGH IMPACT continued....

TRX® SUSPENSION TRAINING
$65 Fee for session. Group Training: Stretch, strengthen and flow with the TRX® suspension trainer. Ground yourself and move fluidly from one exercise to the next to improve your mobility, power and flexibility.

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

HIGH IMPACT

BODY WORKS
Combination class for a stronger, more flexible body using classic sculpting, cardio and stretching techniques.

CARDIO BOOT CAMP
Get in line with this high intensity bootcamp class that will have you saying "Yes Sir!/Yes Ma'am!" to a vigorous and powerful workout. Camo optional!

CARDIO KICK TONING/FUSION
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.

CARDIO CIRCUIT TRAINING
$50 Fee for session. Group Training: Cardio work designed to elevate your heart rate as you challenge your muscles and mind.

STEP & STRENGTH/SWEAT & SCULPT
Burn fat and tone your body with this blend of cardio & strength training using a variety of equipment like steps, resistance bands, medicine balls, dumbbells and so much more.

TABATA/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.

XTREME BOOTCAMP
This is a total body workout! Using dedicated work efforts designed to deliver high intensity cardio, challenging strength segments and a killer core workout. Hardcore 360-3X delivers a serious calorie burning workout designed to push you to the max!

Come and check out our new Fitness Center!

Our 7,000 sq. ft. space has something for everyone!

Come and see for yourself!

SPORTS & CHAIR MASSAGE

Massage reduces tension and pain while increasing flexibility, improving circulation and helping muscle recovery after a tough workout. Chair massage targets the neck, shoulders, and back while a deep-tissue sports massage can focus on legs, arms, shoulders or back. All sessions are 15 minutes. Available Monday-Friday. **Call for an appointment.**

FEES: $25 for Chair Massage
$25 for Sports Massage
$65 for 3 Chair Massage

REIKI

Reiki is a simple, safe and effective means of stress reduction, pain management and deep relaxation. Many experience profound emotional, spiritual and physical healing from this holistic technique. It feels like a wonderful, glowing radiance that flows through and around you. Ali is a certified Reiki master with years of experience. We highly recommend you to try it out.

FEES: $30 per 1/2 hour session
$55 per 1 hour session

INTENSE CARDIO CIRCUIT TRAINING

Pressed for time? This fast-paced class gives a total body workout. Basic and advanced strength training moves are blended with agility and balance exercises to optimize your time in the gym without putting too much stress on your joints. Class meets in the Circuit Room and is led by Certified Instructors/Personal Trainers. **Registration required.**

FEE: $50
DAYS: Tuesdays 9:15-10:10AM (1/9-3/27) or
Fridays 9:30-10:25AM (1/12-3/30)

TRX SUSPENSION TRAINING

Suspension training body weight exercise develops strength, balance, flexibility and core stability simultaneously. Your core will constantly be challenged to stabilize your movements against the force of gravity. 6 week sessions. **Registration required.**

FEE: $65
DAYS: Mondays or Thursdays
TIME: 7:00-7:45PM

Session 1: Mondays 1/8-2/12; Thursdays 1/11-2/15
Session 2: Mondays 2/19-3/26; Thursdays 2/22-3/29

Our new spin room is near completion! Here's a look at the front of the room where the stage will be set up.

Another view of the spin room!

The new multipurpose room is taking shape!

Classes on this page are popular with our senior members, but are open to members of all ages and abilities.

(See pages 9 & 10 for descriptions)

ARTHRITIS EXERCISE PROGRAM
DAYS: Mondays, Tuesdays, Wednesdays, Fridays.
Location to be determined. 9:30-10:15AM

GENTLE AQUA & WATER AEROBICS
(Description Page 17)
DAYS: Tuesdays & Thursday: 9:00-9:45AM

SENIOR STRETCH AND STRENGTH
DAYS: Tuesdays 8:00AM

TAI CHI
DAYS: Tuesdays & Saturdays 11:30AM

LO-IMPACT
DAYS: Wednesdays & Fridays 8:15AM

CHAIR YOGA
DAYS: Thursdays 10:30AM

CARDS & PHONES/TABLETS
DAYS: Fridays 9:30AM - Noon
September thru June. See Y-Zone Programs for details.

NIA
See schedule for day and time.

PICKLEBALL
This popular sport is for all ages and athletic abilities. Pickleball combines elements of tennis, badminton and ping pong. Play as singles or doubles. Check the gym schedule for times.

HEALTHY HEART WELLNESS PROGRAM

This three-month program is open to anyone but specifically designed for those who want to improve or maintain their heart health, whether or not they have had surgery or a cardiac event. Participants vitals are monitored closely and the class includes walking, light weights, flexibility and even some dancing to the big bands, swing and 1950s music that plays.

Registration Required. Non-members welcome.

FEE: $100 for GMY Members
$200 for Non-Members

DAYS: Monday, Wednesday & Friday (1/3-3/30)
10:15-11:30AM

Atlantic Health System
Morristown Medical Center

FREE SCREENINGS
Make sure to stop by and participate in our FREE screenings, in partnership with Morristown Medical Center's Community Health Department and the Greater Morristown YMCA.

GLUCOSE & BLOOD PRESSURE SCREENING
WHEN: Wednesday, February 14th, 2018
WHERE: YMCA lobby
TIME: 9:30-11:30AM

For more information regarding personal training & private classes please contact our Fitness Director, Kelly Schweighardt at (973) 267-0704 x28.

YOUR CHANGE CAN MAKE CHANGE

WHAT DOES THE Y DO?

We are more than just a gym. The Greater Morristown YMCA is an essential, charitable organization dedicated to strengthening our community through programs that nurture the potential of children, promote individual health and well being, and give back to provide support for our neighbors. When you support the Y, you join an organization that offers more health, more hope and more opportunity to children, teens and families.

ANNUAL CAMPAIGN

Each year, the Greater Morristown YMCA rallies the support of the community with its Annual Campaign. This is a time when community members, businesses, foundations, YMCA volunteers and staff come together and give generously to help guarantee that everyone can benefit from life changing Y experiences! Whether due to unemployment, poor health, financial hardship or other special circumstances, people struggle to provide for their families. Contributions received from our annual campaign efforts allow us to provide the growing number of scholarships awarded to individuals and families in need of vital Y programs and services.

HOW CAN I GIVE TO THE CAMPAIGN?

In addition to donations, there are various ways to contribute to the Greater Morristown YMCA:

ENDOWMENT & PLANNED GIVING

The Greater Morristown YMCA has been connecting with children and families for years. You can help ensure that we'll always be here to support future generations by including us in your overall estate and financial plans. With planned giving there can be significant tax-saving benefits, as well as ways to protect your family's future while accomplishing your philanthropy goals.

GIFTS OF SECURITIES/STOCKS

By donating appreciated stocks, bonds and mutual fund shares that have been owned for more than one year, donors can avoid capital gains tax. You also receive an income tax deduction for the fair market value of the gift which is determined by on the day you make the gift.

TRANSFORMATIONAL OFFERS

Throughout our history, generous individuals, corporations and foundations have made leadership gifts that have helped shape the future of our YMCA and Community.

For more information, please contact Carol Armour at (973) 267-0704

2016 IMPACT BY THE NUMBERS

7 CHILD CARE SITES

130 CHILDREN ON WAIT LIST FOR BLAKE & CHILDREN'S CORNER CHILD CARE CENTERS

7,800 MEMBERS DEDICATED TO THEIR HEALTH & WELL-BEING!

90 CAMPERS RECEIVED SCHOLARSHIPS

$600,000 IN TOTAL SCHOLARSHIPS AWARDED AND DISTRIBUTED

650 STUDENTS ENROLLED IN OUR 7 CHILD CARE CENTERS

OVER 120+ WEEKLY FITNESS CLASSES OFFERED

20 FRIENDS ATTEND HARMONY HOUSE, OUR DAY CENTER FOR ADULTS SUFFERING FROM COGNITIVE DISORDERS

1,000 CHILDREN INVOLVED IN OUR AQUATICS PROGRAM

9 FACILITIES OVERSEEN BY THE YMCA

120 STUDENTS ENROLLED IN OUR BEFORE & AFTER SCHOOL CARE PROGRAM

30 COUNSELORS IN TRAINING (CIT) WHO RECEIVED INVALUABLE EXPERIENCE

420 CAMPERS MAKING MEMORIES AND BEING KIDS!

CLASS	DAY	TIME	PRICE
Skips I	Friday	10:00-10:30AM	$94
Skips I	Saturday	9:35-10:05AM	$94
Skips II	Friday	10:30-11:00AM	$94
Skips II	Saturday	10:10-10:40AM	$94
Skips I & II	Tuesday	6:00-6:30PM	$94
Tadpole	Saturday	7:50-8:20AM	$94

CLASS	DAY	TIME	PRICE
Pike	Monday	4:00-4:30PM	$94
	Tuesday	4:00-4:30PM	$94
	Wednesday	4:00-4:30PM	$94
	Thursday	4:00-4:30PM	$94
	Saturday	9:35-10:05AM	$94
	Saturday	10:45-11:15AM	$94
Eel I	Monday	4:35-5:05PM	$94
	Tuesday	10:00-10:30AM	$94
	Tuesday	4:00-4:30PM	$94
	Tuesday	5:10-5:40PM	$94
	Thursday	4:00-4:30PM	$94
	Friday	11:00-11:30AM	$94
	Friday	11:30-12:00PM	$94
	Saturday	8:25-8:55AM	$94
	Saturday	9:00-9:30AM	$94
	Saturday	10:40-11:10AM	$94
	Saturday	10:45-11:15AM	$94
	Saturday	11:20-11:50AM	$94
Eel II	Tuesday	4:00-4:30PM	$94
	Tuesday	5:45-6:15PM	$94
	Thursday	4:35-5:05PM	$94
	Thursday	6:00-6:30PM	$94
	Friday	12:00-12:30PM	$94
	Saturday	8:25-8:55AM	$94
	Saturday	9:35-10:05AM	$94
	Saturday	11:20-11:50AM	$94
	Saturday	11:55-12:25PM	$94
Rays	Tuesday	4:35-5:05PM	$94
	Saturday	10:10-10:40AM	$94
	Saturday	10:45-11:15AM	$94
	Saturday	11:55-12:25PM	$94
Starfish	Tuesday	4:35-5:05PM	$94
	Tuesday	6:00-6:30PM	$94
	Saturday	9:00-9:30AM	$94

PARENT & CHILD LESSONS (ages: 6 months - 3 years)

Levels: Skips I thru Tadpole

Parent must accompany the child in the pool for the entire lesson. **Any child that is not toilet trained MUST wear a swim diaper and rubber/plastic pants under swim suit.** Available for purchase at the Member Services Desk for $2 each.

PRESCHOOL LESSONS (ages: 3-5 years)

Levels: Pike thru Starfish.

This is a six-level program that allows children, ages 3-5 years old, to progress at their own rate. Classes cover adjustment to the water, stroke development, endurance, games and personal safety.

PRE-PROGRESSIVE LESSONS (ages 6-12 years)

Levels: Polliwog I thru Polliwog II

CLASS	DAY	TIME	PRICE
Polliwog I	Monday	5:10-5:40PM	$94
	Wednesday	4:35-5:05PM	$94
	Saturday	10:10-10:40AM	$94
	Saturday	11:20-11:50AM	$94
	Saturday	11:55-12:25PM	$94
Polliwog II	Monday	5:45-6:15PM	$94
	Tuesday	4:35-5:05PM	$94
	Wednesday	5:10-5:40PM	$94
	Saturday	9:00-9:30AM	$94
	Saturday	11:20-11:50AM	$94

PROGRESSIVE LESSONS (ages: 6-12 years)

Levels: Guppy thru Stroke Clinic

CLASS	DAY	TIME	PRICE
Guppy	Wednesday	5:45-6:30PM	$124
	Thursday	4:35-5:20PM	$124
	Saturday	8:10-8:55AM	$124
	Saturday	9:00-9:45AM	$124
	Saturday	11:55-12:40PM	$124
Minnow	Tuesday	5:10-5:55PM	$124
	Saturday	8:10-8:55AM	$124
	Saturday	9:50-10:35PM	$124
Fish	Thursday	5:10-5:55PM	$124
	Saturday	9:00-9:45AM	$124
Flying Fish	Saturday	9:50-10:35AM	$124
	Tuesday	5:10-5:55PM	$124
Stroke Clinic	Saturday	10:40-11:25AM	$124

TEEN & ADULT LESSONS

Ages: 11-15 (Teen) • Ages: 16+ (Adult)

CLASS	DAY	TIME	PRICE
Adult/Teen Intro to Swimming	Sunday	10:30-11:00AM	$94
Adult/Teen Beginner	Sunday	11:05-11:35AM	$94
Adult/Teen Intermediate	Sunday	11:40-12:25PM	$124
Adult/Teen Advanced	Sunday	12:30-1:15PM	$124

WINTER SESSION DATES

January 2 - March 17

PRE-COMPETITIVE CLASSES: ALL LEVELS MUST BE APPROVED BY THE AQUATICS MANAGEMENT STAFF.

COACHES CLUB

Ages 5-8

For children not quite ready for swim team but are looking to get an edge. Swimmers must be pre-tested. Space is limited to 6 children per class.

FEE: $130

Days: Coaches Club 101 Wednesdays 4:45-5:30PM
Coaches Club 102 Mondays 4:45-5:30PM

DOLPHIN CLUB

Ages 6+

Dolphin Club is geared towards the swimmer who is not quite ready to swim competitively within our swim team, but hopes to achieve this goal. They will build endurance, refine all competitive swim strokes and improve technique.

FEE: $130

Days: Thursdays 5:25-6:25PM

PRIVATE SWIM LESSONS

Scheduled only when pool space & instructors are available. Classes are 30 minutes long. **WAIT LIST ONLY.**

INDIVIDUAL PRIVATE LESSONS Ages 3+

FEE: $150 for 6 lessons
$198 for 9 lessons
$220 for 11 lessons
$30/lesson (pay as you go)

SPECIAL NEEDS PRIVATE LESSONS Ages 3+

FEE: $130 for 6 lessons
$185 for 9 lessons
$210 for 11 lessons

Check out our new pool windows!

Aquatics Questions?
swim@morristownymca.org

REGISTRATION INFORMATION

Winter Session Dates: January 2 – March 17

Good News! Online Registration is coming in 2018!

PRIORITY REGISTRATION (SAME DAY/SAME CLASS/TIME)

WHEN: DECEMBER 4TH – DECEMBER 9TH

BRING YOUR PROGRESS REPORTS, and have membership renewal forms printed off before registration.

PRIORITY REGISTRATION (MOVING UP/CHANGING DAYS AND/OR TIMES)

WHEN: SUNDAY, DECEMBER 10 from 9:00AM–11:00AM • FOR FALL SWIM LESSON PARTICIPANTS ONLY

****NUMBERS WILL BE GIVEN OUT AT 8:30AM – NO LOTTERY!****

RETURNING REGISTRATION (CURRENT & PREVIOUS GMY SWIM LESSON PARTICIPANTS ONLY)

WHEN: DECEMBER 11 – DECEMBER 15 from 9:00AM–7:00PM

If your child was not in Fall lessons, he/she MUST be tested prior to registration date for proper placement.

OPE N REGISTRATION

WHEN: SATURDAY, DECEMBER 16 from 9:00AM–11:00AM

Open to everyone on a first come, first served basis. Child MUST be tested prior to registration date for proper placement. You can register for swim classes at the Member Services Desk after the initial registration is complete. **Bring your progress report or test evaluations to registration.** Any registrants wishing to switch classes may do so beginning **Monday, December 18th** with the Aquatic Director's approval. Changes may ONLY be done with the Aquatic Department Administrative Staff. **There is a $15 and up administrative fee each change after initial registration**.

AQUATICS POLICIES

A Greater Morristown YMCA Membership is required. Please see page 3 for Y cancellation and refund policy. changes or withdrawals can be made after the first week of the session. There are no make-up classes, nor do we give credit for individual classes missed regardless of reason (weather, illness, etc.) We reserve the right to change or remove any child from his/her registered swim class if we believe they have been enrolled in the incorrect level. We reserve the right to cancel classes if there are not enough registrants. Bathing suits are required for all classes. **Shorts, tank tops, etc., are not acceptable for the pool.**

TESTING DATES

Any child who did not participate in Fall lessons MUST BE TESTED prior to registration. Pre-registration is REQUIRED. Testing is not required for Skips I, II & Pikes. NO WALK-INS. Your child should come prepared to swim.

Saturday, December 2	12:15–1:15PM
Monday, December 11	4:00–5:30PM
Wednesday, December 13	4:00–5:30PM

TIPS FOR A SMOOTH REGISTRATION

- ☐ Bring your progress report or test evaluation
- ☐ Bring your membership renewal form
- ☐ Paying with cash/check will be quicker than credit cards

American Red Cross

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR COURSE

Participants will learn to teach the American Red Cross Lifeguard Training Course and its accompanying components. See our website for prerequisites.

ATTENDANCE IS CRITICAL AS ABSENCES MAY RESULT IN NO CERTIFICATION. PARTICIPANTS MUST PASS 100% OF WATER SKILLS & 80% OF WRITTEN TESTS.

Lifeguard Instructor Certifications Issued:
Upon successful course completion, participants will receive American Red Cross Lifeguard Instructor Certification valid for 2 years.

FEE: $450 for GMY Members • $495 for Non-Members ($150 non-refundable deposit needed upon registration; balance is paid upon successful completion of the pre-test.)

ADULT WATER FITNESS

See schedules or website for times.

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.

SHALLOW WATER EXERCISE CLASS

An enjoyable fitness class that features conditioning and resistance training in shallow water (waist to chest deep). Non-swimmers welcome. Water shoes highly recommended.

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.

ELITE DIVERS SCUBA DIVING

Elite Divers offer 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. Registration for this program is NOT available at the YMCA.

Aquatics Questions?
swim@morristownymca.org

AMERICAN RED CROSS LIFEGUARD TRAINING

We offer many courses for those wishing to earn their American Red Cross Lifeguard Certification. Please check our website for schedule.

FULL LIFEGUARD TRAINING

This course gives participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Ages 15+ (must be 15 by course completion date). Class size limited to 10. Participants MUST attend all class sessions. Upon completion, participants will receive the following Red Cross certifications, all good for 2 years: Lifeguard Training, First Aid, CPR for the Professional Rescuer, and AED certification.

FEE: $350 for GMY Members • $395 for Non-Members

LIFEGUARD REVIEW

This course is for those whose certification is near expiration but not yet expired. It can be taken in place of a full content course. Participants will be recertified for an additional 2 years in Lifeguard Training, First Aid, CPR & AED.
FEE: $195 for GMY Members • $210 for Non-Members

CPR & FIRST AID

This standard CPR class would certify participants to administer CPR and First Aid on adults, children & infants. Participants would learn to manage cardiac and medical emergencies. Successful completion of the class would result in American Red Cross Certification in CPR with First Aid (Good for 2 years).
FEE: $110 GMY Members • $130 Non-Members

FIT GIRLS, POWERFUL GIRLS

A STRONG BODY/STRONG MIND PROGRAM

Fit Girls is led by Sara Sheffield De Los Santos. Sara has a Masters in School Counseling and experience working with children and adolescents through programs at the YMCA and Therapy Resources of Morris County. This 6-week program will cover topics such as, Building Confidence, Accepting Emotions, Body Image, Self-Care, Teamwork, Bullying and Strong Body/Strong Mind. Fit Girls will encourage girls to stay healthy, be active and feel good about themselves. The program is offered to middle school girls in 6th - 8th grade.

FREE to members.
Non-member fee: $20

Tuesdays; 3:30-4:30PM
1/23-3/6

Fit Girls is held at the Y-Zone Youth Annex, located at 25 Saddle Road in Cedar Knolls.

HOST YOUR OWN PARTIES

The Y-Zone is *the* destination for parties! Your 90 minute rental includes use of the basketball gym, game room, multi purpose room, 2 large screen TVs, tables and chairs, indoor volleyball court and gaga pit. Accommodates parties up to 25. Call for larger groups. Increase the fun with 45 minutes of Sports Instruction, choosing between either Soccer or Basketball skills. Instructors are available for an additional $100 made payable to the instructor the day of the party (no credit card payments). Renters are responsible for set up and clean up of the rental rooms.

GMY Members: $250 Non-members: $300

Rental times: Sundays, 11:00-12:30PM or 1:30-3:00PM
Call Sara for details (973) 998-9199

No alcohol permitted. Ropes course and associated ropes course equipment not available for use. Responsible adults must be on site. You may set up 30 minutes prior to your party. Clean up must be completed within 30 minutes of the party's end time.

Harmony House
Adult Day Center

Stimulating, Social & Safe

Harmony House is a **vibrant** daytime social and wellness environment designed to **enhance the quality of life** for adults who are frail, disabled or impaired. We are a **comfortable** and **safe place** for loved ones who need socialization and structured stimulation for those who no longer can stay home alone.

We welcome adults with physical or cognitive difficulties who can manage bladder and bowel functions. Movement-assisting devices such as wheelchairs, walkers, canes & crutches are welcome.

Harmony House Offers

3-5 day per week options:
Monday- Friday
8:00AM -4:30PM
$60 per day!

Drop-in Service

Full Day or Half Day
Wednesdays & Fridays Only
(based on availability)
FULL: $70 per day (8:00am-4:30pm)
HALF: $35 per day
(8:00am-12:00pm or 12:00pm-4:00pm)

Harmony House Adult Day Center

4 Division Avenue (near Main Street)
Madison, NJ 07940
(973) 514-1400
www.harmonyhouseadultcare.org

BEFORE & AFTER SCHOOL CARE FOR MORRIS PLAINS, NJ

The Greater Morristown YMCA understands how critical it is that young people spend their after school hours in a productive and safe manner. Both our before & after care 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, CATCH Healthy Lifestyle program and much, much more!

BEFORE SCHOOL CARE

Starts at 6:45AM

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

AFTER SCHOOL CARE

Child must be picked up by 6:00PM

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

Call Ashley Kindberg at (973) 984-2255 for more information or visit greatermorristownymca.org.

HEALTHY U

Healthy U is a collaborative partnership between the New Jersey YMCA State Alliance and the Horizon Foundation for New Jersey, a division of Horizon Blue Cross/Blue Shield. The program's goal is to combat childhood obesity in children ages 3-13 through nutrition education, physical education and family involvement. The program utilizes the CATCH (Coordinated Approach To Child Health) curriculum to promote physical activity and good nutrition while showing kids that eating healthy and being physically active every day can be fun. Since 2008, the Horizon Foundation for New Jersey has invested $3.45 million in the Healthy U initiative. The Greater Morristown YMCA utilizes Healthy U at our child care centers and before & after school programs.

FREE BABYSITTING WHILE YOU WORK OUT!

The YMCA offers quality drop-in child care 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 90 minute time limit.**

HOURS

Monday-Saturday	9:00AM-12:00PM
Monday-Thursday	4:00PM-7:30PM
Sunday	9:00AM-11:30AM

AGES

Monday-Friday mornings: 8 weeks-8 years
Nights & Weekends: 8 weeks-10 years

SCHOOL VACATION ADVENTURE DAYS

Open to Members & Non-Members

Adventure Days are held at our beautiful new Y-Zone Youth Annex, located at 25 Saddle Road in Cedar Knolls. The Y-Zone is the perfect place for your child to spend a safe and productive day during school vacations. The children will have structured play and activities throughout the day including indoor gym play, arts & crafts, swimming (at the YMCA) and outside play (weather permitting). Children should bring their lunch, swimsuit and towel.

We follow the Morris Plains School District's 2017/2018 Calendar. See below for dates.

Call the Greater Morristown YMCA Member Services Desk at (973) 267-0704 to register. Register early as space is limited!

HOURS: 8:00AM-6:00PM
AGES: Grades K-6
FEE: $75 per day ($65 each additional child, same family, per day. $40 if enrolled in our after school care program)

Tuesday, December 26th	Monday, January 15th
Wednesday, December 27th	Monday, February 19th
Thursday, December 28th	Tuesday, February 20th
Friday, December 29th	Friday, March 30th
	April 2nd - April 6th

Richard F. Blake Children's Center

65 Horsehill Road, Cedar Knolls, NJ 07927
(973) 984-2255 • blakechildrenscenter.org

Ages: 6 weeks - 5 years
Hours: 6:30AM - 6:00PM

Founded in 1988, the Richard F. Blake Children's Center is a premier child care center in the state of New Jersey.

- 20,000 square-foot facility in a park-like setting with indoor Little Honey Gym, and large outdoor playgrounds
- Certified teacher in every classroom, low child to teacher ratio, average teacher tenure of 10.5 years
- NAEYC Accredited
- 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, Preschool Healthy U program, 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 fun nights

Richard F. Blake Children's Center

Children's Corner for Atlantic Health

475 South Street, Morristown, NJ 07960
(973) 593-2450

Ages: 6 weeks - 5 years
Hours: 6:00AM - 6:00PM

Ada Budrick Child Care & Learning Center

220 Vreeland Avenue, Boonton, NJ 07005
(973) 335-0619 • adabudrickchildcare.org

Ages: 2- 6 years
Hours: 7:30AM - 5:30PM

Allamuchy Early Childhood Center

Mountain Villa School: 1686 Rt. 517
Allamuchy, NJ 07820
(908) 852-1894

Ages: 3- 5 years • Hours: 8:30AM - 3:00PM

Children on the Green

50 S. Park Place, Morristown, NJ 07960
(973) 984-0094 • childrenonthegreen.org

Ages: Infants - Pre K
Hours: 6:30AM - 6:00PM

We recognize that each child develops physically, intellectually, emotionally and socially at his or her own individual pace. Learning is an interactive process for young children; our research-based, state approved curriculum guides our teachers to provide experiences that positively shape your child's growth and development.

- USDA approved lunch & 2 snacks provided daily
- NAEYC Accredited
- Certified teacher in every classroom, low child to teacher ratio
- Centrally located and within walking distance to Morris/Essex Train Line

Please call director to schedule a tour and learn more about our family friendly environment, rich with materials, ideas and caring adults.

TODDLER & PRESCHOOL CLASSES (1/2 - 3/17)

TAMMY & THE TODDLERS
18 months-3 years

Our most popular parent and child class where toddlers are given an opportunity to develop strength, flexibility and social skills using age appropriate equipment, music and various activities.

FEE: $95
DAYS: Tuesday 9:30-10:15AM
Thursday 9:30-10:15AM

SPORTS & GAMES WITH TAMMY
3-5 years

Does your preschooler have energy to burn? This class keeps kids moving with tag games, obstacle courses and an introduction to basic sports skills.

FEE: $115
DAYS: Tuesday 10:45-11:45AM
Thursday 10:45-11:45AM

NEW JERSEY SCHOOL OF BALLET

For more than 50 years, the New Jersey School of Ballet has provided top quality instruction to thousands of students.
DATE: September - June
DAYS: Wednesdays & Fridays
WHERE: GMY Ballet Studio
Children ages 4 and up, teens and adults of all levels welcome.
For more information contact the school at:
(973) 597-9600 • www.njschoolofballet.com

FAMILY FUN EVENTS!

Sign up for Family Events MUST be at least 1 week prior to the event.

Call the Richard F. Blake Children's Center today! Suggested ages are 1-7. Open to all GMY members, all GMY Child Care Centers & Blake Center families (973) 984-2255

MEET SANTA
Friday, December 15th 6:00-7:30PM
The big man will visit the Blake Center for photos, snacks & fun! Bring your camera and take a family photo with Santa. Open gym play time and snacks will be provided.

FAMILY WINTER EVENT
Saturday, January 20th 3:00-5:00PM
Cooped up for too long? This is a great time to have fun with the family at the Richard F. Blake Children's Center. Children will do crafts and have access to our open gym.

VALENTINE'S DAY FUN
Saturday, February 10th 3:00-5:00PM
Celebrate the love! Wear red! Open gym and crafts at the Richard F. Blake Children's Center.

SHAMROCK HUNT & OPEN GYM
Saturday, March 3rd 10:00-12:00PM
Our famous Shamrock hunt will once again delight all your little leprechauns. We will have green bagels, fruit and access to our open gym.

PRESCHOOL PARTIES (ages 2-5)
THE RICHARD F. BLAKE CHILDREN'S CENTER INDOOR GYM & PARTY ROOM
DURATION: 90 minutes
(Call for times on Saturdays & Sundays)
FEE : $250 for members, $300 for non-members
For up to 15 children
$10 for each additional child up to 25 total
NEW! Add use of the Richard F. Blake Children's Center preschool climbing wall for $50. Call (973) 984-2255 for more information.

Y-ZONE

The below activities are FREE with your Greater Morristown YMCA Membership. Y-Zone schedules can be found online and at the Member Services Desk at the Y-Zone and YMCA. These activities run January through May. No registration is required, guests are welcomed (call ahead for guest passes). (973) 998-9199. www.gmyzone.org

PRESCHOOL OPEN PLAY

(Parents/Guardians and preschool children)
Moms and tots have our playdates in our gym! Meet other parents and let your children burn off energy. We have tunnels, tents, blocks and other toddler appropriate play items.

CARDS, GAMES & IT INSTRUCTION

Bring your friends and snacks and we will supply tables, chairs, coffee and cards. Play bridge, poker, rummy cube or bring your own game. While you are there bring your phones or tablet and our staff will answer your device questions.

OPEN GYM & GAME ROOM (ages 8 - 12)

Players choice, basketball, dodgeball or volleyball (see schedule). The game room is also open. Parents must accompany children under 12.

BEGINNER/INTERMEDIATE PICKLEBALL (adults)

This popular sport is for all ages and abilities. Pickleball combines elements of tennis, badminton and ping pong. Play as singles or doubles. This time frame is for people learning the sport or with beginner to intermediate skills. We supply nets, balls and paddles.

Gymnasium

Ariel View of the Y-Zone (6,000 sq. foot facility)

Game Room / Multi-purpose room

Outdoor View (3 acre facility)

The Y-Zone is available for birthday rentals.
Refer to page 18 for more information or call (973) 998-9199.

The following programs are held at the **Y-Zone Youth Annex**, located at 25 Saddle Road in Cedar Knolls, NJ, steps away from the Greater Morristown YMCA.

PRIVATE BASKETBALL TRAINING

Training for players of all ages. Improve your player's technical skills, mental skills, confidence and focus. Emphasis will be on ball handling, speed, agility, conditioning, vertical leap, offense/defense skills, shooting & passing. Available year round. *Group training is also available.*

	GMY Member	Non-Member
Individual	$50/hour	$60/hour
Group up to 3	$60/hour	$70/hour
Group up to 5	$80/hour	$90/hour

For groups over 5 players please call for pricing

PRIVATE GOALIE TRAINING

The soccer goalkeeper is one of the most important players on the field - they are the last line of defense and the first line of attack. These customized sessions provide specialized training for the individual goalie to improve the goalkeeper's athleticism, conditioning, technical and tactical ability and raise their overall level of play. Focus will be on footwork, catching, proper positioning, & diving.

	GMY Member	Non-Member
Individual	$50/hour	$60/hour
Group up to 3	$60/hour	$70/hour

MICRO MESSI SOCCER CLINIC

Who will be the next Messi, Ronaldo, or Carli Lloyd? Classes focus on developing soccer skills with an emphasis on sportsmanship and fair play. Classes are taught by our own Coach Juan who is certified by both the US Soccer Federation and National Soccer Coaches Association of America.

FEE: $75 GMY Members • $95 Non-Members
DAY: Saturdays: 3/17, 3/24, 3/31, 4/7 & 4/14
TIME: 10:00-11:00AM (ages 5-7)
11:15-12:15PM (ages 8-10)

NEW! SOCCER TOUCH & TECHNIQUE CLINIC

This course will develop and enhance the skills necessary for your child/children to grow and improve out on the soccer pitch. This course is perfect for those tho take part in our Micro Messi Soccer Clinic.

FEE: $85 GMY Members • $105 Non-Members
DAY: Saturdays: 4/21, 4/28, 5/5, 5/12, 5/19
TIME: 10:00-11:40AM (ages 6-8)
11:00-11:40AM (ages 9-12)

NEW! INTRAMURAL SPORTS LEAGUE

Come and join us for intramural sports leagues during the Spring season at the Y-Zone! We will break the season down into different sports (basketball, soccer, volleyball) with court monitors present at all times. Have fun with friends while staying in shape! Grades 8-11.

FEE: $50 GMY Members • $75 Non-Members
DAYS: Tuesdays & Thursdays, 4/2-6/5
TIME: 4:00-6:00PM (at the YZone)

NEW! MOMMY & ME COOKING CLASS (3-5)

This is a hands on class where children will make kid friendly recipes while learning about ingredients and cooking techniques. Come and join us for this 8 week class, designed for preschoolers and their parent/guardians. Call the Y to register.

FEE: $90 GMY Members • $115 Non-Members [includes food]
DAY: Tuesdays, 1/9-2/27
TIME: 11:00-11:45AM (at the YZone)

NEW! LET'S PLAY BASKETBALL CLINIC (3-5)

Come and join us for a 6 week basketball clinic for preschoolers. We will work on the fundamentals: passing, shooting and dribbling in a fun environment. Creative games will keep your child engaged while he/she learns the game of basketball. Call the Y to register.

FEE: $80 GMY Members • $105 Non-Members
DAY: Wednesdays, 1/9-2/13
TIME: 11:00-11:30AM (at the YZone)

NEW! LET'S PLAY SOCCER CLINIC (3-5)

Come and join us for a 6 week soccer clinic for preschoolers. We will work on the fundamentals: passing, shooting and dribbling in a fun environment. Creative games will keep your child engaged while he/she learns the game of soccer. Call the Y to register.

FEE: $80 GMY Members • $105 Non-Members
DAY: Tuesdays, 1/9-2/13
TIME: 11:00-11:30AM (at the YZone)

RENOVATION UPDATE

Dear Members,

Our renovation is in full swing and we thank you for your patience and loyalty to the Greater Morristown YMCA as we perform some major and necessary upgrades to our 36 year old facility. As we enter the third and last phase of our renovation project, we wanted to provide you with some updates on the construction progress.

COMPLETED:

- New spin and circuit rooms
- New multipurpose room
- New windows on building's facade
- New main hallway flooring and wallpaper
- New HVAC units
- New windows in track area
- New windows in Aquatics Arena
- Painted gym (both levels)
- New flooring, paint and popcorn-free ceiling in Fitness Center
- New sprinklers throughout our 48,000 square foot facility

Original Building

Renovation Rendering

The third and final phase of the project will include the construction of our brand new glass atrium lobby, new furniture....and a brand new Y!

We would like to thank you again for your patience, understanding, cooperation and mostly, your loyalty, while we undergo this major renovation. We appreciate your continued membership and look forward to celebrating our grand reopening with you all in February 2018. More details to follow in the coming months.

Current Construction Progress

Warm regards,

Carol Armour
President & CEO
The Greater Morristown YMCA

We're at 79 Horsehill Road in Cedar Knolls, less than ten minutes away from the 287!

the YMCA ZONE

SUMMER CAMP

The New Adventure Destination

Formerly Backyard Kids Summer Camp

- Beautiful facility located at 25 Saddle Road in Cedar Knolls
- Full and partial week options
- Grades 1-6 at Camp Y-Zone
- Great Hours! 8:00 AM - 6:00 PM
- Early Morning drop-off option (7:15 AM)
- Age appropriate trips, swimming, theme days & more
- Lunch & Snack option
- Convenient drop off
- Preschool & Kinder Camp located at The Richard F. Blake Children's Center

(973) 998-9199
GMYZone.org

Camp Registration begins January 13
At the Greater Morristown YMCA

GREATER MORRISTOWN YMCA
79 Horsehill Road
Cedar Knolls, NJ 07927

Non-Profit Org.
U.S. Postage
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OUR MAKEOVER IS ALMOST COMPLETE!

Look for more details on our Grand Re-Opening and Festivities planned for February 2018. Thank you for your continued loyalty and patience!

Give the gift of health this holiday season! Contact the Member Services Desk for more information.

THE GREATER MORRISTOWN YMCA
79 Horsehill Road, Cedar Knolls NJ 07927
www.greatermorristownymca.org
(973)267-0704

SAVE THE DATE!

Week Long Open House for New Members!
December 9th -16th

New **ANNUAL** members pay $0 joiners' fee & get a free 30-minute personal training session! Other new members get $50 off the joiners' fee.

Returning Member Amnesty
Pay $0 Joiner's Fee! (Just show us proof of previous membership or still be in our system)

25 Saddle Road, Cedar Knolls NJ 07927
www.gmyzone.org
(973)998-9199