



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS IS HOW WE DO FAMILY



LAKELAND HILLS FAMILY YMCA

100 Fanny Road
Mountain Lakes, NJ 07046

973-334-2820

www.lakelandhillsymca.com

SPRING 2 SESSION 2023
APRIL 17 – JUNE 4

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

GENERAL INFORMATION

PROGRAM REGISTRATION

SPRING 2 2023 SESSION

Class Dates: April 17 – June 4

Tuesday, April 4

Registration for all members as of March 27

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

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

Thursday, April 6

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

SUMMER 2023 SESSION

Class Dates: June 26 – August 13

Tuesday, June 13

Registration for all members as of June 1

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

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

Thursday, June 15

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



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.

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, 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 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 (18 years and up) at all times while they are on the Y premises except while participating in a program over one hour in length. **The parent/guardian is expected to accompany the child to class and be present upon class dismissal. Parents/guardians are asked to stay in the building for classes one hour in length and under.** Parents/guardians who choose to leave the Y during classes over one hour are responsible for ensuring that their emergency contact information is current with a Member Services Associate.

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 (Nancyd@lhymca.com) or call 973.507.7021.

Y HOURS

Mon-Fri 5:00 am – 10:15 pm Sat-Sun 7:00 am – 5:45 pm

DESK HOURS

Mon-Fri 8:00 am – 9:00 pm Sat-Sun 8:00 am – 4:00 pm



WE NEVER CHARGE A JOINERS FEE!

MEMBERSHIPS

ANNUAL MEMBERSHIP

MEMBERSHIP CATEGORIES	Annual	Monthly*
Youth 11 Years and Younger	\$252	\$23
Teen 12-18 Years	\$431	\$38
Young Adult 19-25 Years	\$540	\$46
Adult 26-67 Years	\$720	\$61
Family Single adult or two adults cohabitating as a couple and their dependent children residing at the same address through age 23.	\$1076	\$91
Older Adult 68 Years and Older	\$540	\$46
Older Adult Couple Two adults cohabitating as a couple residing at the same address.	\$814	\$69
Older Adult Fridays 68 Years and Older	\$252	\$23
MEMBERSHIP ADD-ON: Long-Term Locker (Age 19+)	\$348	\$29
MEMBERSHIP ADD-ON: Adults ages 24 or 25 living at home added to Family Membership	\$348	\$29

Annual Memberships may be either paid in full or on a *monthly credit card draft. Memberships are for one year and may not be cancelled except for medical purposes or relocation.

Membership is required for participation in most Y programs. Membership is valid for one year from the date of purchase. The 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 part of your membership. Financial assistance is available to all who qualify.

*Monthly payments will be accepted via credit card draft only and members must sign a contract agreeing to fulfill payment for the entire first year. See the 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 for membership eligibility (i.e., birthdate, relationship, residence). Photo ID is required for all new members 18 and older, and parent or guardian for those 17 and younger.

MEMBERSHIP ENTITLES YOU TO USE:

Aquatic Center with 6-Lane Swimming Pool, Full-Size Gymnasium, Health & Fitness Training Center (including a Fitness Equipment Orientation), and General Membership Locker Rooms, as well as Group Fitness, Yoga, Cycling Classes, and Water Exercise Classes. All memberships include 3 free guest passes. Some age and scheduling restrictions apply; see a Member-Services Associate 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.

TRIPLE PLAY 3 MONTH MEMBERSHIP

TRIPLE PLAY CATEGORIES	3-MONTH FEE PAID IN FULL
Youth	\$76
Teen	\$125
Young Adult	\$152
Adult	\$201
Family	\$300
Older Adult	\$152
Older Adult Couple	\$228
Older Adult Fridays	\$76

TRIPLE PLAY (3 MONTH) MEMBERSHIPS NEW MEMBERSHIP CATEGORY!

Must be paid in full at the time of purchase and are not refundable. Valid for three months from the date of purchase; no limitations on how many may be purchased after initial expiration. Triple Plays do not self-renew; another Triple Play must be purchased and paid in full. Triple Plays cannot be billed or invoiced. Triple Play memberships do not get guest passes, discounted camp rates, are not eligible for the YMCA Nationwide program, and Membership Add-Ons are not available.

Full membership information is available online.

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

GENERAL MEMBERSHIP LOCKER ROOMS 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

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

One-on-one lessons for members (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	\$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	\$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	\$65
MON	4:00-4:30 PM	\$65
TUE	10:00-10:30 AM	\$65
TUE	4:00-4:30 PM	\$65
TUE	4:30-5:00 PM	\$65
TUE	5:00-5:30 PM	\$65
WED	9:30-10:00 AM	\$65
WED	4:00-4:30 PM	\$65
THU	4:00-4:30 PM	\$65
THU	5:00-5:30 PM	\$65
SAT	9:00-9:30 AM	\$65
SAT	9:35-10:05 AM	\$65
SAT	10:15-10:45 AM	\$65
SAT	10:50-11:20 AM	\$65
SAT	11:25-11:55 AM	\$65

EEL Advanced Beginner, 3-6 years

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

MON	4:00-4:30 PM	\$65
TUE	4:00-4:30 PM	\$65
TUE	5:00-5:30 PM	\$65
WED	4:00-4:30 PM	\$65
THU	4:00-4:30 PM	\$65
THU	5:00-5:30 PM	\$65
SAT	10:15-10:45 AM	\$65
SAT	11:25-11:55 AM	\$65

RAY Intermediate, 3-6 years

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

MON	4:00-4:30 PM	\$65
THU	5:00-5:30 PM	\$65
SAT	11:25-11:55 AM	\$65

STARFISH Advanced, 3-6 years

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

WED	4:00-4:30 PM	\$65
THU	4:30-5:00 PM	\$65
SAT	11:25-11:55 AM	\$65





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	\$65
MON	5:00-5:30 PM	\$65
TUE	4:00-4:30 PM	\$65
TUE	4:30-5:00 PM	\$65
WED	4:00-4:30 PM	\$65
WED	5:00-5:30 PM	\$65
THU	4:00-4:30 PM	\$65
THU	4:30-5:00 PM	\$65
SAT	9:00-9:30 AM	\$65
SAT	9:35-10:05 AM	\$65
SAT	10:50-11:20 AM	\$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	\$65
MON	4:30-5:00 PM	\$65
TUE	4:00-4:30 PM	\$65
TUE	5:00-5:30 PM	\$65
WED	4:00-4:30 PM	\$65
WED	4:30-5:00 PM	\$65
THU	4:00-4:30 PM	\$65
THU	5:00-5:30 PM	\$65
SAT	10:15-10:45 AM	\$65
SAT	10:50-10:20 AM	\$65

GUPPY 7-14 YEARS

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

MON	4:30-5:00 PM	\$65
TUE	4:00-4:30 PM	\$65
TUE	4:30-5:00 PM	\$65
WED	4:30-5:00 PM	\$65
THU	4:00-4:30 PM	\$65
THU	4:30-5:00 PM	\$65
SAT	9:00-9:30 AM	\$65
SAT	10:15-10:45 AM	\$65

MINNOW 7-14 Years

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

MON	5:00-5:30 PM	\$65
TUE	4:30-5:00 PM	\$65
TUE	5:00-5:30 PM	\$65
WED	4:30-5:00 PM	\$65
WED	5:00-5:30 PM	\$65
THU	4:30-5:00 PM	\$65
SAT	10:15-10:45 AM	\$65
SAT	10:50-11:25 AM	\$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	\$65
TUE	4:30-5:00 PM	\$65
WED	4:30-5:00 PM	\$65
THU	4:30-5:00 PM	\$65
SAT	10:15-10:45 AM	\$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	\$65
TUE	5:00-5:30 PM	\$65
THU	5:00-5:30 PM	\$65
SAT	9:00-9:30 AM	\$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	\$65
SAT	9:35-10:05 AM	\$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	9:00-9:30 AM	\$65
	(Equivalent to Polliwog and Goldfish)	
SAT	9:35-10:05 AM	\$65
	(Equivalent to Guppy and Minnow)	

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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	\$65
WED	5:00-5:30 PM	\$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 AM
\$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

TUCK, TUMBLE & JUMP

3 - 4 YEARS OLD

Tuesdays 1:30 - 2:00 PM

Saturdays 9:15 - 9:45 AM

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

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

MINI ACHIEVERS

3 - 5 YEARS OLD (MUST BE POTTY TRAINED)

Tuesdays 10:00-11:30 AM

Thursdays 9:30 - 11:00 AM

Y-MEMBERS - \$125 | NON-MEMBERS - \$185

Get ready for success! Staff will identify each child's individual needs and prepare them for a school setting or help them make new friends and enjoy themselves when away from home. Children will gain confidence, curiosity, communication, and a love of learning through art, music, social play, storytime, and physical activities. Please pack a light snack and drink. Sign-up for one or both days.

BEGINNER BALLET

3 - 6 YEARS OLD

Saturdays 10:30 - 11:00 AM

Thursday 12:45-1:15 PM

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.

ROOKIE SPORTS MIX

3 - 6 YEARS OLD

Wednesdays 4:00 - 4:30 PM

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

Learn a variety of sports and games! Sports skills, teamwork, and good sportsmanship will be taught through drills and gameplay.

BEGINNER GYMNASTICS

4 - 8 YEARS OLD

Saturdays 9:15 - 10:00 AM

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

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.



BASKETBALL

4 - 13 YEARS OLD

Mondays

Little Ballers 4 - 6 years old 4:00 - 4:30 PM

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

Jr Basketball 7 - 9 years old 4:45 - 5:30 PM

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

Sr. Basketball 9 - 13 years old 5:30 - 6:30 PM

Y-MEMBERS - \$72 | NON-MEMBERS - \$108

This clinic is for building and improving skills through drills and games on the fundamentals of basketball. As skills progress, we will work on scrimmaging to prepare for real basketball games. Dribble, pass, shoot, and have fun!



JR. PARKOUR

4 - 7 YEARS OLD

Thursdays 4:00 - 4:45 PM

Saturdays 10:15 - 11:00 AM

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

This is a great chance for our junior 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.

TINY TOOLBELTS

4 - 7 YEARS OLD

Tuesday 4:00 - 4:45 PM

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

Caution: Fun activities ahead! Put on your toolbelt and join our construction crew. Use real tools and everyday objects to build and deconstruct. Kids will develop their fine motor skills in the most constructive way.

HOMESCHOOL GYM

6 - 13 years old

Tuesday 2:30 - 3:30 PM

Y-MEMBERS - \$72 | NON-MEMBERS - \$108

This PE program is a great opportunity for homeschooled students to exercise and socialize in a fun, safe environment. Classes will help build self-esteem and sport-specific skills, improve coordination, balance, and encourage teamwork and healthy habits. A typical class includes, warm up, sports/games/gymnastics, cool down and stretch. Any questions, contact Kim Kostrowski kimk@lhymca.com

YOUTH DEVELOPMENT

YOUTH/ TEENS AND SPECIAL EVENTS

OUTDOOR ARCHERY 8 – 13 YEARS OLD

Tuesdays 5:00 – 6:00 PM

Y-MEMBERS: \$72 / NON-MEMBERS: \$108

Ready, aim, shoot! Hone in on your archery skills on our outdoor archery range. Learn archery safety, terminology, and build confidence. Weekly themes and friendly competitions will engage archers at any level. Don't miss your chance to get a bullseye. .

Y-PARKOUR TRAINING 8 – 13 YEARS OLD

Thursdays 5:15 – 6:15 PM

Y-MEMBERS: \$72 / NON-MEMBERS: \$108

This class is the definition of fun and fitness! Train to get stronger, build endurance, and have fun by completing fitness challenges and moving through obstacle courses. Using our gymnastics equipment, climb the warp wall and vault to new heights.

NEW!!! BOARD GAME CLUB 12 YEARS & OLDER

Mondays 5:30 – 7:00 PM

Y-MEMBERS: \$80 / NON-MEMBERS: \$120

Love playing board games? Join this social club to play games new and old, meet new friends and learn different strategies to use when playing with others.

STEM SATURDAYS

Junior Scientists 4-6 YEARS OLD: 10:00 – 11:00 AM

Senior Scientists 7-12 YEARS OLD: 11:30 AM – 12:30 PM

Y-MEMBERS: \$18 / NON-MEMBERS: \$25

Join us for 1-hour long classes packed with exciting science experiments and a take-home project. Each Saturday will have the same theme for both junior and senior scientists. Check our website for available Saturdays. Any questions, contact Kim Kostrowski at kimk@lhymca.com.

NEW!!! CHESS CLUB

Juniors – Grades 5-8 Tuesdays 5:00 – 6:30 PM

Seniors – Grades 9-12 Tuesdays 6:30 – 8:00 PM

Y-MEMBERS: \$80 / NON-MEMBERS: \$120

Checkmate! Learn the fundamentals, and strategic theory, and develop analytical and decision-making skills while making new friends. Compete in mini-club tournaments for prizes. All skill levels are welcome.

NEW!!! MIDDLE SCHOOL DODGEBALL GRADES 6 – 8

Starts May 10 – June 7 (5 weeks)

Wednesdays 6:00 – 7:00 PM

Y-MEMBERS: \$55 / NON-MEMBERS: \$80

Dodge, duck, dip, and dive! Practice your skills to build confidence and prepare for games. All levels are welcome.

NEW!!! CAMP FAVORITES 7 – 11 YEARS OLD

Wednesday 5:00 – 5:45 PM

Y-MEMBERS: \$68 / NON-MEMBERS: \$102

Can't wait for summer camp? Enjoy 7 weeks of summer camp favorites outdoors! Gaga, archery, 9-square, camp crafts, and more. .

FIT KIDS: PERSONAL TRAINING 7 – 17 YEARS OLD

Build confidence in and out of the gym! Lay the foundation for a healthy lifestyle, train towards specific goals, or just get up and get moving with fun and challenging workouts. **Trainers customize creative workouts for each group of clients.** Contact Kim Kostrowski at kimk@lhymca.com

8 one-hour sessions / once per week \$300

16 one-hour sessions / twice per week \$500

TEEN ARCHERY TAG

**APR
21**

13 – 17 YEARS OLD

Friday, April 21 6:00 – 7:30 PM

Y-MEMBERS: \$20 / NON-MEMBERS: \$30

A special night of an LHY favorite for teens only! Dodge, hide and shoot to try and be the last one standing. Play dodgeball, capture the flag, and last-man-standing style games while shooting arrows with soft tips that do not hurt. Masks are provided or you can bring your goggles. Pizza is included!

CAMP INSIDE!

**APR
22**

6 – 13 YEARS OLD

Saturday, April 22 5:00 – 8:00 PM

Y-MEMBERS: \$35 / NON-MEMBERS: \$50

Enjoy your favorite camp activities with your friends indoors. Join a game of 9-square, 4-square, basketball, gaga, esports, crafts, board games, and more! Not sure of what your favorite camp activity is, then come play and find out! Pizza and snacks included..

NEW MAKERS SPACE – CODING FINCH ROBOTS

**MAY
3**

GRADES 6 – 8

Wednesday, May 3 7:15 – 8:45 PM

Y-MEMBERS: \$20 / NON-MEMBERS: \$30

The Finch Robot responds to light, temperature, and obstacles, among many other capabilities. Learn, code, and play with different programming languages and environments to design the functions you want your Finch Robot to perform.

KIDS' NIGHT OUT! STAR WARS THEME

**MAY
6**

4 – 11 YEARS OLD

Saturday, May 6 5:00 – 8:00 PM

Y-MEMBERS: \$35 / NON-MEMBERS: \$50

At the Y, kids enjoy a night of fun while adults enjoy an evening out! Kids will have a planned theme night full of activities, games, pizza, and snacks.

NEW! CRAFTING CREW – TIE DYE

**MAY
9**

GRADES 3 – 12

Tuesday, May 9, 2023 5:00 – 5:45 PM

Y-MEMBERS: \$22 / NON-MEMBERS: \$33

Can't wait for summer camp? Enjoy 7 weeks of summer camp favorites outdoors! Gaga, archery, 9-square, camp crafts, and more.

TRANSFORMERS

**MAY
24**

GRADES 3 – 5

Wednesday, May 24 4:30 – 6:00 PM

Y-MEMBERS: \$25 / NON-MEMBERS: \$37

Are you Team Transformers or Team Decepticons? We'll create our own Transformer and Decepticon-inspired light-up masks and engage in a final battle for the All spark. Play an original game that combines Nerf Battling and Capture the Flag. Autobots, roll out!

BIRTHDAY PARTIES

HAVE YOUR CHILD'S NEXT BIRTHDAY PARTY AT THE Y!

Fees include up to 15 children

Y-MEMBERS \$225 (+ \$15 per child up to 25)

NON-MEMBERS \$300 (+ \$20 per child up to 25)

Outdoor options are available in warmer months! Contact Kim to reserve Preschool or School Age, kimk@lhymca.com



PRESCHOOL PARTY (3-5 YEARS)

This 90-minute party includes one hour in the gym and a half hour in the party room. Activity options available (and are customizable):

Bean Bags & Snowballs

Parachute Games

Relay Races

Hula Hoops

Music Games

Scooter Games

Obstacle Course

Parkour

Tag Games

Gym availability:

Saturdays 12:30 – 1:30 PM

Sundays 12:30 – 1:30 PM

SCHOOL-AGE PARTY (6-13 YEARS)

This 90-minute party includes one hour in the gym and a half hour in the party room.

Activity options:

Basketball

Kickball

Dodgeball

Relay Races

Scooter Games

Tag Games

Soccer

Pickleball

Parkour

Volleyball,

Indoor/Outdoor Archery for ages 8+

Gym availability:

Saturdays 12:30 – 1:30 PM

Sundays 12:30 – 1:30 PM

ESPORTS BIRTHDAY PARTIES

(6-13 YEARS)

(Fee includes up to 10 children max)

Member \$225 Non-Member \$300

This 90-minute party includes one hour in the Esports room playing small group video games and a half hour in the party room. Dates and times are flexible.

POOL PARTY (6-13 YEARS)

Your party includes one hour of recreation time in our pool and 45 minutes in the Party Room. A parent must be in the water with any child who needs assistance or is under the age of 7. **To book a pool party email Anita Ng – aqassistant@lhymca.com**



**OUTDOOR OPTIONS ARE AVAILABLE
IN FALL AND SPRING!**

Contact Kim to reserve Preschool, School-Age
and Esports – kimk@lhymca.com

THE Y ADAPTIVE PROGRAMS

INCLUSIVE PROGRAM OPTION

4-14 YEARS OLD

Y-MEMBERS \$210 NON-MEMBERS \$305

PER 7-WEEK PROGRAM

The YMCA has been the leader in serving those with disabilities, special needs, and developmental challenges. Learning to read, tying your shoe, doing the proper technique to do a forward roll, or simply making a new friend are experiences that create lasting memories.

For kids with special needs, reaching these milestones comes with unique challenges. Our programs encourage and support the participation of individuals with disabilities in programs and services in the same environment as their peers.

With one to one attention, we will work to target a wide range of skills including conversations: (i.e., winning and losing, personal space, joining a group, social cues and so much more). Our team of qualified staff ensures that your child has a fun, successful, and quality experience, options vary.

THE Y OFFERS INCLUSION PROGRAMS FOR KIDS AGES 4-14

For more information, please contact Laurie Stepper
LaurieS@lhymca.com



I-SNAP (INDIVIDUAL SPECIAL NEEDS AQUATICS PROGRAM)

3-18 YEARS OLD

Y-MEMBERS \$100 NON-MEMBERS \$130

SUNDAYS 9:30, 10:00, 10:30, 11:00, & 11:30 AM

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.



INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

AGES 15 & UP

Y-MEMBERS & NON-MEMBERS \$70

SUNDAYS 11:15 AM-12:15 PM

A personalized approach that helps 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 & up
Contact: Darlene Kievit at Darlenek@lhymca.com



GAMING CLUB

AGES: 8 - 12

TIMES: THURSDAYS AND FRIDAYS

4:30-5:30 PM OR 5:30-6:30 PM

AGES: 13 - 17

TIMES: THURSDAYS AND FRIDAYS

6:30-7:30 PM

Y-MEMBERS - \$85 | NON-MEMBERS - \$130

(FOR ONE, 60 MINUTE BLOCK PER WEEK)

Learn to create and follow strategies, communicate with teammates, and develop strong hand-eye coordination during this in-person video gaming club. Our coach will build your confidence and skills while competing against others. Bi-weekly games will be rotated to add variety.

HOME SCHOOL GAMING CLUB

AGES: 8 - 12

TIMES: THURSDAYS AND FRIDAYS

11:00 AM-12:00 PM OR 12:00-1:00 PM

Y-MEMBERS - \$85 | NON-MEMBERS - \$130

(FOR ONE, 60 MINUTE BLOCK PER WEEK)

Learn to create and follow strategies, communicate with teammates, and develop strong hand-eye coordination during this in-person video gaming club. Our coach will build your confidence and skills while competing against others. Bi-weekly games will be rotated to add variety.

VIRTUAL ESPORTS COACHING

AGES: 8 - 17

Y-MEMBERS - \$100 | NON-MEMBERS - \$150 for 4 one-hour sessions, once per week

Receive private one-on-one or small group coaching for your game of choice by an expert. Each expert coach **will create customized training** for each player depending on experience, mechanics, gameplay, etc. All coaching sessions will be run through a private, moderated Discord channel through the LHYMCA. The games currently available for coaching are Overwatch 2, VALORANT, CS: GO, Fortnite, Apex Legends, Rocket League, League of Legends, League of Legends Team Fight Tactics (TFT), Super Smash Bros. Ultimate, and Super Smash Bros. Melee. For more details, please contact Andrew Lomauro at andrewl@lhymca.com.

YOUTH DROP-IN ACTIVITIES FOR AGES 5-13

FREE TO MEMBERS

We now offer a drop-in service **FREE** to our members with family and youth memberships! While parents/guardians work out in our facility, kids can stay in our drop-in space of the day for one hour. Monthly calendars include the areas and times available for supervised recreation for school-age children (5-13 years old). Limit to one hour per visit. Parent/Guardian must stay in the building.



FAMILY FUN EVENTS

NEW! MAY THE FOURTH FAMILY BINGO

THURSDAY, MAY 4 5:30 - 7:00 PM

MEMBERS \$7/NON-MEMBERS \$10

Use the force for a chance to win Star Wars prizes during this fun Family Bingo event. Come dressed supporting the Republic or the Empire (optional). Pizza dinner included.

FAMILY DODGEBALL NIGHT

FRIDAY, MAY 19 5:00 - 6:30 PM

MEMBERS: \$3/NON-MEMBERS: \$5

Play your favorite gym game with your family! Bring your friends, your kids, and your kids' friends, and stay however long you want (in the time of course). When you get out, enjoy some fresh popcorn in the lobby. One-half of the gym will be for the beginner dodgers (4-7 years old) to laugh and play! The other half of the gym will be for more serious dodgers (approx. 8 and up) to throw a little harder. Come to the Y for some wholesome family fun on a Friday night!

NEW! FAMILY PICKLEBALL NIGHT

FRIDAY, JUNE 2 5:00 - 6:30 PM

MEMBERS: \$3/NON-MEMBERS: \$5

Drop in the gym for some family pickleball fun! Play against your friends, your kids, and your kids' friends, and stay however long you want (in the time of course). Rotate the courts and when you need a break, enjoy a refreshing snow cone in the lobby! All ages and levels are welcome to have some pickled fun at the Y. The Y has paddles and balls and feel free to bring your own!

NEW! TAKE A HIKE

MEMBERS: \$5/NON-MEMBERS: \$7

SATURDAY, APRIL 29 AT 10:00 AM

(Families with children 7 years old and younger at the Wildflower Trail 0.5 miles about 1 hour)

SATURDAY, MAY 20 AT 10:00 AM

(Families with children 8+ years old at Mount Hope Historic County Park 2.7 miles about 2-3 hours)

SATURDAY, JUNE 10 AT 9:00 AM

(Adults only Turkey Mountain 4.7 miles about 3-4 hours)

We are starting a hiking group for all ages. Join this pilot program lead by our experienced hiker, backpacker, and naturalist to learn how to read a trail map, navigate blazes, what to wear, and nature. Hit the trails and make new friends in this introductory program. A welcome email will be sent about a week prior to the hike.

BROOKLYN BRIDGE AND LOWER MANHATTAN HISTORICAL TOUR

SATURDAY, MAY 6 8:00 AM - 6:00 PM

MEMBER \$65/NON-MEMBERS \$85

Join us for a guided historical walking tour of the sidewalks of New York! Our tour will start with a spectacular walk across the Brooklyn Bridge and a few other points of interest. After lunch, our guided tour will continue through the streets of lower Manhattan where we will visit Trinity Church cemetery, St. Paul's Chapel, Federal Hall, 9/11 Memorial, and the NY Stock Exchange and we end near Battery Park. The fee includes coach bus transportation, entrance to all venues, and a guided tour. Total walking distance is about 3-4 miles throughout the day. The bus departs from the YMCA parking lot. Recommended age is 12 years and older. Children must be accompanied by an adult.

SOCIAL RESPONSIBILITY



BLOOD DRIVES

THROUGH OUR PARTNERSHIP WITH THE AMERICAN RED CROSS® WE WILL BE HOSTING BLOOD DRIVES ON THE **THIRD THURSDAY** OF EVERY MONTH THROUGH JUNE 2023

PLEASE REGISTER AT RED CROSS

www.redcrossblood.org



CERTIFICATIONS BABYSITTING COURSE

11-15 YEARS OLD

Y-MEMBERS \$100/NON-MEMBERS \$125

SATURDAYS IN 2023: MAY 20, SEPTEMBER 16, AND NOVEMBER 18

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 the time of class. **SPACE IS LIMITED**

Classes will be held from 9:30 AM-2:00 PM at the Gateway Community Resource Center, 513 Birch Street, Boonton.



ARE YOU WHISTLE WORTHY?

LIFEGUARD TRAINING & HIRING



WATERFRONT LIFEGUARD CERTIFICATION

15+ YEARS OLD

MEMBERS \$340 NON-MEMBERS \$365

This American Red Cross® course certifies individuals in waterfront lifeguarding, CPR for the Professional Rescuer, First Aid, and AED. Participants must be at least 15 years of age by the last day of class.

Courses usually run for 3 days once a month. Contact the Aquatic Department for dates.



WATERFRONT LIFEGUARD RECERTIFICATION

MEMBERS \$210 NON-MEMBERS \$285

This Red Cross course will **RECE**RTIFY individuals in waterfront lifeguarding, CPR for the Professional Rescuer, First Aid, and AED. Participants must have current Waterfront or Lifeguarding certification and attend both days to get recertified.

Courses usually run for 2 days once a month. Contact the Aquatic Department for dates.

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

Session 22-23

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. The cost is \$75/1x weekly or \$125/2x weekly. The season runs through June.

Wed 8:30-9:45 PM

Sun 7:00-8:30 AM

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

Tue 8:30-9:30 PM

Thu 8:30-9:30 PM

ADULT AQUATIC CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

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

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. Currently runs every other week. **Free with membership**

Fri 10:00-10:45 AM

LANE AND LAP SWIMMING

Lane Swim (ages 12 and older), Adult Lane Swim (ages 17 and older) Recreation Swim are all free for members and included in your membership. Visit our website for current schedules.

ADULT FITNESS GYMNASIUM ACTIVITIES



18 yrs and older

See the website for the current day and time schedule.

These are all free with your membership.

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

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.

VOLLEYBALL

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



PICKLEBALL

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

Mon-Fri 11:30 AM-1:00 PM

Fri 6:30-9:00 PM

(except when special events are held in the Gymnasium)

Sun 9:00-11:00 AM

HEALTHY LIVING ADULT FITNESS



FREE WITH YOUR MEMBERSHIP

A HEALTHIER YOU PROGRAM

Improve your health safely and effectively with this new Y program. The Y supports you in achieving a healthier lifestyle, with the attention, and guidance from our talented and credentialed staff and instructors. Our **HEALTHIER YOU** program is designed to be a personalized, low-impact, building-block program.

Contact: Darlene Kievit - Darlenek@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.

GROUP FITNESS CLASSES

With over 65 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!

CYCLE FUSION: Class is a combination of cycle & weights. You will start a cardio workout on the bike with a continuation of intervals with weights, bands, and core. All fitness levels. Registration required.

TREAD 'N SHED: Diversify your treadmill workout with this fun and intense cardio class! Explore different speeds, levels, and heights as you walk and sprint your way to a fitter, leaner you! All fitness levels. Registration required.

CARDIO: Butts & Guts, Cycling, Kickboxing, Total Body Strength

DANCE: Bombay Jam, Country Fusion, Zumba

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

SCULPTING/TONING: Barre, Body Pump®, Pilates, Strength and More

OLDER ADULT FITNESS

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

See online schedules for the entire list of classes.

PERSONAL TRAINING

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. **All fitness inquiries: Gerry - Gerryg@lhymca.com or Darlene - Darlenek@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*:** plus 2 one-hour sessions-\$135
- **Start Up Package*:** 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

Ages 7-17 years; please see our Youth Fitness information page.



SPECIALTY SMALL GROUP TRAINING

Training with more than one is so much more fun! Bring a friend, bring 3 friends and we will accommodate a time that works for you

Choose from the following:

Kettlebell Training with a complete workout of kettlebell exercises that build power, strength, and endurance. Four people maximum. Seven weeks: \$160 per person.

Synergy Training stations like the TRX Suspension Trainer, heavy bag, platform, battling ropes, kettlebells, rebounder, and cable station. Great for a total body workout in one compact configuration. Six people maximum. Seven weeks: \$160 per person.

TRX STRENGTH uses leveraged body weight 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 6 with a minimum of 3 participants. TRX runs for 7 weeks with 1 session per week for 7 total sessions. The cost is \$100 per person. Not a current Y member? Find out how to take this class!

TRX Strength Tuesdays 6:00 PM

TRX and Kettlebell Wednesdays 9:00 AM

HEALTHY LIVING

ADULT HEALTHY LIVING PROGRAMS

MANY PROGRAMS AT NO COST AND NO MEMBERSHIP REQUIREMENT!

BLOOD PRESSURE SELF-MONITORING PROGRAM

FREE for Y-MEMBERS and NON-MEMBERS

No Membership Required

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. Registration Required.



CARDIAC CARE MAINTENANCE PROGRAM

Fees Apply –Y- MEMBERS Only

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

DIABETES PREVENTION PROGRAM

Fees Apply

This evidence-based program held over the course of one year (26 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. Registration Required.

ENHANCE FITNESS

Free for Y-MEMBERS/Fee for NON-MEMBERS

This popular 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.

MULTIPLE SCLEROSIS ONE-STEP PROGRAM

Fees Apply

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 are required.

LIVESTRONG AT THE YMCA

FREE FOR Y-MEMBERS AND NON-MEMBERS

This evidence-based program helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This 12-week program is offered on weekdays during the day and evening. Medical clearance and registration are required.

LIVESTRONG FOR LIFE (GRADUATES OF THE LIVESTRONG AT THE YMCA PROGRAM)

Free for Y-MEMBERS / Fee for NON-MEMBERS

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. Registration Required.



CONTACT INFO:

All adult inquiries including Healthy Living Programs should be directed to Darlene Kievit: Darlenek@lhymca.com or call the Y at 973.334.2820.

HELPING YOU TO LIVE BETTER

UPCOMING EVENTS



the **YMCA**

LET'S DO Disney

Who
Join us as Disney expert Jeanine Conrad gives us her tips and tricks for booking your next trip to Disney.

What
Which resort is best for your family? When is the best time to go? Where should you stay? Find out what her services can do to make your next trip to Disney enjoyable.

When
Friday, April 28, 6:30-7:30 PM
Register at www.lakelandhillsymca.com

Why
You want your trip to Disney to be special, but let's be honest, it can be overwhelming! This is where Jeanine steps in and helps make your trip to Disney memorable! No need to wish upon a star and hope for the best, come join us and learn from an expert.

SAVE THE DATE





SUMMER FAMILY CARNIVAL

**Thursday, July 20
4:00-7:00 pm**



**CARNIVAL RIDES
INFLATABLES
SPIN ART
COTTON CANDY
POPCORN
GAME BOOTHS
& FOOD TRUCKS**

(NOT INCLUDED WITH TICKET PRICE)

LAKELAND HILLS YMCA

EARLY CHILDHOOD LEARNING CENTER OPEN HOUSE

Meet the Director and Assistant Director

Enter to win a free youth membership



Serving Children ages 6 months through 5 years

Tour the center and YMCA

MONDAY, APRIL 24-THURSDAY, APRIL 27
 10:00 AM - 4:30 PM
 By appointment only call
 Director Michele Leaman at 973-507-7014

KIDS CLUB: SCHOOL AGE CHILDCARE

REIMAGINING BEFORE & AFTER SCHOOL CARE



With so many demands on today's families, parents need all the support they can get.

OUR PROGRAM GOALS

- ♥ **To provide each child the opportunity to develop their self-confidence and social skills.**
- ♥ **To provide both small and large group activities to stimulate creativity and encourage learning.**
- ♥ **To provide a warm, caring, and safe environment under the guidance of an experienced staff.**



That's why our before and after school programs are about nurturing the potential of youth and providing a safe space where they can learn skills and build relationships with peers and caring staff. That is why our program is the perfect fit for both working parents and also those families who would like to provide their children with a social environment.

PROGRAM COMPONENTS

- Daily homework help
- SEL (Social Emotional Learning) Activities
- Conflict Resolution Skill Building
- Leadership Development
- Outdoor Playtime
- Enrichment & Interest Centers
 - STEM
 - Active and Physical Games
 - Arts and Crafts
 - Cooperative Games

PROGRAM LOCATIONS

- Aaron Decker School – Butler
- Rockaway Valley School – Boonton Twp.
- Lakeview School – Denville
- Riverview School – Denville
(AM Care Also Available at this location)

REGISTRATION

- Registration for 2023-2024 begins on June 1.
- Online registrations and all completed paperwork must be received by August 21 in order to start on the 1st day of school.
- Registrations received after this date will be processed and an email will be sent by the director to confirm your start date. After the first day of school, allow a minimum of 5 business days to start either on the 1st or 15th of the month.