



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



**SESSION DATES**  
**FALL 1**  
**SEPTEMBER 11- OCTOBER 29**



**FALL 1**



**AUTUMN FUN  
FOR EVERYONE**

**MAKE  
PLANS  
NOW!**



**LAKELAND HILLS FAMILY YMCA**  
100 Fanny Road  
Mountain Lakes, NJ 07046  
**973.334.2820** [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

**FALL 1 SESSION 2023**  
**SEPTEMBER 11- OCTOBER 29**



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

# GENERAL INFORMATION

## PROGRAM REGISTRATION

### FALL 1 2023 SESSION

**Class Dates: September 11– October 29**

**Tuesday, August 8**

**Registration for all members as of July 28**

**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, August 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

### FALL 2 2023 SESSION

**Class Dates: October 30 – December 17**

**Tuesday, October 17**

**Registration for all members as of October 9**

**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, October 19**

**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

## ANNUAL FACILITY IMPROVEMENT CLOSURE

**Facility Closed: August 26–September 3**

**Member Service Business Hours:**

Monday–Friday, August 28–September 1, 9:00 AM–4:00 PM

**Holiday Closure:** Labor Day, Monday, September 4

**Y Reopens to Members:** Tuesday, September 5

### 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 – 8:00 PM Sat–Sun 8:00 AM – 4:00 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.

### 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.



# WE NEVER CHARGE A JOINERS FEE! MEMBERSHIPS

## ANNUAL MEMBERSHIP

MEMBERSHIP CATEGORIES	Annual	Monthly*
<b>Youth</b> 11 Years and Younger	\$252	\$23
<b>Teen</b> 12-18 Years	\$431	\$38
<b>Young Adult</b> 19-25 Years	\$540	\$46
<b>Adult</b> 26-67 Years	\$720	\$61
<b>Family</b> Single adult or two adults cohabitating as a couple and their dependent children residing at the same address through age 23.	\$1076	\$91
<b>Older Adult</b> 68 Years and Older	\$540	\$46
<b>Older Adult Couple</b> Two adults cohabitating as a couple residing at the same address.	\$814	\$69
<b>Older Adult Fridays</b> 68 Years and Older	\$252	\$23
<b>MEMBERSHIP ADD-ON:</b> Long-Term Locker (Age 19+)	\$348	\$29
<b>MEMBERSHIP ADD-ON:</b> 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
<b>Youth</b>	\$76
<b>Teen</b>	\$125
<b>Young Adult</b>	\$152
<b>Adult</b>	\$201
<b>Family</b>	\$300
<b>Older Adult</b>	\$152
<b>Older Adult Couple</b>	\$228
<b>Older Adult Fridays</b>	\$76

## TRIPLE PLAY (3 MONTH) MEMBERSHIPS

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

## 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	\$70
Non-members welcome at		\$100

### 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	\$70
Non-members welcome at		\$100

### 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	\$70
MON	4:00-4:30 PM	\$70
TUE	10:00-10:30 AM	\$70
TUE	4:00-4:30 PM	\$70
TUE	4:30-5:00 PM	\$70
TUE	5:00-5:30 PM	\$70
WED	9:30-10:00 AM	\$70
WED	4:00-4:30 PM	\$70
THU	4:00-4:30 PM	\$70
THU	5:00-5:30 PM	\$70
SAT	9:35-10:05 AM	\$70
SAT	10:15-10:45 AM	\$70
SAT	10:50-11:20 AM	\$70
SAT	11:25-11:55 AM	\$70

### EEL Advanced Beginner, 3-6 years

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

MON	4:00-4:30 PM	\$70
TUE	4:00-4:30 PM	\$70
TUE	5:00-5:30 PM	\$70
WED	4:00-4:30 PM	\$70
THU	4:00-4:30 PM	\$70
THU	5:00-5:30 PM	\$70
SAT	11:25-11:55 AM	\$70

### RAY Intermediate, 3-6 years

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

MON	4:00-4:30 PM	\$70
TUE	5:00-5:30 PM	\$70
THU	5:00-5:30 PM	\$70
SAT	11:25-11:55 AM	\$70

### STARFISH Advanced, 3-6 years

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

WED	4:00-4:30 PM	\$70
SAT	11:25-11:55 AM	\$70







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	\$70
MON	5:00-5:30 PM	\$70
TUE	4:00-4:30 PM	\$70
TUE	4:30-5:00 PM	\$70
WED	4:00-4:30 PM	\$70
WED	5:00-5:30 PM	\$70
THU	4:00-4:30 PM	\$70
THU	4:30-5:00 PM	\$70
SAT	9:00-9:30 AM	\$70
SAT	9:35-10:05 AM	\$70
SAT	10:15-10:45 AM	\$70
SAT	10:50-11:20 AM	\$70

### 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	\$70
MON	4:30-5:00 PM	\$70
TUE	4:00-4:30 PM	\$70
TUE	5:00-5:30 PM	\$70
WED	4:00-4:30 PM	\$70
WED	4:30-5:00 PM	\$70
THU	4:00-4:30 PM	\$70
THU	5:00-5:30 PM	\$70
SAT	10:15-10:45 AM	\$70
SAT	10:50-10:20 AM	\$70

### GUPPY 7-14 YEARS

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

MON	4:30-5:00 PM	\$70
TUE	4:00-4:30 PM	\$70
TUE	4:30-5:00 PM	\$70
WED	4:30-5:00 PM	\$70
THU	4:00-4:30 PM	\$70
THU	4:30-5:00 PM	\$70
SAT	9:00-9:30 AM	\$70

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

### MINNOW 7-14 Years

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

MON	5:00-5:30 PM	\$70
TUE	4:30-5:00 PM	\$70
TUE	5:00-5:30 PM	\$70
WED	4:30-5:00 PM	\$70
WED	5:00-5:30 PM	\$70
THU	4:30-5:00 PM	\$70
SAT	10:15-10:45 AM	\$70
SAT	10:50-11:25 AM	\$70

### 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	\$70
TUE	4:30-5:00 PM	\$70
WED	4:30-5:00 PM	\$70
THU	4:30-5:00 PM	\$70
SAT	10:15-10:45 AM	\$70

### 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	\$70
TUE	5:00-5:30 PM	\$70
THU	5:00-5:30 PM	\$70
SAT	10:15-10:45 AM	\$70

### SHARK 7-14 Years

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

MON	4:30-5:00 PM	\$70
SAT	9:35-10:05 AM	\$70

### 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	\$70
	(Equivalent to Polliwog and Goldfish)	
SAT	9:35-10:05 AM	\$70
	(Equivalent to Guppy and Minnow)	

### 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



## NEW SATURDAY CLASS SCHEDULE!

Our new Saturday youth program schedule now lets you try it all! More times are offered so you can schedule multiple classes all on Saturdays!

### BEGINNER BALLET

**3 – 6 YEARS OLD**

**Saturdays 10:30 – 11:00 AM**

**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. Parents are invited to watch the mini performance on the 7th week!

### 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.

### STEM SATURDAY

**4–8 YEARS OLD**

**Saturdays 10:00 – 11:00 AM and 11:00 AM – 12:00 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 class offered at 2 different times so you can pick the one that works for your schedule. Check our website for available Saturdays and their themes!

### JR. PARKOUR GAMES

**4 – 7 YEARS OLD**

**Thursdays 4:00 – 4:45 PM**

**Saturdays 10:15 – 11:00 AM**

**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 obstacles in a safe, fun environment.

### GYMNASTICS

**8–13 YEARS OLD**

**Saturdays 10:15 AM – 11:00 AM**

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

Designed for beginner to intermediate levels, this class will focus on increasing coordination, balance, and strength. Gymnasts will warm up and rotate stations to practice on the balance beam, floor, and conditioning to develop new or more complex skills in a safe environment.

### SENIOR PARKOUR FITNESS

**8 – 13 YEARS OLD**

**Wednesdays 5:15 – 6:15 PM**

**New Time! Saturdays 9:15 – 10:00 AM**

**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.



### KIDS RHYTHM

**3 – 6 YEARS OLD**

**Wednesdays 3:00 – 3:30 PM**

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

Get ready to move and groove! This program is an upbeat fun way for your child to express themselves and increase their fitness, by moving to the latest tunes.

### TUCK, TUMBLE & JUMP

**3 – 6 YEARS OLD**

**Tuesdays 1:30 – 2:00 PM**

**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)**

**Thursdays 9:30 – 11:00 AM**

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

Get ready for success! Staff will identify the individual needs of each child and prepare them for a school setting or help them make new friends and enjoy themselves when away from home. Through art, music, social play, story time, and physical activities, children will gain confidence, curiosity, communication, and a love of learning. Please pack a light snack and drink

### ROOKIE SPORTS

**4 – 6 YEARS OLD**

**Tuesdays 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.

### TINY TOOLBELTS

**4 – 6 YEARS OLD**

**Tuesdays 4:00 – 4:45 PM**

**Y-MEMBERS – \$98 | NON-MEMBERS – \$132**

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. Includes class supplies.

### HOMESCHOOL GYM

**6 – 13 years old**

**Tuesdays 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.

# YOUTH DEVELOPMENT

## YOUTH/ TEENS

### MIDDLE SCHOOL DODGEBALL

**GRADES 6 – 8**

**October 5 – November 16 Thursdays 5:00 – 6:00 PM**

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

Dodge, duck, dip, and dive! Have fun and make new friends by playing this fan-favorite game. Dodgeball is great practice for throwing, quick decisions making, and agility training. All levels welcome.

### 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 10 – 13 years old 5:30 – 6:15 PM**

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

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!

### OUTDOOR ARCHERY

**8 – 13 YEARS OLD Tuesdays 5:00 – 6:00 PM**

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

Ready, set, aim! 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.

### FIT KIDS

**8 – 15 YEARS OLD**

Lay the foundation for a healthy lifestyle, train towards sport specific goals, or just get up and move with fun workouts. Workouts are entirely customized because healthy living is accessible to EVERYONE. Bring a friend or teammate and do it together. Kids get access to our fitness center with the guidance and encouragement of our experienced staff. Please contact Kim at [kimk@lhymca.com](mailto:kimk@lhymca.com) to get moving.

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

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

### LEADERS CLUB

**GRADES 8 – 12 Starts October 9 – December 11**

**Mondays 7:15–8:15 PM**

**Members \$105 /Non-Members \$155**

Leaders Club is a teen character and leadership development program that serves teens ages 13–18. It is organized for the purpose of providing knowledge, training, and experiences to teens, so they become strong leaders in their communities. The program fosters a spirit of service to others and to shape a healthy lifestyle in mind, body, and spirit.

During this session, Leaders will focus on developing self-awareness skills and on mental health initiatives at the Y and in their community. They will also gain valuable experience and service hours assisting with planning and running station(s) at YMCA events.



## SPECIAL EVENTS



**5 – 11 YEARS OLD**

**Junior group: Grades K – 2 • Senior group: Grades 3 – 5**

**SEPT  
23**

**Saturday, September 23**

**5:00 – 8:00 PM**

**Lego-Mania!**



**OCT  
21**

**Saturday, October 21**

**5:00 – 8:00 PM**

**Harry Potter**



**OCT  
20**

**ARCHERY TAG NIGHT**

**10 – 15 YEARS OLD**

**Friday, October 20**

**5:00 – 6:30 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!

## COMING THIS FALL... Family Adventure Weekend at Frost Valley YMCA!



Connect with your family at an unforgettable outdoor adventure weekend in the heart of the Catskill Mountains!

From Friday evening to Sunday afternoon, pick your own schedule to enjoy. From archery, the climbing wall, candle making, boating, guided hikes, and more, there is certainly something for everyone.

Camp style lodging and meals are included! Bussing option to and from the Y will be available. You can find all of the details on our website!



# GRIT 'N SNOW

## Award Winning Program!

The Morris County Chamber of Commerce Award for Innovative Program of the Year and the National Ski Area Association Award for Mountains are for Everyone!



**KIDS IN GRADES 3-8**  
**DATE: TO BE ANNOUNCED**

### PROGRAM CALENDAR

#### December: Indoor Sessions

GRIT Tuesday 1: 3rd – 4th graders • 4:30 – 6:30 PM

GRIT Tuesday 2: 3rd – 4th graders • 5:30 – 7:30 PM

GRIT Thursday 1: 5th – 6th graders • 4:30 – 6:30 PM

GRIT Thursday 2: 7th – 8th graders • 5:30 – 7:30 PM

**January:** 5 Trips to Mountain Creek

Saturdays 2:00 – 7:15 PM

**February:** Final Trip and Celebration!



GRIT 'n Snow is a Youth Resilience Series program in collaboration with Mountain Creek and the Mental Health Association to guide children toward developing strong mental health and well-being AND learn how to snowboard! This 8-week program features 3-indoor sessions at the Y including indoor snowboard lessons from Mountain Creek pros before we take it to the mountain for 5 trips with lessons on the snow. Every session and trip we will be doing games and activities that create a safe environment for kids of all backgrounds to build their confidence, make new friends, and grow their resiliency in time (their GRIT!).

Parent partnership is key! There will be mandatory attendance in week 1 for the participants and their GRIT guardians. Come prepared to play together.

Kids will be split into smaller groups for the indoor sessions. For grades 3 & 4 please register for one-time block on Tuesdays. All GRIT kids will go to Mountain Creek at the same time on the same Saturdays.

## INDOOR YOUTH LEAGUES

### INDOOR SOCCER AND BASKETBALL LEAGUES

Team players are made HERE. At the Y, our coaches focus on good sportsmanship and the Y's four core values: caring, honesty, respect, and responsibility. We believe this makes not just good athletes, but good people. Players will learn fundamentals and develop new skills while receiving equal playing time.

Both Indoor Soccer and Indoor Basketball Leagues consist of a 6 weeks regular season and 2 weeks of playoff games.

Saturday, December 2 is mandatory skills showcase for soccer and basketball to create fair and balanced teams.

Note: Basketball K-1(beginners) do NOT ATTEND. We do our best to honor friends' requests made in advance.

#### YOUTH INDOOR BASKETBALL

Skills Showcase: December 2

**Basketball Grades 1 – 2:** 2:00 – 3:00 PM

**Basketball Grades 3 – 4:** 3:00 – 4:00 PM

**Season:** December 4 – February 9

2-week break: 12/23 – 1/5 – resume on 1/8

**Grades K – 1 (beginners):** Mondays 5:00 – 6:00 PM and 6:00 – 7:00 PM

**Grades 1 – 2:** Wednesdays 5:00 – 6:00 PM and 6:00 – 7:00 PM

**Grades 3 – 4:** Fridays 5:00 – 6:00 PM and 6:00 – 7:00 PM

**Y-MEMBERS – \$120 / NON-MEMBERS – \$175**

REGISTRATION AFTER NOVEMBER 4:

**Y-MEMBERS – \$135 | NON-MEMBERS – \$190**

There are two time slots per division. Our basketball players always play in one of their time slots on their division's respective weeknight(s). Regular season schedules will be provided before play begins.



#### YOUTH INDOOR SOCCER

Skills Showcase: December 2

**Soccer Juniors:** 11:30 AM – 12:30 PM

**Soccer Seniors:** 12:45 – 1:45 PM

**Season:** December 9 – February 10

2-week break: 12/23 and 12/30 – resume on 1/6

**Juniors:** 6 – 8 year olds • Saturdays 11:30 – 12:30 PM and 12:30 – 1:30 PM

**Seniors:** 9 – 12 year olds • Saturdays 1:30 – 2:30 PM and 2:30 – 3:30 PM

**Y-MEMBERS – \$120 / NON-MEMBERS – \$175**

REGISTRATION AFTER NOVEMBER 4

**Y-MEMBERS – \$135 | NON-MEMBERS – \$190**

There are two time slots per division. Our soccer players always play in one of their designated time slots on Saturdays. Regular season schedules will be provided before play begins.





## GAMING CLUB

AGES: 8 - 13

THURSDAYS: 5:30-6:30 PM

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

NEW SATURDAY 10:00 AM - 11:00 AM

AGES: 14 - 17

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.

## HIGH SCHOOL COMPETITIVE ESPORTS CLUB

AGES: 9 - 12

TUESDAYS 7:00-8:00 PM PRACTICE AND MATCH DAY TBD

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)

Join our hybrid, highly competitive Esports club to play **VALORANT**, **Overwatch 2**, and/or **Rocket League**, with the guidance of a coach, who will represent their team, in the High School NASEF League, the GSE League, and/or tournaments. These exclusive leagues have prizes such as **national tournament entries** as well as **college scholarship money**. Our program is designed for players who have competitive gaming experience and can work as a team with a supervising coach. A **minimum rank** will be required and a **try out** will be held after registration. For more details, please contact Andrew Lomauro at [andrewl@lhymca.com](mailto:andrewl@lhymca.com)

## 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](mailto:andrewl@lhymca.com).

## YOUTH DROP-INS

**FREE FOR MEMBERS!**

Monday 5:00 - 7:00 PM - Esports

Tuesday 5:00 - 7:00 PM - Esports

Wednesday 5:00 - 7:00 PM - Esports

Saturday 9:15-10:00 AM - Esports



# 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 DECEMBER 2023

PLEASE REGISTER AT REDCROSS®  
[www.redcrossblood.org](http://www.redcrossblood.org)

## CERTIFICATION BABYSITTING COURSE

11-15 YEARS OLD

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

**SATURDAYS IN 2023: SEPTEMBER 16 & 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 from 9:30 AM - 2:00 PM at the  
Gateway Community Resource Center,  
513 Birch Street, Boonton.



**ARE YOU  
WHISTLE  
WORTHY?**

LIFEGUARD TRAINING & HIRING

## CERTIFICATION WATERFRONT LIFEGUARD

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 2 days monthly. Contact the Aquatic Department for dates.

## RE-CERTIFICATION WATERFRONT LIFEGUARD

MEMBERS \$210 NON-MEMBERS \$285

This American Red Cross® course will **RE-CERTIFY** 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.

# 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. For kids who have special needs, reaching 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 individual 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).

Your child will have an opportunity to engage in one or two different enrichment programs with a 1:1 ratio of qualified staff to ensure that your child has a fun, successful, and quality experience. The Y offers inclusion programs for kids ages 4-14.

For more information, please contact Marianne Lomauro at [Mariannel@lhymca.com](mailto:Mariannel@lhymca.com).

### THE Y OFFERS INCLUSION PROGRAMS FOR KIDS AGES 4-14

For more information, please contact  
Marianne Lomauro at [Mariannel@lhymca.com](mailto:Mariannel@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](mailto: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](mailto:Darlenek@lhymca.com)



# BIRTHDAY PARTIES

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

**All Fees include up to 15 children**

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

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



### **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**

### **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+**

**ADD TO THE FUN WITH THE FOLLOWING UPGRADE options at \$75 each:**

**Preschool**

**Triple Play Moonwalk/Slide**

**Truck Inflatable Bouncer/Ball Pit**

**School-Age**

**Inflatable Gaga Pit**

### **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](mailto:aqassistant@lhymca.com)**



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

Contact Kim to reserve Preschool, School-Age and Esports - [kimk@lhymca.com](mailto:kimk@lhymca.com)

## HEALTHY LIVING

# ADULT AQUATICS & FITNESS

LEARN, REFINE, IMPROVE, CHALLENGE.



**WE HAVE SOMETHING FOR EVERYONE!**

## ADULT SWIM/ WATER PROGRAM

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

**Session 22-23**

Take the plunge and join the Master's 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 \$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

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 / \$85

Thu 1:00-2:00 PM

Tue 8:30-9:30 PM

Thu 8:30-9:30 PM

**ADULT SWIM 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. **Meets Every other Friday. 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.**

## GYMNASIUM ACTIVITIES

See the website for the current day and time schedule.

These are all free with your membership.

### BASKETBALL 15 yrs and older

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 15 yrs and older

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

### PICKLEBALL 15 yrs and older

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

## NEW! DROP-IN SMALL GROUP FITNESS CLASSES

**Registration required. \$20.00 per class**

### SQUATS, SLAMS & ROPES

**Tuesdays at 10:00 AM**

This functional workout uses battle ropes, slam balls and weights for the glutes, back, and abs. All levels are welcome; class is limited to 6 participants.

### TRX

**Wednesdays at 9:15 AM**

This revolutionary method of leveraged bodyweight exercise helps to build power, strength, flexibility, balance, and mobility. All levels are welcome; class is limited to 6 participants..

### WOMEN AND WEIGHTS

**Wednesdays at 11:00 AM**

This female-focused class will introduce you to the weight room and lifting. All levels welcome; class is limited to 5 participants.





# 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](mailto: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](mailto:Gerryg@lhymca.com) or Darlene - [Darlenek@lhymca.com](mailto: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 8-15 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:

**Darlene Kievit: [Darlenek@lhymca.com](mailto:Darlenek@lhymca.com) or call t  
he Y at 973.334.2820.**

# HELPING YOU TO LIVE BETTER



# UPCOMING EVENTS



LAKELAND HILLS FAMILY YMCA PRESENTS

## COUNTRY FAMILY

# FALL FESTIVAL

Saturday, October 7

1:00-3:00 PM



**Enjoy All the Family-Friendly Activities**

AXE THROWING  
COUNTRY LINE DANCING  
AUTUMN CRAFTS  
PUMPKIN DECORATING  
FALL GAME BOOTHS WITH PRIZES  
DONUTS AND CIDER  
AND MUCH MORE!

Parent Price - \$5 per person  
Youth Price - \$15 per person  
(Pre-Registration is Required)

For more information call Shannon : 973.507.7037  
Register at [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

SAVE THE DATE!

# BREAKFAST WITH SANTA



Enjoy the Breakfast, Crafts, Meet Santa!

**SUNDAY  
DECEMBER 10  
8 AM - 11 AM**

## 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

- Online registrations and all completed paperwork must be received by August 21 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 on the 1st of the next month.