



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**WHERE
GREAT
THINGS
HAPPEN**

LAKELAND HILLS FAMILY YMCA
100 Fanny Road
Mountain Lakes, NJ 07046
973.334.2820 www.lakelandhillsymca.com

FALL 2 SESSION 2023
OCTOBER 30 - DECEMBER 17

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

GENERAL INFORMATION

PROGRAM REGISTRATION

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

WINTER 2024 SESSION

Class Dates: January 2 – February 11

Tuesday, December 12

Registration for all members as of December 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, December 14

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

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*
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

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 will be billed or invoiced and are auto-renewed with member consent. 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 - **12-14 year olds MUST take teen orientation before they can utilize this 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	9:00- 9:30 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 independent swimming class after age 3.

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

RAY Intermediate, 3-6 years

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

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

MINNOW 7-14 Years

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

MON	4:30-5:00 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
THU	5:00-5:30 PM	\$70
SAT	10:15-10:45 AM	\$70
SAT	11:25-11:55 AM	\$70

FISH 7-14 YEARS

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

MON	4:00- 4:30 PM	\$70
TUE	4:30- 5:00 PM	\$70
WED	4:00- 4:30 PM	\$70
THU	4:30- 5:00 PM	\$70
SAT	10:15-10:40 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	9:00- 9:30 AM	\$70

SHARK 7-14 Years

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

TUE	5:00- 5:30 PM	\$70
SAT	11:25-11:55 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)	

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. A minimum level of Flying Fish is required.

WED	5:00- 5:30 PM	\$70
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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 & STEM

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

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. Children will experience working on the high beam, low beam, and a concentration on floor skills.

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, storytime, and physical activities, children will gain confidence, curiosity, communication, and a love of learning. Please pack a light snack and drink.

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 will be taught simple warm-ups. They will then move into fun and challenging stations to introduce the development skills needed for beginner gymnastics.

ROOKIE SPORTS MIX

3 - 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.

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.



JR. PARKOUR GAMES

4 - 7 YEARS OLD

Thursdays 4:00 - 4:45 PM (4 weeks only 11/2-11/30, no 11/23)

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.

STEM SATURDAYS

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.

NOVEMBER 11: CAN IT STAY AFLOAT?

- Building aluminum foil boats
- See if they float on the creek? Or inside in bins of water
- How much weight can they hold?
- Buoyancy

NOVEMBER 18: ELECTRICITY EVERYWHERE

- Squishy circuits and testing conductors
- What are conductors? How does electricity work? Circuit building testing out a bunch of things to see if they are conductors

DECEMBER 9: CHRISTMAS SLIME ORNAMENTS

SENIOR PARKOUR FITNESS

8 - 13 YEARS OLD

Thursdays 5:15 - 6:00 PM (4 weeks only 11/2-11/30, no 11/23)

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.

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

BASKETBALL CLINICS

4 – 13 YEARS OLD Mondays (5 weeks only 10/30–11/27)

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 – 6:15 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!

SOCCER CLINICS

4 – 13 YEARS OLD Wednesdays (5 weeks only 11/1–11/29)

Little Kickers 4 – 6 years old 4:00 – 4:30 PM

Y-MEMBERS – \$58 | NON-MEMBERS – \$87

Jr Soccer 7 – 9 years old 4:45 – 5:30 PM

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

Sr. Soccer 9 – 13 years old 5:30 – 6:15 PM

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

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

INDOOR ARCHERY

10 – 13 years old

Tuesdays 5:00 – 6:00 PM (5 weeks only 10/31–11/28)

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

Archery is even more fun indoors with our Archery Tag equipment. Dodge, hide, and shoot to try and be the last one standing. A typical class includes a warmup, target practice, then fun games where archery tag meets dodgeball with obstacles to bunker behind.

FIT KIDS

Get off the couch this winter and build fitness at the Y with our Fit Kids staff. Lay the foundation for a healthy lifestyle, train towards sport-specific goals, or just get up and moving with fun workouts. Workouts are entirely customized because living healthy is accessible to EVERYONE. Bring a buddy or teammate and do it together. Please contact Kim at kimk@lhymca.com to get moving. Open to anyone 17 and under.

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

16 one-hour sessions / twice a 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 shapes a healthy lifestyle in Mind, Body, and Spirit.

During this session, Leaders will focus on developing keen 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



4 – 11 YEARS OLD

5:00 – 8:00 PM

Y-MEMBERS – \$35 | NON-MEMBERS – \$50

**NOV
18**



POKÉMON

**Dec
16**



**SNOW
DAY**

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.

Frost Valley Halloween Adventure



Arrival: October 20th 4:00pm – October 22nd 12:00pm

Lodging: Hotel Style at Lakeview Lodge

\$350 for a private room – 2 beds and a bath

\$175 for 2 people in your party to share a room with 2 more people from another party.

Presented by the LHY Youth Resilience Series: Connect with your family and other families at an unforgettable outdoor adventure weekend! From Friday evening – Sunday afternoon, pick your own schedule to enjoy. This weekend is Halloween-themed at Frost Valley! Bring your costume and spirit for pumpkin painting, Halloween crafts, apple cider, a haunted trail, and a costume show. Enjoy their traditional fall activities as well like archery, the climbing wall, and guided hikes.

Meals and all programming are included! Breakfast, lunch, and dinner on Saturday plus breakfast on Sunday. Evening snacks are included for Friday and Saturday.

This trip and price are exclusive to our LHY!

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

\$250 Members and Non-Members

GRIT 23-24 Calendar

INDOOR SESSIONS:

Tuesdays 12/5 - 12/19

Grades 3 and 4: Register for 4:30-6:30 PM or 5:30-7:30 PM

Thursdays 12/7 - 12/21

Grades 5 and 6: 4:30-6:30 PM

Grades 7 and 8: 5:30-7:30 PM

TRIPS TO MOUNTAIN CREEK:

Saturdays 1/6, 1/20 - 2/3

Final trip and Family celebration: 2/10



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.

Questions? Contact Kim Kostrowski at Kimk@lhymca.com

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 6 weeks of 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 - 12

THURSDAYS: 5:30-6:30 PM

FRIDAYS: 7:15-8:15 PM

SATURDAY 10:00 AM-11:00 AM

AGES: 13 - 17

THURSDAYS 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.



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-INS

AGES: 8 - 17

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

CERTIFICATION BABYSITTING COURSE

11-15 YEARS OLD

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

SATURDAYS IN 2023: 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?**

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.

RECERTIFICATION WATERFRONT LIFEGUARD

MEMBERS \$210 NON-MEMBERS \$285

This American Red Cross® course will **RECERTIFY** 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

6-14 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 6-14.

For more information, please contact Marianne Lomauro at Mariannel@lhymca.com.

THE Y OFFERS INCLUSION PROGRAMS FOR KIDS AGES 6-14

For more information, please contact Marianne Lomauro at Mariannel@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



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 the Aquatics Department.



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)

Gym availability: Saturdays 11:15-12:15 or

Sundays 12:30 –1:30



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.

OUTDOOR OPTIONS ARE AVAILABLE IN FALL AND SPRING!

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

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**



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 23-24

Take the plunge and join the Master's Swim 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. The 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! Cost \$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

Fee: **Free with membership** / \$89 for non-members

WATER EXERCISE

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

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 16 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.

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.



PERSONAL TRAINING



Looking for direction? Motivation? New Ideas? Want to make sure that you are training properly, or are you just ready to change things up a bit?

Our Fitness Director will discuss your health history, exercise experience, interests, goals and options that you may not have considered! We'll match you with a trainer and work with your schedule to help you achieve your personal fitness goals.

INTRO TO PERSONAL TRAINING

For first-time buyers of a personal training package, we are offering:

- **Jump Start Package***: One 1-hour Fitness Evaluation plus 2 one-hour sessions-\$135
 - **Start Up Package***: One 1-hour Fitness Evaluation plus three, half-hour sessions \$125
- *One time only.

Y-ACTIVE ADULT FITNESS PROGRAMS



FREE WITH YOUR MEMBERSHIP

ADULT FITNESS ORIENTATIONS

Members are encouraged to take advantage of a **FREE** 45-minute orientation of the full circuit of selectorized equipment that will help you get started on your fitness routine. **See fitness floor staff to make an appointment.**

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

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

For more information contact Fitness Director, Gerrie Gessy at GerryG@lhymca.com.

A HEALTHIER YOU PROGRAM

FREE WITH MEMBERSHIP

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: Health and Wellness Director, Darlene Kievit - Darlenek@lhymca.com

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: Country Fusion, Zumba, Cardio Dance

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.

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 or call the Y at 973.334.2820.

HELPING YOU TO LIVE BETTER

UPCOMING EVENTS



LAKELAND HILLS FAMILY YMCA PRESENTS

COUNTRY FAMILY FALL FESTIVAL

Saturday, October 7



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 & TICKETING:

Call Shannon : 973.507.7037 www.lakelandhillsymca.com 100 Fanny Road, Mountain Lakes



Breakfast with Santa!



SUNDAY, DECEMBER 10

TWO SEATING TIMES: 8:00 AM & 9:30 AM

Start the day in a merry way by joining Santa for a hot breakfast buffet, perfect for the whole family!

Take a photo with Santa & Mrs. Claus, make ornaments, write a letter to Santa and enjoy breakfast while listening to popular Christmas Carols.

ADULTS \$20 | YOUTH \$10 | 2 & UNDER FREE

The buffet includes: Eggs, Bacon, French Toast Sticks, Orange Juice, Coffee, and Hot Chocolate.

PRE-REGISTRATION IS REQUIRED

For more information email: shannonb@lhymca.com



A NEW KIND OF MEMBERSHIP:



YMCA360 is an on- demand digital platform for the YMCA community.

YMCA360 offers group-exercise classes, youth sports instruction, nutrition, and wellbeing classes, as well as healthy living resources to serve members wherever they are. Whether at home or on the road, members **can take the Y with them.**

Content is continuously being added and can be accessed via the YMCA360 website or mobile app. Classes are led by YMCA instructors and reflect the same great programming people already expect from the Y.

Lakeland Hills Family YMCA will be offering this virtual experience **AT NO CHARGE** as a membership benefit from October 1 through December 31, 2023. Full features begin Tuesday, October 3! Check your weekly emails for more details as we get closer to launch date!

