



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS FALL FIND YOUR AWESOME

**REGISTER
TODAY!**

**PROGRAM
REGISTRATION
INFO**

**FOR SEPTEMBER
THRU
DECEMBER**

**NEW
CLASS
SCHEDULES**

**FOR PRESCHOOL,
YOUTH AND
TEENS**



**ESPORTS
ELEMENTARY, MIDDLE
& HIGH SCHOOL
PROGRAMS**

**COMPETITIVE
SPORTS TEAMS AND
GAMING CLUB**

**TRY THE Y
FOR 2 MONTHS**

**NO LONG-TERM
COMMITMENT!**



**KIDS CLUB
IS BACK**

**AFTER SCHOOL
PROGRAM IS BACK
AND NOW AVAILABLE
AT THE Y!**

**LAST CALL
FOR FALL:
PRESCHOOL
ENROLLMENT**

**CHILDREN AGES
2½ - 5 YEARS**



LAKELAND HILLS FAMILY YMCA

100 Fanny Road
Mountain Lakes, NJ 07046

973-334-2820

www.lakelandhillsymca.com

FALL I & II 2021 PROGRAM SESSIONS

FALL I: SEPTEMBER 13 – OCTOBER 31

FALL II: NOVEMBER 1 – DECEMBER 19

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

GENERAL INFORMATION

PROGRAM REGISTRATION FALL I 2021 SESSION

Classes begin September 13

Classes end October 31

Tuesday, August 17:

Registration for all current members (as of August 1)

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

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

Tuesday, August 24:

Registration for all new and non-members

Online: 8am and on

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

FALL II 2021 SESSION

Classes begin November 1

Classes end December 19

Tuesday, October 19:

Registration for all Fall I program participants who are members

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

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

Wednesday, October 20:

Registration for all current members (as of October 1)

Online: 8:00am and on

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

Thursday, October 21:

Registration for all new and non-members

Online: 8:00am and on

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

All programs are available for online registration unless otherwise noted.

DESK BUSINESS HOURS

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

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

HOLIDAY HOURS

Closed Thanksgiving Day
(November 25)

Closed Christmas Day (December 25)



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

All memberships must be purchased in person

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



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	\$62
Non-members welcome at \$93			

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	\$62
Non-members welcome at \$93			

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	\$62
Mon	4:00-4:30 pm	YAQPIKE2	\$62
Tue	10:00-10:30 am	YAQPIKE3	\$62
Tue	4:00-4:30 pm	YAQPIKE4	\$62
Tue	5:00-5:30 pm	YAQPIKE5	\$62
Wed	9:30-10:00 a.m	YAQPIKE6	\$62
Wed	4:00-4:30 pm	YAQPIKE7	\$62
Thu	4:00-4:30 pm	YAQPIKE8	\$62
Thu	5:00-5:30 pm	YAQPIKE9	\$62
Sat	10:15-10:45 am	YAQPIKE10	\$62
Sat	10:50-11:20 am	YAQPIKE11	\$62
Sat	11:25-11:55 am	YAQPIKE12	\$62

EEL Advanced Beginner, 3-6 years

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

Mon	10:00-10:30 am	YAQEEL1	\$62
Mon	4:00-4:30 pm	YAQEEL2	\$62
Tue	4:00-4:30 pm	YAQEEL3	\$62
Tue	5:00-5:30 pm	YAQEEL4	\$62
Wed	10:00-10:30 am	YAQEEL5	\$62
Wed	4:00-4:30 pm	YAQEEL6	\$62
Thu	4:00-4:30 pm	YAQEEL7	\$62
Thu	5:00-5:30 pm	YAQEEL8	\$62
Sat	10:15-10:45 am	YAQEEL9	\$62
Sat	10:50-11:20 am	YAQEEL10	\$62

RAY Intermediate, 3-6 years

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

Mon	10:00-10:30 am	YAQRAY1	\$62
Mon	4:00-4:30 pm	YAQRAY2	\$62
Tue	4:00-4:30 pm	YAQRAY3	\$62
Tue	5:00-5:30 pm	YAQRAY4	\$62
Wed	10:00-10:30 am	YAQRAY5	\$62
Wed	4:00-4:30 pm	YAQRAY6	\$62
Thu	4:00-4:30 pm	YAQRAY7	\$62
Thu	5:00-5:30 pm	YAQRAY8	\$62
Sat	9:00-9:30 am	YAQRAY9	\$62
Sat	11:25-11:55 am	YAQRAY10	\$62

STARFISH Advanced, 3-6 years

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

Mon	10:00-10:30 am	YAQSTAR1	\$62
Mon	4:00-4:30 pm	YAQSTAR2	\$62
Tue	4:00-4:30 pm	YAQSTAR3	\$62
Tue	5:00-5:30 pm	YAQSTAR4	\$62
Wed	10:00-10:30 am	YAQSTAR5	\$62
Wed	4:00-4:30 pm	YAQSTAR6	\$62
Thu	4:00-4:30 pm	YAQSTAR7	\$62
Thu	5:00-5:30 pm	YAQSTAR8	\$62
Sat	11:25-11:55 am	YAQSTAR9	\$62

YOUTH DEVELOPMENT

YOUTH AQUATICS AGES 7-15



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	\$62
Mon	5:00-5:30 pm	YAQPOL2	\$62
Tue	4:30-5:00 pm	YAQPOL3	\$62
Wed	4:00-4:30 pm	YAQPOL4	\$62
Wed	5:00-5:30 pm	YAQPOL5	\$62
Thu	4:30-5:00 am	YAQPOL6	\$62
Sat	9:00-9:30 am	YAQPOL7	\$62
Sat	9:35-10:05 am	YAQPOL8	\$62
Sat	10:50-11:20 am	YAQPOL9	\$62

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	\$62
Mon	4:30-5:00 pm	YAQGOL2	\$62
Tue	4:00-4:30 pm	YAQGOL3	\$62
Tue	5:00-5:30 pm	YAQGOL4	\$62
Wed	4:00-4:30 pm	YAQGOL5	\$62
Wed	4:30-5:00 pm	YAQGOL6	\$62
Thu	4:00-4:30 pm	YAQGOL7	\$62
Thu	5:00-5:30 pm	YAQGOL8	\$62
Sat	10:15-10:45 am	YAQGOL9	\$62
Sat	10:50-10:20 am	YAQGOL10	\$62

GUPPY 7-14 Years

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

Mon	4:30-5:00 pm	YAQGUP1	\$62
Tue	4:00-4:30 pm	YAQGUP2	\$62
Tue	4:30-5:00 pm	YAQGUP3	\$62
Wed	4:30-5:00 pm	YAQGUP4	\$62
Thu	4:00-4:30 pm	YAQGUP5	\$62
Thu	4:30-5:00 pm	YAQGUP6	\$62
Sat	9:00-9:30 am	YAQGUP7	\$62
Sat	10:50-11:20 am	YAQGUP8	\$62

MINNOW 7-14 Years

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

Mon	4:30-5:00 pm	YAQMIN1	\$62
Mon	5:00-5:30 pm	YAQMIN2	\$62
Tue	4:30-5:00 pm	YAQMIN3	\$62
Weds	4:30-5:00 pm	YAQMIN4	\$62
Weds	5:00-5:30 pm	YAQMIN5	\$62
Thu	4:30-5:00 pm	YAQMIN6	\$62
Sat	9:00-9:30 am	YAQMIN7	\$62
Sat	10:15-10:45 am	YAQMIN8	\$62
Sat	10:50-11:25 am	YAQMIN9	\$62

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	\$62
Tue	4:30-5:00 pm	YAQFISH2	\$62
Weds	4:30-5:00 pm	YAQFISH3	\$62
Thu	4:30-5:00 pm	YAQFISH4	\$62
Sat	9:00-9:30 am	YAQFISH5	\$62
Sat	10:15-10:45 am	YAQFISH6	\$62
Sat	11:25-11:55 am	YAQFISH7	\$62

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	\$62
Tue	5:00-5:30 pm	YAQFLYFISH2	\$62
Weds	4:30-5:00 pm	YAQFLYFISH3	\$62
Thu	5:00-5:30 pm	YAQFLYFISH4	\$62
Sat	9:00-9:30 am	YAQFLYFISH5	\$62

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	\$62
Tue	4:30-5:00 pm	YAQSHARK2	\$62
Weds	4:30-5:00 pm	YAQSHARK3	\$62
Thu	4:30-5:00 pm	YAQSHARK4	\$62
Sat	9:35-10:05 am	YAQSHARK5	\$62

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	\$62
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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	\$62
Wed	5:00-5:30 pm	YAQFITSWIM2	\$62

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

YOUTH DEVELOPMENT PRESCHOOL/YOUTH FUN & FITNESS



TUCK, TUMBLE & JUMP 3-4 YEARS OLD

Saturdays 9:15 AM -9:45 AM

FALL 1 & 2 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 AM -11 AM

FALL 1 & 2 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.

STEM SATURDAYS 4-6 YEARS OLD

Saturdays 10:45 AM -11:15 AM

FALL 1 & 2 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 AM -10 AM

FALL 1 & 2 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.

JUNIOR PARKOUR CLASS 4-8 YEARS OLD

Saturdays 10:15 AM -10:45 AM

FALL 1 & 2 YPEJRPARK 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.

SUPPLEMENTAL BASKETBALL CLINIC 6-12 YEARS

Mondays 5:00 PM -6:00 PM

FALL 1 & MINI 5-WEEK SESSION FALL 2 BBALL Y-MEMBERS - \$72 | NON-MEMBERS - \$108

This clinic is designed to improve the basketball skills and knowledge of beginner and advanced participants. Classes will focus on many aspects of the game including: the basics of dribbling, passing, shooting and the responsibilities of a zone defense. Warmups, drills, practice, and games make this a must try!

FUTSAL SOCCER CLINIC 6-12 YEARS OLD

Wednesdays 5:00 PM -6:00 PM

FALL 1 & MINI 5-WEEK SESSION FALL 2 YPESOCER Y-MEMBERS - \$72 | NON-MEMBERS - \$108

Looking to prepare for the upcoming season? Learn the rules and strategies of futsal play, while fine tuning your skills! Children will learn to play off the walls, while working on ball control and passing. All levels welcome. This is a great lead-up to our popular league in the fall and winter months. Groups will be divided by skill level.

POP DANCES 7-10 YEARS OLD

Saturdays 11 AM -11:45 AM

FALL 1 & 2 FYPEDANCE Y-MEMBERS - \$72 | NON-MEMBERS - \$108

Get moving and shaking at our new Pop Dance class! Your child will find their groove by dancing to the latest trends from TikTok and classics like the electric slide. This class is a safe environment to express creativity and just dance.

TECHTIME 7-12 YEARS

Saturdays 9:15 AM -9:45 AM

FALL 1 & 2 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.

ARCHERY 8-12 YEARS OLD

Tuesdays 5:00 PM -6:00 PM

FALL 1 & MINI 5-WEEK SESSION FALL 2 YPEARCH Y-MEMBERS - \$72 | NON-MEMBERS - \$108

Improve mental focus and physical strength in our indoor/outdoor archery class! Children will learn and practice their skills with fun targets to try and increase their own scores. When the weather turns, we have fun and safe foam arrows to play games like archery tag and gladiator challenge in the gym. Groups will be broken up by skill level.

"FIT KIDS" PERSONAL TRAINING FOR KIDS 7-12 YEARS OLD

This special program improves the overall health of participants through physical activity and nutritional guidance. Our qualified and energetic staff will strive to motivate your child through fun, challenging, and creative workouts. From beginners to highly competitive athletes, every participant will benefit from this 10-week program. **CHOOSE FROM: Once per week for 10 weeks \$250 Twice per week for 10 weeks \$400**

CIRCUIT TRAINING 10-13 YEARS OLD

Thursdays 5:00 PM -6:00 PM

10-13 YEARS FALL 1 & MINI 5-WEEK SESSION FALL 2 YPECTTRN Y-MEMBERS - \$72 | NON-MEMBERS - \$108

Fun, challenging and engaging exercise program, incorporating all major muscle groups through different stations in a continuous rotation. Focus is on improving all important areas of physical fitness such as cardiovascular health, strength, balance and coordination, all in a fun group setting.



YOUTH DEVELOPMENT YOUTH/TEEN SPORTS & ENRICHMENT TEEN LEADERSHIP

JUNIOR LEADERS CLUB 6TH – 8TH 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 9TH – 12TH 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.



SPORTS

SOCCER LEAGUES

Y-MEMBERS – \$120 | NON-MEMBERS – \$175

December 4 – February 26 (Volunteer Coaches Needed!)

The focus is on building and fine tuning our young athletes' skills, get them to better understand the game, and to become better soccer players. Each division is set up to specifically focus on the developmental stages of each age group.

PEE-WEES: 5-6 YEARS – Saturdays, 11:30am – 12:15pm

Each week, our Pee-Wee division will have 15 minutes of practice time before games, to help build their understanding of soccer, and to build basic skills that are instrumental to their progression of this popular sport. They will then proceed to their 30-minute game.

JUNIORS: 7-8 YEARS – Saturdays, 12:30–1:15pm, 1:15–2:00pm.

SENIORS: 9-12 YEARS – Saturdays, 2:00–2:45pm, 2:45–3:30pm.

All players will be placed on teams and will play a different team each week. At the end of the season, they will compete to win the coveted YMCA World Cup! Games in these divisions will be 45 minutes long.

BASKETBALL LEAGUES December 6 – February 10

Y-MEMBERS – \$85 | NON-MEMBERS – \$125

Our talented and experienced coaches are ready and excited to introduce, build, and fine tune all the important skills and techniques to help foster your young athletes to flourish in the sport of basketball.

Each child will be placed on a team in their respective division. Our season starts with 1-week of a basketball clinic to prepare our athletes for the season. Every week following, each team will play a different team, and will compete to reach our own Basketball Finals!!

All parents will receive a schedule before the start of the season to plan for their scheduled times each week.

K-1st Grades (beginners) play on Mondays between 5:00–6:00pm or 6:00–7:00pm

1st-2nd Grades play on Wednesdays between 5:00–6:00pm or 6:00–7:00pm

3rd-4th Grades play on Tuesdays & Thursdays between 5:00–6:00pm

GAMING

GAMING CLUB: 3RD – 8TH GRADES

Program Dates: September 13 – November 12

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.



PILOT ESPORTS LEAGUE – Registration begins in August.

Program Dates: September 13 – November 12

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

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

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

**Esports High School Program: 9th – 12th 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. These players can 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.

Leagues are set up by the grade levels listed above.

COMPETITIVE ESPORTS PROGRAM: 8TH – 12TH GRADES

Visit the website for program specific dates and prices.

We are starting an all-virtual competitive Esports team. Participants will be assigned a coach who will represent their team in an online league or tournament. This program is designed for players who have competitive gaming experience and can work as a team with minimal coaching. **Try outs and a minimum rank within a game are required prior to registering.** Check the web for details.



HEALTHY LIVING

ADULT AQUATICS & FITNESS

LEARN, REFINE, IMPROVE, CHALLENGE.



WE HAVE SOMETHING FOR EVERYONE!

ADULT AQUATICS WATER PROGRAMS

MASTERS/TRI-TRAINING

Session 21-22 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 8:30-10:00 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

Tue 8:30 - 9:30 pm AAQASWIM1
Thu 1:00 - 2:00 pm AAQASWIM2
Thu 8:30 - 9:30 pm AAQASWIM3

ARTHRITIS WATER EXERCISE: FREE WITH MEMBERSHIP

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: FREE WITH MEMBERSHIP

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.

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

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

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 973.507.7040 or email Anthony Shovlowsky at anthonys@lhymca.com.

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 973.507.7040 or email Anthony Shovlowsky at anthonys@lhymca.com.

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 11:15am-12:15pm
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 973-507-7040 or email Anthony Shovlowsky at anthonys@lhymca.com.

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

"FIT KIDS" PERSONAL TRAINING FOR KIDS

Please see page 6.

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



BLOOD PRESSURE SELF-MONITORING PROGRAM

This program offers personalized support as participants develop the habit of monitoring their blood pressure on their own. Participants will take and record their blood pressure at least two times

per month, attend two consultations a month with a Healthy Heart Ambassador, and attend monthly nutrition education seminars. Hours for blood pressure checks will vary. Call 973.507.7040 or email Anthony Shovlowsky at anthonys@lhymca.com.

Free for both Members and Non-Members / No Membership Required

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!** 8:30am-12:30pm. Call 973.507.7040 or email Anthony Shovlowsky at anthonys@lhymca.com.

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 Thursday, September 23 at 6:00pm. Call 973.507.7040 or email Anthony Shovlowsky at anthonys@lhymca.com.

Free for both Members and Non-Members / No Membership Required

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 11:15am-12:15. Call 973.507.7026 or email Darlene Kievit at darlenek@lhymca.com.

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 2:00-3:00pm, Mondays and Wednesdays 6:00-7:00pm.

Call 973.507.7026 or email Darlene Kievit at darlenek@lhymca.com
Free with Membership / Free for Non-Members

NEW! 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 5:45-6:15pm. Call 973.507.7026 or email Darlene Kievit at darlenek@lhymca.com. **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 6:30-7:30pm. Call 973.507.7026 or email Darlene Kievit at darlenek@lhymca.com. **Fees apply.**

RED CROSS CERTIFICATIONS

BABYSITTING COURSE

11-15 years

Learn how to be a responsible babysitter, how to handle emergencies, and how to supervise and entertain children of different ages during this one-day class. Must be 11 years of age by time of class. Y membership is not required but space is limited. Bring a bag lunch. Contact Shannon Bujoreanu for more information.

Financial assistance available.*

Check our website for upcoming dates and times.

WATERFRONT LIFEGUARDING

15 years and older

This Red Cross Certification course will certify individuals in lifeguarding, (waterfront for those 16 and older) CPR for the professional Rescuer, First Aid, and AED. Participants must be at least 15 by time of first class.

THE FOLLOWING REQUIREMENTS, TO BE COMPLETED THE FIRST NIGHT OF CLASS, ARE NECESSARY IN ORDER TO TAKE THE COURSE

- Swim 550 yards, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Swim 5 yards submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface and continue to swim another 5 yards to complete the skill sequence.
- Tread water for 2 minutes using legs only. Candidates should place hands under their armpits.
- Complete a timed event, within 1 minute and 40 seconds
 - Starting in the water, swim 20 yards. The face can be in or out of the water. No goggles can be worn.
 - Surface dive, feet first or headfirst to depth of 7 to 10 feet to retrieve a 10- pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the objects and keeping the face at or near the surface so they are able to get a breath.

Please be aware that during each class the above skills may be practiced, including the 550-yard swim.

Participants must pass 100% of these water skills in addition to passing a written test by at least 80%. There are no refunds for failure to pass either requirement. Attendance is critical at every class. Absences may result in no certification.

American Red Cross certifications for Lifeguarding/ First Aid and CPR/AED for the Lifeguard are valid for two years. Certifications will be issued upon the successful completion of the course.

Check our website for upcoming dates and times.



SOCIAL RESPONSIBILITY COMMUNITY EVENTS



SEPTEMBER 10-19 WELCOMING WEEK:

EVERYONE IS WELCOME AT THE Y! Celebrated each year in September, Welcoming Week elevates the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. It's a chance for neighbors — both immigrants and U.S.-born residents — to get to know one another and celebrate what unites us as a community. We've all experienced moments where we felt like we didn't belong. Together, we can change that.

As we emerge from a tumultuous time in our nation's history, the theme reminds us that **more unites us than divides us**. Welcoming Week 2021 is an opportunity to foster connections and build bridges among neighbors, so that our communities can move forward in a spirit of unity and healing. We can all play a role in making sure everyone feels welcome. Some highlights of this special celebration include:

- Voter Registration Drive
- Try the Y: Free consecutive 7-day passes to all participants
- Welcome Raffle Basket
- Fitness Class Buffet (sample new classes for free!)
- New Resident Welcome Reception, featuring realtors, community services, and more!
- Nutrition and Educational Programs
- Free Screenings
- Much More!

Check our website in mid-August for more details.
All events are free and open to the community!



WEDNESDAY, OCTOBER 27 SENIOR HEALTH AND WELLNESS DAY 10AM-2PM

FEELING GREAT NEVER GETS OLD!

A fun event recognizing the importance of regular physical activity and highlighting what our Y does to improve the health of older adults in our community. This free event is open

to the community, as always. Be part of the day with:

- Vendors and Promotional Giveaways
- Community Organizations
- Free Screenings
- Healthy Snacks
- Special Fitness Classes
- Memory Games
- And more!

Check our website in September for more details.

COMING THIS FALL:
**FREE WELLNESS SCREENINGS
AND PROGRAMS ON SELECT THURSDAYS
AT 6:00PM.**



LAKELAND HILLS FAMILY YMCA
100 Fanny Road
Mountain Lakes, NJ 07046

973-334-2820
www.lakelandhillsymca.com

Nonprofit Org.
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ECRWSS

RESIDENTIAL CUSTOMER

WHAT'S NEW AND EXCITING...A LOT!



**SCHOOL IS OUT:
VACATION CAMP**
NOW AVAILABLE AT THE Y
Now available
to all elementary-school
students from
any school district

**KIDS CLUB
AFTER SCHOOL
PROGRAM**
NOW AVAILABLE AT THE Y
for all elementary-school students
from any school district.
Registration is open for the 2021-22
school year! Also available in:
• Boonton Township
(Rockaway Valley School)
• Butler (Aaron Decker School)
• Denville (Lakeview and
Riverview Schools)



**SATURDAY
PRESCHOOL AND
YOUTH CLASSES
ARE BACK!**
**AND BETTER
THAN EVER**

**INDOOR
SPORTS
LEAGUES:
BASKETBALL
AND SOCCER
ARE BACK!**

