



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRESH START FOR ALL



WINTER: JANUARY 2 – APRIL 18, 2015

Membership & Program Catalog

YMCA of Greater Bergen County • www.ymcagbc.org

ABOUT US

About the YMCA of Greater Bergen County

When you join the Y, you're coming together with men, women and children from your community who are committed to youth development, healthy living and social responsibility.

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive.

We do this by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

Areas of Focus

The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to the unique needs of the communities we engage.

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership.

Y Mission Statement

The primary purpose of the YMCA of Greater Bergen County is to help people of all ages, male and female, develop a Christian way of life by the maintenance of facilities, activities and services that will contribute to their spiritual, mental, social and physical growth.

Facility Hours

Wellness Center, Pool and Basketball Gyms

Monday-Friday	5:30 a.m. to 10 p.m.
Saturday	6 a.m. to 7 p.m.
Sunday	Noon to 5 p.m.

For the pool and basketball courts, see schedules located in this brochure. Members must be 13 years old to use the Wellness Center.

The Y facility areas close at the above times. Members may use the locker rooms at closing but must vacate the building within 15 minutes of closing time.

Membership Office Hours

Monday-Friday	8 a.m. to 9 p.m.
Saturday	9 a.m. to 5 p.m.
Sunday	Noon to 4 p.m.

Y Closings

January 1	New Years Day
April 3	Good Friday
April 5	Easter

Schedule

This brochure has facility schedules and program information for January 2 - April 18, 2015

YMCA Professional Leadership Team

Name	Title	201-487-6600 Ext.	e-mail
Glenn MacAfee	Interim CEO	207	gmacafee@ymcagbc.org
Odette Valdez	Early Childhood Education Director	211	ovaldez@ymcagbc.org
	Membership Department	0	info@ymcagbc.org
Julie L. Morrow	Communications & Development Director	206	jmorrow@ymcagbc.org
Robert Riccardi	Finance & Administration Director	223	rricca@ymcagbc.org
Martin Richards	After School & Camp Director	220	mrichards@ymcagbc.org
Mary Sullivan	Teen, Youth & Day Camp Director	205	msullivan@ymcagbc.org
Rob Vite	Aquatic Director	213	rvite@ymcagbc.org

YMCA Support Staff

Falisa McArthur	Membership Office Manager	228	fmcarthur@ymcagbc.org
Christopher Paparis	Resident Coordinator	222	cpaparis@ymcagbc.org
Andrew Orengo	Healthy Living Coordinator	218	aorengo@ymcagbc.org

SOCIAL RESPONSIBILITY

Volunteers

The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. To volunteer please contact Mary Sullivan at 201-487-6600 x205 or msullivan@ymcagbc.org.

The Y. So Much More!

Annual Support Campaign

We count on the generosity of our members and partners to keep our doors open to whomever needs a place to go to help them be more healthy, confident, connected and secure. Donations to our Annual Support Campaign can be made by sending your donation to the Y, attention: Annual Support Campaign.

MEMBERSHIP

Methods of Payment

Monthly membership fees are charged to a debit or credit card. We accept MasterCard, Visa, Discover or American Express. Cash and checks are accepted for annual memberships and program fees. There is a \$25 fee for all returned checks.

Joiner's Fee

This is a fee for new Teen, Young Adult, Adult, Senior and Family members. Your membership must be current to use the YMCA, but if it does lapse, you have 30 days to renew without paying the joiner's fee.

Monthly Continuous Membership

Members pay monthly on their credit/debit card. Balance due to join is the first month's dues and the joiner's fee, if applicable. Membership may be canceled in person or through certified mail by giving written notice no later than the eighth of the month. This is a continuous membership valid until canceled by the member. Billing occurs monthly on the 15th.

Financial Assistance

The Y is committed to ensuring that everyone has the opportunity to learn, grow and thrive. To that end, the Y provides financial assistance for those who may not be able to afford the full cost of programs and memberships through donations received from our Strong Kids Campaign. Unfortunately, funding is not unlimited so in most cases participants will pay a portion. At times, when funding for a particular program or membership is not available, applicants will be put on a waiting list or other arrangements may be available.

To apply: please complete the application and attach requested documentation. Applications should be turned in at least two weeks prior to the program start date. All requests are kept confidential. Contact the Membership Department for more information.

ID Required

For security reasons, all members must present YMCA identification when using the Y.

All new members and guests 16 years and older are required to show photo identification (guests on every visit). All IDs will be photocopied on your first visit and will be kept confidential.

Military Memberships

The Armed Services YMCA and Department of Defense Outreach Initiative offer free YMCA memberships to eligible military families and personnel who may not have access to a nearby military facility. Confirm eligibility by contacting Military OneSource at www.militaryonesource.com or by calling (800) 342-9647.

NJ State Employees One-Month Membership

Through an agreement with the State of New Jersey, the YMCA offers a free, one-month Family Membership to NJ state employees who are new to the Y.

To access the free, one-month membership, present your NJ State Employee Badge/Identification Card.

Horizon One-Month Membership

Through an agreement with Horizon BCBSNJ, the YMCA offers a free, one-month Gateway Family Membership to Horizon families who are new to the Y. To access the free, one-month membership, present your Horizon BCBSNJ ID Card, a picture ID and a copy of the YMCA Gateway Family Membership Coupon which can be found at www.horizon-bcbsnj.com.

Hackensack Board of Education Employee Memberships

In recognition of our partnership, employees receive a Y Membership at 10% off the monthly dues. Present your HBOE identification when joining.

MEMBERSHIP FEES

*NEW LOW JOINER FEE

Facility Memberships	Ages	Monthly Fee	Joiner's Fee
Family	See below	\$83	\$50
Adult	25-61 yrs	\$59	\$50
Young Adult	18-24 yrs	\$50	\$50
Active Older Adult 62 and over		\$40**	\$50
Teen	13-17 yrs	\$24	\$25
Youth	6-12 yrs	\$84 per yr	None
Preschool	6 mos-5yrs	\$58 per yr	None

****Play Again! 62+** The Y is a perfect place for Active Older Adults to improve their health! Just-the-Right-Size wellness center has everything you need, without intimidating equipment or routines. New low membership rate. See pg. 12.

Family Members: Two adults (married or partners living in the same home) and their children up to age 18; 24 years if full-time student.

Wellness Center Orientation with parent or guardian required for those 13 to 17 years.

Membership rates are reviewed and subject to increase once a year in January, regardless of when the member joined.

Program Participants (13 years and up): This one year, \$109 annual fee allows participants to register for Y programs and classes. Participants do not have use of YMCA facilities except in conjunction with their classes.

Strong Kids 7th Grade Membership: FREE for 7th graders in Bergen County. See page 11 for more information. **Funded by the OritaniBank Charitable Foundation.**

MEMBER-GET-A-Member

With our new Member-Get-A Member Campaign, if you bring a new member to join the Y you'll receive a gift from us of ONE MONTH of membership FREE. There's no limit to how many friends you can refer. Download the form from our website. Valid on Family, Adult, or Senior New Members only. Valid at time of new members join only.

Code of Conduct

All individuals using the YMCA facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interests and policies of the YMCA. Failure to do so will result in the immediate dismissal from the premises and may result in revocation of membership and/or usage privileges.

Guests

YMCA members are encouraged to bring their friends who are not familiar with the YMCA. Guests must show ID and pay the guest fee.

Guests who join the YMCA within 30 days receive credit for up to three of their individual guest passes toward their membership. Guest passes may not be available during high demand times.

Basketball, Family and Youth Guests must be sponsored and accompanied by a YMCA Member during the guests' visit.

Fees:	Preschool/Youth	1-12 yrs	\$6
	Teen	13-17 yrs	\$7
	Young Adult	18-24 yrs	\$10
	Adult	25-61 yrs	\$18
	Senior	62+ yrs	\$10
	Family Swim		\$5

Kit Lockers • Towels • WiFi

Kit Lockers Overnight kit lockers are available for a fee of \$8 per month. Please see the Welcome Center for details.

Towels Facility Members (13 years and older) will be issued one shower towel per visit.

WiFi WiFi is free and available in the lower lobby.

A.W.A.Y. Program

Members of the YMCA of Greater Bergen County are welcome at more than 1,000 Y's nationwide. When visiting a participating Y, use of the facilities is free of charge or for no more than half of its guest fee. Please contact the YMCA you are visiting to see if it participates.

The YMCA of Greater Bergen County welcomes members of out-of-state YMCAs for half the guest fee. Proof of membership is required.

Reciprocity Membership

With a membership at the YMCA of Greater Bergen County, you have the opportunity to visit other local Ys up to five times a month for no fee. View the "My Y is Every Y" listing (under types of membership) on our website (www.ymcagbc.org) for participating New Jersey Y's.

Parking

Limited parking is available directly behind the YMCA and is for members and guests while using the Y. Members must display a parking tag on their vehicle. Please see the Welcome Center for a free parking tag.

Youth Facility Usage

All children 10 years and under must be under direct supervision of a parent or guardian when using the facility. Parent or guardian must be 18 years or older. Children 10 and under must have a parent/guardian on the premises while they are attending a supervised program activity. Parents/Guardians who are not YMCA members may purchase a Family Guest Pass (\$5 a day) so that they may accompany their child into the Pool or North Gym during scheduled recreational times.

Membership & Program Handbook

Please review our Membership & Program Handbook for our policies and procedures including cancellation/refund policy, membership freezes and facility usage rules. The handbook is located on the Y website as well as available at our Member Reception Desk. Please note that all policies and schedules are subject to change. www.ymcagbc.org

Winter I Program Registration

Winter I	Class Dates	Current Participant Registration	New Participant Registration
Classes running 7 weeks	Jan. 4 - Feb. 21	Dec. 6-13 (Swim lesson registration closes at 1 p.m. on Dec. 13)	Dec. 14 - Jan. 3, 2015, (Swim lesson registration opens at 5 p.m. on Dec. 15)
Classes running 8 weeks	Jan. 4 - Feb. 28		

Winter II Program Registration

Winter II	Class Dates	Current Participant Registration	New Participant Registration
Classes running 7 weeks	March 1 - Apr. 18	Feb. 14-21 (Swim lesson registration closes at 1 p.m. on Feb. 21)	Feb. 22-28, (Swim lesson registration opens at 5 p.m. on Feb. 23)
Classes running 8 weeks	March 1- Apr. 25		

POOL SCHEDULE: January 2 - April 18, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap 5:30-9	Adult Lap 5:30-9	Adult Lap 5:30-9	Adult Lap 5:30-9	Adult Lap 5:30-9	Adult Lap 6-9	Swim Lessons 8-12
Aquacise 9-10	Adult Rec 9-10*	TBA 9-10	Adult Rec 9-10*	Aquacise 9-10	Children's Lessons 9-2	
Lessons 10-11:30*	Y Childcare 10-11:30*	Lessons 10-11:30*	Y Childcare 10-11:30*	Swim Lessons* 10-11		
Senior Swim 11:30-12	Senior Swim 11:30-12	Senior Swim 11:30-12	Senior Swim 11:30-12	Senior Swim 11-12		Adult Lap 12-2
Adult Lap 12-2:00	Adult Lap 12-3:00	Adult Lap 12-2:00	Adult Lap 12-3:00	Adult Lap 12-3	Adult Lessons 2-3	Family Swim 2-4
Special Program 2:00-3:00		Special Program 2:00-3:00	Closed 3-3:30	Closed 3-3:30		
Closed 3-3:30	Closed 3-3:30	Youth Swim 3:30-4:30			Youth Swim 3:30-4:30	Children's Lessons 3:45-5:30
Youth Swim 3:30-4:30	Youth Swim 3:30-4:30		Children's Lessons 4:30-6	Children's Lessons 4:30-6		
Children's Lessons 4:30-6	Children's Lessons 4:30-8	Lessons 6-7:30*			Children's Lessons 4:30-8	
Lessons 6-7:30*		Adult/Teen Lessons 8-8:45*	Adult Lap 7:30-9	Adult/Teen Lessons 8-8:45*	Family Swim 7-9	Pool Party 7 & on
Adult Lap 7:30-9	Adult & Teen Rec 9-10*					
Adult & Teen Rec 9-10*	Youth/Teen/Adult Lap 8:45-10	Adult & Teen Rec 9-10*	Youth/Teen/Adult Lap 8:45-10			

Yellow: Adult open; purple: senior; blue: youth; orange: family or youth, teen, adult; green: special needs.

*** During indicated times, at least one lane is reserved for adult lap swim.**

Pool Rules and Attire

See the Membership and Program Handbook on our website.

Pool

Our four-lane pool is set up with three or four lap lanes for lap swim times. It is 25 yards and is kept at 82-84 degrees year round.

Lap swim lanes are marked for speed, so please swim in the appropriate lane.

Adult Lap Swim

Swimmers 18 years and older. Where noted, pool is shared with other programs.

Senior Lap Swim

Swimmers 62 years and older. Three lap lanes provided.

Youth, Teen, Adult Lap Swim

Two designated lanes provided for adult swimmers 18 years and older. There is one designated lane for youth and teen swimmers ages 6 to 17 years. Must be Minnow level or higher.

Youth & Teen Recreational Swim

Members 6-17 years only and their paid guests.

Deep End Swimmers must show proof of Minnow swim level or higher or take a swim test. Issued wrist bands must be worn by deep-end swimmers.

Family Swim

Members and their paid guests. Children age 16 and under must be accompanied by an adult in the water at all times.

Ratio: no more than two (2) children per adult (adult must be 18 years or older). Two guest passes per member, \$5 per guest.

GYM SCHEDULES: January 2 – April 18, 2015

Gymnasium

Our Main Gym (Full Court) or North Gym (Small Full Court) is home to basketball and paddleball.

Open times may be used for basketball or paddleball. Open times are on a first-come first-serve basis.

Open Gym

For members of all ages.

Open Adult

For members age 18 and older.

Adult Basketball

For members age 18 and older. Gym is available for basketball with fellow members.

Basketballs

Members may check out a basketball for use during open gym time, based on availability.

Yellow: Open Gym; blue: adult basketball; purple: teen

Main Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-9:00	Open Gym 5:30-9:00	Open Gym 5:30-9:00	Open Gym 5:30-9	Open Gym* 5:30-9	Open Gym 6-9	Tennis 9-12
Special Prog 9:00-11:30	Special Prog 9:00-11:30	Special Prog 9:00-11:30	Special Prog 9:00-11:30	Special Prog 9:00-11:30	Soccer 9-11	
Open Gym* 11:30-4	Adult Basketball 11:30-4	Open Gym* 11:30-4	Adult Basketball 11:30-4	Open Gym* 11:30-4	Basketball Program 11-2	Open Gym 12-5
Aftercare Program 4-6	Aftercare Program 4-6	Aftercare Program 4-6	Aftercare Program 4-6	Aftercare Program 4-6	Open Gym 2-7	
Basketball Program 6-8:30	Basketball Program 6-8	Basketball Program 6-8	Basketball Program 6-8	Teen B-ball 6-8		Party Rental 5-7
Special Prog 8:30-10	Volleyball 8-10	Open Gym 8-10	Special Prog 8-10	Open Gym 8-10	Party Rental 7-9	

North Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-10	Open Gym 5:30-10	Open Gym 5:30-10	Open Gym 5:30-10	Open Gym 5:30-10	Open Gym 6-9	
Child Care 10-12	Child Care 10-12	Child Care 10-12	Child Care 10-12	Child Care 10-12	Soccer 9-10:30 Basketball Program 11-2	
Open Gym 12-3:30	Open Gym 12-3:00	Open Gym 12-7	Open Gym 12:00-2:30	Open Gym 12-2:00	Open Gym 2-7	Open Gym 12-5
Indoor Soccer 3:30-6	TBall 3-4		Kinder Sport 2:30-5	T-Ball 2-3		
Open Gym 6-7	Open Gym 6-7		Open Gym 5-10	Teen Gym 3-8		
TBA 7-8	TBA 7-8	TBA 7-8				
Open Gym 8-10	Open Gym 8-10	Open Gym 8-10		Open Gym 8-10		

* From 12:30-1:30 p.m., on Monday, Wednesday and Friday, one-half of the Main Gym court is for paddleball, the other half is for basketball.

South Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morning Yoga 9-9:45					Closed
SMILE 10-11	SMILE 10-11	SMILE 10-11	SMILE 10-11	SMILE 10-11	Martial Arts 10-12:30	
Zumba 6-7			Martial Arts 4:30-7	Zumba 6-7		
	Yoga 7-8:15		Kickboxing 7-8			

The South Gym is closed when it is not in use for a program.

CHILD CARE

Child Care Center*

Designed so that preschoolers have fun while they develop basic academic and social skills. Children play in our gym or playground daily. Swim lessons are provided weekly for 3-5 year-olds.

Ages 2 to 5 years

Full Time: Monday-Friday, 7 a.m. to 6 p.m.

Monthly Fee \$755

Part time: Monday-Friday, 7 a.m. to 12:30 pm

Monthly Fee \$510

Contact Odette Valdez, Early Childhood Education Director, at 201-487-6600 x 211 to set up an appointment or for more information. YMCA preschool membership is required.

After School Program January-June 2015*

The Y provides an exciting experience each school day with the emphasis on enrichment programs, fun and homework assistance. Participants must be enrolled in either the Hackensack or Norwood Public Schools to attend at those locations.

Hackensack Public School Location

2:50 to 6 p.m.

Grades K-6

5 Days a Week \$225 per month

3 Days a Week \$195 per month

Norwood Public School Location

2:50-6 p.m.

Grades K-5

5 Days a Week \$225 per month

4 Days a Week \$215 per month

3 Days a Week \$183 per month

See our website at www.ymcagbc.org for the registration form and School Age Childcare Handbook, which includes policies and information. These items are also available for pickup at our Upper Welcome Center. A separate brochure is available.

*Parents are notified of any rate increases in December that take effect in January 2015.



HEALTHY U

Healthy U is a collaborative partnership between the New Jersey YMCA State Alliance and the Horizon Foundation for New Jersey with the goal of combating childhood obesity through nutrition education, physical education and family involvement.

The after school program has been a part of Healthy U since 2008. The goal is to promote healthy habits that can last a lifetime by teaching the importance of physical activity and good nutrition.

School's Out Vacation Camp*

Available on most days when the Hackensack Public Schools are closed, our School's Out Vacation Camp will accommodate your childcare needs.

Children have fun and are in a supervised, enjoyable environment. Activities include gym games, swimming, games and much more.

Children should come prepared with a complete lunch, snack, sneakers, a bathing suit, towel, and swim cap if hair is shoulder length or longer.

Dates: January 2 & 19 , February 16 & 17, March 9, April 6-10, June 25 & 26*

*All dates subject to change based on changes to Hackensack school's closure dates due to snow or lack of snow.

8 a.m.-6 p.m.

Ages 5-13 years

Fee: FM \$38 per day; Non-Members \$58 per day

Childwatch

This supervised program by Y staff will allow you to enjoy the Y while your children are in a safe and fun environment. Located in the first floor Child Care Center. Children must be potty trained.

Monday-Friday, 6-8:30 p.m.

Ages 2-8 years

Fee per night: Family Members FREE
Adult Members \$6
Program Participants \$10



CAMP

Y Camp Location

Nestled in the beautiful woods of Harriman State Park (Bear Mountain, New York), along the shores of Lake Kanawauke, our camps are the place to be for summer camp, family camping and much more. They are just a short, 40-minute ride from the Y.

Camp Programs for Schools, Organizations and Businesses

Camp Michikamau is available in the spring and fall for groups to gather for outdoor education, recreation, adventure or relaxation in a beautiful wilderness location. We provide programming catered to your needs. It is perfect for family reunions, alumni groups, corporate retreats and school groups looking for environmental and outdoor education.

Memorial and Labor Day Family Weekends

Camp Michikamau is the perfect setting for a fun and relaxing holiday weekend. We offer a wonderful and affordable three-day family program for the Memorial and Labor Day weekends. Swim in the lake, go canoeing, try rock climbing, learn archery, participate in our horseshoe and free throw contests, explore the trails with a nature hike or just relax on our beach. If you can't do all weekend, just come for the day. You may download the registration form from our website, www.ymcagbc.org closer to the event.

Summer Camp 2015

This is the place to be for summer fun and personal growth. The Y camping program offers unique opportunities for campers to develop independence, friendships, sense of community and to foster their interests and talents, all while experiencing the out-of-doors.

Campers are led by counselors and specialists. Depending on the camper's age, activities include swimming, archery, canoeing, rock climbing, campouts, nature, games, arts and crafts, outdoor skills and special events.

Camp Brochure: please see the Y's camp brochure for more information, times and fees.

Our Camps

Kahagon Day Camp
Oratam Day Camp
TeenVenture Day Camp
Resident Camp Michikamau
CIT

Entering in Sept. 2015

K-1st grade
2nd-7th grade
8th-10th grade
3rd-11th grade
Ages 16-17

Session 1
Session 2
Session 3
Session 4

June 29-July 10
July 13-July 24
July 27-August 7
August 10-August 21



FAMILIES AND PARENTS' NIGHT OUT

Family Fun Time

Bring the family to the Y for games and swimming. This is a semi-structured program that incorporates swimming, gym games and play. It's a great way for families to share, communicate, and strengthen their relationships. You can stay for as little or as long as you want. (Family Swim time is available 3-5pm)

Saturday 3-6p.m.

Dates: January 24, February 21, March 21

ALL ages, Registration Required.

FM FREE; PP \$10 per family; Non-Member \$20 per family

Parents' Night Out

This is a fun night of activities for kids while parents have a night out. Our adult-supervised Teen Leaders Club Volunteers will provide age-appropriate activities. Bring snack and beverage for your child. All children must be potty trained.

Friday 6-9 p.m.

Date: January 9, February 6, March 6

Ages 3-12 years

Fee per night/per child: Family Members: Free
Members: \$7
Non-Members: \$12

SPORTS & PLAY

Kinder Sports

This class is designed to build confidence in a child's ability, learn team play, and practice good values. Children are introduced to the basics and skills of a variety of sports while playing appropriate versions of soccer, basketball, floor hockey, t-ball, tennis, and more.

Thursday: Ages 3-4, 2:30 – 3:00 pm
Thursday: Ages 4-5 1/2, 3:00 – 3:45 pm
Thursday: Ages 5-6, 4:00 – 4:45pm

Winter I: January 8 – February 19
Winter II: March 5 – April 16

Winter I/II: FM \$22 Ages 3-4 (30 min.); FM \$29 Ages 4-6

Indoor T-ball

Participants will learn the fundamentals of baseball, including catching, throwing, hitting, and more. This class will build self-confidence and develop coordination. Participants will have great fun!

Tuesday: Ages 3-4, 3:00 – 3:30 pm
Ages 4-5, 3:30 – 4:00 pm

Winter I: January 6 – February 17
Winter II: March 3 – April 14
FM \$28

Youth Indoor Soccer

This class provides the perfect venue for boys and girls to learn soccer fundamentals and increased agility. Players focus on passing, ball control, finishing, first touch and speed dribbling through drills and games with an emphasis on teamwork and sportsmanship.

Monday : Ages 3-4: 3:45 – 4:15 pm
Ages 5-6: 4:30 – 5:00 pm
Ages 7-9: 5:15 – 6:00 pm
Saturday: Ages 5-6: 9:00 – 9:30 am
Ages 7-9: 9:30 – 10:15 am

Winter I: January 5 – February 21
Winter II: March 2 – April 18
FM \$32, ages 3-6
FM \$44, ages 7-9

Volleyball

Teens can play volleyball with other teens and adults to develop their skills in this supervised environment. All levels of players are welcome. Competitive.

Tuesday, 8-10 p.m.

January 13 – April 28

Ages 16 years and older
FM FREE, PP \$5, Guest \$7 per day

Indoor Tennis

Participants will build a strong foundation in the fundamentals of tennis including how to serve and volley. As participants progress matches will be introduced.

Sunday: Ages 6-7, 9:00 – 9:45 a.m.
Ages 8-10, 10:00 – 11:00am
Ages 11-17, 11am – Noon

Winter I: January 4 – February 15
Winter II: March 1 – April 12
FM \$44 Ages 6-7; FM \$57, PP \$67 Ages 13 and up

Martial Arts

An introductory class teaching basic skills, discipline, and an understanding of martial arts and its movement. Classes focus on the development of the youth's positive attitude, behavior and character by building self-esteem and self-discipline; while instilling respect for themselves and others. Class meets once a week.

Thursday; Ages 5-6: 4:30 – 5:00pm
Ages 7-8: 5:15 – 6:00pm
Ages 9-10: 6:00 – 6:45pm

Saturday; Ages 5-6: Saturday, 10:00 – 10:30am
Ages 7-8: Saturday, 10:40 – 11:20am
Ages 9-10: Saturday, 11:30 – 12:15pm

Winter I: January 8 – February 21
Winter II: March 5 – April 18
FM \$29, 5-6 years / FM \$43, 7-10 years

ART



Art I / Art II

Collages, drawings, paintings, and other forms of mixed media will be used to create still life, self-portraits, and other interesting pieces of art. The art class will be instructed by Ms. Teresa DeFabrizio who is currently an Adjunct Professor of Art History at Bergen Community College and has her Masters in Fine Art.

Art I: Tuesday, 5:30-6:30 pm; Ages 8-12
Art II: Tuesday, 6:40 – 7:40 pm; Ages 12-17
Winter I: January 6 – February 17
Winter II: March 3 – April 14
FM \$66

BASKETBALL

Fundamentals of Basketball

This class is a great introduction to basketball, teaching basic skills in a format that is fun and engaging for all. Parent/Guardian is encouraged to participate to help their child with skill development and keeping young minds focused.

Saturday: Ages 4-5, 11:00 – 11:30 am
Ages 6-7, 11:40 – 12:25 pm

Winter I: January 10 – February 21
Winter II: March 7 – April 18
FM \$29; Ages 4-5 / FM \$44; Ages 6-7

Basketball Essentials

Basketball skills of shooting, drilling, passing, rebounding, and defense will be taught with an emphasis on the development of the player while encouraging fair play and teamwork. This program is designed for the beginner to intermediate player.

Saturday: Ages 8-10, 12:30 – 1:15pm
Ages 10-12, 1:15 – 2:00pm

Winter I: January 10 – February 21
Winter II: March 7 – April 18
FM \$49

Intramural Basketball

This is a structured program with time for improving basketball skills while participating in a game setting. For the intermediate to advanced player.

Tuesday/Thursday: Ages 8-14, 6:00-7:00 pm

Winter I: January 6 – February 19
Winter II: March 3 – April 16

2 days per week: FM\$78; PP\$85
1 day per week: FM \$56; PP \$66

Youth Travel Basketball League

For more information contact Mary Sullivan at msullivan@ymcagbc.org.

Basketball Conditioning

Get in shape or stay in shape to be better prepared for the season. Speed and conditioning drills to improve strength, quickness, power, and agility to make you a better player.

Tuesday/Thursday: Ages 10-17, 7-8pm

Winter I: January 6 – February 19
Winter II: March 3 – April 16
2 days per week: FM \$78; PP \$85
1 day per week: FM \$56; PP \$66

King of the Court - March Mania

3-Point Contest, Free Throw Contest, Slalom Dribbling Race and 3-on-3 Tournament. "King of the Court" and other prizes will be awarded.

Saturday, March 14 Ages 9-17, 3:00 – 9:00 pm

FM/PP \$5, Non-Member \$10
3-on-3: \$35 Team Fee
Entry Deadline: March 1, 2015

All-Star Basketball Clinic

Advanced instruction that focuses on skill development and game strategies giving participants the tools needed to make them better players. Clinics led by experienced youth basketball coaches.

Monday: Ages 10 – 13, 7:00-8:30 pm

4 weeks Winter I: Jan. 5 – Jan. 26; Jan. 26- Feb. 16
Winter II: March 2 – March 23; March 23-April 13
FM \$40; PP \$50

7 weeks Winter I: January 5 – February 16
Winter II: March 2 – April 13
FM \$63; PP \$83

Teen Basketball

Players divide into even teams of rotating players. All skill levels are welcome. Coach Andree or Coach Shann will referee games.

Wednesday: Ages 12-17, 7:00 – 8:00 pm
FM Free; PP \$5; Guest \$8

Friday Night Teen Ball

Open gym for teens to play basketball.
Friday: Ages 13 – 17, 6:00 – 8:00 pm

Winter I/II: January 9- April 24
FM Free, PP \$5, Guests \$6



TEENS

Strong Kids 7th Grade Program - FREE
Funded by the OritaniBank Charitable Foundation



As part of the 7th Grade Initiative, seventh grade students in Bergen County school systems, can participate in activities designed to encourage and promote a healthy lifestyle. Participants have use of the YMCA facilities in a structured environment. Sample activities: swimming, basketball, ultimate Frisbee, floor hockey, soccer, and use of fitness center.

Monday – Friday, 3:00 – 6:00pm
January 5 - June 19, 2015
Free to 7th graders.
Please present ID to register.

Teen Leaders

Teens volunteer their personal time to help improve their neighborhoods, city and community. The Teen Leaders Club not only offers teens an opportunity to develop strong leadership skills, but it also teaches one of the most important lessons, the power of giving. Teens meet once per month.

Tuesday, 7–8 p.m.
January 13 - April 28

Ages 12-18 years
FM Free, PM \$15

Teen Game Night

Teens can drop-in to the YMCA for a night of age-appropriate games and activities in a supervised environment. Teens will have an evening with friends and be active all while having fun. Sample Activities: Dodge-ball, Handball, Team challenges, Scavenger hunts, and more.

Friday, 7:00 – 9:00pm
Ages 11-13

Dates: January 23 & March 13
FM Free, PP \$5, Guests \$8



Basketball & Soccer Private or Semi-Private Lessons:

Our quality instructors have experience coaching young teens through college athletes, so whether you are trying to fine-tune your fundamentals or want to improve the technical aspects of your game, our coaching staff will help you see results.

Lessons will be scheduled according to gym and instructor availability. Fee is four, 30-minute lessons or two, 1-hour lessons.

Private
(4 classes for 30 minutes or 2 classes for 60 minutes)
FM \$100; PP or Non-Member \$120

Semi-Private (2 athletes max)
(4 classes for 30 minutes or 2 classes for 60 minutes)
FM \$55 per athlete;
PP or Non-Member \$75 per athlete

HEALTHY LIVING

Geraldine Lees Wellness Center

The center includes treadmills, free weights, strength machines-Cybox circuit, stationary bikes, steppers, rowing machines, upper cycle, elliptical machines, assisted dip and pull-up machine. Members must be 13 years and up to use the Wellness Center.

Wellness Center Equipment Orientation and Exercise Program*

Members are encouraged to make an appointment for a free orientation of the Wellness Center. Learn how all the equipment operates and what the facility has to offer. Appointments may also be scheduled for help in developing an exercise program. Ages 13 years and up
Orientation is mandatory for members 13-17 years
FM FREE

Wellness Evaluation*

Schedule a free wellness evaluation to help you meet your goals. Wellness evaluation includes an equipment orientation, sit and reach test, BMI, fat percentage and weight.

Ages 13 years and up

FM FREE

Health & Wellness Coaching*

Maximize your fitness potential with certified wellness coaches. Contact the Membership Office at 201-487-6600 x 0 for information and to make an appointment. Facility Members only.

Ages 13 years and up

Fee: \$42 per hour, \$26 per half-hour

Buy six or more sessions for \$37 per hour.

*Contact Andrew Orengo, Wellness Director at 201-487-6600 x 218 or aorengo@ymcagbc.org.

Kickboxing

For all levels, this class will help you to kick, punch, knee and elbow your way to physical fitness. Meets in the Youth Lobby Tuesday and the South Gym on Thursday.

Tuesday & Thursday, 7-8 p.m.

Winter I: January 6 - February 19

Winter II: March 3 - April 23

Ages 13 years and up

FM FREE; PP \$38 Registration is required.

Zumba

This is the latest fun dance workout. These moves combine Latin and international dances to encourage cardiovascular fitness and body sculpting.

Monday and Friday, 6-7 p.m.

Winter I: January 5 - February 27

Winter II: March 2 - April 24

Ages 13 years and up

FM FREE, PP \$38

HELPING YOU LIVE BETTER...

ALL Adult Healthy Living classes are now FREE!
Registration is required.

Yoga

For all levels. Yoga helps to reduce stress, tones, relaxes, stretches and strengthens muscle tissue. The program consists of meditation, breathing, warm-ups, yoga postures, and ends with a deep relaxation session. **Morning Yoga is a shorter class designed for older adults.**

Morning Yoga: Tuesday, 9-9:45 a.m.

FM \$30, PP \$50

Evening Yoga: Tuesday 7-8:15 p.m.

FM FREE, PP \$58

Winter I: January 6 - February 24

Winter II: March 3 - April 21

Ages 13 years and up

SMILE

Seniors Move in Light Exercise

A program of stretching and strengthening designed to keep the older adult fit. It was developed to help alleviate the effects of aging such as arthritis and osteoporosis, as well as declining strength, balance and coordination.

Activities include walking, low-impact step aerobics, range of motion exercises, stretching, dyna-bands, dumbbells, and exercises designed to improve balance and coordination. Specialty workouts such as Zumba and Yoga will be introduced during the class.

Monday-Friday, 10:00-11:00 a.m.

Winter I: January 5 - February 27

Winter II: March 2 - April 24

Ages 62 years and older

FM FREE

Aquacise - FREE for Members!

This is an enjoyable and invigorating water exercise class that includes stretching and flexibility, muscular strength and cardiovascular exercises. It is held in the shallow end, so no swimming ability is necessary.

Monday and Friday, 9-10 a.m.

Winter I: January 5 - February 27

Winter II: March 2 - April 24

Ages 18 years and older

FM FREE, PP \$60

SPECIAL EVENTS

Healthy Kids Day

On Saturday, April 18, the YMCA will host Healthy Kids Day, a nationally observed YMCA event aimed at helping families to understand, accept and develop healthy lifestyles. At this free event, families with children age 5-12 are invited to stop by the YMCA to participate in the day's healthy, informative and fun activities, under the supervision of staff and volunteers. Please check with the Welcome Center for times and a list of activities.

Annual Meeting

Monday, March 16

6:15 p.m.

Please RSVP to Julie Morrow at jmorrow@ymcagbc.org, 201-487-6600, ext. 206 by March 9, 2015.

New Mothers' Group

Are you an expecting mother or a new mother with a child under the age of 2? Join this free support group. Each week, join in on the conversation with other new moms such as yourself. Share experiences, discuss weekly topics, and chat about parenting tips that interest you in a supportive environment.

Friday, 10-11:30 a.m.

Free for Y Members and Non-Members, Registration required.

Contact Odette Valdez, Early Childhood Education Director 201-487-6600 x211, ovaldez@ymcagbc.org

PLAY AGAIN! 62+ Active Older Adults Y Membership

Keeping older adults healthy and active enriches the entire community because it empowers you to participate more fully with your families and neighborhoods. The Y is a perfect place for Active Older Adults to improve their health! Just-the-Right-Size wellness center has everything you need, without intimidating equipment or routines.

**New Low Membership Rate!
JOIN TODAY!**

See page 3 for fees.



CERTIFICATIONS

American Red Cross certifications are offered based on demand. Courses include, but are not limited to, Lifeguarding, WSI, LGI, Babysitting, First Aid, CPR, AED and re-certifications in First Aid, CPR, AED and Lifeguarding. Please contact Rob Vite for class sessions, days and times at 201-487-6600, x 213 or rvite@ymcagbc.org.

American Red Cross Lifeguarding Course

Ages 15 and up

Must pass a pretest and be able to attend all classes to receive certification.

Please download the lifeguard flyer from the website for more information on pretest and course requirements as well as additional classes. Go to www.ymcagbc.org, click on aquatics and then certifications.

PARTIES & RENTALS

Pool Parties

Celebrate a birthday or special occasion with a pool party. The pool is available for swimming during the first hour. The Youth Lobby may be used to serve refreshments during the second hour.

Check with the Welcome Center for available dates at 201-487-6600 x0.

Friday, 10 p.m.–Midnight

Saturday, 7–9 p.m., 8–10 p.m.*

Sunday, 5–7 p.m., 6–8 p.m.*

Fee \$280 (\$180 per additional pool hour)

* Later times available upon request.

Pool Rental

Open to groups for activities such as Scout badges, staff parties, family events and more. Please e-mail Rob Vite at rvite@ymcagbc.org.

Sports and Games Birthday Parties

The party consists of child's choice of sports/games led by Y staff for 1 hour, then parent-supplied refreshments are served in the Youth Lobby for 45 minutes. Parent clean-up of refreshments is last 15 minutes.

Saturday, 12:30 – 1:30 p.m. South Gym

1:30–2:15 p.m. Youth Lobby

Ages 4 and up

Fee: FM \$200; PM/Non-member \$275 (up to 15 children; \$5 each additional child). To reserve contact Mary Sullivan at 201-487-6600 x 205, msullivan@ymcagbc.org.

SWIMMING LESSONS

We teach the nationally recognized Y Progressive Swim Program. We have a staff of certified guards and instructors who are experienced in teaching both children and adults aquatic skills and personal safety. We can teach you to swim whatever your age or ability.

Classes and Fees

Classes meet once a week; see class schedule on page 15. Stroke School meets three times a week.

Preschool and Youth: 30 minutes

FM \$113 (7 weeks)

Winter II: Friday & Sunday classes: FM \$98 (6 weeks)

Adult Lessons: 45 minutes

FM \$113, PP \$135 (7 weeks)

Winter II: Friday & Sunday classes: FM \$98, PP \$120 (6 weeks)

Swim Levels

See our Membership & Program Handbook for a more detailed description of our swim levels and swim lesson registration.

Private Swim Lessons

Private swim lessons are offered for children and adults who are interested in mastering a swimming skill or for those with special needs. One-on-one or semi-private swim lessons are available. To schedule a class, please contact Rob Vite at 201-487-6600 x213, rvite@ymcagbc.org.

Ages: 3 years to Adult

Times based on instructor and pool availability and subject to change.

Monday through Thursday, 3:30-7:30 p.m.

Monday and Wednesday, 9-10 p.m. (13 years and older)

Friday, 7-10 p.m., Saturday, 2-5 p.m., Sunday, 2-4 p.m.

Fees:

\$44 for 1 class

\$320 for 8 classes

Class is 30 minutes

Semi-Private Lessons

Sign up with a friend. Class is 30 minutes for children with similar swim ability.

Two Children Per Class

\$54 for 1 class

\$371 for 8 classes

Three Children Per Class

\$64 for 1 class

\$425 for 8 classes

Stroke School

For those who already swim and want to improve their strokes, this class focuses on proven techniques and training tips that will make your strokes more efficient and increase your stamina. The class is taught by professionally certified instructors who enjoy swimming as a life sport.

Winter I: January 4 - February 21

Winter II: March 1 - April 18

6-17 years

Sunday 8-9 a.m., Friday 4:30-5:30 p.m. & Saturday 1-2 p.m.

Attend three Classes a week, FM: \$200, PP \$242

Attend only one class per week (Saturday); FM \$113, PP \$135

Swim Attire

Swim suits must be worn. Street clothes and cutoffs are not permitted. Special exceptions may be approved for religious reasons. Bathing caps must be worn if hair is shoulder length or longer. Swim diapers should be used for children who are not fully potty trained.

Swim Lesson Registration and Evaluation

Swim Evaluations

Required for all non-beginners. Children who can put their head under water and blow bubbles will need to be tested.

Swim Evaluation Times

Please bring bathing suit and towel. (Swim cap if hair is shoulder length or longer. Goggles optional.) Evaluations will be held:

Weekly Evaluation Times

Monday-Thursday, 4-4:30 p.m.

Additional Evaluation Times

Winter I: Dec. 22,23,26,29 from 3:30 - 6 p.m.; Jan. 3 from 10-2:30 p.m.

Winter II: Feb. 23-26 from 3:30-6 p.m.; Feb. 28 from 10-2:30 p.m.

Swim Lesson Registration

Please see the box on page 4 for registration dates and times.

Currently Enrolled Participants: Register the last week of lessons by presenting your evaluation form to the Upper Welcome Center. All evaluation forms will be given to participants the week prior to registration during their scheduled swim lesson. All registrations must be in by Saturday at 1 p.m.; at this time registration will close and then reopen after the class assignment process is complete.

New and Returning Participants: Please register during "New" Participant dates. If your child has missed more than two sessions of swim lessons, a swim evaluation is required to ensure proper placement.

WINTER SWIMMING LESSON SCHEDULE

Winter I: Jan. 4 – Feb. 21 • Winter II: March 1 – April 18

Schedule is subject to change/ *Non-beginner classes require a swim test/ Sorry no make-up classes

Parent/Child Shrimp/Kipper (6mos-1 years)

Class Ratio 1:15

Sunday	9:05 am
Monday	10:00 am
Friday	10:30 am
Saturday	9:00 am

Parent/Child Inias/ Perch (1-3 years)

Sunday	10:15 am
Monday	10:00 am
Friday	10:30 am
Saturday	9:35 am

Pike (3-5 years)

Class Ratio 1:4

Sunday	8:30 am
Sunday	9:40 am
Sunday	10:50 am
Sunday	11:25 am
Monday	10:30 am
Monday	4:30 pm
Monday	5:05 pm
Tuesday	5:40 pm
Tuesday	7:25 pm
Wednesday	4:30 pm
Wednesday	5:05 pm
Thursday	5:40 pm
Thursday	7:25 pm
Friday	4:00 pm
Friday	4:30 pm
Friday	5:00 pm
Saturday	9:00 am
Saturday	9:35 am
Saturday	10:10 am
Saturday	11:20 am
Saturday	Noon

Eel* (3-5 years)

Class Ratio 1:6

Sunday	9:40 am
Sunday	10:50 am
Monday	10:30 am
Monday	4:30 pm
Monday	5:05 pm
Tuesday	5:40 pm
Tuesday	7:25 pm
Wednesday	4:30 pm
Wednesday	5:05 pm
Thursday	5:40 pm
Thursday	7:25 pm
Saturday	9:00 am
Saturday	9:35 am
Saturday	10:45 am
Saturday	11:20 am
Saturday	Noon

Ray* (3-5 years)

Class Ratio 1:7

Sunday	9:40 am
Sunday	10:50 am
Monday	11:00 am
Monday	4:30 pm
Tuesday	4:30 pm
Tuesday	5:40 pm
Wednesday	4:30 pm
Thursday	4:30 pm
Thursday	5:40 pm
Saturday	11:20 am
Saturday	Noon

Starfish* (3-5 years)

Class Ratio 1:7

Sunday	9:40 am
Sunday	10:50 am
Monday	11:00 am
Monday	4:30 pm
Tuesday	4:30 pm
Tuesday	5:40 pm
Wednesday	11:00 am
Wednesday	4:30 pm
Thursday	4:30 pm
Thursday	5:40 pm
Saturday	11:20 am
Saturday	Noon

Polliwog (6-12 years)

Class Ratio 1:6

Sunday	9:05 am
Sunday	10:15 am
Sunday	10:50 am
Monday	4:30 pm
Monday	5:05 pm
Monday	6:15 pm
Monday	6:50 pm
Tuesday	4:30 pm
Tuesday	5:05 pm
Tuesday	5:40 pm
Tuesday	6:50 pm
Tuesday	7:25 pm
Wednesday	4:30 pm
Wednesday	5:05 pm
Wednesday	6:15 pm
Wednesday	6:50 pm
Thursday	4:30 pm
Thursday	5:05 pm
Thursday	5:40 pm
Thursday	6:50 pm
Thursday	7:25 pm
Friday	4:00 pm
Friday	4:30 pm
Friday	5:00 pm
Saturday	9:35 am
Saturday	10:10 am
Saturday	10:45 am

Guppy* (6-12 years)

Class Ratio 1:8

Sunday	9:05 am
Sunday	10:50 am
Monday	5:05 pm
Monday	6:15 pm
Monday	6:50 pm
Tuesday	4:30 pm
Tuesday	5:05 pm
Tuesday	6:50 pm
Wednesday	5:05 pm
Wednesday	6:15 pm
Wednesday	6:50 pm
Thursday	4:30 pm
Thursday	5:40 pm
Thursday	6:50 pm
Friday	4:00 pm
Friday	4:30 pm
Friday	5:00 pm
Saturday	9:00 am
Saturday	9:35 am
Saturday	10:10 am
Saturday	10:45 am
Saturday	11:20 am
Saturday	Noon

Minnow* (6-12 years)

Class Ratio 1:10

Sunday	9:05 am
Sunday	10:15 am
Sunday	11:25 am
Monday	5:40 pm
Tuesday	4:30 pm
Tuesday	5:05 pm
Tuesday	6:15 pm
Wednesday	5:40 pm
Thursday	4:30 pm
Thursday	5:05 pm
Thursday	6:15 pm
Saturday	10:10 am
Saturday	10:45 am
Saturday	12:30 pm
Saturday	1:00 pm

Fish* (6-12 years)

Class Ratio 1:10

Sunday	11:25 am
Monday	5:40 pm
Tuesday	5:05 pm
Tuesday	6:15 pm
Tuesday	6:50 pm
Wednesday	5:40 pm
Thursday	5:05 pm
Thursday	6:15 pm
Thursday	6:50 pm
Saturday	12:30 pm
Saturday	1:00 pm

Flying Fish* (6-12 years)

Class Ratio 1:10

Sunday	11:25 am
Monday	5:40 pm
Tuesday	6:15 pm
Tuesday	6:50 pm
Wednesday	5:40 pm
Thursday	6:15 pm
Thursday	6:50 pm
Saturday	12:30 pm
Saturday	1:00 pm

Shark* (6-12 years)

Class Ratio 1:10

Sunday	11:25 am
Monday	5:40 pm
Monday	6:15 pm
Tuesday	6:40 pm
Wednesday	5:40 pm
Thursday	6:15 pm
Thursday	6:50 pm
Saturday	12:30 pm
Saturday	1:00 pm

Stroke School* (6-17 years)

Sunday	8:00am-9:00am
Friday	4:30 – 5:30 pm
Saturday	1:00 – 2:00 pm

Meets three times a week. See page 14.

Adult/Teen (13 years +)

Sunday	8:00-8:45 am
Tuesday	8:00 – 8:45 pm
Thursday	8:00 – 8:45 pm
Friday	10:00-10:45 am
Saturday	2:00-2:45 pm

Classes have a 5 minute break between each class so parents can communicate with instructors and guards can reconfigure the pool.



YMCA OF GREATER BERGEN COUNTY
360 Main Street
Hackensack, NJ 07601
T 201-487-6600 x 0
F 201-487-4539

www.ymcagbc.org
info@ymcagbc.org

