



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FITNESS RESOLUTIONS HONORED HERE

NO MATTER WHAT YOUR IFS, ANDS OR BUTTS  
(TRY OUR GUTS AND BUTTS CLASS!)

LAKELAND HILLS FAMILY YMCA  
100 Fanny Road  
Mountain Lakes, NJ 07046  
973-334-2820  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

WINTER-SPRING I - 2022  
PROGRAM SESSIONS

WINTER: JANUARY 3 - FEBRUARY 20  
SPRING I: FEBRUARY 21 - APRIL 10

WE'RE YOUR Y! WE HAVE SOMETHING FOR EVERYONE!

# GENERAL INFORMATION

## PROGRAM REGISTRATION

### WINTER 2022 SESSION

Classes begin January 3

Classes end February 20

**Tuesday, December 14:**

**Registration for all Fall II Program Participants**

Online: 6:00 pm and on (phone support available until 7:30 pm)

In Person: 6:00 -7:30 pm and subsequent business hours

**Wednesday, December 15:**

**Registration for all Current Members (as of December 1)**

Online: 8:00 am and on

In Person: 8:00 am-7:30 pm and subsequent business hours

**Thursday, December 16:**

**Registration for all New and Non-Members**

Online: 8:00 am and on

In Person: 8:00 am-7:30 pm and subsequent business hours

### SPRING I 2022 SESSION

Classes begin February 21

Classes end April 10

**Tuesday, February 8:**

**Registration for all Winter Program Participants**

Online: 6:00 pm and on (phone support available until 7:30 pm)

In Person: 6:00 - 7:30 pm and subsequent business hours

**Wednesday, February 9:**

**Registration for all Current Members (as of February 1)**

Online: 8:00 am and on

In person: 8:00 am - 7:30 pm and subsequent business hours

**Thursday, February 10:**

**Registration for all New and Non-Members**

Online: 8:00 am and on

In person: 8:00 am - 7:30 pm and subsequent business hours

### DESK BUSINESS HOURS

Mon-Fri 8:00 am -7:30 pm

Sat-Sun 8:00 am - 4:30 pm

### FACILITY HOURS

Mon-Fri 5:00 am -10:30 pm

Sat-Sun 7:00 am - 6:00 pm



### HOW TO REGISTER

Online and in-person program registrations take place simultaneously. No phone or mail registrations accepted. If you choose to register online, visit the Y's website prior to registration to confirm your family is properly linked in our membership database. A credit on your account may be applied toward program registration fee(s) and can be accessed online on the "cart" page. If you receive financial assistance, you must register in person. New memberships must be purchased in person.

### WITHDRAWING FROM A PROGRAM

If you need to withdraw from a program, you must notify the appropriate director before the first day of the session, not the first day of the class, in order to receive a full refund or credit. On or after the first day of the session, program fees are non-refundable. Withdrawals due to a medical reason, documented by a physician, will be eligible for a credit.

### PROGRAM CANCELLATIONS

**We make every effort to run session programs as scheduled. In the event that we are forced to cancel a program due to uncontrollable factors such as weather, power outages, etc., no refunds or makeup classes will be given.** If a program is cancelled due to lack of enrollment, the Y will credit or refund your program fee in full.

### AGE REQUIREMENTS

Children under the age of 12 must be accompanied by a parent or guardian (19 years and up) at all times while they are on the Y premises except while participating in a program. Parent/guardian is expected to accompany child to class and be present upon class dismissal. Parents/guardians are asked to stay in the building for classes under one hour in length. Parents/guardians who choose to leave the Y during longer classes are responsible for ensuring emergency phone number on record at the Member Services Desk is current.

### FINANCIAL ASSISTANCE

The Y believes in serving the needs of all members in our community, regardless of their ability to pay the full cost of membership and programs. To apply for financial assistance, stop by the Member Services Desk, call 973.334.2820, or download an application from our website. All information is strictly confidential. Questions? Contact Nancy Dunham.



# WE'RE YOUR Y! WE HAVE SOMETHING FOR EVERYONE! ANNUAL MEMBERSHIP

## "TAKE TWO MONTHS" MEMBERSHIP

**Try the Y for two months!** Pay upfront for just two consecutive months and enjoy all the privileges of a full member, including all fitness classes, usage of the pool, Cycling Studio, and the Health and Fitness Center. This option is available to first time, new members only. Visit our website for complete details.

## FULL PRIVILEGE MEMBERSHIPS

### ENTITLES YOU TO USE:

Pool, Basketball Gymnasium, Health & Fitness Training Center (including a Fitness Equipment Orientation) and General Membership Locker Rooms, as well as Group Fitness, Yoga, Cycling Classes, and all Aqua Exercise Classes. All memberships include 3 Free Guest Passes. (Some age and scheduling restrictions apply – see Member Services Desk for details.)

## ADULT LONG-TERM LOCKER

Includes everything a Full Privilege Membership offers plus an assigned locker and towel service in an adult-only locker room with steam room, sauna and TV.

## AREAS AT THE Y

### HEALTH & FITNESS CENTER

- Cardio Conditioning Center
- Selectorized Equipment Center
- Free Weights
- Teen Training Area
- Personal Training
- Cycling Studio

### 6-LANE INDOOR HEATED SWIMMING POOL

### REGULATION-SIZE GYMNASIUM

### ADULT LONG-TERM LOCKERS

### CHILD WATCH (FORMERLY BABYSITTING)

### MARION MANN ROBERTS

### EARLY CHILDHOOD LEARNING CENTER

- Infant and Toddler Care Center: 6 weeks–30 months
- Preschool and Pre-K: 2½–5 years

### KIDS CLUB AFTER SCHOOL PROGRAM

- K-5th grades

### OUTDOOR PICNIC PAVILION

### CHILDREN'S OUTDOOR PLAYGROUND

### SUMMER DAY CAMP



## MEMBERSHIP CATEGORY

Rates*	Annual Rates	Monthly* Fee Credit Card Draft Only
<b>NEVER A JOINER'S FEE!</b>		
<b>Youth</b> 11 Years and Younger	\$240	\$22
<b>Teen</b> 12-18 Years	\$410	\$36
<b>Young Adult</b> 19-25 Years	\$515	\$44
<b>Adult</b> 26-67 Years	\$685	\$58
<b>Family</b> Single adult or two adults cohabitating as a couple and their dependent children residing at the same address through age 23.	\$1025	\$87
<b>Family +1 Young Adult</b> Single adult or two adults cohabitating as a couple and each dependent child aged 24 or 25 residing at the same address.	\$1325	\$112
<b>Older Adult</b> 68 Years and Older	\$515	\$44
<b>Older Adult Couple</b> Two adults cohabitating as a couple residing at the same address.	\$775	\$66
<b>Older Adult Fridays</b> 68 Years and Older	\$240	\$22
<b>Adult Long Term Locker Membership</b> 19 and older	\$995	\$84
<b>Family + 1 Long Term Locker Membership</b> Same as family above with 1 adult having long term locker room access	\$1335	\$112
<b>Family + 2 Long Term Locker Membership</b> Same as family above with 2 adults having long term locker room access	\$1640	\$138

\*A membership is required for participation in most Y programs. Membership is valid for one year from date of purchase. Anniversary date remains the same regardless of the actual date of renewal payment. Anyone 90+ years wishing to join the Y will be granted a free membership. Every year, the Y may be closed for up to 3 weeks at the end of August/early September for major maintenance and improvements/renovations. This closing is considered as part of your membership. Financial assistance is available to all who qualify.

\*Monthly payments will be accepted via credit card draft only and member must sign contract agreeing to fulfill payment on entire first year. See website for complete details.

Those 17 years and younger must be accompanied by a parent or guardian to tour and sign up for membership. We reserve the right to investigate or require proof of any information given when taking out a membership that qualifies membership eligibility (ie: birthdate, relationship, residence)

Photo ID required for all new members 18 and older, and parent or guardian for those 17 and younger.

# YOUTH DEVELOPMENT PRESCHOOL & YOUTH AQUATICS

## AQUATICS FOR KIDS AT THE Y

Our swim lesson program is designed to help kids develop a lifelong love of the water with competency, confidence and endurance.

Parent or Guardian/Child classes for children under age 3 years (or not potty trained) offer the opportunity for toddlers to become comfortable in the water with the security of a parent or guardian. Please have your child wear a waterproof swim diaper. No disposable diapers at any time.

Preschool classes for children 3-6 years (and potty trained) start them on the way to becoming a swimmer with four progressive levels starting with "Pike" class. Basic swimming skills with seven progressive levels starting with "Polliwog" class will be introduced in our Youth classes for children 7-15 years.

### LESSON PLACEMENT & REGISTRATION

If your child is new to our program (or has not participated at our Y for more than six months), you must set up an evaluation to determine their swim level before registering for a class. Call Aquatics Director for an appointment. If your child is currently enrolled in lessons, go to our website the day before the next registration time and check the appropriate swim level for which your child should sign up. Evaluation is not needed for a beginner. Just sign up for the age-appropriate class. Non-members are welcome to sign up for any parent/child class.

It is not uncommon for participants to remain in the same skill level for multiple sessions while they develop all the skills necessary to advance. Our swim philosophy believes in the use of bubbles (flotation devices) to help children gradually become accustomed to the water. We remove the bubbles periodically throughout the program to test your child's buoyancy and to build confidence.

### PRIVATE LESSONS ARE AVAILABLE

for members (both children and adults) at select times of the year. Contact Aquatic Director for more information.



## WINTER SESSION: JANUARY 3 - FEBRUARY 20

**SKIP Parent/Child, 6-18 months** Experience exploring the water with your child and assist in teaching basic swimming skills. Fun as well as confidence are the primary goals.  
Sat 11:25-11:55 am YAQSKIP1 \$65  
Non-members welcome at \$96

**PERCH Parent/Child, 18-36 months** Parents work with the instructor to increase your toddler's independence in the water and to prepare the child for a Preschool swimming class after age 3.  
Sat 9:35-10:05 am YAQPERCH1 \$65  
Non-members welcome at \$96

### SKIP/PERCH COMBO Not Currently Running

### PIKE Beginner, 3-6 years without parent, potty trained

**Skill goal:** To swim 5-10 feet with face in water and flat body position.

Mon	9:30-10:00 am	YAQPIKE1	\$65
Mon	4:00-4:30 pm	YAQPIKE2	\$65
Tue	10:00-10:30 am	YAQPIKE3	\$65
Tue	4:00-4:30 pm	YAQPIKE4	\$65
Tue	5:00-5:30 pm	YAQPIKE5	\$65
Wed	9:30-10:00 am	YAQPIKE6	\$65
Wed	4:00-4:30 pm	YAQPIKE7	\$65
Wed	4:30-5:00 pm	YAQPIKE8	\$65
Thu	4:00-4:30 pm	YAQPIKE9	\$65
Thu	4:30-5:00 pm	YAQPIKE10	\$65
Thu	5:00-5:30 pm	YAQPIKE11	\$65
Sat	9:00-9:30 am	YAQPIKE12	\$65
Sat	10:15-10:45 am	YAQPIKE13	\$65
Sat	11:25-11:55 am	YAQPIKE14	\$65

### EEL Advanced Beginner, 3-6 years

**Skill goal:** Swim 15-20 yards with rhythmic breathing and overhead arms

Mon	9:30-10:00 am	YAQEEL1	\$65
Mon	4:00-4:30 pm	YAQEEL2	\$65
Tue	10:00-10:30 am	YAQEEL3	\$65
Tue	5:00-5:30 pm	YAQEEL4	\$65
Wed	9:30-10:00 am	YAQEEL5	\$65
Wed	4:00-4:30 pm	YAQEEL6	\$65
Thu	4:00-4:30 pm	YAQEEL7	\$65
Thu	5:00-5:30 pm	YAQEEL8	\$65
Sat	10:15-10:45 am	YAQEEL9	\$65
Sat	11:25-11:55 am	YAQEEL10	\$65

### RAY Intermediate, 3-6 years

**Skill goal:** Swim 25 yards with rotary breathing and kicking on back.

Mon	4:00-4:30 pm	YAQRAY1	\$65
Tue	4:00-4:30 pm	YAQRAY2	\$65
Tue	5:00-5:30 pm	YAQRAY3	\$65
Wed	4:00-4:30 pm	YAQRAY4	\$65
Thu	4:00-4:30 pm	YAQRAY5	\$65
Thu	5:00-5:30 pm	YAQRAY6	\$65
Sat	9:00-9:30 am	YAQRAY7	\$65
Sat	11:25-11:55 am	YAQRAY8	\$65

### STARFISH Advanced, 3-6 years

**Skill goal:** Perfect front crawl, learn elementary backstroke, and explore breaststroke.

Mon	10:00-10:30 am	YAQSTAR1	\$65
Mon	4:00-4:30 pm	YAQSTAR2	\$65
Tue	4:00-4:30 pm	YAQSTAR3	\$65
Tue	5:00-5:30 pm	YAQSTAR4	\$65
Wed	4:00-4:30 pm	YAQSTAR5	\$65
Thu	4:00-4:30 pm	YAQSTAR6	\$65
Thu	5:00-5:30 pm	YAQSTAR7	\$65
Sat	11:25-11:55 am	YAQSTAR8	\$65

# WINTER SESSION: JANUARY 3 - FEBRUARY 20



Parents: A swim evaluation is needed prior to registration for new students except for Polliwog.

## POLLIWOG 7-14 Years

**Skill goal:** To swim 25 yards with face in the water and rhythmic breathing and floating on back.

Mon	4:00-4:30 pm	YAQPOL1	\$65
Mon	5:00-5:30 pm	YAQPOL2	\$65
Tue	4:30-5:00 pm	YAQPOL3	\$65
Wed	4:00-4:30 pm	YAQPOL4	\$65
Wed	5:00-5:30 pm	YAQPOL5	\$65
Thu	4:30-5:00 pm	YAQPOL6	\$65
Sat	9:00-9:30 am	YAQPOL7	\$65
Sat	9:35-10:05 am	YAQPOL8	\$65
Sat	10:50-11:20 am	YAQPOL9	\$65

## GOLDFISH 7-14 years

This class is for the child who is almost ready for Guppy level but needs to work on endurance and swimming 25 yards consistently with rhythmic breathing. No bubbles permitted.

Mon	4:00-4:30 pm	YAQGOL1	\$65
Mon	4:30-5:00 pm	YAQGOL2	\$65
Tue	4:00-4:30 pm	YAQGOL3	\$65
Tue	5:00-5:30 pm	YAQGOL4	\$65
Wed	4:00-4:30 pm	YAQGOL5	\$65
Wed	4:30-5:00 pm	YAQGOL6	\$65
Thu	4:00-4:30 pm	YAQGOL7	\$65
Thu	5:00-5:30 pm	YAQGOL8	\$65
Sat	10:15-10:45 am	YAQGOL9	\$65
Sat	10:50-10:20 am	YAQGOL10	\$65

## GUPPY 7-14 YEARS

**Skill goal:** Swim 25 yards with rotary breathing and kicking while on back.

Mon	4:30-5:00 pm	YAQGUP1	\$65
Tue	4:00-4:30 pm	YAQGUP2	\$65
Tue	4:30-5:00 pm	YAQGUP3	\$65
Wed	4:30-5:00 pm	YAQGUP4	\$65
Thu	4:00-4:30 pm	YAQGUP5	\$65
Thu	4:30-5:00 pm	YAQGUP6	\$65
Sat	9:00-9:30 am	YAQGUP7	\$65
Sat	10:50-11:20 am	YAQGUP8	\$65

## MINNOW 7-14 Years

**Skill goal:** Swim 50 yards with rotary breathing and elementary backstroke.

Mon	4:30-5:00 pm	YAQMIN1	\$65
Mon	5:00-5:30 pm	YAQMIN2	\$65
Tue	4:30-5:00 pm	YAQMIN3	\$65
Weds	4:30-5:00 pm	YAQMIN4	\$65
Weds	5:00-5:30 pm	YAQMIN5	\$65
Thu	4:30-5:00 pm	YAQMIN6	\$65
Sat	9:00-9:30 am	YAQMIN7	\$65
Sat	10:15-10:45 am	YAQMIN8	\$65
Sat	10:50-11:25 am	YAQMIN9	\$65

## FISH 7-14 YEARS

**Skill goal:** To perform 25 yards of breaststroke while continuing to perfect the front crawl.

Mon	4:30-5:00 pm	YAQFISH1	\$65
Tue	4:30-5:00 pm	YAQFISH2	\$65
Weds	4:30-5:00 pm	YAQFISH3	\$65
Thu	4:30-5:00 pm	YAQFISH4	\$65
Sat	9:00-9:30 am	YAQFISH5	\$65
Sat	10:15-10:45 am	YAQFISH6	\$65
Sat	11:25-11:55 am	YAQFISH7	\$65

## FLYING FISH 7-14 YEARS

**Skill goal:** To perform 50 yards of butterfly with an introduction to Individual Medley (all 4 strokes done in sequence).

Mon	4:30-5:00 pm	YAQFLYFISH1	\$65
Tue	5:00-5:30 pm	YAQFLYFISH2	\$65
Weds	4:30-5:00 pm	YAQFLYFISH3	\$65
Thu	5:00-5:30 pm	YAQFLYFISH4	\$65
Sat	9:00-9:30 am	YAQFLYFISH5	\$65

## SHARK 7-14 Years

**Skill goal:** Perfecting all four strokes to build endurance, improve flip turns and dives.

Mon	4:30-5:00 pm	YAQSHARK1	\$65
Tue	4:30-5:00 pm	YAQSHARK2	\$65
Weds	4:30-5:00 pm	YAQSHARK3	\$65
Thu	4:30-5:00 pm	YAQSHARK4	\$65
Sat	9:35-10:05 am	YAQSHARK5	\$65

## PRE-TEEN/TEEN BEGINNERS 12-15 years

This class is for pre-teens and teens who want to learn how to swim. It will teach basic swimming strokes so participants can feel more comfortable in the water.

Sat	9:35-10:05 am	YAQTEEN	\$65
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## YOUTH FIT SWIM 11-15 Years

This class is for the swimmer who has learned the basics of all the strokes and wants to swim for exercise and fitness. Students will practice their swimming techniques and have endurance-based workouts to incorporate their skills into a fitness routine. Minimum level of Flying Fish required.

Mon	5:00-5:30 pm	YAQFITSWIM1	\$65
Wed	5:00-5:30 pm	YAQFITSWIM2	\$65

## I-SNAP (Individual Special Needs Aquatics Program)

This 30-minute weekly pool program provides each child (ages 3 and potty trained, through 18 years) the support and tools needed to develop and increase basic aquatic skills in a safe environment. Program takes place at The Craig School in Mountain Lakes. For more information contact Ed Soder at eds@lhymca.com

Sundays: 9:30, 10:00, 10:30, 11:00, & 11:30 a.m.  
ISNAP \$100/\$130\* \*member/non-member fee

Aquatic class times are subject to change; always check online schedule prior to registration.

# YOUTH DEVELOPMENT PRESCHOOL/YOUTH FUN & FITNESS

## WINTER SESSION: JANUARY 3 – FEBRUARY 20

### TUCK, TUMBLE & JUMP 3-4 YEARS OLD

Saturdays 9:15 – 9:45 AM

YPETTJ Y-MEMBERS – \$58 | NON-MEMBERS – \$87

This beginner class will introduce basic techniques. Young children will be taught simple warm-ups. They will then move into fun and challenging stations to introduce development skills needed for beginner gymnastics.

### BEGINNER BALLET 3-6 YEARS OLD

Saturdays 10:30 – 11:00 AM

YPEBEGBALLET Y-MEMBERS – \$68 | NON-MEMBERS – \$102

Children will be introduced to ballet terminology, positions, and movements as they learn floor and barre exercises, set to both modern and classical music

### JR. GYM AND FUN 4-6 YEARS OLD

Saturdays 10:45 – 11:15 AM

YPEJRSPTS Y-MEMBERS – \$58 | NON-MEMBERS – \$72

Start off Saturdays right with different and exciting gym games every week just for the juniors. Great introduction to new and exciting sports and games while learning sportsmanship and building confidence!

### STEM SATURDAYS 4-7 YEARS OLD

Saturdays 10:15 – 10:45 AM

YPESTEM Y-MEMBERS – \$58 | NON-MEMBERS – \$87

This class is about problem solving, having fun, and figuring things out. We will experiment by taking things apart and putting them back together again. Your curious child will enjoy the “why” and “how” of critical thinking and develop problem solving skills in the process.

### BEGINNER GYMNASTICS 4-8 YEARS OLD

Saturdays 9:15 – 10:00 AM

YPEBEGGYM Y-MEMBERS – \$58 | NON-MEMBERS – \$87

This class focuses on conditioning, skill development, flexibility, strength, coordination, and balance. These children will experience work on the high beam, low beam, and a concentration on floor skills.

### TECHTIME 7-12 YEARS OLD

Saturdays 9:15 – 9:45 AM

YPETECHTIME Y-MEMBERS – \$68 | NON-MEMBERS – \$102

Students will be exposed to different STEM activities each week including scratch coding, 3D pens, squishy circuits, and much more. It will teach them to understand why and how the technology around them operates in a fun and creative way that builds confidence.

### NEW SNOWBOARDING 101 5-9 YEARS OLD

Saturdays 10:30 – 11:00 AM

YPSNWB RD Y-MEMBERS – \$68 | NON-MEMBERS – \$102

Prepare for snow time fun with our indoor snowboard class! Conquer the basics of snowboarding before taking it to the mountain. Participants will learn names and positions of popular snowboarding maneuvers while moving about the gym floor on “specialized snowboards.” Cool winter fun!



## SPECIAL EVENT: HOLIDAY VACATION CAMP

1st – 8th grades

Tuesday, December 28 and Wednesday, Dec. 29

12:30 – 4:00 PM (AFTER LUNCH)

MEMBER: \$40 NON-MEMBER: \$60

10:00 AM – 4:00 PM

MEMBER: \$75 NON-MEMBER: \$100

When school is out of session, we are in! Rotate around the Y with our exclusive activities, from a one-hour swimming time\*, fun STEM activities, gaming tournament in esports, inflatable gaga pit, and more! Pick half day or full day with a catered lunch optional.

\*Note: Tuesday’s swim time is in the morning, so Half-Day participants will not swim on that day.



# YOUTH DEVELOPMENT YOUTH/TEEN SPORTS & ENRICHMENT

## WINTER & SPRING | SESSIONS

### TEEN LEADERSHIP

#### JUNIOR LEADERS CLUB 6<sup>TH</sup> – 8<sup>TH</sup> GRADES

**Mondays 6:15 – 7:15 pm**

**LEADERS JR Y-MEMBERS – \$80 | NON-MEMBERS – \$120**

This middle school teen leadership program will begin October 1 and will include social activities, leadership development, and team building.

#### SENIOR LEADERS CLUB 9<sup>TH</sup> – 12<sup>TH</sup> GRADES

**Mondays 7:15 – 8:15 pm**

**LEADERS SR Y-MEMBERS – \$80 | NON-MEMBERS – \$120**

This high school teen leadership program begins October 1 with a fun upgrade for the new year. Activities include small group trips, volunteer hours, and career development training. This program prepares teens for a variety of employment opportunities in the future.



### GAMING

#### GAMING CLUB (IN PERSON)

**3<sup>RD</sup> – 8<sup>TH</sup> GRADES**

**Program Dates: January 4 – February 18**

**Program Dates: February 22 – April 8**

**Y-MEMBERS – \$85 | NON-MEMBERS – \$130  
(FOR ONE, 60 MINUTE BLOCK PER WEEK)**

**TUESDAYS, THURSDAYS, FRIDAYS**

**3:30 – 4:30 PM 4:30 – 5:30 PM 5:30 – 6:30 PM**

Players in the gaming club will meet in person at the Y and be supervised and coached to become more confident in their abilities. Bi-weekly games will be rotated to add variety to this program. Some of the games that will be offered will include Fortnite, Mario Kart, Minecraft, Pokémon, etc. Financial assistance is available

#### NATIONAL YMCA LEAGUE – (ALL VIRTUAL)

**Program Dates: January 17 – March 9**

**Y-MEMBERS – \$100 | NON-MEMBERS – \$150**

**Esports Elementary Program: 3<sup>rd</sup> – 5<sup>th</sup> grades:  
Mondays & Wednesdays 5:30 – 7:00 PM**

**Esports Middle School Program: 6<sup>th</sup> – 8<sup>th</sup> grades:  
Mondays & Wednesdays 5:30 – 7:00 PM**

**Esports High School Program: 9<sup>th</sup> – 12<sup>th</sup> grades:  
Tuesdays & Thursdays 5:30 – 7:00 PM**

This all-virtual program allows players to practice gaming techniques with teammates and a coach once per week for 90 minutes. Players choose their game out of 3 choices (Rocket League, Super Smash Bros. Ultimate, and NBA 2K21). A unique feature of this program is that your player is put on a team that is part of the exclusive National YMCA Esports League. On the second meeting of the week their team will virtually face-off against another team from this league.

#### NASEF COMPETITIVE ESPORTS CLUB (HYBRID)

**9<sup>TH</sup> – 12<sup>TH</sup> GRADES**

**Winter League Start Date TBA**

**Fridays (in-person); 6:30 – 8:00 PM**

**Thursdays (virtual); 5:30 – 7:00 PM**

**TBA (depends on Club Start Fee or any other fees for competing)**

We are starting a hybrid, highly competitive Esports club that includes teams for VALORANT and Super Smash Brothers Ultimate. Participants are assigned a coach who will represent their team in the High School NASEF League and tournaments. NASEF is running the league and will include high-school teams as well as other club teams. This exclusive league has prizes in the form of national tournament entries as well as college scholarship money. This program is designed for players who have competitive gaming experience and can work as a team with a supervising coach. A minimum rank/elite smash ranking will be required to register and a Try Out will be held after registration. Email [esports@lhymca.com](mailto:esports@lhymca.com) or check the website for more details.

ESPORTS AT THE Y PROMOTES:



**TEAMWORK**



**LEADERSHIP**



**ONLINE SAFETY**



**INDIVIDUAL GROWTH**



**EQUITY FOCUS**



**COLLECT ALL POWER UPS!**

## YOUTH DEVELOPMENT

# PRESCHOOL & YOUTH AQUATICS

### SPRING I SESSION: FEBRUARY 21 - APRIL 10

**SKIP Parent / Child, 6-18 months** Experience exploring the water with your child and assist in teaching basic swimming skills. Fun as well as confidence are the primary goals.

Sat 11:25-11:55 am YAQSKIP1 \$65  
Non-members welcome at \$96

**PERCH Parent / Child, 18-36 months** Parents work with the instructor to increase your toddler's independence in the water and to prepare the child for a Preschool swimming class after age 3.

Sat 9:35-10:05 am YAQPERCH1 \$65  
Non-members welcome at \$96

#### SKIP/PERCH COMBO Not Currently Running

#### PIKE Beginner, 3-6 years without parent, potty trained

**Skill goal:** To swim 5-10 feet with face in water and flat body position.

Mon	9:30-10:00 am	YAQPIKE1	\$65
Mon	4:00-4:30 pm	YAQPIKE2	\$65
Tue	10:00-10:30 am	YAQPIKE3	\$65
Tue	4:00-4:30 pm	YAQPIKE4	\$65
Tue	5:00-5:30 pm	YAQPIKE5	\$65
Wed	9:30-10:00 a.m	YAQPIKE6	\$65
Wed	4:00-4:30 pm	YAQPIKE7	\$65
Wed	4:30-5:00 pm	YAQPIKE8	\$65
Thu	4:00-4:30 pm	YAQPIKE9	\$65
Thu	4:30-5:00 pm	YAQPIKE10	\$65
Thu	5:00-5:30 pm	YAQPIKE11	\$65
Sat	9:00-9:30 am	YAQPIKE12	\$65
Sat	9:35-10:05 am	YAQPIKE13	\$65
Sat	10:15-10:45 am	YAQPIKE14	\$65
Sat	11:25-11:55 am	YAQPIKE15	\$65

#### EEL Advanced Beginner, 3-6 years

**Skill goal:** Swim 15-20 yards with rhythmic breathing and overhead arms

Mon	9:30-10:00 am	YAQEEL1	\$65
Mon	4:00-4:30 pm	YAQEEL2	\$65

Tue	10:00-10:30 am	YAQEEL3	\$65
Tue	5:00-5:30 pm	YAQEEL4	\$65
Wed	9:30-10:00 am	YAQEEL5	\$65
Wed	4:00-4:30 pm	YAQEEL6	\$65
Thu	4:00-4:30 pm	YAQEEL7	\$65
Thu	5:00-5:30 pm	YAQEEL8	\$65
Sat	10:15-10:45 am	YAQEEL9	\$65
Sat	11:25-11:55 am	YAQEEL10	\$65

#### RAY Intermediate, 3-6 years

**Skill goal:** Swim 25 yards with rotary breathing and kicking on back.

Mon	4:00-4:30 pm	YAQRAY1	\$65
Tue	4:00-4:30 pm	YAQRAY2	\$65
Tue	5:00-5:30 pm	YAQRAY3	\$65
Wed	4:00-4:30 pm	YAQRAY4	\$65
Thu	4:00-4:30 pm	YAQRAY5	\$65
Thu	5:00-5:30 pm	YAQRAY6	\$65
Sat	9:00-9:30 am	YAQRAY7	\$65
Sat	11:25-11:55 am	YAQRAY8	\$65

#### STARFISH Advanced, 3-6 years

**Skill goal:** Perfect front crawl, learn elementary backstroke, and explore breaststroke.

Mon	10:00-10:30 am	YAQSTAR1	\$65
Mon	4:00-4:30 pm	YAQSTAR2	\$65
Tue	4:00-4:30 pm	YAQSTAR3	\$65
Tue	5:00-5:30 pm	YAQSTAR4	\$65
Wed	4:00-4:30 pm	YAQSTAR5	\$65
Thu	4:00-4:30 pm	YAQSTAR6	\$65
Thu	5:00-5:30 pm	YAQSTAR7	\$65
Sat	11:25-11:55 am	YAQSTAR8	\$65

Aquatic class times are subject to change; always check online schedule prior to registration.





# SPRING I SESSION: FEBRUARY 21 - APRIL 10



Parents: A swim evaluation is needed prior to registration for new students except for Polliwog.

## POLLIWOG 7-14 Years

**Skill goal:** To swim 25 yards with face in the water and rhythmic breathing and floating on back.

Mon	4:00-4:30 pm	YAQPOL1	\$65
Mon	5:00-5:30 pm	YAQPOL2	\$65
Tue	4:00-4:30 pm	YAQPOL3	\$65
Tue	4:30-5:00 pm	YAQPOL4	\$65
Wed	4:00-4:30 pm	YAQPOL5	\$65
Wed	5:00-5:30 pm	YAQPOL6	\$65
Thu	4:30-5:00 pm	YAQPOL7	\$65
Sat	9:00-9:30 am	YAQPOL8	\$65
Sat	9:35-10:05 am	YAQPOL9	\$65
Sat	10:15-10:45 am	YAQPOL10	\$65
Sat	10:50-11:20 am	YAQPOL11	\$65

## GOLDFISH 7-14 years

This class is for the child who is almost ready for Guppy level but needs to work on endurance and swimming 25 yards consistently with rhythmic breathing. No bubbles permitted.

Mon	4:00-4:30 pm	YAQGOL1	\$65
Mon	4:30-5:00 pm	YAQGOL2	\$65
Tue	4:00-4:30 pm	YAQGOL3	\$65
Tue	5:00-5:30 pm	YAQGOL4	\$65
Wed	4:00-4:30 pm	YAQGOL5	\$65
Wed	4:30-5:00 pm	YAQGOL6	\$65
Thu	4:00-4:30 pm	YAQGOL7	\$65
Thu	5:00-5:30 pm	YAQGOL8	\$65
Sat	9:00-9:30 am	YAQGOL9	\$65
Sat	10:15-10:45 am	YAQGOL10	\$65
Sat	10:50-10:20 am	YAQGOL11	\$65

## GUPPY 7-14 YEARS

**Skill goal:** Swim 25 yards with rotary breathing and kicking while on back.

Mon	4:30-5:00 pm	YAQGUP1	\$65
Tue	4:00-4:30 pm	YAQGUP2	\$65
Tue	4:30-5:00 pm	YAQGUP3	\$65
Wed	4:30-5:00 pm	YAQGUP4	\$65
Thu	4:00-4:30 pm	YAQGUP5	\$65
Thu	4:30-5:00 pm	YAQGUP6	\$65
Sat	9:00-9:30 am	YAQGUP7	\$65
Sat	10:50-11:20 am	YAQGUP8	\$65

## MINNOW 7-14 Years

**Skill goal:** Swim 50 yards with rotary breathing and elementary backstroke.

Mon	4:30-5:00 pm	YAQMIN1	\$65
Mon	5:00-5:30 pm	YAQMIN2	\$65
Tue	4:30-5:00 pm	YAQMIN3	\$65
Weds	4:30-5:00 pm	YAQMIN4	\$65
Weds	5:00-5:30 pm	YAQMIN5	\$65
Thu	4:30-5:00 pm	YAQMIN6	\$65
Sat	9:00-9:30 am	YAQMIN7	\$65
Sat	10:15-10:45 am	YAQMIN8	\$65
Sat	10:50-11:25 am	YAQMIN9	\$65

## FISH 7-14 YEARS

**Skill goal:** To perform 25 yards of breaststroke while continuing to perfect the front crawl.

Mon	4:30-5:00 pm	YAQFISH1	\$65
Tue	4:30-5:00 pm	YAQFISH2	\$65
Weds	4:30-5:00 pm	YAQFISH3	\$65
Thu	4:30-5:00 pm	YAQFISH4	\$65
Sat	9:00-9:30 am	YAQFISH5	\$65
Sat	10:15-10:45 am	YAQFISH6	\$65
Sat	11:25-11:55 am	YAQFISH7	\$65

## FLYING FISH 7-14 YEARS

**Skill goal:** To perform 50 yards of butterfly with an introduction to Individual Medley (all 4 strokes done in sequence).

Mon	4:30-5:00 pm	YAQFLYFISH1	\$65
Tue	5:00-5:30 pm	YAQFLYFISH2	\$65
Weds	4:30-5:00 pm	YAQFLYFISH3	\$65
Thu	5:00-5:30 pm	YAQFLYFISH4	\$65
Sat	9:00-9:30 am	YAQFLYFISH5	\$65

## SHARK 7-14 Years

**Skill goal:** Perfecting all four strokes to build endurance, improve flip turns and dives.

Mon	4:30-5:00 pm	YAQSHARK1	\$65
Tue	4:30-5:00 pm	YAQSHARK2	\$65
Weds	4:30-5:00 pm	YAQSHARK3	\$65
Thu	4:30-5:00 pm	YAQSHARK4	\$65
Sat	9:35-10:05 am	YAQSHARK5	\$65

## PRE-TEEN/TEEN BEGINNERS 12-15 years

This class is for pre-teens and teens who want to learn how to swim. It will teach basic swimming strokes so participants can feel more comfortable in the water.

Sat	9:35-10:05 am	YAQTEEN	\$65
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## YOUTH FIT SWIM 11-15 Years

This class is for the swimmer who has learned the basics of all the strokes and wants to swim for exercise and fitness. Students will practice their swimming techniques and have endurance-based workouts to incorporate their skills into a fitness routine. Minimum level of Flying Fish required.

Mon	5:00-5:30 pm	YAQFITSWIM1	\$65
Wed	5:00-5:30 pm	YAQFITSWIM2	\$65

## I-SNAP (Individual Special Needs Aquatics Program)

This 30-minute weekly pool program provides each child (ages 3 and potty trained, through 18 years) the support and tools needed to develop and increase basic aquatic skills in a safe environment. Program takes place at The Craig School in Mountain Lakes. For more information contact Ed Soder at eds@lhymca.com

Sundays: 9:30, 10:00, 10:30, 11:00, & 11:30 a.m.  
ISNAP \$100/\$130\* \*member/non-member fee

**Aquatic class times are subject to change; always check online schedule prior to registration.**

## SPRING I SESSION: FEBRUARY 21 – APRIL 10

### TUCK, TUMBLE & JUMP 3–4 YEARS OLD

**Saturdays 9:15 – 9:45 AM**

**YPETTJ Y-MEMBERS – \$58 | NON-MEMBERS – \$87**

This beginner class will introduce basic techniques. Young children will be taught simple warm-ups. They will then move into fun and challenging stations to introduce development skills needed for beginner gymnastics.

### BEGINNER BALLET 3–6 YEARS OLD

**Saturdays 10:30 – 11:00 AM**

**YPEBEGBALLET Y-MEMBERS – \$68 | NON-MEMBERS – \$102**

Children will be introduced to ballet terminology, positions, and movements as they learn floor and barre exercises, set to both modern and classical music

### BEGINNER GYMNASTICS 4–8 YEARS OLD

**Saturdays 9:15 – 10:00 AM**

**YPEBEGGYM Y-MEMBERS – \$58 | NON-MEMBERS – \$87**

This class focuses on conditioning, skill development, flexibility, strength, coordination, and balance. These children will experience work on the high beam, low beam, and a concentration on floor skills.

### JR. PARKOUR 4–7 YEARS OLD

**Saturdays 10:15 – 10:45 AM**

**YPERPARK Y-MEMBERS – \$68 | NON-MEMBERS – \$102**

A great chance for our junior free runners to enjoy the fun of our popular Parkour class specified for their age group. Participants will have a blast climbing, swinging, jumping, and rolling as they navigate through, over, and under our changing obstacle courses in a safe, fun environment.

### NEW SPORTS AND GAMES 8–13 YEARS OLD

**Saturdays 10:30 – 11:15 AM**

**YPESAMPLER Y-MEMBERS – \$68 | NON-MEMBERS – \$102**

Mix it up with a different sport each week! From familiar favorites to exciting games, improve athletic ability and focus on teamwork and sportsmanship.

### BASKETBALL 6–13 YEARS OLD

**Mondays 1st – 3rd grades 4:45 – 5:30 PM**

**Mondays 4th – 8th grades 5:30 – 6:15 PM**

**YPEBBALL Y-MEMBERS – \$72 | NON-MEMBERS – \$108**

Join us after winter leagues for more basketball fun! Pickup basketball games and drills to keep skills sharp or try something new.

### ARCHERY 8–13 YEARS OLD

**Tuesdays 5:00 – 6:00 PM**

**YPEARCH Y-MEMBERS – \$72 | NON-MEMBERS – \$108**

Archery is even more fun indoors with our archery tag equipment. Dodge, hide, and shoot and try to be the last one standing! Different obstacles and fun games to play in the gym. When the weather turns nice again, we will head outside to hone our skills on fun targets with a different theme each class.

### NEW KIDS PICKLEBALL 8–13 YEARS OLD

**Wednesday 4:30 – 5:15 PM**

**YEPICKLE Y-MEMBERS – \$68 | NON-MEMBERS – \$102**

Pickleball is a paddleball sport that combines elements of badminton, tennis, and table tennis. This life-sized ping pong game is easy to learn, fast paced, and fun to play. Learn the fundamentals, play giant pong games, and compete in a tournament at the end of this class session.

### GOLF 8–13 YEARS OLD

**Wednesday 5:30 – 6:15 PM**

**YPEGOLF Y-MEMBERS – \$68 | NON-MEMBERS – \$102**

Learn to aim for the green and make your own mini golf course! Practice your skills and try to complete different challenges as you progress through this fun program for beginners.

### GAGA 5–7 YEARS OLD Thursday 4:45 – 5:30 PM YPEGAGA

**8 – 13 YEARS OLD Thursday 5:30 – 6:15 PM YPEGAGA2**

**Y-MEMBERS – \$68 | NON-MEMBERS – \$102**

Our giant inflatable gaga pit brings this favorite game inside! Gaga is a fast paced, high-energy game that anyone can play. It is played with a soft foam ball and combines dodging, striking, and jumping while trying to hit opponents below the knees. Learn different strategies, work in teams or solo, and compete to become a gaga champion.

### TINY TOOLBELTS 4–7 YEARS OLD

**Tuesday 4:00 – 4:45 PM**

**YPETOOLBELTS Y-MEMBERS – \$58 | NON-MEMBERS – \$87**

Do you have what it takes to be a member of our crew on our construction site? Use real tools and everyday objects to build and destroy! Caution: Fun activities ahead!



## SPECIAL EVENT: SPRING FEVER OUTDOOR FUN

**1st – 8th grades  
SATURDAY, APRIL 9**

**12:00 – 1:30 PM**

**SATURDAY, MAY 7 12:00 – 1:30 PM**

**MEMBER: \$40 NON-MEMBER: \$60**

Spring fever got you ready for summer? Come play with us outside and enjoy a medley of our summer camp favorites. Try out our parkour playground, archery, gaga, and get a taste of summer day camp fun! Details on our website.

# HEALTHY LIVING ADULT FITNESS

## OLDER ADULTS

All active older adults are welcome to try any fitness or water exercise class which are all included in your membership!

## OLDER ADULT FRIDAY MEMBERS

For those 68 years of age or older, you may choose to be a Friday Only member. Use any part of the Y including group fitness classes every Friday!



**LIFE KEEPS GETTING BETTER**

## CHRONIC DISEASE PREVENTION PROGRAMS



For all programs, contact Darlene Kievit, Health and Wellness Director at [darlenek@lhymca.com](mailto:darlenek@lhymca.com).

### CARDIAC CARE MAINTENANCE PROGRAM

Designed to help heart patients maintain the best possible cardiovascular health following a heart attack or other cardiac procedures. Y membership and a signed clearance form from your doctor or rehab center is required before starting your maintenance program. Register in person only Monday, Wednesday, Friday NEW TIME! 8:30 am -12:30 pm. **Fees Apply – Members Only**

### DIABETES PREVENTION PROGRAM

This evidence-based program held over the course of one year (25 sessions) for individuals with **prediabetes** is approved by the CDC. Led by a trained Lifestyle Coach, you will learn how making small changes can reduce your risk of diabetes and help you lead a healthier life. For complete details and fees, visit our website. Non-members are welcome. New virtual cohort begins Wednesday, January 19 at 6:00 pm. **Free for both Members and Non-Members**

### ENHANCE FITNESS

This 16-week program for arthritis management. Enhance Fitness helps older adults become more active, energized, and empowered for independent living. With aerobic, strength, flexibility and balance training, this program is especially beneficial for older adults living with arthritis. Registration required. Monday, Wednesday, Friday 11:15 am -12:15 pm. **Free with Membership / Fee for Non-Members**

### LIVESTRONG AT THE YMCA

This evidence-based program helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This 12-week program will meet on Mondays and Wednesdays 2:00 - 3:00 pm, Mondays and Wednesdays 6:00 - 7:00 pm.

**Free with Membership / Free for Non-Members**

### LIVESTRONG FOR LIFE FOR GRADUATES OF THE LIVESTRONG AT THE YMCA

Small group class is for graduates of LIVESTRONG at the YMCA cancer survivor program. Participants continue their health and wellness journey through exercise. This 10-week class offers a variety of total body workouts to help continue to build strength, balance, and flexibility. Receive personalized attention in a group setting. Tuesdays 5:45 - 6:15 pm. **Free with Membership / Fee for Non-Members**

### MULTIPLE SCLEROSIS ONE-STEP PROGRAM

In partnership with the National MS Society, the One Step Program is a 7-week wellness course designed for adults medically diagnosed with MS. Participants are provided a comfortable and accessible environment to encourage therapeutic exercise addressing the issues of fatigue, mobility, weakness and depression. Medical clearance and registration required. Tuesdays 6:30 -7:30 pm. **Fees apply.**



HEALTHY LIVING

# ADULT AQUATICS & FITNESS

LEARN, REFINE, IMPROVE, CHALLENGE.



WE HAVE SOMETHING FOR EVERYONE!

## ADULT AQUATICS WATER PROGRAMS

### MASTERS/TRI-TRAINING 19 years and older

Take the plunge and join the Masters Swimming Program. Improve your swimming technique, increase your endurance, enjoy the friendship of fellow swimmers, and improve the swim portion of your triathlon. We provide you with coaching tips and suggestions to make your workout more productive and fun. Cost is \$150 for one day a week and \$250 for two days a week. Season runs from September through June.

Wed 8:30 - 9:45 pm AAQMASTERS  
Sun 7:00 - 8:30 am AAQMASTERS

### ADULT SWIM LESSONS 16 years and older

Want to learn to swim with your face in the water or just improve your form? Each participant sets goals and works with the instructors to achieve them. Students are grouped according to their abilities on the first day of lessons. It's never too late to learn or improve! Once per week / \$82

Thu 1:00 - 2:00 pm AAQASWIM1  
Tue 8:30 - 9:30 pm AAQASWIM1  
Thu 8:30 - 9:30 pm AAQASWIM3

### ARTHRITIS WATER EXERCISE

This class is designed for people with arthritis or those with limited range of motion. Our trained instructor guides participants through gentle actions in the water that can help decrease pain and stiffness.

Tue/Thu 1:00 - 2:00 pm AAQARTHRITIS

Free with membership / \$89 for non-members

### WATER EXERCISE

Exercises done in the pool put less stress on your joints. This enjoyable and fun class works in both shallow and deep ends but you do not need to know how to swim to participate. Flotation devices are provided. Members only, just drop in.

Free with membership  
Fri 10:00 - 10:45 am

### LANE AND LAP SWIMMING

Lane Swim, Family Lap Swim, Adult Lap Swim, Teen Lap Swim, Recreation Swim are all free for members and included in your membership. Visit our website for current schedules.

## ADULT FITNESS GYMNASIUM ACTIVITIES



### INAUGURAL ADULT DODGEBALL LEAGUE: 18 yrs and older

January 13 - March 10

Times - Matches are on Thursdays between 6:30pm and 9:30pm (team schedules will be released when registration closes).

A brand new competitive dodgeball league for adults! Adult sport leagues are a fun way to meet up and do something with your friends and family at least once a week. It allows you to get that sports-itch you love, but also hang out and meet new people. This league will have refereed games based on a competitive dodgeball ruleset. Each team roster must have at least 6 players and a minimum of 2 female players. This will be a 9-week season with 7 regular season games and 2 weeks of playoffs. Join us in our inaugural season!

Note: Each person on team must register individually. The team captain must fill out team roster form posted on website.

You may register as a free agent, without a team, but will be placed on a team of other free agents.

Y-MEMBERS - \$55 | NON-MEMBERS - \$75

### GYMNASIUM ACTIVITIES: 19 yrs and older

See website for current day and time schedule. All gymnasium activities are free for members and included in your membership.

#### FULL COURT BASKETBALL

Pick-up game-style competition is a great way to improve your shot and get a cardio workout. Morning, afternoon, and evening hours make it easy to get in a game no matter your work schedule.

#### COED VOLLEYBALL

Drop-in to the gym for some friendly competition in a fun and casual atmosphere.

#### COED PICKLEBALL

Drop-in to the gym for this fun paddle game that's a cross between tennis and ping pong. All levels welcome.

# HEALTHY LIVING ADULT FITNESS



## GROUP FITNESS CLASSES

With over 60 weekly classes offering everything from Yoga to HIIT, our group exercise classes offer a great workout in a class setting, and these are all included in your membership!

**CARDIO:** Active Aging, Butts & Guts, Cycling, Kickboxing, Total Body Strength

**DANCE:** Bombay Jam, Country Fusion, Zumba

**SPIRIT/MIND/BODY:** Chair Yoga, Yoga, Yoga Sculpt, Yogalates, Yoga Therapy

**SCULPTING/TONING:** Barre, Body Pump®, Pilates, Strength and More. See online schedules for entire list of classes.

## FIRST STEP ORIENTATION

This free orientation will acquaint you with the particular machines you are most interested in working with for your routine. This is particularly helpful for first timers who are new to fitness, and the orientation is just a few minutes. Call 973.507.7026.

## ADULT FITNESS ORIENTATIONS

Members are encouraged to take advantage of a FREE 45-minute orientation of the full circuit that will help you get started on your fitness routine. By appointment only, call 973.507.7026.

## SPECIALTY PROGRAMS

**TRX STRENGTH** uses leveraged bodyweight to work every part of your body. Build power, strength, flexibility, balance, and mobility, and prevent injuries by choosing the intensity. Appropriate for all fitness levels. Maximum of 8 with a minimum of 3 participants. One, 7-week session is \$75 per person. NEW! Not a current Y member? Call 973-507-7026 or email Darlene Kievit at darlenek@lhymca.com on how to take this class.

## INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

A personalized approach to help build confidence and self-esteem for individuals who have unique abilities. Our dedicated, enthusiastic staff and volunteers will motivate and guide participants in a weekly full hour of exercise incorporating a combination of cycling, dance, yoga, strength training, and fitness stations. Non-members welcome. Ages 15 and over. Sundays 11:15 am -12:15 pm  
MEMBERS AND NON-MEMBERS \$70

## PERSONAL TRAINING OPTIONS

All personal training programs are listed below. Please make an appointment to meet with the Fitness Director to discuss training options. Please pick up a personal training form to be completed before making your first appointment with one of our certified personal trainers.

## FITNESS EVALUATION

Learn your current level of physical fitness and find out how to improve it. Cost \$55. Call 973-507-7026.

## ADULT PERSONAL TRAINING

**Adults and teens age 12 and up!**

A trainer can motivate you, teach you new techniques, and help you achieve your fitness goals. Prior Fitness Evaluation required. By appointment only.

- **Half-hour session** \$30
  - **One-hour session** \$55
  - **5 One-hour sessions** \$250
  - **10 One-hour sessions** \$475
  - **Jump Start Package\***: One 1-hour Fitness Evaluation plus 2 one-hour sessions-\$135
  - **Start Up Package\***: One 1-hour Fitness Evaluation plus three, half-hour sessions \$125
- \*One time only.

## PARTNER AND GROUP TRAINING

**SMALL GROUPS EQUAL BIG RESULTS!**

Group training allows two or more individuals to get personalized, effective, and motivational workouts while saving money. You'll learn proper techniques to work out more efficiently, and you select the schedule that works best for you!

Group Training runs for 7 weeks with 1 session per week  
7 Total Sessions:

- 2 participants** - \$210 each
- 3 participants** - \$175 each
- 4 participants** - \$140 each

## KIDS PERSONAL TRAINING

Check website for details.

## FASCIAL STRETCH THERAPY

FST (fascial stretch therapy) is a unique and pain free assisted stretching technique. It is individualized and table based, where the practitioner works with the client's breath and performs stretches to target restrictions in the muscle, fascia (connective tissue) and in the joint capsules. In as little as 1 - 3 sessions, FST has shown to help reduce the following:

**PAIN AND SORENESS**  
**REDUCE RISK OF INJURY**  
**INCREASE FLEXIBILITY AND RANGE OF MOTION**  
**IMPROVE MUSCLE FUNCTION/MOVEMENT PERFORMANCE**  
**IMPROVE CIRCULATION**  
**IMPROVE SLEEP AND ENERGY LEVELS**  
**REDUCE STRESS**

- |                            |                              |
|----------------------------|------------------------------|
| 1 Session (½ hour) \$60    | 1 Session (one hour) \$85    |
| 5 Sessions (½ hour) \$275  | 5 Sessions (one hour) \$400  |
| 10 Sessions (½ hour) \$500 | 10 Sessions (one hour) \$750 |

# SUMMER DAY CAMP 2022



## CAMP SESSION DATES

Session 1	June 27 – July 8 (NO CAMP JULY 4)
Session 2	July 11 – July 22
Session 3	July 25 – August 5
Session 4	August 8 – August 19
*Vacation Week	August 22 – August 26

## ABOUT OUR CAMP

Our Summer Day Camp Program is driven by our philosophy of success and our mission: to create a Summer Experience for our families so exceptional that it makes campers for life! At Lakeland Hills, we offer programs for children ages 2.5-16. Each program is designed to meet the physical and developmental needs of that specific age group.

Our programs include catered lunch, ice cream, curbside drop off and pick up, special events, and instructional swim lessons. Campers are organized into groups based on their grade and gender and led by our enthusiastic summer camp counselors. Groups of similar age are organized into Divisions, supervised by adult Activity Leaders.

- **Preschool Camp: Ages 4 – Kindergarten**
- **Junior Camp: 1st – 3rd Graders**
- **Senior Camp: 4th – 7th Graders**
- **Specialty Camp: 4th – 7th Graders**
- **LIT Programs: 8th – 10th Graders**
- **SKOR Program (Specialized Kids Organized Recreation): 1st – 6th Graders**

Please visit our website for more pricing and more details.

## PRESCHOOL CAMP

### Camp Options: Ages 4 – Kindergarten

These program options provide campers with a variety of scheduled activities at an age-appropriate level to meet their needs. They will experience, nature, science and exploration, arts & crafts, and much more! All counselors are chosen to work with this age group because of their exceptional patience and caring nature. Options are primarily indoors to take advantage of the air conditioning.

## DAY CAMP

### Junior Camp: 1st – 3rd grades

### Senior Camp: 4th – 7th grades

At Lakeland Hills YMCA, the program grows with the camper. As they age, our campers gain access to new activities and greater challenges! Day Camp focuses on developing skills in a variety of athletic, cooperative, and creative outdoor activities, improving their swimming skills, and continuing to develop their social and emotional intelligence.



## SPECIALTY CAMP

### Camp Options: 4th – 7th grades

Campers may choose specialty program options for the mornings (two hours) before joining the rest of camp in the afternoons. Programs available:

- **Dance & Cheer (Sessions 1 & 2)** – Choreographing, learning, and participating in original dance and cheer routines.
- **Sports Medley (Sessions 3 & 4)** – Flag football and dodgeball each session where they will learn new skills, play games daily, as well as play weekly inter-group tournaments.
- **NEW! TCG Club (All Sessions)** – Learn how to play the most popular Trading Card Games (TCGs) Pokémon and Yu-Gi-Oh! (Campers must bring own cards and decks).
- **NEW! Esports Club (All Sessions)** – Join the Esports Club to get an extensive curriculum and instruction as an individual and playing on a team in PC and Switch games.

## SKOR PROGRAM (Specialized Kids Organized Recreation)

### Camp Options: 1st – 6th grades

Our Summer Camp program encourages and supports the participation of individuals with disabilities in all programs and services. Inclusion within our Summer Camp program means that individuals with disabilities (including but not limited to: ADD, ADHD, ODD, OCD, Sensory Issues and Spectrum Disorders) are welcome to participate in the same environment as their peers. This special program will allow campers to be exposed to the same activities as day camp, in a much smaller group size (of 6 campers) with staff to camper ratio of 1:3. **Reasonable, individualized techniques and resources are utilized to enhance program participation without fundamentally altering the program.**

A team of qualified staff ensures that your child has a fun, successful, quality experience within a camp setting. However, we do not have the resources to provide a one-on-one aide for children.

## LIT PROGRAM (Leaders-in-Training)

### Camp Options: 8th – 10th grades

This LIT (Leaders-In-Training) program is created to give teens a balance of social time with peers as well as leadership and service opportunities related to the camp program. It is this balance that will give teens the responsibility to help them find success in the future. Teens are expected to participate in all facets of the program.

## EXTENDED DAY CAMP SUPERVISION

For those who need to be dropped off before camp begins and/or picked up after camp ends. This is a supervised recreational time for an added fee.

**Pre-Supervision** 7:30-9:00 am

**Express Drop-Off** 8:30-9:00 am

**Post-Supervision** 4:15-6:00 pm

## VACATION CAMP WEEK: AUGUST 22-26 9:00 am – 4:00 pm Campers in 1st-7th grades

Enrollment opportunities are limited. Must be enrolled in at least one 2-week session to qualify for Vacation Camp.



## PAYMENT INFORMATION

- A \$100 Deposit is required at the time of registration for each session.
- ALL DEPOSITS ARE NON-TRANSFERABLE AND NON-REFUNDABLE
- Camp balances are due May 15, 2022
- Payment plans are available; please contact Nancy Dunham at [nancyd@lhymca.com](mailto:nancyd@lhymca.com).
- Simple online forms completed via PlayerSpace; must be completed within 5 days of receiving link.

## REGISTRATION Registration begins February 1

Contact Camp Director for more information about the Camp program or in-person registration.



**Not Currently a Y Member?  
Start a New Membership Today!**



## Here's Why You Belong at the Y All Year Long

- All group fitness classes are INCLUDED in your membership
- All drop-in adult sport programs, including Pickleball, Volleyball, and Basketball are INCLUDED in your membership
- Discounted rates on programs and priority registration for swim lessons, sports, and more
- Discounted rates for our Early Childhood Learning Center, including our Infant and Toddler Center, Preschool, and Pre-K
- Discounted rates for our Summer Day Camp
- Free fitness towel service
- Free Fitness Challenges
- Free National Family Week each November - bring your friends and family at no charge
- Free community service programs
- Free wellness initiatives, health screenings, seminars, and workshops
- Free Holiday Get-Togethers
- Free Senior Breakfasts
- No-Cost or Low Cost Chronic Disease Prevention Programs
- Nationwide access to more than 2,500 YMCAs across the United States
- And more!

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