



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **HELPING YOU LIVE BETTER**



**Fall: September 6–December 31, 2011  
YMCA OF GREATER BERGEN COUNTY**

# **WELCOME**

**We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why strengthening community is our cause. Every day, we work side-by-side with our neighbors in 10,000 communities to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.**



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### YMCA Professional Leadership Team

Name	Title	201-487-6600 Ext.	e-mail
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### YMCA Coordinators

Falisa McArthur	Membership Coordinator	228	fmcArthur@ymcagbc.org
Chris Stephens	Healthy Living Coordinator	234	cstephens@ymcagbc.org
Kevin Tulloch	Youth Development Coordinator		ktulloch@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 that 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 it engages.

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

November 24	Thanksgiving Day
December 24	Close at 1 p.m.
December 25	Christmas Day
December 31	Close at 5 p.m.

## Fall Schedule

This brochure has facility schedules and program information for September 6-December 31, 2011.

## Program Registration

### Fall I

Current Participants Register August 14-20

New Participants Register August 22-September 10

Fall I classes begin the week of September 11

### Fall II

Current Participants Register October 23-29

New Participants Register October 31-November 5

Fall I classes begin the week of November 6

Membership is required for most Y programs.

\*See page 21 for Swim Lesson Registration Dates.

# SPECIAL EVENTS

## 46TH SPORTS AWARD BANQUET

**HONORING** the county's most outstanding high school, college, amateur and professional athletes, as well as coaches and other adults who have given exceptional service to young people.

**STRENGTHENING OUR COMMUNITY** with programs for youth development, healthy living and social responsibility. What we do every day provides opportunities to change lives. All proceeds from this event will provide Y scholarships for those in need or program subsidy for Y Youth and Teen programs.

**PLEASE JOIN US** in honoring the recipients of the 46th annual Sports Award Banquet with your attendance, journal tribute and/or banquet sponsorship. Separate brochure available.

**Tuesday, November 22, 2011**  
**Sheraton Mahwah Hotel**

**6 p.m. Reception**  
**7 p.m. Awards Dinner**

YMCA Person of the Year  
Bill Madden

Professional Athlete of the Year  
Vin Mazzaro

Walter E. Goepel Amateur Athlete  
Jenn Brunet

College Athlete of the Year  
Matt Dubrowski

Thomas L. Della Torre Special Achievement  
Hank Hobatuck

Richard Poor Service to the Community  
Dominick Polifrone  
Lee & Annie Tremble

Nicholas G. Saingas Service to Youth  
Frank 'Butch' Servideo

William Corcoran Service to Youth  
Janet Schwartz Molino

YMCA Inspirational/Courageous  
Corey De Leon – Youth Award  
Toni-Marie Hals – Adult Award  
Annie Kennelly – Youth Award

Special Achievement Award  
Mike Glynn  
Brian Long  
Tracy Trobiano  
Ronnie VanSaders  
Bob VanSaders

J. Barry Stanford  
Aiyana Abukusumo-Whitney  
Thomas Barnes  
Gabriella Cuevas  
John T. Marut  
Erin Mary McGovern  
Stephen Mozia  
Patrick Rono  
Kaleb Zuidema

Female High School Student – Athlete  
Mel Lewis  
Jill McGovern  
Kristina Meier  
Tara Anne Wilk  
Taylor Woegens

Male High School Student – Athlete  
Kevin Condal  
Eric Thomas Flanagan  
InSoo Hwang  
William Lewis  
Dane McDermott

## HALLOWEEN CARNIVAL

Children should come in costume and will enjoy face painting, costume parade, crafts, spooky play dough and much more!

Saturday, October 29  
10 a.m. to 1 p.m.  
Ages 2 to 10 years  
Fee: \$5 per child



# MEMBERSHIP

## Methods of Payment

Monthly Membership Fees are charged to a debit or credit card. We accept MasterCard, Visa or American Express. Cash and checks accepted for annual memberships and programs fees. Please note 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 8th of the month. This is a continuous membership valid until canceled by the member. Billing occurs monthly on the 15th.

## Financial Assistance

Since it is our intent that no one be denied membership or participation in programs because of an inability to pay, we offer financial assistance to those who qualify. Please complete a financial assistance form, attach proof of financial situation and a letter of request. Applications may be picked up at the Welcome Center. All requests are kept confidential.

Requests for program scholarships are due April 1 for Spring, June 1 for Summer, August 1 for Fall I, October 1 for Fall II, December 1 for Winter I, and February 1 for Winter II.

Contact Carmen Matias, Member Relations Director, for more information.

## Strong Kids Fund

We count on the generosity of our members and partners to keep our doors open to those who need a place to go to help them be more healthy, confident, connected and secure. Donations to our Y Strong Kids Fund can be made by sending your donation to the Y, attention: Strong Kids Campaign.

## 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](http://www.militaryonesource.com) or by calling (800) 342-9647.

## 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 that can be found at [www.horizon-bcbsnj.com](http://www.horizon-bcbsnj.com).

## MEMBERSHIP FEES

Facility Memberships	Ages	Monthly Fee	Joiner's Fee
Family	See below	\$75	\$100
Adult	25-61 yrs	\$53	\$75
Young Adult	18-24 yrs	\$45	\$50
Senior	62 and over	\$45	\$50
Teen	13-17 yrs	\$20	\$25
Youth	6-12 yrs	\$75 per yr	None
Preschool	6 mos-5yrs	\$50 per yr	None

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 yrs and up):** This one year, \$100 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 Hackensack and Teaneck School System. See page 15 for more information. Funded by the OritaniBank Charitable Foundation.

## 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.

## Parking

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

## Towels

Facility Members (13 years and older) will be issued one shower towel and one workout towel per visit, based on availability.

## WiFi

WiFi is free and available in the lower lobby.

## 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 (\$3 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.

## 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 Y member during the guests' visit.

Family Guest Passes may be purchased by an adult who is accompanying a child who is the main participant in the activity. Only two guests per member for Family Swim.

Fees:	Preschool/Youth	1-12 yrs	\$3
	Teen	13-17 yrs	\$5
	Young Adult	18-24 yrs	\$8
	Adult	25-61 yrs	\$16
	Senior	62+ yrs	\$8
	Family Swim		\$3

## A.W.A.Y. Program

Members of the YMCA of Greater Bergen County are welcome at more than 1,000 Ys 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 non-Bergen County 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 for participating Y's located on our website at [www.ymcagbc.org](http://www.ymcagbc.org).

## 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 Nicole Passenti at 201-487-6600 x213 or [npassenti@ymcagbc.org](mailto:npassenti@ymcagbc.org).

## Pool Schedule



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	Children's Lessons 8-12	
Aquacise 9-10	Arthritis Aquacise 9-10	Aquacise 9-10	Arthritis Aquacise 9-10	Aquacise 9-10	Children's Lessons 9-12:30		
Special Program 10-11:30	Y Childcare 10-11:30	Special Program 10-11:30	Y Childcare 10-11:30	Adult Lessons 10-11 Special Program 11-11:30			
Senior Swim 11:30-12	Senior Swim 11:30-12	Senior Swim 11:30-12	Senior Swim 11:30-12	Senior Swim 11:30-12	Swim Team 12:30-3	Adult Lap 12-2	
Adult Lap 12-2	Adult Lap 12-2	Adult Lap 12-2	Adult Lap 12-2	Adult Lap 12-2		Family Swim 2-4	
Special Program 2-3	Aquacise 2-3	Special Program 2-3	Aquacise 2-3	Special Program 2-3	Family Swim 3-6	Private Party Rental 5-7	
Children's Lessons 3-4	Children's Lessons 3-5:30	Children's Lessons 3-4	Children's Lessons 3-5:30	Children's Lessons 3-5:30			Adult Lap 4-5
Youth Swim 4-4:30		Youth Swim 4-4:30					
Children's Lessons 4:30-5:30	Swim Team 5:30-8	Children's Lessons 4:30-5:30	Swim Team 5:30-8	Swim Team 5:30-8	Teen/ Adult/Youth Lap 6-7		
Adult Lap 5:30-6:30		Adult Lap 5:30-6:30			Adult Lap 5:30-6:30		
Swim Team 6:30-9	Adult Lessons 8-8:45	Swim Team 6:30-9	Adult Lessons 8-8:45	Swim Team 6:30-8:30	Private Party Rental 7-9		
Lifeguard Class & Adult Rec & Teen 9-10	Youth/Teen/ Adult Lap 8:45-10	Lifeguard Class & Adult Rec & Teen 9-10	Youth/Teen/ Adult Lap 8:45-10	Family Swim 8:30-10			

### Pool

Our four-lane pool is set up with three wide 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.

### Youth, Teen, Adult Lap Swim

Two designated lanes provided for adult swimmers 18 years and older.

One designated lane for youth and teen swimmers ages 6 to 17 years. Must be Swim Level Minnow or higher.

### Deep Water Leisure

The deep end of the pool is available for members, Monday – Friday from 9-10 a.m.

### Senior Lap Swim

Swimmers 62 years and older.

### Youth & Teen Recreational Swim

Members 6-17 years only and their paid guests.

**Deep End Swimming:** 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.

## Gym Schedules



### Main Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-10	Open Gym 5:30-9	Open Gym 5:30-10	Open Gym 5:30-9	Open Gym 5:30-10	Open Gym 6-12	Tennis 9-12
SMILE 10-11	Special Program 9-11	SMILE 10-11	Special Program 9-11	SMILE 10-11		
Open Gym* 11-1:15	Adult Basketball 11-4	Open Gym* 11-4	Adult Basketball 11-4	Open Gym 11-4	Basketball Program 12-2	Open Gym 12-5
Special Prog 1:15-2						
Open Gym 2-6	Open Gym 4-6	Open Gym 4-6	Open Gym 4-6	Open Gym 4-6	Open Gym 2-7	Party Rental 5-7
Adult Basketball 6-10	Basketball Program 6-8	Adult Basketball 6-10	Basketball Program 6-8	Teen Basketball 6-10	Party Rental 7-9	
	Volleyball 8-10		Adult Basketball 8-10			

\* From 11:45 am-1:15 pm, one-half of the court is for paddleball, the other half is for basketball.

### North Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-10:30	Open Gym 5:30-10:30	Open Gym 5:30-10	Open Gym 5:30-10:30	Open Gym 5:30-10:30	Open Gym 6-10	
		Super Tots 10-11			Super Tots 10-11	
Child Care 10:30-12	Child Care 10:30-12	Child Care 11-12	Child Care 10:30-12	Child Care 10:30-12	Open Gym 11-12	Open Gym 12-5
Open Gym 12-5	Open Gym 12-5	Open Gym 12-5	Open Gym 12-5	Open Gym 12-6	Basketball Program 12-1	
T-Ball 5-6	Indoor Soccer 5-6	T-Ball 5-6	Indoor Soccer 5-6		Body Sculpting 6-7	Open Gym 1-7
Salsa, Sabor Y Salud 6-7	Hip Hop 6-7	Body Sculpting 6-7	Hip Hop 6-7			
Swiss Ball 7-8	Kickboxing 7-8	Swiss Ball 7-8	Kickboxing 7-8	Open Gym 7-10		
Open Gym 8-10	Open Gym 8-10	Open Gym 8-10	Open Gym 8-10			

### 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 ages 18 and older.

### Adult Basketball

For members ages 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.

### South Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SMILE 10:15-11:15	Qi Gong 10:15-11:15	SMILE 10:15-11:15	Qi Gong 10:15-11:15	SMILE 10:15-11:15	Martial Arts 10-11	Salsa, Sabor Y Salud 12-1
Pilates 12-1	Lunchtime Body Sculpting 12-12:45	Pilates 12-1	Lunchtime Body Sculpting 12-12:45		Kiddy Boot Camp 11:30-12:30	
Modern Dance 4-5					Zumba 6-7	Hip Hop Jazz 12:30-1:30
Zumba 6-7	Martial Arts 5-7	Yoga 6:30-7:45	Martial Arts 5-7			

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 ½ to 5 year olds.

Monday-Friday, 7 a.m. to 6 p.m.

Ages 2 ½ to 5 years

Monthly Fee \$675

Contact Kathy Cappucci, Child Care Director, at 201-487-6600 x 211 to set up an appointment or for more information. YMCA preschool membership is required.

## After School Program 2010-11

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

### Hackensack Public School Location

2:50 p.m. to 6 p.m.

Grades K-6

5 Days a Week \$180

4 Days a Week \$175

3 Days a Week \$160

### Norwood Public School Location

Time 2:50-6 p.m.

Grades K-5

5 Days a Week \$210

4 Days a Week \$195

3 Days a Week \$170

Registration for 2011-2012: July 1-September 1.

Complete registration form available for pickup at the YMCA or online at [www.ymcagbc.org](http://www.ymcagbc.org).

Contact Danielle Rattacasa, School Age Child Care Director, at 201-487-6600, ext. 220, for more information. A separate brochure is available.

## School's Out Vacation Program

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

Children have fun and are in a supervised, enjoyable environment. Activities include gym games, swimming (on some days), games and much more.

Children should come prepared with a complete lunch, sneakers, and, if your child knows how to swim, a bathing suit and towel.

Minimum of 20 children for program to run. Maximum of 40. Some days close out so please register early.

8 a.m.-6 p.m.

November 10 & 11

December 26-30

January 16

February 20-24

April 9-13

Ages 5-13 years

Fee: \$30 per day, per child

## Childwatch

This supervised program by qualified 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 \$5  
                                  Program Participants \$8

## Parents' Night Out

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

Friday 6-10 p.m.

September 9, October 7, November 18, December 9

Ages 3-12 years

Fee per night:           Family Members Free  
                                  Members \$5  
                                  Non-Members \$10

## YOUTH DEVELOPMENT

Nurturing the potential  
of every child and teen



# 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.

## 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.

## SUMMER CAMP 2012

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 qualified counselors and specialists. Depending on the campers' 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, available in January 2012, for more information, times and fees.

**Kahagon Day Camp**

**Oratam Day Camp**

**TeenVenture Day Camp**

**Resident Camp Michikamau**

**CIT**

entering K-1st grade

entering 2nd-7th grade

entering 8th-9th grade

entering 3rd-11th grade

age 16 or entering 11th grade

# SPORTS & PLAY

## Basketball Skills and Practice

Members will participate in ball handling, conditioning, shooting and scrimmages in a practice-like setting.

Tuesday/Thursday

6-7 p.m. for those 10-12 years;

7-8 p.m. for those 13-15 years

Fall I: September 13-November 3

Fall II: November 8-December 29

FM \$35

## Fundamentals of Basketball

Members will learn basic shooting, dribbling, passing, teamwork and the rules of basketball.

Saturday, Noon-1 p.m. for those 5-7 years old

1-2 p.m. for those 8-15 years old

Fall I: September 17-November 5

Fall II: November 12-December 31

Ages 5-15 years; Fee: \$20

## Friday Night Teen Basketball

Teens can play basketball and develop their skills in a supervised environment.

Friday, 6-10 p.m.

Fall I: September 16-November 4

Fall II: November 11-December 30

Ages 13-17 years

FM FREE, PP \$3, Guests \$5

## Martial Arts

A fun class for children focusing on introductory level martial arts. This class meets three days a week.

Tuesday & Thursday

Age 4-7: 5-6 p.m., Beginners

6-7 p.m., Intermediate

All: Saturday, 10-11 a.m.

Fall I: September 13-November 3

Fall II: November 8-December 29

Ages 4-7 years; FM \$35

## Sports and Games

A fun class designed for kids to develop a healthy lifestyle with games such as dodge ball, kickball and flag football.

Monday-Friday, 4:30-5:30 p.m.

Fall I: September 12-November 4

Fall II: November 7-December 30

Ages 8-11; FM \$35

## Indoor Soccer

An introduction to soccer. Participants will learn how to pass, dribble, shoot and more.

Tuesday & Thursday, 5-6 p.m.

Fall I: September 13-November 3

Fall II: November 8-December 29

Ages 5-7 years; FM \$35

## Basic Indoor T-Ball

Children will learn the fundamentals of baseball, including catching, throwing, hitting and more.

Monday & Wednesday, 5-6 p.m.

Fall I: September 12-November 2

Fall II: November 7-December 28

Ages 4-7 years

FM \$35

## Super Tots

Super Tots features developmentally appropriate parent/child activities designed to enhance gross and fine motor development while fostering parent/child relationships. Class meets once a week.

Wednesday 10-11 a.m.

Fall I: September 14-November 2

Fall II: November 9-December 28

Saturday 10-11 a.m.

Fall I: September 17-November 5

Fall II: November 12-December 31

Ages 2-4

FM \$35

## Tennis

An introduction to tennis. Participants will learn how to serve and volley, and the fundamentals of tennis. Intermediate class will have more matches.

Intro to Tennis: Sunday, 9-10 a.m., 4-7 years

Beginner: Sunday, 10-11 a.m., 7-17 years

Intermediate: Sunday, 11 a.m.-Noon, 7-17 years

Fall I: September 11-October 30

Fall II: November 6-December 18

Ages 4-17 years

FM \$35

Intermediate students should be comfortable holding a racket, serving and volleying.

## 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.

Fall I/II: September 13-December 27

Ages 16 years and older

FM FREE, PP \$3, Guest \$5

## Della Torre Youth Game Room

Available for Adult members to play pool and table tennis. Check out equipment at the Upper Welcome Center.

Monday-Friday, 5:30 a.m.-3 p.m.

Ages 18 years and older

# ARTS

## Art It Neat!

This is an instructional class that teaches the fundamentals of drawing. Students will work on creating their own individual artwork that will be displayed at the end of the session in a class exhibit.

Thursday, 5-6 p.m.

Fall I: September 15-November 3

Fall II: November 10-December 29

Ages 3-7 years

FM \$35

## Art Expression

This is an instructional class that teaches the fundamentals of drawing. Students will work on creating their own individual artwork that will be displayed at the end of the session in a class exhibit.

Thursday, 6:15-7:15 p.m.

Fall I: September 15-November 3

Fall II: November 10-December 29

Ages 8-15 years

FM \$35

## Future Fashion Designers

If you love to design clothes, jewelry and accessories, then this is the class for you! Each week we will do a lot of sketching and designing. Students should be comfortable with drawing and cutting. One class will be held on Friday evening.

Saturday, 1:30-2:30 p.m.

Fall I: September 17-November 5

Fall II: November 12-December 31

Ages 7-17

FM \$35



# DANCE

## Intro to Hip Hop

Introduce your child to choreography, techniques and fun. Learn the basic moves while grooving to the beat. One class will be held Friday evening.

Saturday 1:45-2:45 p.m.  
Fall I: September 17-November 5  
Fall II: November 12-December 31  
Ages 4-8  
FM \$35

## Hip Hop & Jazz

Learn intermediate/advanced hip hop and jazz dance moves.

Saturday 12:30-1:30 p.m.  
Fall I: September 17-November 5  
Fall II: November 12-December 31  
Ages 8-17 years  
FM \$35

## Modern Dance

Youth learn the key elements of modern dance including release, fall and suspension of movement. Many of the lines are abstract in nature and not symmetrical. Dancers have a freedom of individual expression.

Monday 4-5 p.m.  
Fall I: September 12-October 31  
Fall II: November 7-December 26  
Ages 4-7 years  
FM \$30

# HEALTHY LIVING

## Youth Fitness

This cardiovascular exercise class is especially designed for kids. A fun way to develop a healthy lifestyle.

Tuesday & Thursday, 4-5 p.m.  
Fall I: September 13-November 3  
Fall II: November 8-December 29  
Ages 9-15 years  
FM \$35

## Kiddy Boot Camp

Your child will receive a high energy and motivational workout. After doing stretches and warm-ups, we'll move right into a fun cardio workout. At the end of each class, we will play cooperative games that encourage teamwork, self-confidence and discipline. One class will be held Friday evening.

Saturday, 11:30 a.m.-12:30 p.m.  
Fall I: September 17-November 5  
Fall II: November 12-December 31  
Ages 4-6  
FM \$35

## Salsa, Sabor Y Salud

Join us for this healthy lifestyle class. This program, developed by the National Latino Children's Institute in collaboration with Kraft Foods and the Kraft Foods Foundation, focuses on how small changes at home can lead to greater health and well-being for the whole family.

We will introduce new ways to include healthy ingredients in traditional Latino meals and outline ways to participate in healthy physical activities. The class is divided into two sections: children and adults meet separately with instructors and then come together at the end of the class for family activities. Adult sessions are in Spanish and the children's sessions are in English. Meets once a week. Families of all ages welcome; parents or guardians must attend with their children.

Free. Registration required.

Monday, 6-7 p.m. or Sunday, Noon-1 p.m.  
Fall I: September 11-October 31  
Fall II: November 6-December 26

# TEENS

## 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.

Tuesday, 8-9 p.m.

Fall I/II: November 13-December 27

Ages 12-18 years

FM Free, PM \$15

## Teen Night

Drop-in activity night for teens. Supervised activities include basketball, game room, swimming, movies and more!

Friday, 7-10 p.m.

October 14 and December 16

Ages 13-18 years

Fee: Members FREE, Non-Members \$5.

## Strong Kids 7th Grade Membership

The Y provides FREE memberships to 7th graders in the Hackensack and Teaneck school systems. This is an active and educational membership to promote a lifetime of healthy habits. Strong Kids Members may use the facility in a supervised environment.

Monday-Friday, 3-7 p.m.

September 6, 2011-August 24, 2012

FREE for 7th graders in the Hackensack and Teaneck School systems. Please present ID to register. Funded by the OritaniBank Charitable Foundation.

# FAMILY TIME

## Family Activities Night

Join us for a fun evening where families can be together in a creative way.

Members are invited to bring their immediate family members. Members who are grandparents are welcome to bring their grandchildren.

Friday, 6-7 p.m.

September 23, October 21, November 11 and December 2

Ages: all ages welcome

FREE, membership required



# PARTIES & RENTALS

## Pool Rental

Open to groups for activities such as Scout badges, staff parties, family events and more. Please e-mail Nicole Passenti at [npassenti@ymcagbc.org](mailto:npassenti@ymcagbc.org).

## Pool Parties

Celebrate a birthday or special occasion with a pool party. The pool is available for swimming during the first hour and the lower Welcome Center 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 \$250 (\$175 per additional pool hour)

\* Later times available upon request.

## Sport & Game Parties

Celebrate a birthday or special occasion at the Y. Party themes include but are not limited to: Soccer, Basketball, Game Room, Super Tot Preschool Party, and Teen Party. Additional days and times may be available. For more information contact Chris Stephens at 201-487-6600 x234, [cstephens@ymcagbc.org](mailto:cstephens@ymcagbc.org).

Friday, 10 p.m.–Midnight

Saturday, 7–9 p.m.

Sunday, 5–7 p.m.

Fee \$225

# CERTIFICATIONS

American Red Cross certifications are offered based on demand. Courses include, but are not limited to, Lifeguarding, WSI, LGI Babysitting, First Aid, and re-certifications in CPR Pro Rescuer. Please contact Nicole Passenti, Aquatic Director, for class sessions, days and times at 201-487-6600, x 213 or [npassenti@ymcagbc.org](mailto:npassenti@ymcagbc.org).



# HEALTHY LIVING

## Geraldine Lees Wellness Center

Treadmills, free weights, strength machines-Cybex 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 with a parent or guardian 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 Chris Stephens, Youth Development Coordinator, at 201-487-6600 ext. 234 for information and to make an appointment. Facility Members only.

Ages 13 years and up  
Fee: \$40 per hour, \$25 per half-hour  
Buy six or more sessions for \$35 per hour.

## Body Sculpting

For all levels, this class is a full body workout using light dumbbells, steppers and stretch bands to create strength and muscle tone.

Wednesday & Friday, 6-7 p.m.  
Fall I: September 14-November 2  
Fall II: November 9-December 28  
Ages 13 years and up  
FM FREE, PP \$33; registration is required

## Lunchtime Body Sculpting

Take a 45-minute lunch break or de-stress between shifts. This sculpting routine will leave you with a positive attitude and a smile. For beginners and intermediate levels.

Tuesday & Thursday  
Noon to 12:45 p.m.  
Fall I: September 13-November 3  
Fall II: November 8-December 29  
Ages 13 years and up  
FM FREE, PP \$33, registration is required.

## Kickboxing

For all levels, this class will help you to kick, punch, knee and elbow your way to physical fitness.

Tuesday & Thursday, 7-8 p.m.  
Fall I: September 13-November 3  
Fall II: November 8-December 29  
Ages 13 years and up  
FM Free, PP \$33, registration is required.

## Swiss Ball Workouts

For all levels, this class uses stability ball work to provide a full-body workout while emphasizing inner core strengthening.

Monday & Wednesday, 7-8 p.m.  
Fall I: September 12-November 2  
Fall II: November 7-28  
Ages 13 years and up  
FM FREE, PP \$33, 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, 6-7 p.m.  
Friday, 6-7 p.m.  
Fall I: September 12-November 4  
Fall II: November 7-December 30  
Ages 13 years and up  
FM Free, PP \$33, registration is required.

**HEALTHY  
LIVING**

**Improving the nation's  
health and well-being**

## **SMILE**

### Seniors Move In Light Exercise

This is 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, osteoporosis, and 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 classes such as Tai Chi, Zumba and Yoga will be introduced during the class.

Monday/Wednesday/Friday, 10:15-11:15 a.m.

Fall I/II: September 12-December 30

Ages 62 years and older

FM FREE, registration required

## **Qi Gong**

This class consists of developing proper posture, breathing practice and positive intentions through movement, and to integrate "energy work" into our daily lives.

Tuesday & Thursday, 10:15-11:15 a.m.

Fall I: September 13-November 3

Fall II: November 8-December 29

Ages 13 years and up

FM FREE

## **Tai Chi Chuan**

Tai Chi is a flowing series of movements practiced by the Chinese for centuries. It helps to improve concentration, strengthens the body, feeds the soul and helps to reduce stress and anxiety while increasing energy. Meets in the Youth Lobby.

Tuesday, 7-8 p.m.

Fall I: September 13-November 1

Fall II: November 8-December 27

Ages 13 years and up

FM \$17, PP \$33

## **Pilates**

This mat work utilizes mind and breathing to control muscles while creating deep core strength, flexibility, a balanced body, and the essentials to providing support for the spine. For all levels.

Monday & Wednesday, Noon-1 p.m.

Fall I: September 12-November 2

Fall II: November 11-December 28

Ages 13 years and up

FM \$35, PP \$55

## **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.

Wednesday, 6:30-7:45 p.m.

Fall I: September 14-November 2

Fall II: November 9-December 28

Ages 13 years and up

FM \$35, PP \$55

## **Aquacise Morning / Afternoon**

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 of the pool, so no swimming ability is necessary.

### **Morning**

Monday/Wednesday/Friday, 9-10 a.m.

Fall I: September 12-November 1

Fall II: November 12-December 28

Ages 18 years and older

FM \$20, PP \$50

### **Afternoon**

Tuesday/Thursday, 2-3 p.m.

Fall I: September 13-November 3

Fall II: November 8-December 29

FM \$17, PP \$33

## **Arthritis Foundation Aquatic Program**

This program, for those with arthritis, is in cooperation with the North Jersey Regional Arthritis Center. It allows exercise without putting excess strain on joints and muscles. Gentle stretching and flexibility exercises are led by a certified instructor. It is held in the shallow end of the pool, so no swimming ability is necessary.

A physical consent form must be completed by a physician prior to class registration.

Tuesday & Thursday, 9-10 a.m.

Fall I: September 13-November 3

Fall II: November 8-December 29

FM \$17, PP \$33

# HEALTHY LIVING

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# SWIM TEAM

## TIDE Swim Team

This Y competitive swim program offers swimmers the best combination of team sport and individual challenge. The emphasis of the TIDE is on skill development, positive values, positive competitive experiences and fun.

Swimmers compete in the Y Swim League and are also a part of USA Swimming. The Y TIDE season meets September through April. Spring and Summer preparation trainings are offered for new and returning team members. A separate brochure is available.

For more information contact Pat Kerrigan, Competitive Swim Director, at 201-487-6600, x 214 or [pkerrigan@ym-cagbc.org](mailto:pkerrigan@ym-cagbc.org).

## TIDE Swim Team 2011-12 Season Tryouts

Skill requirements: children should be Y Fish Level or higher, and be able to swim multiple laps of all four strokes (butterfly, back, breast and freestyle) with consideration given to age.

Returning TIDE Members should register July 15-August 20

All swimmers must be on the pool deck and ready to swim at the tryout time. Bring swimsuit, goggles and towel.

Tryout Times:

All ages:	Thursday, August 25, 2 p.m.
12 and under:	Wednesday, Sept. 7, 6:30 p.m.
13 and over:	Thursday, Sept.8, 5:30 p.m.
Make-ups:	Saturday, Sept. 10, Noon

Ages: Grades K to 12, 6 years and older

Tryout Fee: \$10



# SWIMMING LESSONS

## 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.

## Swim Levels

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

## Swim Evaluations

Required for all non-beginners. Children who can put their head under water and blow bubbles out of their nose and mouth 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.)

Fall I: August 15 & 17 at 3 p.m. and 7:30 p.m.  
Fall II: October 24 & 26 at 4 p.m. and October 29 at 3 p.m.  
Every Monday and Wednesday at 4 p.m.

## Swim Lesson Registration

(see page 22 for dates and times)

We have a high demand for swim lessons and have developed procedures to make the registration process as fair as possible for everyone.

**Currently enrolled participants:** Register the last week of lessons by presenting your evaluation form to the Upper Welcome Center. 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. Any left-over spots will become available for late registrations.

**Past participants/siblings of participants/Family Members** may register the day before the lottery or up until 4 p.m. the day of the lottery by presenting their evaluation form to the Upper Welcome Center. If your child has missed more than two sessions, a swim evaluation is required to assure proper class placement.

**New participants:** Please register on the Open to All Date (see page 22). A ticket is required to register and can be picked up two weeks prior to the scheduled registration day, or on the registration day from 8 a.m. to 5 p.m. One ticket per family.

## Super Swim

Children's Swim Lessons  
Enroll your child in one full week of swim lessons. Proof of swim level required.

Monday-Friday

Beginners 3:30-4:10 p.m.

Intermediate 4:10-4:50 p.m.

Advanced 4:50-5:30 p.m.

Fall I: October 31-November 4

Fall II: December 26-30

Ages 3-12

FM \$80





## FALL I SWIM LESSON REGISTRATION

Classes meet: September 11–October 29 (7 weeks)

**Program**  
Children, Teen & Adult  
Swim Lessons

**Who Can Register**  
Summer Participants Only

**Date & Time**  
August 1–20  
(by 1 p.m. August 20)

**Teen & Adult Swim Lessons**

**Open to All**

**August 22–27**

**Children’s Swim Lessons**

**Y Family Members and  
Past Participants**

**August 23**

**Children’s Swim Lessons**

**Open to All**

**August 24 at 6:30 p.m.  
(Registration Ticket Required)**

## FALL II SWIM LESSON REGISTRATION

Classes meet: November 6–December 24 (7 weeks)

**Program**  
Children, Teen & Adult  
Swim Lessons

**Who Can Register**  
Fall I Participants Only

**Date & Time**  
October 23–29  
(by 1 p.m. October 29)

**Teen & Adult Swim Lessons**

**Open to All**

**October 31–November 5**

**Children’s Swim Lessons**

**Y Family Members and  
Past participants**

**November 1**

**Children’s Swim Lessons**

**Open to All**

**November 2 at 6:30 p.m.  
(Registration Ticket Required)**

# FALL SWIMMING LESSON SCHEDULE

Schedule is Subject to Change / \*Non-Beginner Classes require a swim test. / Sorry no make-up classes

## SKIP Parent/Child (6mos-2 years)

Class Ratio 1:15  
 Sunday 9:40 am  
 Wednesday 6:30 pm  
 Saturday 10:30 am

## Pike I (3 -5 years)

Class Ratio 1:4  
 Sunday 9:05 am  
 Sunday 10:15 am  
 Sunday 10:50 am  
 Monday 3:30 pm  
 Monday 4:30 pm  
 Tuesday 3:30 pm  
 Tuesday 4:00 pm  
 Tuesday 5:30 pm  
 Wednesday 3:30 pm  
 Wednesday 4:30 pm  
 Wednesday 5:00 pm  
 Thursday 3:30 pm  
 Thursday 4:00 pm  
 Saturday 9:00 am  
 Saturday 9:30 am  
 Saturday 11:00 am  
 Saturday 11:30 am

## Pike II \* (3-5 yrs)

Class Ratio 1:6  
 Sunday 9:05 am  
 Sunday 9:40 am  
 Sunday 10:15 am  
 Monday 3:30 pm  
 Monday 4:30 pm  
 Tuesday 3:30 pm  
 Tuesday 4:00 pm  
 Tuesday 4:30 pm  
 Wednesday 3:30 pm  
 Wednesday 5:00 pm  
 Thursday 3:30 pm  
 Thursday 4:30 pm  
 Saturday 9:00 am  
 Saturday 9:30 am  
 Saturday 10:00 am  
 Saturday 11:00 am  
 Saturday 11:30 am

## Eel \* (3 - 5 ys)

Class Ratio 1:6  
 Sunday 9:05 am  
 Monday 4:30 pm  
 Tuesday 4:30 pm  
 Tuesday 5:00 pm  
 Wednesday 4:30 pm  
 Saturday 10:00 am  
 Saturday 11:00 am

## Ray \*(3 - 5 years)

Class Ratio 1:7  
 Sunday 9:40 am  
 Monday 4:30 pm  
 Tuesday 4:00 pm  
 Thursday 5:00 pm  
 Saturday 10:30 am

## Starfish \* (3-5 years)

Class Ratio 1:7  
 Sunday 9:40 am  
 Thursday 4:00 pm  
 Saturday 10:30 am

## Polliwog I (6-12 years)

Class Ratio 1:6  
 Sunday 9:05 am  
 Sunday 10:15 am  
 Sunday 10:50 am  
 Monday 3:30 pm  
 Tuesday 3:30 pm  
 Tuesday 4:00 pm  
 Tuesday 4:30 pm  
 Tuesday 5:00 pm  
 Wednesday 3:30 pm  
 Wednesday 4:30 pm  
 Thursday 3:30 pm  
 Thursday 4:00 pm  
 Saturday 10:00 am  
 Saturday 11:30 am

## Polliwog II \* (6-12 years)

Class Ratio 1:8  
 Sunday 10:15 am  
 Sunday 10:50 am  
 Monday 3:30 pm  
 Tuesday 4:30 pm  
 Tuesday 5:00 pm  
 Wednesday 3:30 pm  
 Wednesday 5:00 pm  
 Thursday 3:30 pm  
 Thursday 4:00 pm  
 Saturday 9:30 am  
 Saturday 10:00 am  
 Saturday 11:00 am  
 Saturday 11:30 am

## Guppy \* (6-12 years)

Class Ratio 1:8  
 Sunday 9:05 am  
 Sunday 10:50 am  
 Monday 4:30 pm  
 Tuesday 3:30 pm  
 Tuesday 5:00 pm  
 Wednesday 3:30 pm  
 Wednesday 5:00 pm  
 Thursday 4:30 pm  
 Saturday 9:00 am  
 Saturday 9:30 am  
 Saturday 11:30 am

## Micro-Minnow \* (6-12 years)

Class Ratio 1:8  
 Sunday 10:15 am  
 Sunday 10:50 am  
 Tuesday 3:30 pm  
 Tuesday 4:30 pm  
 Tuesday 5:00 pm  
 Wednesday 4:30 pm  
 Thursday 4:30 pm  
 Saturday 9:00 am  
 Saturday 9:30 am

## Minnow \* (6-12 years)

Class Ratio 1:10  
 Sunday 11:25 am  
 Monday 5:00 pm  
 Tuesday 4:00 pm  
 Wednesday 5:00 pm  
 Thursday 4:00 pm  
 Thursday 5:00 pm  
 Saturday 10:00 am  
 Saturday Noon

## Fish \*(6-12 years)

Class Ratio 1:10  
 Sunday 11:25am  
 Monday 5:00 pm  
 Wednesday 4:30 pm  
 Thursday 5:00 pm  
 Saturday Noon

## Flying Fish \* (6-12 years)

Class Ratio 1:10  
 Sunday 11:25am  
 Monday 5:00 pm  
 Thursday 4:30 pm  
 Saturday Noon

## Shark \*(6-12 years)

Class Ratio 1:10  
 Sunday 11:25am  
 Monday 5:00 pm  
 Thursday 5:00 pm  
 Saturday Noon

## Stroke Clinic \* (6-17 years)

Sunday 8:00-9:00 am  
 Friday 4:30-5:30 pm

**Special Needs:** 1 on 1 lesson available upon request for any special needs. Special Needs Youth Swim Fridays 3-4. Parents may go in to assist.

## Adult/Teen (13 years and older)

Sunday 8-8:45 am  
 Tuesday 8-8:45 pm  
 Thursday 8-8:45 pm  
 Friday 10-10:45 am  
 Saturday 5-5:45pm

## CLASS DURATION & FEES

Preschool and Youth:  
 30 minutes  
 Fall I: FM \$119 (7 weeks)  
 Fall II: FM \$119 (7 weeks)  
 Thursday classes: FM\$109 (6 wks)

**Stroke School:** One hour  
 FM \$160 PP \$185 (7 Weeks)

**Adult Lessons:** 45 minutes.  
 Fall I FM \$119, PP \$133 (7 weeks)  
 Fall II FM \$119, PP \$133 (7 weeks)

Fall II Thursday classes:  
 FM \$ 109, PM \$123



YMCA OF GREATER BERGEN COUNTY

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