



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Join Today!  
See Our  
Membership  
Rates!  
Page 4

Exclusive  
B-Board  
Workout®  
Page 15

Winter Swim  
Registration  
Begins on  
11.29.22  
Page 19

# WINTER 2023 PROGRAM GUIDE

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

Session Dates:  
01.02.23 to 03.14.23

## 2 : 2023 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 2023 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

\$800

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

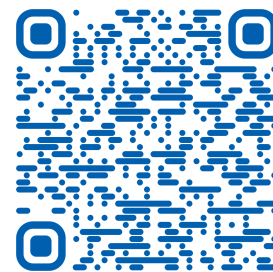
\$870

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

\$1,360

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 (for Adult and Family Memberships)
- 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
- B-Board Workout® Program (fee required - only Location in NJ!)
- Pilates Reformers Training (fee required)
- Adult & Youth Personal Training (fee required)
- TRX® Training (fee required)
- 25 Meter Heated Pool w/ 6 lanes
- Whirlpool (ages 24+)
- Steam Room (ages 24+)
- Sauna (ages 24+)
- Water Exercise Classes
- Swim Lessons (fee required)

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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 : 2023 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 Administration 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](mailto:info@morristownymca.org), visit our website at [greatermorristownymca.org](http://greatermorristownymca.org) or contact the Member Services Desk at 973-267-0704.

<b>EXECUTIVE DIRECTOR</b>	Laure Ferrando
<b>AQUATICS</b>	
Aquatics Director	Alanna Van Steyn
Assoc. Aquatics Director	Ed Galuska
Head Swim Team Coach	Josh Wing
Asst. Swim Team Coach	Ed Galuska
<b>BABYSITTING</b>	
Babysitting Supervisor	Laura Engler
<b>BUILDINGS &amp; MAINTENANCE</b>	
Maintenance	Eric Santos
<b>DATA &amp; IT</b>	
Data & IT Manager	Dawn Granata
<b>FINANCE</b>	
Finance Director	Ray Fisher
Controller/HR Manager	Claudine Armellino
<b>FITNESS</b>	
Director of Fitness & Wellness	Kelly Schweighardt
<b>MARKETING</b>	
Programs & Marketing Manager	Ashton Cillo
<b>MEMBERSHIP</b>	
Membership Director	Kim Eliades
Membership Admin. Coordinator	Rashmi Karlekar
<b>SPECIAL PROJECTS</b>	
Project Manager	Lisa Swensen
<b>CHILD CARE CENTERS</b>	
Exec. Director of Childcare	Jennifer Tritto
Parent Services Dir., Blake Center	Rose McGeough
Director, 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 Di Zio		James Wood

## 6 : MEMBER ENGAGEMENT

# GMYMCA MEMBER REFERRAL PROGRAM

Let your membership work for you! Refer a friend to join the Greater Morristown YMCA and you'll receive your next month free! We also have a gift for the new member!

1. Members: Simply fill out the Member Referral Card (below). Be sure to complete all information. If you need help with your Member Account Number, contact the Front Desk for assistance.
2. Give your completed Member Referral Card to a friend. Referred members must present the referral card at the time of enrollment.
3. Referred member will receive \$25 off their next renewal.
4. Members who made the referral will receive a one month extension to their current membership.
5. Not valid on One Month Memberships or Swim Only Memberships



## MEMBER REFERRAL CARD

Current Member Name: \_\_\_\_\_

Current Membership Account Number: \_\_\_\_\_

Name of Person I'm Referring: \_\_\_\_\_

New Membership Type: \_\_\_\_\_

Office use only



Bring This Card with You When You Join:  
The Greater Morristown YMCA  
79 Horsehill Road, Cedar Knolls, NJ, 07927  
973-267-0704

# MEMBER BENEFITS : 7

## 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 during the summer

## 6-11 Years

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

## Teen (12-18)

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

## Adult

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

## 8 : YMCA CHILDCARE

### 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: [ykids@morristownymca.org](mailto: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







## 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 – Thursday: 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 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.

# 10 : GREATER MORRISTOWN YMCA: WE'RE HIRING

## 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 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 WINTER:

### December

- 10<sup>th</sup> Pictures with Santa – @ the Y, 10am – 1pm. Registration is 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.
- 24<sup>th</sup> Christmas Eve – We will be open until 12pm.
- 25<sup>th</sup> Merry Christmas! – We will be closed. Have a wonderful day with family and friends!
- 31<sup>st</sup> New Year's Eve – We will be open until 3pm.

### January

- 1<sup>st</sup> Happy New Year! – Get a jump start on your resolutions! We'll be open from 11am – 4pm.
- 19<sup>th</sup> Atlantic Health Lecture – @ the Y-Zone at 10am. This lecture will be about, "Fall Prevention: What Physical Therapy Can Do for You."
- 24<sup>th</sup> Camp 2023 Registration Opens – Online Only, @ 8am. More details will be released as we get closer to registration!
- TBA Lakeland Bank Presents – @ the Y-Zone, during the evening. Lakeland Bank will be presenting a lecture structured around first time home buying. This is a free event, open to members and non-members! Refreshments and giveaways will be provided.

### February

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

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

# PERSONAL TRAINING : 11

## 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

## 12 : FITNESS CLASSES

The Greater Morristown YMCA is happy to offer a range of indoor and outdoor fitness classes for our members. You must have an ACTIVE Greater Morristown YMCA Membership in order to participate. For the most up to date schedules and classes, please check the schedules on our website, [greatermorristownymca.org](http://greatermorristownymca.org). Not sure where to begin? Contact Kelly, our Fitness Director, and she will be more than happy to guide you to the classes geared more for your comfort level. Kelly can be reached at: 973-267-0704 ext 28.

### LOW IMPACT CLASSES

**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.

**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.

**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.

**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.

#### **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.

## 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.

# 14 : TRX® SUSPENSION TRAINING

## TRX® Suspension Training (2 Upcoming Sessions):

TRX® (Total Resistance Exercises) is a form of suspension training that uses body weight exercises to develop balance, core stability, flexibility, and strength.

The first session of TRX® will be 1.18.23 to 2.22.23. The second session of TRX® will be 3.8.23 to 4.12.23. It will run Wednesdays from 8:15am until 9:00am.

The program is \$65.00 for each 6-week session (must have at least 3 registrants to run the program). If you would like to sign up for both sessions, please sign up individually.

Registration is required (5 registrants max). Registration for session one will close 1.17.23 at noon. Registration for session two will close 3.7.23 at noon. To register for these training sessions, 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

Below Photo: TRX® Demonstration



**FREE B-BEARD® WORKOUT DEMOS! : 15**

# **TRY OUR NEW & EXCLUSIVE B-BEARD® WORKOUT FOR FREE!**

**Free Demos the Weeks of 11.28.22, 12.05.22, & 12.12.22  
on the following days and times:**

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**Tuesdays 6:30am & 8:30am**

**Wednesdays: 8:15am & 5:15pm**

**Thursdays: 9:00am**

**Registration for these demos are open now and will close at noon the day prior to the  
scheduled demo!**

**To sign up for our free demos, please use your online membership account. These  
demos will be found under Programs > B-Board Workout. If you need help accessing  
your account, please reach out to the Member Services Desk at: 973-267-0704. For  
questions about this program, please feel free to reach out to our Fitness Director,  
Kelly, at 973-267-0704 ext. 28.**



**LIMITED SPACES AVAILABLE! PLEASE SIGN UP QUICKLY IF YOU ARE INTERESTED!**

# 16 : EXCLUSIVE B-BOARD® WORKOUT!

## B-BOARD® WORKOUT PROGRAM

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

The B-BOARD® 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.

### THREE UPCOMING SESSIONS COMING IN THE NEW YEAR!

Each session will run for four weeks with the following classes offered:

Tuesdays: 6:30am or 8:30am  
Wednesdays: 8:15am or 5:30pm  
Thursdays: 8:30am or 9:30am

1 class a week: \$60.00 • 2 classes a week: \$100.00 • 3 classes a week: \$130.00

Session 1: 01.10.23 to 02.02.23  
Session 2: 02.07.23 to 03.02.23  
Session 3: 03.06.23 to 03.30.23

#### Registration:

This program will require registering through your online membership portal. Registration for all sessions will open 12.01.22. Registration for Session 1 will close 01.09.23 at noon. Registration for Session 2 will close 02.06.23 at noon. Registration for Session 3 will close 03.30.23 at noon.

EACH CLASS IS LIMITED TO 9 PEOPLE.

Please register early before spaces get filled.

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-BOARD® Workout to our members!



# 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 : 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, Monday - Friday.

### **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: 01.02.2023 – 03.11.2023
- Registration for lessons opens online on Tuesday, November 29<sup>th</sup>, 2022 at 8:00am
- Registration stays open to register until Saturday, December 10<sup>th</sup>, 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](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. Plastic pants are available for purchase at the Member Services Desk.

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

## 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
Pike	Monday	4:00pm – 4:30pm
Pike	Monday	4:00pm – 4:30pm
Pike	Monday	5:00pm – 5:30pm
Pike	Tuesday	4:00pm – 4:30pm
Pike	Tuesday	5:45pm – 6:15pm
Pike	Wednesday	4:00pm – 4:30pm
Pike	Saturday	8:50am – 9:20am
Pike	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	Wednesday	5:00pm – 5:30pm
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



# 20 : 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	4:30pm - 5:00pm
Polliwog 1	Monday	4:35pm - 5:05pm
Polliwog 1	Tuesday	5:10pm - 5:40pm
Polliwog 1	Wednesday	4:30pm - 5:00pm
Polliwog 1	Thursday	4:00pm - 4:30pm
Polliwog 1	Thursday	4:35pm - 5:05pm
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](mailto: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	Thursday	4:35pm - 5:20pm
Guppy	Saturday	8:10am - 8:55am
Guppy	Saturday	11:05am - 11:50am
Minnow	Tuesday	5:10pm - 5:55pm
Minnow	Thursday	4:35pm - 5:20pm
Fish/Flying Fish	Monday	5:10pm - 5:55pm
Fish/Flying Fish	Wednesday	4:15pm - 5:00pm
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](mailto: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 : 21

## 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.

## 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.

## GMY SWIM 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. Training is enhanced by the use of practice equipment and supervised dryland training at the appropriate age level. As the season progresses, additional emphasis is placed on improving times while participating in Dual and Individual Meets.



## 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).

## 22 : YMCA FACILITIES OVERVIEW

### THE GREATER MORRISTOWN YMCA

The Greater Morristown YMCA owns and/or operates over six locations in the surrounding Morristown area. Here is an “at-a-glance view” – you will see that we are not just a “gym and swim!”



The Greater Morristown YMCA can trace its beginnings all the way back to 1874 when our founding Fathers, Dr. Frederick Owen and Rev. Thomas E. Souper had a vision for the young men of Morristown, to “have the men do great things through concentrated actions instead of be lured by evil.” Their first meeting was held at the Baptist Church, located at the corner of Park and Speedwell on the Green, January 2, 1874. On January 14, 1881, the first home of the Greater Morristown YMCA was purchased at the Woods Estate on Park Place in the center of Morristown. Only open to men at this time, it changed in 1893 when Mrs. Jacob L. Sutplen founded the Ladies Auxiliary which consisted of several active women who raised over \$30,000 for the new facility. Over the years, the YMCA has had many different homes throughout the area, and in November, 1981, we opened our doors at our current location at 79 Horsehill Road. In the 41 years since we’ve been here, we’ve undergone many upgrades and renovations, most of them extensive, but necessary. With over 48,000 square feet of space, there’s always something to renovate or upgrade!

Top photo: our beautiful main YMCA building! Our major renovation, designed by Nancy Dougherty (Studio 1200).



Above: This photo is courtesy of Stuart Tyson Photography.

### THE ARMOUR FAMILY Y-ZONE YOUTH ANNEX

The Y-Zone Youth Annex is a 6,000 square foot facility that opened in April 2016. Located on three beautiful acres on a cul-de-sac, this facility was built to accommodate our burgeoning camp program which for over 30 years had taken place on the blacktop behind the YMCA. Over 500 campers enjoy two large multi-purpose rooms, a basketball gym, and a large field to play on every summer season. In addition to their activities at the Y-Zone, the campers also enjoy swimming at the YMCA, field trips, and taking STEM, cooking, and art lessons at our facility located at 6 Saddle Road, which houses Angela’s Place school during the school year. This enhanced camp program is one of the best values around and the children love it! During the school year, the Y-Zone is home to our Youth Basketball Association (YBA), various classes and seminars, and a variety of other functions!



# YMCA FACILITIES OVERVIEW : 23

## THE MARTIN HELLER BUILDING AT 6 SADDLE ROAD, CEDAR KNOLLS, NJ

This facility is a 25,000 square foot building located at 6 Saddle Road. Purchased in 2017, this building houses our Administrative Staff and has 5 large multi-purpose rooms to upgrade and enhance our award-winning summer camp. We have a dedicated rooms for art, S.T.E.M., and an instructional kitchen where campers are taught the importance of healthy eating and learn quick and easy recipes they can recreate at home. Campers of all ages have thoroughly enjoyed the new enhanced camp program! There is also a movement room for days where the weather doesn't cooperate. The Y has 10,000 square feet of which houses our Administrative, camp, and Morris School District (Angela's Place) needs. The remaining 15,000 square feet houses Atlantic Health System's Rehabilitation Facility which relocated from the Mount Kemble Avenue location.



## ANGELA'S PLACE AT 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 square foot 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.

### Angela's Place 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





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

## MEMBER SERVICES UPDATE

### Upcoming Holiday Hours and Closures:

11.24.22	Thanksgiving - Closed
12.08.22	Staff Event - Closing at 4pm
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!

## 2023 Y-ZONE SUMMER CAMP REGISTRATION SAVE THE DATE! 01.24.23

The Greater Morristown YMCA offers age-appropriate, progressive camp programs for children in preschool to those entering 6th grade. Camp registration will be available online starting Tuesday, January 24th, 2023. It is highly recommended that you register early for all the weeks you require as there is a strong possibility that some weeks will fill up. Registration must be done two weeks in advance of your planned week to allow for processing and planning. Scheduling changes are due two weeks before your start date and there is a \$30 payment processing fee. Last minute registration is available on a case-by-case basis. A 50% deposit of camp fees is required at the time of registration. The remaining 50% is due before May 1st, 2023. After May 1, 2023, 100% of the bill is due. A nonrefundable registration fee of \$75 is required for ALL campers. **NOTE: ALL OTHER FEES ARE DUE IN FULL UPON REGISTRATION (EXTRA T-SHIRTS, REGISTRATION FEES, ETC.) WE CANNOT REFUND THE COST OF CAMP FOR THE VOLUNTARY WITHDRAWAL OF A CAMPER DUE TO ILLNESS, VACATION, OR OTHER ABSENCE (TEMPORARY OR PERMANENT), OR FOR THE DISMISSAL OF A CAMPER.**