



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING INTO FUN!



**SPRING 2022**

**PROGRAM GUIDE**

**THE GREATER MORRISTOWN YMCA**  
[greatermorristownymca.org](http://greatermorristownymca.org)

**SESSION DATES:**  
**03.27.22-06.04.22**



## 2 : 2022 ANNUAL CAMPAIGN

We are so thankful to all of you for your continued support and generosity. The last two years have not been easy for the YMCA community and we hope 2022 will bring some positive growth and hopefully some "normalcy" for our members, staff, and children. Your generous donation has helped us rebound from the pandemic and continue to help the many community neighbors who rely on us for assistance. As a non-profit organization, we provide our services to over 60,000 residents in our service area, which includes nine communities in Morris County. Where children are concerned, in addition to childcare, we manage a before and after school program, summer day camp, youth basketball programs, swim lessons, and so much more!

More than just a "gym" and "swim", the Greater Morristown YMCA's primary focus is childcare, and we currently operate 3 centers, 2 of which we own. The Richard F. Blake Children's Center is a 20,000 square foot facility, located at 65 Horsehill Road in Cedar Knolls. Angela's Place is our newest center located around the corner at 6 Saddle Road. Children's Corner is where we take care of the children of Atlantic Health System employees. During the pandemic, Children's Corner remained open so that the heroic front liners could go to work to combat COVID-19. Our staff showed up every day despite lacking any knowledge of how virulent COVID would become. We thank each and every one of them for their passion and dedication in caring for the children. The parents were so appreciative and relieved to know their children would continue to be cared for in a safe, healthy, and nurturing environment while they attended to those infected with the virus.

Starting in May, we were able to begin offering more swim lessons for the children, however, due to COVID rules and regulations, we were only able to offer lessons to those swimmers who were intermediate or advanced level due to social distancing guidelines. Fortunately, this changed in September and we were able to begin offering lessons for babies and preschoolers. With drowning being one of the top 5 causes of accidental death in children under the age of 6, it was imperative that we resumed teaching our young ones this life-saving skill.

On September 1st, Hurricane Ida seriously damaged the Richard F. Blake Children's Center. The water came in fast and furious and flooded the center in a matter of minutes. Fortunately, the timing of this flood was after hours so that no children or staff were present. Also, the flood occurred after our busy camp season which allowed us to house 45 children in the space normally used for camp. We obtained emergency licensing from both the State of New Jersey Office of Licensing and Hanover Township and we were able to transform our camp space into classrooms.

Atlantic Health System graciously accommodated our infants, waddlers, and toddlers with open arms. We added two classrooms at Angela's Place to accommodate two of our preschool expansion classes and then transformed the Armour Family Y-Zone Youth Annex into five classrooms for our preschoolers. Thankfully, we were able to accommodate all our children in the three separate locations. Our teachers were extraordinary and worked tirelessly to set up their temporary classrooms.

We worked feverishly to renovate the center which included installing new vinyl flooring, kitchenettes, changing tables, child and adult toilets, new faucets, and then painting the entire facility. These necessary updates completely transformed the center and it looks brand new! We were very fortunate to have flood insurance to cover most of the restoration expenses and to obtain the materials necessary to rebuild the center in spite of the supply chain issues. Thus we were able to reopen our doors on Monday, November 22nd, 2021, much to the delight of children, parents, and staff.

We hope you will continue to donate to this worthy cause! Best wishes for a happy and healthy 2022!

**TOGETHER WE CAN ACHIEVE SO MUCH MORE!**

**Every year, the Greater Morristown YMCA provides more than \$300,000 in scholarship assistance. We are always looking for volunteers and donors to help us reach that goal.**

<b>\$50</b> Will provide before school care for one week during the school year	<b>\$110</b> Will provide one pre-schooler 11 weeks of life saving swim lessons	<b>\$220</b> Will provide two pre-schoolers 11 weeks of life saving swim lessons	<b>\$375</b> Will provide one week of camp for one child ages 5 - 13 during the summer	<b>\$750</b> Will provide camp at the YZONE for two children ages 5 - 13 for one week during the summer	<b>\$828</b> Will provide two weeks of infant care for a child at one of our quality childcare centers	<b>\$1,210</b> Will help a struggling family with one month of full time daycare for their pre-schooler
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# YOUR MEMBERSHIP INCLUDES : 3

- 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
- Y-Zone Youth & Family Programs & Activities
- Picnic Grove and Playground
- 2 Cardiovascular Centers ("Circuit Rooms")
- 2 Studio Classrooms for Group Exercises
- 1/16 Mile Elevated, Indoor Cushioned Track
- Stretch Room
- 60+ FREE Fitness Classes
- Pickleball
- Boot Camp Classes
- Senior Programs
- Spin Room with 25+ bikes
- Certified Personal Trainers
- Parkinson's Personal Training (fee required)
- Yoga & Pilates Reformers (fee required)
- Adult & Youth Personal Training (fee required)
- Yoga & Pilates Personal Training (fee required)
- TRX Training (fee required)
- 25 Meter Heated Pool w/ 6 lanes
- Whirlpool (ages 24+)
- Steam Room (ages 24+)
- Sauna (ages 24+)
- Water Exercise Classes
- Swim Lessons (fee required)

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**Visit us at:**

[greatermorristownymca.org](http://greatermorristownymca.org)

for our most up to date  
information and facility perks!

### STAY IN THE LOOP

Sign up on our website to receive our  
email blasts regarding news and  
updates! Stay in the KNOW!



## 4 : 2022 RATES, INFORMATION, AND POLICIES

Membership Type:	Monthly:	Annual:	Annual Savings:
Youth (0-11)	\$22	\$200	\$64
Teen (ages 12-18)	\$35	\$330	\$90
Young Adult (19-23)	\$42	\$410	\$94
Adults (24-64)	\$65	\$660	\$120
Seniors (65+)	\$47	\$490	\$74
Husband & Wife Senior (both 65+)	\$68	\$695	\$121
Family (Children up to 23)	\$96	\$970	\$182

### 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. When signing up online you will pay the first month. On your first visit to the YMCA you will then be charged the last month.

### Youth 3 Month and 6 Month Memberships:

(Swim Only for ages 0-11 years)

Rates: 3-Months: \$70 or 6-Months: \$130

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 card) and a discount for our Veterans and Active Military (with valid documentation). Please visit the Greater Morristown YMCA's Member Services Desk to sign up.

### 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. After the tour, we welcome you to try us out with a FREE one-day membership pass.

### 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. 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 closing 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.

## HOURS OF OPERATION

Sun:	9:00 am-5:00 pm
Mon:	6:00 am-9:45 pm
Tue:	6:00 am-8:00 pm
Wed:	6:00 am-9:45 pm
Thu:	6:00 am-8:00 pm
Fri:	6:00 am-8:00 pm
Sat:	8:00 am-8:00 pm

\*Starting March 1st, we will be closing at 9:45pm

## STAFF AND POLICIES CONTINUED : 5

### 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 Policy:

Any type of complimentary guest passes issued prior to September 2020 are now invalid. Guest passes must be purchased at the Member Services Desk and cannot be purchased ahead of time online. 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 passes are valid for one business day. 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.

### 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 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 quest fee.**

### Weather Related Closings:

**Check our website 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 or phone. Please sign up also for our email blasts at the bottom of our website.**

## Questions?

Please contact [info@morristownymca.org](mailto:info@morristownymca.org), visit our website at [greatermorristownymca.org](http://greatermorristownymca.org) or contact the Member Services Desk at 973-267-0704.

## Executive Director

**Laure Ferrando**

## AQUATICS

Alanna Van Steyn  
Ed Galuska  
Josh Wing  
Ed Galuska

## BABYSITTING

**Laura Engler**

## BUILDINGS & MAINTENANCE

Hugo Gomez

## DATA & IT

Dawn Granata

## FINANCE

Ray Fisher  
Claudine Armellino  
Susan Pittaro

## FITNESS

**Kelly Schweighardt**

## MARKETING

**Ashton Cillo**

## MEMBERSHIP

Kim Eliades  
Rashmi Karlekar

## SPECIAL PROJECTS

**Lisa Swensen**

## YZONE CAMP PROGRAM

Christine Wyckoff

## CHILD CARE AND CAMP ADMINISTRATION

**Susan Pittaro**

## CHILD CARE CENTERS

Ashley Kindberg  
Rose McGeough  
Beatrice Yuan  
Jennifer Tritto

**BOARD OF DIRECTORS:**

Frank Giannantonio	Chairman
Don Lepore	Vice-Chairman
Ted Vogtman	Treasurer
Jennifer Zambri	Secretary

Carol Armour	Chuck Ferrando	Gene Thomas
Les Armour	Alfred B. Nunan	Michael Walter
David Burke	Eric Ricciardi	James Wood
	Maria Savettiere	

# 6 : 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
- Attend Little Owls or Kinder Camp at the Greater Morristown YMCA rate

## 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
- Attend our Sunday Family Classes 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 60+ 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

## Adult

- Participate in over 60+ 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, Pilates Reformer Training, or Private Yoga Training
- Swim laps, take a water aerobics class, or enjoy Recreational Swim
- Relax in the Sauna, Whirlpool, or Stream Room (ages 24+)
- Play basketball during open gym or join a pick up game during our Adult Noon Time Basketball
- Play Pickleball with friends
- Run or walk on the indoor track
- Enroll in swim lessons
- Enroll in our Adult Swim Clinic

## Active Older Adult

- Make new friends!
- Participate in over 60+ FREE weekly fitness classes including Chair Yoga and Tai Chi
- Work out in any of the Fitness Rooms
- Achieve a fitness goal with Personal Training, Pilates Reformer Training, or Private Yoga 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
- Enroll in our Adult Swim Clinic

Questions about Memberships?  
Please contact the Member Services Desk at  
973-267-0704

Fitness Questions?  
Please contact Kelly at  
973-267-0704 ext. 28



## 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, the C.A.T.C.H. Healthy Lifestyle program 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)

For more information, please call 973-984-2255 or visit our website at [greatermorristownymca.org](http://greatermorristownymca.org). Questions? Email us at: [ykidsafterschool@gmail.com](mailto:ykidsafterschool@gmail.com)

## Healthy U and C.A.T.C.H. Programs:

Healthy U is a collaborative partnership between the New Jersey YMCA State Alliance and the Horizon Foundation for New Jersey, a division of 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 C.A.T.C.H. (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 and after school programs. Visit <http://www.njymca.org/main/healthy-u/> for more information.

## Angela's Place @ 6 Saddle Road Cedar Knolls, NJ (A 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 Chairman, 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





## 8 : YMCA CHILDCARE



### Free Babysitting While You Work Out

For children ages 8 weeks to 11 years, The Greater Morristown YMCA 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. You must register your child(ren) through your membership portal account. If your child is sick, we kindly ask you to refrain from bringing them into the facility.

#### Hours:

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

Wednesday: 4:30pm-7:30pm

### The Richard F. Blake Children's Center 65 Horsehill Road, Cedar Knolls NJ P 973-984-2255 / [blakechildrenscenter.org](http://blakechildrenscenter.org)

Ages: 6 weeks - 5 years  
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.

- 20,000 square foot facility in a park-like setting with out indoor Lil' Honey Gym and large outdoor playgrounds
- 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
- Staff trained in NJ State Preschool Core Curriculum; utilizes State-approved Creative Curriculum
- Tuition includes: discovery science, sports skills, music, swimming lessons at the YMCA (for Preschool 2 & 3; must be potty-trained), 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, the Music Together program, field trips, parenting workshops and family friendly events.
- Rated 3 stars by GrowNJKids

### The Children's Corner

(Atlantic Health Corporate Campus) 475 South Street, Morristown, NJ P 973-593-2450

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



The Children's Corner is **ONLY** open to employees of Atlantic Health, attending physicians, and their staff.

Since 1996, The 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. Those looking for childcare who are not Atlantic Health employees should visit The Richard F. Blake Children's Center, located just minutes away.



# GREATER MORRISTOWN YMCA HAPPENINGS : 9

## We're Hiring!

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:

- **2022 Summer Camp Counselor** (ages 18+)
- **GYMCA Group Exercise Instructors** (A current group exercise certification from a nationally accredited institution, CPR and AED certifications required)
- **GYMCA Personal Trainers** (A current nationally recognized certification, CPR and AED certifications required)
- **Lifeguard: 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 Instructor: 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 & Full-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)

## UPCOMING EVENTS:

### March – Registration Required for all events

- 5<sup>th</sup> Game Night – Everyone welcome. 6–8 pm @ the Y-Zone Giant Jenga, Parachute Fun, Obstacle Course, Uno, Chess, & much more. Bring your own game if you'd like. We will provide snacks & water. 16 & under must be accompanied by a parent or guardian.
- 11<sup>th</sup> Parents Night Out (6–9pm) for ages 5–11 @ the Y-Zone  
Members – \$30/child (\$15 for siblings)  
Non-Members – \$40/child (\$20 for siblings)
- 18<sup>th</sup> Movie Night – 6:30 with 7:00 Movie Start @ the Y-Zone Air Buddies 1 hr 20 mins PG – to benefit Mt. Pleasant Animal Shelter
- 20<sup>th</sup> Learn to Juggle – 1–2pm – YMCA Basketball Gym
- 27<sup>th</sup> Minute to Win It – March Madness  
Free Throw Contest (3rd – 8th Grade) – 8am–11am  
Hot Shot Contest (9th–12th Grade) 11am–1pm @ the YMCA Basketball Gym

### April – Registration Required for some events

- 1<sup>st</sup> April Fools Bingo – Everyone Welcome 6–8 pm @ the Y-Zone
- 9<sup>th</sup> Parents Night Out (6–9pm) – Spring into Summer for ages 5–11 @ the Y-Zone  
Members – \$30/child (\$15 for siblings)  
Non-Members – \$40/child (\$20 for siblings)
- 30<sup>th</sup> Healthy Kids Day 11am–2pm (Pool Party 1–2pm) @ the YMCA

### May – Registration Required for all events

- 15<sup>th</sup> Outdoor Games – Everyone welcome 2–4pm @ the Y-Zone Soccer, Kickball, Gaga, and more.
- 21<sup>st</sup> Parents Night Out (6–9pm) for ages 5–11 @ the Y-Zone  
Members – \$30/child (\$15 for siblings)  
Non-Members – \$40/child (\$20 for siblings)

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

# 10 : PERSONAL TRAINING

## GYMCA Personal Trainers:

By working with a personal trainer you will find the right way to work out for you! You will learn the correct way to use equipment, and appropriate form and technique for cardiovascular work and free-weight training. 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. You can 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.

### Spring Into Summer Special

Head into Spring by taking advantage of this amazing personal training offer! From May 1<sup>st</sup>, 2022 to May 31<sup>st</sup> 2022, 5 hours of personal training (or 10 1/2 hours) is only \$200.00 (\$40.00 per hour). This special is only valid to purchase during these dates and can only be purchased one time. The purchased sessions expire a year from purchase date.

## Introduction to Personal Training:

Are you tired of working out and not getting results? Have you been curious about our Personal Training program? GYMCA 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.

### Prices Starting June 1<sup>st</sup> for Personal Training Packages

#### Adult Training Packages (ages 20+)

1-10 Hours: \$60 per hour  
11-20 Hours: \$55 per hour  
21+ Hours: \$50 per hour

#### Youth Training Packages (ages 10-19)

1-4 Hours: \$50 per hour  
5 Hours: \$225 (\$45 per hour)  
10 Hours: \$400 (\$40 per hour)  
20 Hours: \$650 (\$32.50 per hour)

#### Group Training Packages (Up to 3 People all ages 10+)

10 Hours: \$65 per hour  
11-20 Hours: \$60 per hour  
21+ Hours: \$55 per hour

## 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

## Pilates and Yoga 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.

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

Certified instructors guide you through focused private or small group training. Sessions for groups of up to 2 are scheduled at the convenience of all parties. When purchasing sessions, you must specify whether the session is private one-on-one Mat Pilates or Pilates Reformer.

# of Members	Session Price	Price Per Member
1	\$70	\$70
2	\$130	\$65
3	\$129	\$43

## 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

## "Y" 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. For more information, or to set up personal training sessions for the first time, please contact Kelly, our Fitness Director, at 973-267-0704 ext 28



# FITNESS CLASSES : 11

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)

## 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.

### Express Balletone

- This 30 minute class takes influences from Pilates through centering and flowing transitions that are gentle and slow and fuses the best of fitness through movement with a focus on strength, aerobic endurance, and flexibility.

### 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.

### 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.

### 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.

### 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.

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 28.

## Mid to High Impact Classes:

### Barre Toning

- Ballet barre inspired hybrid class combining dance, pilates, yoga & strength training.

### 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.

### 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.

### Strength Training / Super Strength

- Sculpt muscle and burn body fat with this blend of strength training class utilizing a variety of strength building equipment.

### 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.

### 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.

## 12 : SPECIALTY CLASSES & PROGRAMS

### TRX® Suspension Training:

TRX (Total Resistance Exercises) is 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.

Pre-Registration is required (6 registrants max)

Fee: \$65.00 for a 6 week session (must have at least 3 registrants to run the program)

Registration begins April 13<sup>th</sup> and ends May 3<sup>rd</sup> at noon.

Classes would begin May 4<sup>th</sup> and run every Wednesday until June 8<sup>th</sup>.

Each class is 8:15am until 9:00am.

### 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.

### Healthy Heart Wellness:

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

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

### Not comfortable to be in a group setting?

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

Contact Kelly at 973-267-0704 ext. 28 to schedule a free consultation to go over Personal training and/or fitness class schedule to find a class(s) that fit your schedule and support your independent conditioning.

For any questions regarding registration, including how to access your membership account online, please call the Member Services Desk at 973-267-0704. We are more than happy to help in any way that we can!



# SPECIALTY CLASSES & PROGRAMS : 13

## **P.E.P. (Parkinson's Exercise Program) for Wellness:**

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

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

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

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

You might ask...Which types of exercise are best for Parkinson's?

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

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

**Balance and flexibility** – e.g. boxing, tai chi, yoga, chair yoga – exercises that help you be more steady on your feet.

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

### **NEW! Personal Training for Parkinson's**

#### **Boxing and Balance for Parkinson's**

Your certified trainer will keep your workouts challenging and keep progressing each session to meet your current fitness level and improve your overall health.

This package consists of 3 private 1/2 hour personal training sessions for only \$90.00!

**NOTE:** This program is for members who have been diagnosed with Parkinson's. Before starting any new fitness routine it is important to consult your doctor.

## **M.S. (Multiple Sclerosis Program) for Wellness:**

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

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

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

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

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

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

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

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

**Tai chi:** Tai Chi combines breath and slow movement from posture to posture. Tai chi may help improve your flexibility, balance and mobility and decrease your risk of falling.

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

**Please contact Kelly at 973-267-0704 ext. 28 to schedule a free consultation to go over one-on-one Personal Training and/or the fitness schedule to find classes that fit your schedule**

# BASKETBALL & PICKLEBALL : 14

## Welcome to 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. There is no need to sign up, just stop by and play. Noontime basketball is for those looking to play in a pickup game with other basketball players. Noon Basketball is offered 5 days a week.

### **Open Basketball:**

Members 11 and under must be accompanied by an adult. Our basketball court will be available for individuals or families to play. 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 once a week.

**For these three types of basketball sections, all members and guests must abide by GMY's code of conduct and Basketball Gym rules. Please check our website for an up to date Basketball Gym Schedule.**

## Welcome to 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.

Paddles are provided for members to use or you can bring your own.

Pickleball is offered 6 days a week in our Basketball Gym. Please check our website for an up to date Pickleball Schedule.



# 15 : AQUATICS

## CLASS INFORMATION FOR SWIM LESSON REGISTRATION:

- Session Dates: 03.27.2022 - 06.04.2022
- Registration for swim lessons opens online on March 8<sup>th</sup>, 2022 at 8:00am
- Registration is open through March 19<sup>th</sup>, 2022
- Classes are once per week
- An evaluation is required to register for all levels with the exception of Skips, Pikes, Polliwog 1 and Intro to Swimming.
- For more information or to schedule an evaluation, please call 973-267-0704 ext. 15 or email [swim@morristownymca.org](mailto:swim@morristownymca.org)
- If you need help accessing your membership account, or need us to set you up with an online account, please reach out to the Member Services Desk at 973-267-0704 and we will be happy to help you.

### Parent & Child Lessons( \$110.00)

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

Class	Day	Time
Skips 1	Saturday	9:40am - 10:10am
Skips 2	Saturday	10:15am - 10:45am
Skips 1 & 2	Tuesday	6:00pm - 6:30pm
Skips 1 & 2	Saturday	12:30pm - 1:00pm

### Preschool Lessons (\$110.00)

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. These classes require an evaluation to register. The instructor for these classes will be in the water with students.

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

### Pre-Progressive Lessons (\$110.00)

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. These classes require an evaluation to register. The instructor for these classes will be in the water with students.

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

# AQUATICS PROGRAMS : 16

## Pre-Progressive Lessons (continued)

Class	Day	Time
Polliwog 2	Monday	6:00pm - 6:30pm
Polliwog 2	Tuesday	4:35pm - 5:05pm
Polliwog 2	Thursday	4:00pm - 4:30pm
Polliwog 2	Saturday	9:40am - 10:10am
Polliwog 2	Saturday	10:50am - 11:20am
Polliwog 2	Saturday	11:25am - 11:55am

## Progressive Lessons (\$140.00)

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

Class	Day	Time
Guppy	Wednesday	5:45pm - 6:30pm
Guppy	Thursday	4:35pm - 5:20pm
Minnow	Tuesday	5:10pm - 5:55pm
Minnow	Thursday	4:35pm - 5:20pm
Fish/Flying Fish	Monday	5:10pm - 5:55pm
Fish/Flying Fish	Tuesday	5:10pm - 5:55pm
Fish/Flying Fish	Saturday	8:50am - 9:35am
Stroke Clinic	Saturday	11:25am - 12:10pm

## 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).

**Fees:** 6 lessons: \$160.00  
8 lessons: \$190.00  
10 lessons: \$210.00

## Adult 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. 26 or email [swim@morristownymca.org](mailto:swim@morristownymca.org).

Class	Day	Time	Price
Intro to Swimming	Saturday	11:15am - 11:45am	\$110.00
Beginner	Saturday	9:00am - 9:30am	\$110.00
Intermediate	Saturday	9:35am - 10:20am	\$140.00
Advanced	Saturday	10:25am - 11:10am	\$140.00



## American Red Cross Lifeguard Classes

**Fee:** \$350.00 for GMY Members  
\$395.00 for Non-Members

This course gives participants the knowledge and skills needed to prevent and respond to Aquatic emergencies. All participants must be 15 years of age by the last day of class. Participants must attend all class sessions. Upon completion, participants will receive the Lifeguard/First Aid/CPR/AED certification from the American Red Cross.

### April:

**Pre-Course Evaluation:** March 25, 4:30pm or March 28, 5:00pm

**Classes:** April 1, April 8, April 15, April 22 (4:00pm - 9:30pm)

### May:

**Pre-Course Evaluation:** April 29, 4:30pm or May 2, 5:00pm

**Classes:** May 7, May 14, May 21, May 28 (12:00pm - 5:30pm)

### June:

**Pre-Course Evaluation:** May 27, 4:30pm or May 30, 5:00pm

**Classes:** June 4, June 11, June 18, June 25 (12:00pm - 5:30pm)



# 17 : ADULT WATER FITNESS & SWIM TEAM

## NEW! Adult Competitive Clinic

**Dates:** March 7 – June 15, Wed. & Fri. from 6:00am–7:30am

**Fee:** \$420.00

This program is for anyone with an interest in competitive swimming. Our coaching staff will focus on technique and speed in a practice setting. This program is perfect for anyone looking to enhance their swims for both speed and endurance. We will facilitate practices aimed to give participants a great workout that are focused on swimming with proper technique. Participants should be comfortable swimming Freestyle, Backstroke and Breaststroke. Rudimentary knowledge of Butterfly recommended, but not required.

## 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.

## Elite Divers Scuba Diving:

Elite Divers offers a range of SCUBA Diving courses from beginner to technical diving. Classes are held in our pool during off hours. For more information or to register, contact Elite Divers at 973-586-2214 or at [www.elitedivers.com](http://www.elitedivers.com). Registration for this program is NOT available at the YMCA.

## GMY Swim Team

Registration is online and is currently open. Please use the membership portal to register. The Spring Training Sessions will be found under programs. Current Swimmers can register for their current practice group. Any changes to the practice group can only be done by one of the coaches or Head Coach Josh Wing. Any new participants wishing to participate in Spring Training must be evaluated by Josh Wing ([gmycoachjosh@yahoo.com](mailto:gmycoachjosh@yahoo.com)). Registration will be open until either the program fills up or after the first week of the session.

### Preps:

- Fee: \$240.00
- Days/Time: Mon./Wed.  
6:30pm–7:30pm

### Cadets 1 & 2:

- Fee: \$330.00
- Days/Time: Mon./Tues./Thurs.  
6:30pm–7:30pm

### Seniors 1, 2, & 3:

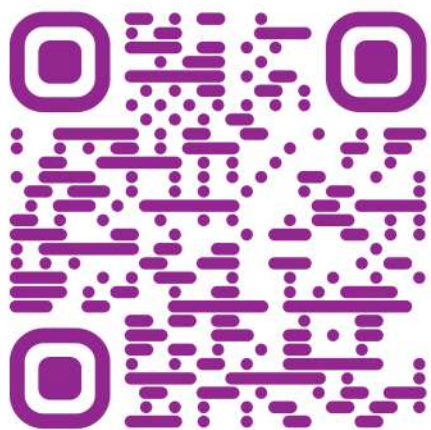
- Fee: \$425.00
- Days/Time: Wednesdays  
6:30pm–8:30pm  
&  
Tues./Thurs.  
6:30pm–8:00pm

## QUESTIONS?

For any questions regarding swimming classes or lessons, please reach out to the Aquatics Department at 973-267-0704 ext. 26 or email [swim@morristownymca.org](mailto:swim@morristownymca.org). For any questions regarding Swim Team please reach out to Head Coach Josh Wing at [gmycoachjosh@yahoo.com](mailto:gmycoachjosh@yahoo.com) or email Associate Aquatics Director/Assistant Head Swim Team Coach Edward Galuska at [e.galuska@morristownymca.org](mailto:e.galuska@morristownymca.org).

**THE GREATER MORRISTOWN YMCA**  
79 Horsehill Road, Cedar Knolls, NJ 07927  
P 973-267-0704 [www.greatermorristownymca.org](http://www.greatermorristownymca.org)

Scan me to go to  
our website!



## MEMBER SERVICES UPDATE

### Upcoming holiday closures:

April 17 <sup>th</sup>	Easter	-	Closed
May 30 <sup>th</sup>	Memorial Day	-	Closed

### Special "Y" Events:

April 30 <sup>th</sup>	Healthy Kids Day	-	11-2pm
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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!

### 2021 Interfaith Food Pantry Food Donations:

We are happy to announce that in 2021 our generous members donated over 1812lbs of food to the Interfaith Food Pantry! We are so proud and honored by your generous donations and support for this wonderful community. Thank you!

## SUMMER CAMP 2022

Camp Registration for the summer of 2022 is underway!

The Greater Morristown YMCA runs camps for children ages 3+ as long as they are potty-trained. Little Owls and Kinder Camp takes place at the Richard F. Blake Children's Center, located at 65 Horsehill Road in Cedar Knolls (right next to the Greater Morristown YMCA). For Grades 1-6 camp takes place at the Armour Family Y-Zone located at 25 Saddle Road in Cedar Knolls. We are proud to offer summer camp with 3, 4, or 5 day options for Little Owls, Kinder Camp, and Grades 1-6. Please note we also offer sibling discounts. To register your child, please visit our website: [www.greatermorristownymca.org](http://www.greatermorristownymca.org) and click on the Summer Camp tab at the top of the page. Registration is now completed online and is filling up quickly. Sign your child up for one of the best summers ever!

### Exciting news, we will be bringing Adventure Days back!

<b>Grades:</b>	K-5th
<b>Hours:</b>	8:00am-5:00pm
<b>Location:</b>	The Armour Family Y-Zone 25 Saddle Road, Cedar Knolls, NJ
<b>Dates:</b>	Monday, April 11 <sup>th</sup> Tuesday, April 12 <sup>th</sup> Wednesday, April 13 <sup>th</sup> Thursday, April 14 <sup>th</sup> Friday, April 15 <sup>th</sup>
<b>Rates:</b>	\$80 per child, per day Morris Plains After School Care program enrollees receive a \$10 credit towards their After Care for each day they are registered

Registration is available online.