



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

“BELEAF” IN YOURSELF!



NEW!
Only location in
NJ! B-Board®
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FALL 2022 PROGRAM GUIDE

THE GREATER MORRISTOWN YMCA
greatermorristownymca.org

**SESSION DATES:
09.11.22–12.18.22**

2 : 2022 ANNUAL CAMPAIGN

When you give to the Y, you continue to strengthen our community and move us forward as the nation's leading non-profit for youth development, healthy living, and social responsibility. The Y utilizes your gift to make a meaningful, enduring impact right in your own neighborhood. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive. Whether it is childcare for a single parent, youth sports for a foster child, or after-school recreation for a teen, your donation to the Annual Campaign of 2022 makes significant difference in the lives of your neighbors. Your support strengthens the community by not only giving children the chance to shine today, but by helping them learn important values that will impact their lives and your community tomorrow.

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.

\$50

Will provide before school care for one week during the school year

\$110

Will provide one pre-schooler 11 weeks of life saving swim lessons

\$220

Will provide two pre-schoolers 11 weeks of life saving swim lessons

\$375

Will provide one week of camp for one child ages 5 - 13 during the summer

\$750

Will provide camp at the YZONE for two children ages 5 - 13 for one week during the summer

\$828

Will provide two weeks of infant care for a child at one of our quality childcare centers

\$1,210

Will help a struggling family with one month of full time daycare for their pre-schooler

Scan to Donate Today!



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
- 70+ 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)
- 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

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
Senior Couple (both 65+)	\$68	\$695	\$121
Family (Children up to 23)	\$96	\$970	\$182

HOURS OF OPERATION

Sun: 9:00 am-5:00 pm

Mon: 6:00 am-9:45 pm

Tues: 6:00 am-9:45 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

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 Lesson 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, employee #, or letter from HR stating employment) 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 is considered part of your membership.

Cancellation and Refund Policy:

The Greater Morristown YMCA requires written notice 30 days in advance of the next invoice date to cancel a membership. Membership cancellation paperwork must be submitted in person or via email. After receipt of written notification and fulfillment of the required 30-day notice, the YMCA will end the pre-authorized charges to the credit/debit card. No refund will be given for an invoice that occurs during the 30-day cancellation period. Membership fees are not refundable. Membership participation will be active through the last day that has been paid for. YMCA memberships and programs are non-refundable and non-transferable. Lending a membership card subjects the owner to loss of membership.

Memberships cannot be refunded or extended if the building is closed due to circumstances beyond our control. Please note that memberships set to expire during a program session must be renewed before class registration occurs. Membership must be current for duration of class. Any medical extensions apply only to single memberships.

Aquatic Programs Cancellation and Refund Policy:

Those wishing to change classes may do through the first week of class permitted space is available. Changes may only be made with Aquatic Admin staff. Class changes are subject to a \$15.00 and up administrative fee. We reserve the right to cancel a class due to low enrollment. There are no credits allowed after the second week of the session. There are no make-up classes nor do we give credit for individual classes missed regardless of the reason. This includes illness, weather, holidays, etc. Participants can only attend the class in which they are registered.

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 Passes:

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 guest 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, visit our website at greatermorristownymca.org or contact the Member Services Desk at 973-267-0704.

EXECUTIVE DIRECTOR		Laure Ferrando
AQUATICS		
Aquatics Director		Alanna Van Steyn
Assoc. Aquatics Director		Ed Galuska
Head Swim Team Coach		Josh Wing
Asst. Swim Team Coach		Ed Galuska
BABYSITTING		
Babysitting Supervisor		Laura Engler
BUILDINGS & MAINTENANCE		
Maintenance Supervisor		Mike Naundorff
Maintenance		Hugo Gomez
DATA & IT		
Data & IT Manager		Dawn Granata
FINANCE		
Finance Director		Ray Fisher
Controller/HR Manager		Claudine Armellino
FITNESS		
Director of Fitness & Wellness		Kelly Schweighardt
MARKETING		
Programs & Marketing Manager		Ashton Cillo
MEMBERSHIP		
Membership Director		Kim Eliades
Membership Admin. Coordinator		Rashmi Karlekar
SPECIAL PROJECTS		
Project Manager		Lisa Swensen
CHILD CARE CENTERS		
Exec. Director of Childcare		Jennifer Tritto
Parent Services Dir., Blake Center		Rose McGeough
Angela's Place		Beatrice Yuan
Front Desk Receptionist, Blake Center		Meghan Rumble
Associate Director, Children's Corner		Rachel DeVito
Associate Director, Children's Corner		Amanda Brower

BOARD OF DIRECTORS:		
Frank Giannantonio		Chairman
Don Lepore		Vice-Chairman
Ted Vogtman		Treasurer
Jennifer Zambri		Secretary
Carol Armour	Chuck Ferrando	Robert Nish
Les Armour	Alfred B. Nunan	Dr. Joe Prestifillippo
David Burke	Eric Ricciardi	Michael Walter
	Maria Savetti	James Wood

6 : MEMBER ENGAGEMENT

WE LOVE OUR TEACHERS!

For the month of September, the Greater Morristown YMCA is celebrating our local teachers with a Teacher's Only Special! If you bring your school ID to the Member Services Desk, you will receive a free day pass from our Membership Director. If you join our facility this September, you will receive our Corporate Discount Rate of 10%. This would apply to new joining teachers only.



During the college holiday breaks, we offer a college one month membership/one week membership for those in college. Just show the Member Services Desk your valid ID and they will begin your joining process. These memberships automatically terminate after a month/week, so you can be worry free when you return to college. Keep an eye on our website to see when we will be offering our Fall and Winter College Specials!



MEMBER ENGAGEMENT : 7

We strive for a sense of community and belonging at our Y. We love being able to engage with our members through various activities!

Football Frenzy:

Predict the Score of the Giants', Jets', and Eagles' games during the month of October! Winners are based on a Point System. Points only count if participant predicts the winning team and does not predict a score that's under the final score. Scoring system for winning:
Exact Score: gives 10 points, Within 2: gives 8 points, Within 4: gives 6 points, Within 6: gives 4 points.

Overall winner will receive a Y membership month completely

FREE!

Member Appreciation:

Every month we award three lucky winners from tickets that are self-submitted from the 1st to the 9th of each month. If your ticket is selected, prizes include a Mystery "Y" Surprise, 1 Month extension to your membership, or 1 Fitness evaluation & one ½ hour session of Personal Training.

These are just three of the special programs that our Membership Director, Kim, has to engage with our Y members!

8 : 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 during the summer
- Register for our Sunday Family Classes! Must be accompanied by an adult

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
- Register for 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 70+ FREE fitness classes
- Join the Y's Competitive Swim Team
- Walk or jog on the track
- Play basketball with friends
- Lap Swim (16+)
- Take a Lifeguard Training Class (15+)
- Enjoy Recreational Swim time in the pool
- Enroll in swim lessons
- Register for our B-Board® Classes

Adult

- Participate in over 70+ FREE weekly fitness classes including Spin, Yoga, Zumba, and Pilates.
- Work out in any of the Fitness Rooms
- Achieve a fitness goal with Personal Training, 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 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
- Register for our B-Board® Classes

Active Older Adult

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

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. Questions? Email us at: ykids@morristownymca.org

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



10 : 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. If your child is sick, we kindly ask you to refrain from bringing them into the facility. Guests are not permitted to use this service.

Hours:

Monday – Sunday: 9:00am-12:00pm

Monday & Wednesday: 4:30pm-7:30pm

The Richard F. Blake Children's Center 65 Horsehill Road, Cedar Knolls NJ P 973-984-2255 / 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 an 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: WE'RE HIRING: 11

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:

- **Group Exercise Instructors: YMCA** (A current group exercise certification from a nationally accredited institution, CPR and AED certifications required)
- **Personal Trainers: YMCA** (A current nationally recognized certification, CPR and AED certifications required)
- **Lifeguards: YMCA** (American Red Cross Lifeguard Training Certification and Standard First Aid, CPR for the Professional Rescuer Certification)
- **Water Aerobics Instructor: YMCA** (AEA or equivalent water aerobics certification, Standard First Aid, CPR for the Professional Rescuer Certification and Automated External Defibrillator Certification)
- **Assistant Swim Team Coach: YMCA** (American Red Cross Lifeguard/First Aid/CPR/AED certification or equivalent and American Red Cross Safety Training for Swim Coaches)
- **Swim Lesson Instructors: YMCA** (American Red Cross Lifeguard Training Certification preferred, Standard First Aid, CPR for the Professional Rescuer Certification, and Automated External Defibrillator Certification)
- **The Richard F. Blake Children's Center – Part-Time & 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)
- **The Children's Corner – 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)
- **YKids Before and After School Care Counselors** (Under the supervision of the site supervisor, the Y Kids Counselor is responsible for providing direct leadership to groups of children in various formats and activities)

NOTEWORTHY "Y" EVENTS FOR FALL:

September

- 12th **Annual Charity Golf Outing** – See our website for more information and how you can be a part of this charity event. More information can also be found on the back of this brochure.
- 21st **Lakeland Bank Speaker Series** – @ the Y-Zone. This lecture will be specifically about Senior Fraud and what can be done to help prevent it. Please see our website for more information and the time the lecture will begin. FREE for Members and Non-Members!
- 27st **Youth Basketball Association Registration Opens** – Online Only, @ 8am. For more information please see page 18 of this brochure.

October

- TBA **Family Fun Fall Fest** – This event will consist of a Pumpkin Plunge (a floating pumpkin patch in the pool) as well as some other fall themed activities. More information will be provided through emails and through the website, so keep an eye out! Registration will be required for this event.
- 31st **Halloween Members Costume Competition** – @ the Y, all day. Come dressed to impress this Halloween, winners will be based on age brackets and will win a Y gift.

November

- 19th **Turkey Drive** – @ the Y, 10am – 12pm. All non-perishable food donations will be going towards the InnerFaith food Pantry.
- 29th **Winter Swim Session Registration Opens** – Online Only, @ 8am. See the Aquatics Section of this brochure for a basic idea of how registration goes. These pages are for the fall registration, however.

December

- 3rd **Pictures with Santa** – @ the Y, 10am – 1pm. Registration will be required. You will be able to take your own pictures of your children with Santa. Coloring pages and other holiday items will be in the lobby for fun family activities while you wait.

This schedule is subject to change! Please check our website, greatermorristownymca.org, for our News and Events section on the home page!

12 : PERSONAL TRAINING

Introduction to Personal Training:

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

GYMCA Personal Trainers:

Trainers will help you get maximum results in minimum time with a program designed specifically for you. If you are just getting started, try out Introduction to Personal Training. 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.

PERSONAL TRAINING RATES

Adult Personal Training Rates (Individual) Ages 20+:

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

1-10 Hours: \$60/hr

11-20 Hours: \$55/hr

21+ Hours: \$50/hr

Student Personal Training Rates Ages 10 - 19:

Packages may be broken into 30-minute sessions

1-4 Hours: \$50/hr

5 Hours: \$225.00 Package

10 Hours: 400.00 Package

20 Hours: \$650 Package

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

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

1-10 Hours: \$65/hr

11-20 Hours: \$60/hr

21+ Hours: \$55/hr



“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 : 13

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. 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.

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.

Balletone: This 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.

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

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

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

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

Class Cancellation and Refund Policy:

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

14 : FITNESS CLASSES

MID TO HIGH IMPACT CLASSES

Barre Toning: Ballet barre inspired hybrid class combining dance, pilates, yoga & strength training.

NEW! B-BOARD® – Fee Based Class: ONLY LOCATION IN NJ! Created in 2018, B-BOARD® WORKOUT is the new dry land small group fitness program inspired by paddle boarding, mixing different types of techniques as such as H.I.I.T, Pilates and Yoga. First Come, First Served! See page 16 for more information!

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

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

Cardio Interval Core / Cardio Strength & Core: Total body workout. Uses a combination of cardio strength and core exercises.

Cardio Step Interval & Core/Step & Abs: High intensity step aerobics. Step up, down, and around the platform in different patterns to boost your heart rate and strengthen your muscles.

Express Butts & Guts: This 30-minute class is a workout for your butt and gut! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted workout.

HIIT: Shift your workout into overdrive with this high intensity interval training class that combines grueling, all-out work efforts with

brief recovery periods to provide a total body workout with maximum results.

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

Strength Training / Super Strength: Sculpt muscle and burn body fat with this blend of strength training class utilizing a variety of 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.

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

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

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

SPECIALTY CLASSES & TRAINING : 15

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 next session of TRX® will be 10/12 to 11/16. It will run Wednesdays from 8:15am until 9:00am.

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

Registration is required (6 registrants max). Registration will open 9/26 online and will close 10/10 at noon. To register for this training session, please log in to your membership portal and locate TRX® under programs.

If you have any questions, please call the Membership Desk at 973-267-0704. If you wish to speak to Kelly, our Fitness Director, her extension is 28.

Pilates Reformer (Private & Semi-Private):

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

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

Power Plate:

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

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



16 : NEW & EXCLUSIVE B-BEARD® WORKOUT!

B-BEARD® WORKOUT PROGRAM

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

The B-BEARD® is a patented balance exercise device on which any exercises can be performed, and which serves to increase a person's ability to incorporate innate balance into either your standard or balance focused workout routines.

WE WILL BE OFFERING THREE CLASSES A WEEK!

This program will run as a six week session starting 10/12 and will continue running until 11/17.

We will be offering the following fee options for those six weeks:

1 class a week for six weeks will total: \$90.00

2 classes a week for six weeks will total: \$150.00

3 classes a week for six weeks will total: \$200.00.

Registration:

This program will require registering through online membership portal. Registration will open 9/26 and will close at noon on 10/10.

EACH CLASS IS LIMITED TO 9 PEOPLE SO PLEASE REGISTER EARLY!

If you have any questions about this program, please feel free to reach out to Kelly, at 973-267-0704 ext 28.

As the first gym to have this program in NJ, we are excited to bring the B-BEARD® Workout to our members!



FREE DEMOS IN SEPTEMBER!

Not sure what this program is all about? Register for one of our free demos through your online membership portal! Kelly will be offering 30 minute demos during the week of September 19th and September 26th! For more information, please check out our website!

SPECIALTY WELLNESS INFORMATION : 17

WELLNESS INFORMATION FOR THOSE WITH CHRONIC DISEASES

Parkinson's Wellness:

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

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

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

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

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, yoga, chair yoga – exercises that help you be more steady on your feet.

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

Healthy Heart Wellness:

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

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

Not Comfortable In a Group Setting?

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

Multiple Sclerosis Wellness:

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

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

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

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

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

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

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

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

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

18 : YOUTH BASKETBALL ASSOCIATION (YBA)

Our philosophy at YMCA YBA is that players need to develop their skills and love for the game while having fun and exercising! We know that happens by actively playing – no one learns by sitting on the bench. All YBA leagues are co-ed and will focus on developing basketball skills, team play and leadership skills. Children should bring Water Bottles and wear appropriate clothing. Members and Non-Members welcome! Non-members must activate a YBA Non-member membership account to be able to register.

Pre-K – 1st Grade:

These future YBA All-Stars play on lower hoops to help them adjust to the sport and develop a love for the game. Players will learn basketball skills, dribbling, shooting, passing, and how to play together as a team.

2nd Grade:

Players will learn basketball skills, dribbling, shooting, passing and how to play together as a team.

3rd & 4th Grade / 5th & 6th Grade:

Players develop or learn basketball skills, dribbling, shooting, passing and how to play together as a team. Everyone plays and encourages each other to maximize performance. There may be additional practices on Wednesday, Thursday, or Friday nights depending on the Coaches availability.

Saturday, December 3rd, 2022 – Saturday, March 4th, 2023

Little Happy Hoopsters:

Pre K – Ages 4 & 5
Saturdays: 9:15 – 10:15AM
\$100 members – \$150 non-members

(Space is limited to 24 participants).

Y Rookies:

Kindergarten
Saturdays: 9:15 – 10:15AM
\$100 members – \$150 non-members

(Space is limited to 24 participants).

1st Grade
Saturdays: 10:30 – 11:30AM
\$105 members – \$155 non-members

(Space is limited to 48 participants).

Y Rookies:

2nd Grade
12:00 – 1:00PM Saturdays
\$105 members – \$155 non-members

(Space is limited to 48 participants).

Y Collegiate:

3rd & 4th Grade – 5th & 6th Grade
1:30 – 2:30PM Saturdays
\$105 members – \$155 non-members

(Space is limited to 48 participants).

Evaluation Days will be held this year.



Early Online Registration Opens:
Tuesday, 9/27 at 8:00AM

**Regular Online Registration
With An Additional \$10 Charge Opens:**
Saturday, 10/29 at 8:00AM

Online Registration Closes:
Saturday, 11/12 at 7:00PM

YOUTH BASKETBALL ASSOCIATION (YBA) : 19

Planning for YBA registration and 2022/23 season is underway and we need your help!

We are looking for a YBA Manager & Assistant Manager, Referees, and Volunteer Coaches.

The season will be Friday/Saturday December 2nd/3rd – February 24th/25th.
No Games/Practices Christmas Eve and New Year's Eve.

YBA Manager:

YBA Manager is a salaried position that begins October 1, 2022 through February 25th 2023.

Responsibilities:

- Answering e-mails throughout the duration of the program.
- Making Team Assignments & Schedules (4yrs old – 6th Grade)
- Ordering & distribution of T-Shirts & medals.
- Planning end of season Team Pizza & medal distribution.
- Setting up Team & Individual Pictures

Individual Membership included for the duration of the program.

YBA Assistant Manager:

YBA Assistant Manager is an hourly position that begins December 2nd – February 25th.

Responsibilities:

- Will help the YBA Manager as needed
- Monitor the program at one of our 3 locations on Saturdays

Individual Membership included for the duration of the program.

Volunteer Referees:

Saturdays, 9am – 3pm as needed.

Volunteer Coaches:

Primarily Saturdays December 2nd to February 25th based on the team schedule.

The Job Application for YBA Manager, Assistant Manager & Referee positions as well as the Volunteer Application for Volunteer Coaches can be found online under About Us > Employment Opportunities > YBA!

Please email filled out applications to Ashton Cillo at the following email:
a.cillo@morristownymca.org

20 : BASKETBALL & PICKLEBALL

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

CLASS INFORMATION FOR SWIM LESSON REGISTRATION:

- Session Dates: 09.11.2022 – 11.19.2022
- Registration for lessons opens online on Tuesday, August 23rd, 2022 at 8:00am
- Registration stays open to register until Saturday, September 3rd, 2022 at 12:00am
- 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
- 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. Plastic pants are available for purchase at the Member Services Desk.

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. Aside from our Pike classes, these classes require an evaluation to register. The instructor for these classes will be in the water with students.

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

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. For any questions regarding Swim Team please reach out to Head Coach Josh Wing at gmycoachjosh@yahoo.com or email Associate Aquatics Director & Assistant Head Swim Team Coach Edward Galuska at e.galuska@morristownymca.org.

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

22 : AQUATICS

PreProgressive 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. Polliwog 2 classes require an evaluation to register. The instructor for these classes will be in the water with students.

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

Private Swim Lessons

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

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

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	5:10pm - 5:55pm
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	Thursday	5:10pm - 5:55pm
Stroke Clinic	Saturday	11:10am - 11:55am

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.

Class	Day	Time	Price
Intro to Swimming	Saturday	9:00am - 9:30am	\$110.00
Intro to Swimming	Saturday	9:35am - 10:05am	\$110.00
Beginner	Saturday	10:10am - 10:40am	\$110.00
Intermediate	Saturday	10:45am - 11:30am	\$140.00
Advanced	Saturday	11:35am - 12:20pm	\$140.00



ADULT WATER FITNESS & SWIM TEAM : 23

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. Registration for this program is NOT available at the YMCA.

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.

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.

GMY Swim Team 2022 – 2023

About the Team:

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

Pre-Competitive Programs 2022-2023:

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

Fitter Faster Clinic: 09.19.22 – 03.17.23
Practice: Thursdays 5:25-6:25pm
Member Fee: \$325.00

Dolphin Club: 09.19.22 – 03.17.23
Practices: Wednesdays 5:30-6:30pm
Sundays 4:00-5:00pm
Member Fee: \$650.00

Pre-Team: 09.19.22 – 03.17.23
Practices: Fridays 5:30-6:30pm
Sundays: 5:00-6:30 pm
Member Fee: \$700.00

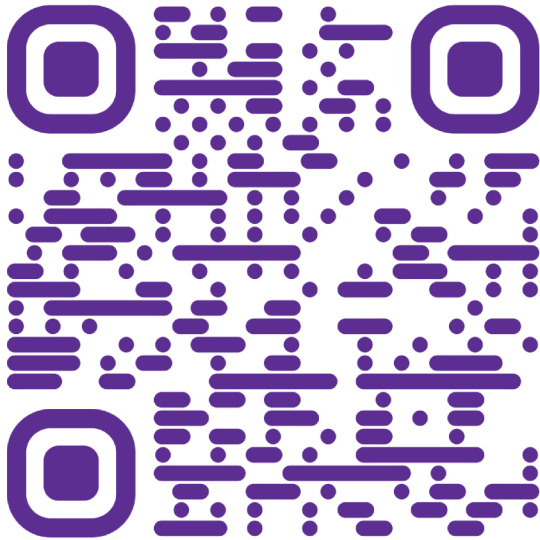


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE GREATER MORRISTOWN YMCA

79 Horsehill Road, Cedar Knolls, NJ 07927

P 973-267-0704 www.greatermorristownymca.org



MEMBER SERVICES UPDATE

Upcoming Holiday Hours and Closures:

09.02.22	Annual Deep Clean – Closing at 6pm
09.03.22	Annual Deep Clean – Closed
09.04.22	Annual Deep Clean – Closed
09.05.22	Annual Deep Clean – Closed
11.24.22	Thanksgiving – Closed
12.24.22	Christmas Eve – Closing at 12pm
12.25.22	Christmas – Closed
12.31.22	New Year's Eve – Closing at 3pm
01.01.23	New Year's Day – Hours are 11-4pm

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

33RD GOLF OUTING SAVE THE DATE! 09.12.22

Do you play golf and want to support our Annual Campaign? Join us on Monday, September 12, 2022 for our Charity Golf Outing, held at the beautiful Spring Brook Country Club, located in the heart of Morristown. 100% of your donation provides financial aid for our struggling neighbors for childcare assistance, summer camp, swim lessons, before and after school care, and so much more! For more information, please contact Lisa Swensen at l.swensen@morristownymca.org. We hope you can join us!

