OUR FOCUS

WE FOCUS OUR WORK IN THREE KEY AREAS, BECAUSE NURTURING THE POTENTIAL OF KIDS, HELPING PEOPLE LIVE HEALTHIER, AND SUPPORTING OUR NEIGHBORS ARE FUNDAMENTAL TO STRENGTHENING COMMUNITIES.

We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. At the Y, we measure the success of our cause by how well we engage communities in our three areas of focus.

YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

HEALTHY LIVING
Improving the nation’s health and well-being.

SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors.

OUR COMMITMENT TO CHILDHOOD SAFETY
The Meadowlands Area YMCA is dedicated to providing you and your family with a safe, welcoming atmosphere in all of our programs. Our staff and volunteers are critical to this goal. The YMCA has in place a comprehensive pre-employment screening procedure to screen-out staff and volunteers not suited for working with children. Additionally, our staff and volunteers receive Child Abuse Prevention training and are required to adhere to a Code of Conduct, which

1. Prohibits them from being alone with a child at any point, including having planned contact with youth participants when they are off duty – including babysitting, play dates, and communication online.
2. Prohibits them from giving children any personal gifts or asking them to keep secrets.
3. Prohibits them from using their own vehicles to transport children.

Parents place their trust in the YMCA to help their children thrive.

OUR CORE VALUES – caring, honesty, respect and responsibility – are part of everything we do. Because of this, we place a great value on creating the most child-safe environment possible. Parents are seen as program partners so your feedback is important to us, especially as it relates to the staff Code of Conduct. Please contact a Professional Director by calling 201.955.5300 to share any observations, concerns, suggestions, and/or comments. You may also refer to our website for more information on this topic.

PROGRAM LOCATIONS

YPC – YMCA PROGRAM CENTER
375 Murray Hill Parkway, East Rutherford. Entrance at the front of building. PLENTY OF PARKING IN THE BACK! PROGRAM REGISTRATIONS AT YPC WILL BE TAKEN DURING HEALTHY LIVING PROGRAM HOURS (EXCEPT SACC & DAY CARE SERVICES).

DAY CARE – YMCA DAYCARE CENTER
436 Ridge Road, One block into North Arlington. Easy parking in lot for Arthur’s Court.

MEMORIAL CAMPUS
319 New York Avenue
Lyndhurst, NJ 07072

HERITAGE APARTMENT BUILDING
601 Riverside Avenue, Lyndhurst, NJ
From parking lot, enter into Recreation Room from the side of the building near Passaic River.

WRCC – WOOD-RIDGE CIVIC CENTER
495 Highland Avenue, Wood-Ridge (Corner of Hackensack Street and Highland Avenue)

JOCELYN TENNIS COURT – WOOD-RIDGE
From Hackensack St., turn west onto Wood-Ridge Avenue; turn right on Arnot Place; at end turn left on Jocelyn Avenue; court is at dead end.

PIERREPONT SCHOOL
70 East Pierrepont Avenue, Rutherford.

RUTHERFORD HIGH SCHOOL
56 Elliott Place, Rutherford. Pool Entrance is towards the right of the High School. See map above.

OFFICE LOCATIONS

YMCA REGISTRATION OFFICE & PROGRAM MANAGEMENT
436 Ridge Road, North Arlington
Registration for all programs at this location.
Hours: 8:30am-6pm Mon-Fri

YMCA EXECUTIVE OFFICE
375 Murray Hill Parkway, East Rutherford
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>9:30am-11:00am</td>
<td>Recreational Swim (adults &amp; Seniors only)</td>
<td>RHS Pool</td>
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<tr>
<td>Monday</td>
<td>9:30am-11:00am</td>
<td>Lap Swim</td>
<td>RHS Pool</td>
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<td>Monday</td>
<td>12:30pm-1:00pm</td>
<td>Meditation</td>
<td>Y Program Center</td>
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<td>Monday</td>
<td>6:00pm-7:00pm</td>
<td>Step Zumba</td>
<td>Y Program Center</td>
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<tr>
<td>Monday</td>
<td>7:00pm-8:00pm</td>
<td>Stott Pilates</td>
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<td>5:30pm-6:30pm</td>
<td>Total Body Conditioning</td>
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<td>Train Dirty Fitness Boot Camp</td>
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<td>Dance Aerobics</td>
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<td>12:30pm-1:00pm</td>
<td>Walking Club</td>
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<td>Wednesday</td>
<td>4:30pm-5:30pm</td>
<td>Summer Swim Club**</td>
<td>RHS Pool</td>
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<td>Wednesday</td>
<td>6:00pm-7:00pm</td>
<td>Yoga (all levels)</td>
<td>Y Program Center</td>
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<td>Zumba</td>
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<td>Belly Dance</td>
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<td>Zumba</td>
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<td>Summer Swim Club**</td>
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<td>Saturday</td>
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<td>Vinyasa Yoga</td>
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<td>Sunday</td>
<td>10:00am-11:00am</td>
<td>Train Dirty Fitness Boot Camp</td>
<td>Y Program Center</td>
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<td>Sunday</td>
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<td>Lap Swim</td>
<td>RHS Pool</td>
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<td>Sunday</td>
<td>11:00am-12:00pm</td>
<td>Recreational Swim (adults &amp; children)</td>
<td>RHS Pool</td>
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Schedule subject to change. **HLA member included, additional fee for children.
Class descriptions located in the brochure.
MEMBERSHIP INFORMATION

The YMCA is a membership organization, active in over 124 countries around the globe. With any of the various types of membership offered at the Meadowlands Area YMCA, an individual becomes part of the worldwide fellowship of men, women, and children. Additionally, membership entitles the member to a special member rate during the one-year membership period and a membership swim September through June (See schedule under Healthy Living - Aquatics).

HEALTHY LIVING MEMBERSHIP

Convenient monthly ongoing membership drafted from your debit or credit card. Minimum two (2) month commitment. **“My Y is Every Y” is included with all Healthy Living Memberships.**

Classes for Healthy Living Membership are available 7 DAYS A WEEK except for the following major holidays:

- LABOR DAY
- THANKSGIVING
- CHRISTMAS EVE & DAY
- NEW YEAR’S EVE & DAY
- EASTER SUNDAY
- MEMORIAL DAY
- 4TH OF JULY

ADULT MEMBERSHIP (HLA)

ADULT (18 YEARS AND UP)* $30 PER MONTH

Includes Program Membership, a variety of unlimited Land and Water classes and specific seminars/events. See Schedule for Class Dates and Times.

*20% DISCOUNT FOR SENIORS (AGES 62+) PRICE ALREADY REFLECTS DISCOUNT (SEE PAGE 3).

PROGRAM MEMBERSHIPS

<table>
<thead>
<tr>
<th>YOUTH</th>
<th>$20 per year</th>
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<tr>
<td>ADULT (18+)</td>
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<td>SENIOR (62+)</td>
<td>$22 per year</td>
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<td>FAMILY OF 3</td>
<td>$45 per year</td>
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<tr>
<td>EACH ADDITIONAL MEMBER</td>
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</tbody>
</table>

Membership term is 1 year from the payment date. Benefits of a Meadowlands Area YMCA membership include reduced rates on most classes as well as membership swim at the Rutherford High School pool on Sundays during the school year. Some programs require membership for enrollment for the duration of the class or program.

LIMITED MEMBERSHIPS

AQUATICS LESSON PRACTICE PASS – $20/10 VISITS

Practice what you learned in swim lessons at Summer Swim Club. Children 8 years and younger must have an adult swim with them, this adult swims at no additional charge (must be currently enrolled in swim lessons). MUST BE PURCHASED AT YMCA REGISTRATION OFFICE IN NORTH ARLINGTON.

AQUATICS TRIAL MEMBERSHIPS – $39/4 WEEKS

Four week membership in your choice of Family Swim, Adult Swim or Senior Swim (only one trial membership permitted in a 6 month period.)

AQUATICS TRIAL MEMBERSHIPS – $39/4 WEEKS

HEALTHY LIVING GUEST PASS – $10/CLASS

Guests may visit the Y up to three times for 3 classes (HLA Membership Land and Water Classes Only). Guests are required to sign a waiver. The Y reserves the right to the number of guests in the building at any given time.

MY Y IS EVERY Y

ANOTHER GREAT REASON TO BE A YMCA MEMBER!

Your Meadowlands YMCA healthy living adult membership card now provides you free access to most YMCA in New Jersey!

The Y is for healthy living and we want you to stay active and keep moving! So get out and explore New Jersey, visit friends and relatives, and remember to take your Meadowlands Y membership card with you!

THE MY Y IS EVERY Y PROGRAM IS AVAILABLE TO HEALTHY LIVING MEMBERS ONLY AND IS NOT AVAILABLE FOR ANY OTHER MEMBERSHIP CATEGORIES.

Meadowlands Y members visiting other participating Y’s must present a valid Healthy Living membership card. Members visiting the Meadowlands Y from other Y’s must present valid membership cards to enjoy use of the Meadowlands Y fitness classes and open swim times.

RESTRICTIONS MAY APPLY SO PLEASE CONTACT PARTICIPATING Y’S BEFORE YOUR VISIT.
Pre-school swim lessons  Ages 3 Years - 5 Years
Instructor to child ratio is 1:6.

PIKES Beginner Swimmer
Beginners who cannot swim without a flotation device (swim belt) should be placed in this level. Children will develop safe pool behavior, adjust to the water and learn independent movement in the water. They are taught how to put their face in the water, blow bubbles, kicking, basic arm motions and pool safety.

EELS Confidence Builder
Children who enter this level are already comfortable in the water. They will build confidence by being more independent while learning how to float and progress to advanced paddle stroke. As the class progresses, flotation device will be slowly taken off to encourage independence in the water. Using flotation devices, students will be able to swim half a pool length at the end of this level.

RAYS Advanced Beginner
Students will be introduced to treading water, jumping in deeper water, and progress to using out of water arm motions. They will gain endurance on their front and their backs which will lead to the ability to swim half the length of the pool with little assistance by the end of this level. Students in this level will use flotation devices very sparingly.

YMCA Members: $128  Non-YMCA Members: $142

See Page 7 for days and times.

Recreational swim, water exercise on page 17

Teen & adult swim lessons on page 18
SCHOOL AGE SWIM LESSONS

Participants who are new to our program will need to be swim tested to determine the appropriate level. Swim Tests are Thursdays from 5:15pm – 5:30pm

Pre-requisites for all levels are based on report cards given at the end of the session. Only students who successfully pass all skills will move to the next level.

YMCA MEMBERS: $128
NON YMCA MEMBERS: $142

POLLIWOG 1
Instructor to student ratio is 1:6
This level gets first time swimmers acquainted with the water. Using flotation devices they will learn to blow bubbles, float, kick, glide, and get introduced to the deep end. Safety skills and pool rules are also taught.

POLLIWOG 2
Instructor to student ratio is 1:6
Using limited flotation devices this level is built for participants to gain confidence. Streamline, front and back glides, paddle stroke and treading water will be done independently. Children will be able to swim half the length of the pool without flotation devices by the end of this course.

GUPPY 1
Instructor to student ratio is 1:8
Students will be introduced to basic freestyle, backstroke and elementary backstroke. Sitting dives are also taught in this level while bobs, bubbles and glides are refined.

GUPPY 2
Instructor to student ratio is 1:8
Rotary breathing is introduced with a focus on proper body alignment while breaststroke kick and arms are also taught. Dives are worked on while swimming in deep water is incorporated more into each lesson.

MINNOW
Instructor to student ratio is 1:10
Swimmer’s strokes during this level will begin to become more efficient. Freestyle, backstroke, and elementary backstroke are reviewed and worked on while sidestroke is introduced. Students will be able to complete 2 lengths of the pool without stopping by the end of this class.

FISH
Advanced Intermediate
Instructor to student ratio is 1:10
Endurance is key focus in this level. All portions of butterfly are introduced along with sidestroke and all other strokes are refined. Flip turns and standing dives are taught and students will be able to complete 4 lengths of the pool without stopping by the end of this class.

FLYING FISH
Advanced Swimmer
Instructor to student ratio is 1:10
All competitive strokes and non competitive strokes are perfected and endurance is worked on. Surface dives are taught with proper flip turns. Students will be able to complete 6 lengths of the pool without stopping by the end of this class.

SHARK
Advanced Swimmer
Instructor to student ratio is 1:12
This level is ideal for the swimmer who wants to swim recreationally or potentially move towards joining a swim team. Proper starts and turns, all 4 competitive strokes, sidestroke, and elementary backstroke are all reviewed. Individual medleys, reaching assists and survival skills are introduced; students will be able to complete 8 lengths of the pool without stopping by the end of this class.

STAR FISH
Special Needs
Instructor to student and parent pairs ratio is 1:5
The Star Fish class is designed for children of all ages with moderate to severe neurological, physical or social challenges. The program is overseen by instructors who will be in the water offering assistance in learning how to swim and teaching exercises to do with the child in the water. An adult must accompany the child in the water, classes run once a week for 7 weeks. This is a 30 minute class.

YMCA MEMBER $137
NON YMCA MEMBER $150

PRIVATE LESSONS
One-on-one instruction with a certified instructor is designed to encourage swimmers at any level. Lesson times are limited and are first come first served. Packages are sold in sets of 4 and must be used within a 5 week period.

PRIVATE SWIM LESSONS WILL BE CONDUCTED BETWEEN HOURS LISTED BELOW. Please call Megan White 201.955.5300 ext 13 or email at mwhite@meadowlandsymca.org to fill out registration form.

TUESDAY & THURSDAY - 5:30PM – 7:30PM
FRIDAY - 4:30PM – 6:00PM
SATURDAY - 2:30PM – 4:00PM
SUNDAY - 3:00PM - 4:00PM
YMCA MEMBER $221
NON YMCA MEMBER $248

HAVE YOU HEARD ABOUT OUR SWIM LESSON PRACTICE PASS?
Children who practice what they learn in swim class reinforce their lessons and learn faster. For an additional $20.00 your child can have 10 visits during Summer Swim Club.
WHAT A BARGAIN!!!!

GIRL SCOUT & BOY SCOUT GROUPS
We have pool time and fitness programs available to work on badges and skills. Call 201.955.5300 ext 13 for more information.

ALSO AVAILABLE: FIRST AID AND BASIC AID TRAINING CLASSES (SEE PAGE 22).
# SUMMER SWIM LESSONS SCHEDULE

**WEEKDAY SWIM LESSONS: MEET 7 CONSECUTIVE WEEKDAYS EXCEPT FOR FRIDAYS.**
**SESSIONS A & B: RUN ONCE A WEEK FOR 7 WEEKS ON SATURDAY OR SUNDAY.**

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<thead>
<tr>
<th>Session A</th>
<th>Session B</th>
<th>Session C, D, E, F &amp; G</th>
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COMPETITIVE SWIM PROGRAMS

STINGRAYS SWIM TEAM

STINGRAYS TRYOUTS: MONDAY, JUNE 15, 2015 5:30PM – 7:30PM
RUTHERFORD HIGH SCHOOL POOL

Fee: $5.00 Try-out fee for all new swimmers
TEAM REGISTRATION AVAILABLE DURING TRYOUT HOURS!

*The total fee includes a Summer Swim Club membership for one adult and the team member(s), a swim team T-shirt and swimming cap for each team member and bus transportation to and from the dual swim meets. In order to meet eligibility requirements, all swim team participants must be current Family Members of the YMCA’s Summer Swim Club, which will allow the swim team participants to practice their skills on their own every day of the week.

The Stingrays Swim Team is for intermediate and advanced swimmers ranging in age from 6-18 years old. The Stingrays compete in dual meets throughout the season as well as a weeklong championship meet against other local teams.

<table>
<thead>
<tr>
<th>Group</th>
<th>Fee if registered on or before June 15, 2015</th>
<th>Fee if registered after June 15, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Child</td>
<td>$389</td>
<td>$409</td>
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<tr>
<td>Additional Child</td>
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</table>

STINGRAYS PRACTICE SCHEDULE

<table>
<thead>
<tr>
<th>Group</th>
<th>Practice</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>Evenings: Mon - Fri</td>
<td>5:30pm – 6:30pm</td>
</tr>
<tr>
<td></td>
<td>June 22 - 26</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mornings: Mon - Fri</td>
<td>8:00am – 9:15am</td>
</tr>
<tr>
<td></td>
<td>Starting June 29</td>
<td></td>
</tr>
<tr>
<td>Senior</td>
<td>Evenings: Mon - Fri</td>
<td>6:30pm – 7:45pm</td>
</tr>
<tr>
<td></td>
<td>June 22 - 25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mornings: Mon - Fri</td>
<td>6:45am – 8:15am</td>
</tr>
<tr>
<td></td>
<td>Starting June 29</td>
<td></td>
</tr>
</tbody>
</table>

SUMMER SWIM CLUB

RECREATIONAL SWIM PROGRAMS RUN JULY 1 – AUGUST 28, 2015.

LONGER SWIM SEASON! MORE HOURS!

Summer Swim Club is for all ages and the entire family. Enjoy a relaxing time at the pool and socializing with new and old friends. Children under 12 years old must be accompanied by an adult in the pool area. Children who are 8 years or younger and non-swimmers must have an adult in the water within arm’s distance from them.

SUMMER SWIM CLUB HOURS

<table>
<thead>
<tr>
<th>SUMMER SWIM CLUB</th>
<th>SUN</th>
<th>MON, TUE, WED, &amp; THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1:45PM – 3:00PM</td>
<td>2:00PM – 7:30PM</td>
<td>4:30PM – 7:30PM</td>
<td>1:30PM – 3:00PM</td>
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SUMMER SWIM CLUB

<table>
<thead>
<tr>
<th>Group</th>
<th>YMCA Members</th>
<th>Non–YMCA Members</th>
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</thead>
<tbody>
<tr>
<td>Youth</td>
<td>$104</td>
<td>$112</td>
</tr>
<tr>
<td>Adult</td>
<td>$154</td>
<td>$160</td>
</tr>
<tr>
<td>Family: 1 Adult &amp; 1 Youth</td>
<td>$258</td>
<td>$272</td>
</tr>
<tr>
<td>Family: 1 Adult &amp; 2 Youth</td>
<td>$362</td>
<td>$384</td>
</tr>
<tr>
<td>Family: 2 Adult &amp; 1 Youth</td>
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<td>$432</td>
</tr>
<tr>
<td>Family: 2 Adult &amp; 2 Youth</td>
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<td>$544</td>
</tr>
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POOL CLOSED: FRIDAY 7/3 & SATURDAY 7/4

RUTHERFORD HIGH SCHOOL POOL

VOLUNTEER OPPORTUNITIES AT THE Y

We have various positions available in various departments. We need assistance as door attendants, file clerks, instructors and aides. The commitment can be as long or as short as your schedule permits. Positions are available for those who are 13 and older. This is ideal for those who need volunteer hours for graduation, scouts, or for the retiree who is looking to keep busy. Training is given for all positions. If you are interested please contact Katrina Auer, at 201.955.3300 ext. 10.
UNPLUG & CONNECT
WHERE KIDS UNPLUG FROM ELECTRONICS AND CONNECT WITH EACH OTHER

AGES 3-15

SUMMER CAMP ACTIVITIES
Swimming
Hiking
Bowling
Skating
Basketball
Water Parks

Miniature Golf
Theme Days
Board Games
Fashion Shows
Sandcastles
BBQ’s

NY City Trips
Arts & Crafts
Bumper Balls
Velcro Dodgeball

For more information about our schedules, please check our website: www.YMCAinfo.org

DON’T WANT YOUR KIDS TO TRAVEL?
CAMP ROCK
NEW NON-TRAVEL CAMP!

CAMP ROCK Day Camp is located at McKenzie School in EAST RUTHERFORD. This camp facility is fully air conditioned with use of a gymnasium as well as a park and field right outside its doors. It is a full-day camp experience that provides a morning and afternoon snack for your child and offers a lunch option for your convenience. This camp is designed with a wide range of activities guaranteed to expand your child’s horizons. Kids have fun while making new friends, developing new skills, learning core values, building self-confidence, appreciating team work and growing in self-reliance.

CAMPS LOCATIONS:
Kiddie Kamp: N. Arlington
Youth Camp: Rutherford
E. Rutherford
Cliffside Park
Wood-Ridge
Teen/Tween Camp: Rutherford

WHAT’S NEW IN 2015
cool off with our “FROZEN” CAMP FEES

- Camp Rock – Non-Travel Camp
- Extended Camp Hours & Dates
- Lunch Options
- New Site Locations
- Air Conditioned Sites
- Easy Payments
- Register Early & Save
YOUTH DEVELOPMENT  Nurturing the potential of every child and teen

PRESCHOOL ACTIVITY CLASSES

6 WEEK PROGRAMS, EXCEPT WHERE MENTIONED AT YPC. SEE GRID ON PAGE 11 FOR TIMES, SCHEDULES AND FEES.

MOVERS & SHAKERS  AGES 1–2 ½ YEARS
Here is an opportunity for children to express themselves through music and the movement of dance. They will learn how to socialize with their friends and practice following basic directions. We’ll practice walking, jumping, wiggling, and dancing as we enjoy songs, rhymes, finger plays, and toys with a little time left over for free-play.

PRESCHOOL PREP  AGES 3–5
The best way to learn is to do it in a fun way. What better way to do that than with some exciting games, educational books, wonderful art projects, and songs about our favorite things. We’ll keep busy with circle time exercises, flash cards, make-believe, finger plays and rhymes and toys. The children will also improve their social skills by sharing, taking turns and respecting our friends.

TINY TUTUS  AGES 2–4  5 Week Program
Beautiful music and graceful movements make this class for little ballerinas a great way to play with their friends. Stretching and basic beginner steps will be introduced with some other playful dances.

LITTLE PICASSOS  AGES 2–4
Discover art hands on through coloring, gluing, painting, stories and more. We’ll learn that books, games, songs, and holidays are all great inspirations for artwork. Each week we will use some traditional art supplies as well as some surprises! Some weeks you will take home a "refrigerator masterpiece", other weeks it’s all about exploring the medium.

COOKING UP A STORY  AGES 2–5
From the pages of a story book to the tummy filled with yummy is what you can expect from this class. We will read recipes, measure ingredients and follow instructions to create our very own snack, lunch or treat just like the characters in the stories. We will eat what we prepare and bring our recipes home to share with our family and friends.

PRESCHOOL MAD SCIENCE  Ages 3–5
Shockingly Sticky Science
In Shockingly Sticky Science, your child will learn Watts-Up with electricity and build their own static tubes, learn the marvels of magnets in Magnetic Magic as they construct their own Magnet Maze, and get sticky with polymers while we stretch it out with slime! We will explore all of our senses in Tantalizing Taste as we create our own soda pop; they will use their ears in Sonic Sounds and take home a very cool sonic horn! Don't look now...or well ... actually do look, as we use our eyes in Optical Illusions and create their own periscope. Just when they thought they’ve had all of the awesome science they can handle, it's time for Lights...Color...ACTION!! as we create indoor fireworks and lighten things up with fantastic lights and color displays, and as a grand finale to this amazing program the kids will learn all about heat and get to make their own cotton candy to eat!! This program promises to be educational and entertaining, so don’t miss out on Shockingly Sticky Science!!!!

Visit Our website to register online for ALL Preschool Activities: www.YMCAinfo.org

P 855.788.YMCA    F 201.955.2055    www.YMCAinfo.org
YOUTH DEVELOPMENT  Nurturing the potential of every child and teen

SUMMER 2015 PROGRAM GRID

PRE-SCHOOL ACTIVITIES

6 WEEKS PROGRAMS, EXCEPT WHERE MENTIONED.

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Weeks</th>
<th>YMCA Member</th>
<th>Non-YMCA Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Itsy Bitsy Sports</td>
<td>Mon</td>
<td>9:30am - 10:15am</td>
<td>6/29</td>
<td>6</td>
<td>$72</td>
<td>$77</td>
</tr>
<tr>
<td>Little Picassos</td>
<td>Mon</td>
<td>10:30am - 11:15am</td>
<td>6/30</td>
<td>6</td>
<td>$63</td>
<td>$69</td>
</tr>
<tr>
<td>Preschool Mad Science</td>
<td>Mon</td>
<td>1:00pm - 2:00pm</td>
<td>6/29</td>
<td>6</td>
<td>$149</td>
<td>$163</td>
</tr>
<tr>
<td>Art Gymnasia</td>
<td>Mon</td>
<td>9:30am - 10:15am</td>
<td>6/30</td>
<td>6</td>
<td>$75</td>
<td>$80</td>
</tr>
<tr>
<td>Movers &amp; Shakers</td>
<td>Tue</td>
<td>9:30am - 11:15am</td>
<td>6/29</td>
<td>6</td>
<td>$72</td>
<td>$77</td>
</tr>
<tr>
<td>TGA Preschool Tennis</td>
<td>Tue</td>
<td>11:30am - 12:15pm</td>
<td>6/30</td>
<td>6</td>
<td>$99</td>
<td>$109</td>
</tr>
<tr>
<td>Cooking Up A Story</td>
<td>Wed</td>
<td>9:30am - 10:15am</td>
<td>7/1</td>
<td>6</td>
<td>$75</td>
<td>$80</td>
</tr>
<tr>
<td>Preschool Prep</td>
<td>Wed</td>
<td>10:30am - 11:15am</td>
<td>7/1</td>
<td>6</td>
<td>$75</td>
<td>$80</td>
</tr>
<tr>
<td>Sports Soccer Plus</td>
<td>Wed</td>
<td>11:30am - 12:15pm</td>
<td>7/1</td>
<td>6</td>
<td>$75</td>
<td>$80</td>
</tr>
<tr>
<td>Movers &amp; Shakers</td>
<td>Thu</td>
<td>9:30am - 10:15am</td>
<td>7/2</td>
<td>6</td>
<td>$63</td>
<td>$69</td>
</tr>
<tr>
<td>Little Picassos</td>
<td>Thu</td>
<td>10:30am - 11:15am</td>
<td>7/2</td>
<td>6</td>
<td>$63</td>
<td>$69</td>
</tr>
<tr>
<td>Tiny Tutus</td>
<td>Fri</td>
<td>9:30am - 10:15am</td>
<td>7/10</td>
<td>5</td>
<td>$53</td>
<td>$57</td>
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<tr>
<td>Preschool Ballet</td>
<td>Fri</td>
<td>10:30am - 11:15am</td>
<td>7/10</td>
<td>5</td>
<td>$53</td>
<td>$57</td>
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</table>

**JUNIOR METRO SOCCER ACADEMY CAMP**

**3-6 YEARS**  **MONDAY-FRIDAY**  **1:00PM-2:00PM**

**RUTHERFORD HIGH SCHOOL FIELD, RUTHERFORD**

Led by Mike Vivino, the current New Jersey City University Women’s Soccer Coach, Metropolitan Soccer Academy and the Meadowlands Area YMCA are proud to announce 2 weeks of their Summer Soccer Camp. Each week of camp for ages 3-6 will feature skills training, tactical and team training, as well as small sided games. Teams are welcome. Groups of 8 or more from one team will be assigned their own trainer for the week. Contact us for more details. Each player will receive a t-shirt.

**ALL CAMPERS MUST BRING THE FOLLOWING:**
- Shin guards
- Soccer ball
- Water bottle
- Bagged lunch

**SESSION I:**
- JULY 20- JULY 24
- YMCA Member-$79
- Non-YMCA Member-$88

**SESSION II:**
- AUGUST 3 – AUGUST 7
- YMCA Member-$79
- Non-YMCA Member-$88

**PRE-SCHOOL CHILDCARE**

**DAYCARE AND MORNING OR AFTERNOON ENRICHMENT**

**TODDLER/PRE-SCHOOL**

**18 MONTHS – 5 YEARS OLD**

**MONDAY THROUGH FRIDAY**

**7:00AM-6:30PM, 9:00AM-NOON OR 3:00PM-6:00PM**

Our preschool/daycare services offer full and half day options. Choose 2-5 days per week. Your child will love our preschool’s curriculum; every day will be a new adventure. If you would like to take a tour or get more information about pricing, please call 201 955-5300 x 29.

YMCA Day Care Center Location:

**YOUTH DEVELOPMENT** Nurturing the potential of every child and teen

**YOUTH ACTIVITY & SPORTS CLASSES**

6 WEEK PROGRAMS. PLEASE SEE GRID ON PAGE 13 FOR LOCATIONS, DATES AND TIMES.

**TENNIS** Ages 6-8, 9-13 & Intermediate (6-13)
Beginner tennis lessons will cover all the basics like grip, forehands, serves, backhands, volleys, footwork and rules of the game. Children MUST provide their own racket! Class size is limited to 8 students per age group.

**NERF SOCCER** AGES 4-6
Players will work on skills and learn the game in a fun relaxed atmosphere!

**GUITAR 1 & 2** AGES 5-8 & 9-13
Bring your guitar to class and learn to play melody and rhythm. Songs are learned weekly and must be practiced at home. Students must have or be willing to rent a guitar, and should bring the Mel-Bay Book 1 for Guitar as a basis for reading music. Show your family what you learned!

**CREATIVE ARTS 1** AGES 5-9
Each class will focus on a different segment of the arts. The students will learn about painting, drawing with charcoal, sculpting, and more. As they progress in class the students can continue to grow into Creative Arts 2.

**CREATIVE ARTS 2** AGES 7-12
Similar to Creative Art 1, the students will work on many artistic techniques. This class will include more advanced skills to allow each student to enhance their own artistic capability.

**CREATIVE CHEFS** AGES 5-9
We’ll make all kinds of fun and tasty things in this beginner chefs class. We’ll start with some basics, like pigs-in-blankets and chocolate-covered strawberries, then try out some specialty appetizers as we make quesadillas, smoothies and lots more. We’ll eat what we make, but you’ll bring home the recipes so you can show what you learned!

**LEGO MANIA 1 & 2** AGES 4-6 & 7-10
Calling all Lego fans! Each week your creativity will be challenged, as you are assigned to design something new. From spaceships to animals, from race cars to castles, you’ll be making all kinds of cool structures. Whether we build by ourselves or in groups, we’ll build some amazing things! We’ll take pictures of you with each creation and send them to you to enjoy recreating on your own.

**PHOTOGRAPHY** AGES 5-9
Got the photography bug? Bring your digital camera to class, and learn how to put it to good use. After learning what all the buttons are for, we’ll take lots of pictures, and explore what makes a “good” picture and what makes a “bad” one. We’ll play some photo games and make some crafts to display our favorite shots.

**TGA INDOOR TENNIS** AGES 6-8
Kid-friendly instructors help students develop tennis skills and knowledge, while using the sport to teach valuable life lessons like honesty and sportsmanship. Sign up today to experience all the fun and excitement of tennis class with TGA!

**TGA PREMIER JUNIOR GOLF** AGES 5 –10
TGA BRINGS THE GOLF COURSE TO YOU! Kid-friendly instructors help students develop golf skills and knowledge, while using the sport to teach valuable life lessons like honesty and sportsmanship. All Equipment included.

**INTRO TO SPORTS**
Our Intro to Sports program allows young children to get introduced to many different sports. We have a fun filled program that will allow the kids to learn, exercise, and have fun all at the same time. We will also focus on team work and how working together is more productive than working alone. Our programs will show your child the joy of sports.

**SOCCER 1** AGES 4-6
Rutherford High School Field, Rutherford

**BASEBALL/T-BALL** AGES 4-6
Rutherford High School Field, Rutherford

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**WONDER WEEK**

5-9 YEARS
MONDAY–FRIDAY
9:00AM–12:00PM OR 9:00AM–3:30PM

Wonder Week is the Meadowlands newest action-packed 5-day camp for kids ages 5-9. Activities include sports, arts & crafts, Legos, cooking, games, and science. Full Day bring your lunch! Fee includes a special “Wonder Week” t-shirt. Half and Full day camp is available.

**Y PROGRAM CENTER, EAST RUTHERFORD**

HALF DAY: YMCA MEMBER: $159 NON–YMCA MEMBER: $179
FULL DAY: YMCA MEMBER $279 NON–YMCA MEMBER: $299

AUGUST 10 – AUGUST 14
# Summer 2015 Youth Activities

**6 Weeks Programs.**

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>Location</th>
<th>Ages</th>
<th>YMCA Member</th>
<th>Non-YMCA Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Arts 1</td>
<td>Mon</td>
<td>6:00pm - 7:00pm</td>
<td>6/29</td>
<td>YPC</td>
<td>5-9 yrs</td>
<td>$85</td>
<td>$94</td>
</tr>
<tr>
<td>Soccer 1</td>
<td>Mon</td>
<td>6:00pm - 7:00pm</td>
<td></td>
<td>RHS</td>
<td>4-6 yrs</td>
<td>$80</td>
<td>$85</td>
</tr>
<tr>
<td>Creative Arts 2</td>
<td>Mon</td>
<td>7:00pm - 8:00pm</td>
<td></td>
<td>YPC</td>
<td>7-12 yrs</td>
<td>$85</td>
<td>$94</td>
</tr>
<tr>
<td>TGA Indoor Tennis</td>
<td>Tue</td>
<td>12:15pm - 1:00pm</td>
<td>6/30</td>
<td>YPC</td>
<td>6-8 yrs</td>
<td>$99</td>
<td>$109</td>
</tr>
<tr>
<td>Soccer 1</td>
<td>Tue</td>
<td>6:00pm - 7:00pm</td>
<td></td>
<td>RHS</td>
<td>4-6 yrs</td>
<td>$80</td>
<td>$85</td>
</tr>
<tr>
<td>Creative Chefs</td>
<td>Tue</td>
<td>6:00pm - 7:00pm</td>
<td></td>
<td>YPC</td>
<td>5-9 yrs</td>
<td>$85</td>
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<td>Lego Mania 1</td>
<td>Wed</td>
<td>3:30pm - 4:30pm</td>
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<td>YPC</td>
<td>4-6 yrs</td>
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<td>$68</td>
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<tr>
<td>Lego Mania 2</td>
<td>Wed</td>
<td>4:30pm - 5:30pm</td>
<td></td>
<td>YPC</td>
<td>7-10 yrs</td>
<td>$63</td>
<td>$68</td>
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<tr>
<td>T-Ball/Baseball</td>
<td>Wed</td>
<td>6:00pm - 7:00pm</td>
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<td>RHS</td>
<td>4-6 yrs</td>
<td>$80</td>
<td>$85</td>
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<tr>
<td>Photography</td>
<td>Thu</td>
<td>6:00pm - 7:00pm</td>
<td>7/2</td>
<td>YPC</td>
<td>5-9 yrs</td>
<td>$87</td>
<td>$96</td>
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<td>TGA Premier Jr. Golf</td>
<td>Thu</td>
<td>6:00pm - 7:00pm</td>
<td></td>
<td>RHS</td>
<td>8-10 yrs</td>
<td>$99</td>
<td>$109</td>
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<tr>
<td>Tennis 1</td>
<td>Sat</td>
<td>8:30am - 9:15am</td>
<td>7/11</td>
<td>Jocelyn</td>
<td>6-8 yrs</td>
<td>$82</td>
<td>$87</td>
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<tr>
<td>Tennis 2</td>
<td>Sat</td>
<td>9:15am - 10:00am</td>
<td></td>
<td>Jocelyn</td>
<td>9-13 yrs</td>
<td>$82</td>
<td>$87</td>
</tr>
<tr>
<td>Tennis Intermediate</td>
<td>Sat</td>
<td>10:00am - 11:00am</td>
<td></td>
<td>Jocelyn</td>
<td>9-13 yrs</td>
<td>$109</td>
<td>$116</td>
</tr>
<tr>
<td>Guitar 1</td>
<td>Sat</td>
<td>10:10am - 11:10am</td>
<td></td>
<td>YPC</td>
<td>5-8 yrs</td>
<td>$76</td>
<td>$81</td>
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<tr>
<td>Nerf Soccer</td>
<td>Sat</td>
<td>10:30am - 11:30am</td>
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<td>YPC</td>
<td>4-6 yrs</td>
<td>$80</td>
<td>$85</td>
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<tr>
<td>Guitar 2</td>
<td>Sat</td>
<td>11:10am - 12:40pm</td>
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<td>YPC</td>
<td>9-13 yrs</td>
<td>$112</td>
<td>$119</td>
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</tbody>
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**TGA Golf Camp**

**5-9 Years**

**Monday-Friday**

9:00am-12:00pm

TGA BRINGS THE GOLF COURSE TO YOU making it convenient and affordable to learn and play in a fun and safe environment. Kid-friendly instructors help students develop golf skills and knowledge, while using the sport to teach valuable life lessons like honesty and sportsmanship. Sign up today to experience all the fun and excitement of golf class with TGA!

**Y Program Center, East Rutherford**

**August 10 - August 14**

YMCA Member: $150  
Non-YMCA Member: $168

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**Metro Soccer Academy Camp**

**7-14 Years**

**Monday-Friday**

9:00am-2:00pm

**Rutherford High School Field, Rutherford**

Led by Mike Vivino, the current New Jersey City University Women's Soccer Coach, Metropolitan Soccer Academy and the Meadowlands Area YMCA are proud to announce 2 weeks of their Summer Soccer Camp. Each week of camp for ages 7-14 will feature skills training, tactical and team training, as well as small sided games. Teams are welcome. Groups of 8 or more from one team will be assigned their own trainer for the week. Contact us for more details. Each player will receive a t-shirt.

**All Campers Must Bring the Following:**

- Shin Guard
- Soccer Ball
- Water Bottle
- Bagged Lunch

**Session I:**

**July 20 - July 24**

YMCA Member: $195  
Non-YMCA Member: $215

**Session II:**

**August 3 - August 7**

YMCA Member: $195  
Non-YMCA Member: $215
BROADEN YOUR HORIZONS THIS SUMMER AT PIERREPONT SCHOOL, RUTHERFORD

Lunch Break is from 12:00pm (Noon) to 12:30pm and is supervised by YMCA staff. Participants must pack a brown bag lunch.

All supplies and equipment are included, except where mentioned below.

SESSION I: RUNS MONDAY – FRIDAY STARTING JUNE 29TH – JULY 10TH (NO CLASS ON 7/3)
SESSION II: RUNS MONDAY – FRIDAY STARTING JULY 13TH – JULY 31ST

LEGOS
AGES 5-8
Calling all Lego fans! Each week your creativity will be challenged, as you are assigned to design something new each class. Our new Lego men will ride the spaceships and race cars, you’ll also be making all kinds of cool structures. Whether we build by ourselves or in groups, we’ll build some amazing things! We’ll take pictures of you with each creation and send them to you to enjoy recreating on your own.

SESSION I: YMCA MEMBER: $89  NON-YMCA MEMBER: $98
SESSION II: YMCA MEMBER: $129  NON-YMCA MEMBER: $139

ORIGAMI
AGES 8-12
Let’s transform a plain piece of paper into a unique and three dimensional object, animal, or flower, with this traditional Japanese art. Paper folding is a wonderful hobby for kids, as it has many benefits for socialization and development of young minds. Kids love to watch an ordinary piece of paper transform into a work of art. Let your imagination run wild!

SESSION I: YMCA MEMBER: $89  NON-YMCA MEMBER: $98
SESSION II: YMCA MEMBER: $129  NON-YMCA MEMBER: $139

KID’S JAM
AGES 5-8 & 8-12
A fun and engaging fitness class set to high energy pop music. Combines games, dance movements, aerobics and partnering with a light stretch warm up and cool down. This is an encouraging class with a focus on getting your child the exercise they need while having fun.

SESSION I: YMCA MEMBER: $89  NON-YMCA MEMBER: $98
SESSION II: YMCA MEMBER: $129  NON-YMCA MEMBER: $139

CREATIVE CHEFS
AGES 5-8
We’ll make all kinds of fun and tasty things in this beginner chef class. We’ll start with some basics like pigs-in-blankets and chocolate-covered strawberries, then try out some specialty cuisines as we make quesadillas, smoothies and lots more. We’ll eat what we make, but you’ll bring home the recipes so you can show your family what you learned!

SESSION I: YMCA MEMBER: $89  NON-YMCA MEMBER: $98
SESSION II: YMCA MEMBER: $129  NON-YMCA MEMBER: $139

MIXED MEDIA
AGES 5-8
Beyond “Arts and Crafts”, you’ll find Mixed Media, which will teach you how to turn almost anything into art. Focusing on 2-D and 3-D work, this class will involve collages, masks, sculptures– even installation art. You’ll learn how to channel your own creativity (no kits involved).

SESSION I: YMCA MEMBER: $89  NON-YMCA MEMBER: $98
SESSION II: YMCA MEMBER: $129  NON-YMCA MEMBER: $139

CAN YOU BUILD IT?
AGES 5-8
We will use creative ideas to build simple designs. From Lego blocks to cards, you’ll learn interesting and fun techniques and we will make take-home projects from kits as well. If you like the idea of building and design, come have fun with us!

SESSION I: YMCA MEMBER: $89  NON-YMCA MEMBER: $98
SESSION II: YMCA MEMBER: $129  NON-YMCA MEMBER: $139

DIGITAL PHOTOGRAPHY
AGES 8-12
Got the photography bug? Bring your digital camera to this 2 hour class, and learn how to put it to good use. After learning what all the buttons are for, we’ll take lots of pictures, and explore what makes a “good” picture and what makes a “bad” one.

SESSION I: YMCA MEMBER: $162  NON-YMCA MEMBER: $172
SESSION II: YMCA MEMBER: $266  NON-YMCA MEMBER: $278

3-D SET DESIGN
AGES 6-12
Come join us as we enter the wonderful world of Set Design. In this exciting 2 hour class, you will create Costume Jewelry and set design for our production of “Golly Gee Whiz” and the “Variety Show”. If you like the idea of building and design, come have fun with us! Actors and Actresses are welcome! This is a great supplement to Musical Theatre Camp.

SESSION I: YMCA MEMBER: $162  NON-YMCA MEMBER: $172
SESSION II: YMCA MEMBER: $266  NON-YMCA MEMBER: $278

<table>
<thead>
<tr>
<th>Class</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Creative Chefs</td>
<td>5-8</td>
<td>9:00am – 10:00am</td>
</tr>
<tr>
<td>Can You Build It?</td>
<td>5-8</td>
<td>10:00am – 11:00am</td>
</tr>
<tr>
<td>Mixed Media</td>
<td>5-8</td>
<td>11:00am – 12:00pm</td>
</tr>
<tr>
<td>Lunch Break</td>
<td></td>
<td>Supervised By YMCA Staff</td>
</tr>
<tr>
<td>Legos</td>
<td>5-8</td>
<td>12:30pm – 1:30pm</td>
</tr>
<tr>
<td>Kid’s Jam</td>
<td>5-8</td>
<td>1:30pm – 2:30pm</td>
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<tr>
<td>Origami</td>
<td>8-12</td>
<td>9:00am – 10:00am</td>
</tr>
<tr>
<td>3-D Set Design*</td>
<td>6-12</td>
<td>10:00am – 12:00pm</td>
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<tr>
<td>Lunch Break</td>
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<td>Supervised By YMCA Staff</td>
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<tr>
<td>Kid’s Jam</td>
<td>8-12</td>
<td>12:30pm – 1:30pm</td>
</tr>
<tr>
<td>Digital Photography*</td>
<td>8-12</td>
<td>12:30pm – 2:30pm</td>
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</tbody>
</table>

*2-Hour Programs!
SCIENCE DISCOVERY CAMP
5-10 YEARS
MONDAY-FRIDAY
12:30PM-3:30PM

If you like to figure out how things work and try new experiments, then you’ll love our Science Discovery Camp. We’ll explore all sorts of topics, from water and air pressure to ooey-gooey concoctions. You’ll make a simple robot, and learn new uses for household items, while having lots of fun with these experiments. Volcanoes, tornadoes, potatoes and more are featured in this fun camp. Campers will receive instruction in age-appropriate activities.

Location: Pierrepont School, Rutherford

SESSION I:
JUNE 29 - JULY 10
No Camp 7/3
YMCA Member-$271
Non-YMCA Member-$284

SESSION II:
JULY 13 - JULY 31
YMCA Member-$394
Non-YMCA Member-$408

SESSION I & II:
YMCA Member- $599
Non-YMCA Member- $623

HOBBY QUEST SPECIALTY CAMPS

Y PROGRAM CENTER, EAST RUTHERFORD
AUGUST 24 - AUGUST 28

Our brand new Hobby Quest Specialty Camp will bring out all your little one’s talents and teach them unique skills in their crafts. Lunch Break is from 12:00pm (Noon) to 12:30pm and is supervised by YMCA staff.

Participants must pack a brown bag lunch.

SIGN UP FOR MAGICIANS & FASHIONISTA (BOTH) CAMP – MAKE IT A FULL DAY!
YMCA MEMBER: $365
NON-YMCA MEMBER: $385

MAGICIANS CAMP
5-11 YEARS
MONDAY-FRIDAY
9:00AM-12:00 NOON

CALLING ALL MAGICIANS AND CLEVER YOUNG WIZARDS– LEARN HOW TO TRICK YOUR FRIENDS AND FAMILY!
Join us this summer in this fantastical, fun-filled adventure where you’ll become a fully practicing magician and learn to perform both stunning stage feats and dazzling close-up innovations! This summer you’ll discover the magic secrets tightly guarded for centuries, passed down only from magician to magician. From changing objects to mystic mind bogglers, we have several tricks to hide up both your sleeves. We’ll learn to perform famous wonders such as making objects disappear from thin air, and then re-materialize again as if nothing had happened. And as if that wasn’t enough, we’ll show you how to astound with a mastery of mind-reading tricks. By the end of this camp you’ll appear to pick answers right out of your audience’s brains! Each trick is specially tailored to suit a young magician’s unique talents; because we know your amazing abilities are as vast as your imagination. All the tricks you’ve learned are yours to keep at the end of the camp!

YMCA MEMBER: $225
NON-YMCA MEMBER: $245

FASHIONISTAS CAMP
5-11 YEARS
MONDAY-FRIDAY
12:30PM-3:30PM

CALLING ALL FABULOUS FASHIONISTAS – LOOKING FOR THAT PERFECT SUMMER OUTFIT? LEARN TO MAKE IT YOURSELF!
Designing summer staples such as sunny shorts, breezy skirts and terrific tops will seem easy as you add one-of-a-kind works to your warm-weather wardrobe! We’ll teach you the ins and outs of fashion design from top to bottom, head to toe - the possibilities are endless as we show you how to tap your creative genius. You’ll create an entire ensemble, including shirt/blouse and skirt/shorts to show off for the rest of your vacation. And because no look is complete without a bit of flair, we’ll make some fun accessories such as belts, scarves and hair pieces. Our Fashion Instructors guide you through every step of the process, from construction to final fitting. And since every young designer deserves their day on the runway, we’ll celebrate the end of the season with a fashion show for friends and family!

YMCA MEMBER: $225
NON-YMCA MEMBER: $245
MUSICAL THEATRE CAMP

Both Sessions are held at WRCC – WOOD-RIDGE CIVIC CENTER: 495 Highland Avenue, Wood-Ridge (Corner of Hackensack Street and Highland Avenue) with the last 2 days of camp at Felician College, Lodi Campus

SESSION I:
THE VARIETY SHOW
JUNE 29 – JULY 10
No Camp 7/3

SESSION II:
GOLLY GEE WHIZ
JULY 13 – JULY 31
WINNER OF THE NATIONAL YOUTH THEATRE AWARD FOR OUTSTANDING NEW MUSICAL

Session I:
YMCA Members: $271    Non-YMCA Members: $284
Session II:
YMCA Members: $394    Non-YMCA Members: $408
Session I & II:
YMCA Members: $599    Non-YMCA Members: $623

Funding has been made possible in part by a grant administered by the Bergen County Department of Parks, Division of Cultural and Historic Affairs from funds granted by the New Jersey State Council on the Arts.
TEEN & ADULT SWIM LESSONS

SWIM LESSONS MEET ONCE A WEEK FOR 7 WEEKS.
SEE BELOW FOR GROUP SWIM LESSON FEES AND TIMES

These swim lessons are designed for ages 15 and up. It builds on the proficiency of all YMCA swimming levels. All lessons are taught at Rutherford High School Pool, Rutherford.
The 30 minute class will be taught with a 1:8 instructor ratio.

YMCA MEMBER: $128
NON-YMCA MEMBERS: $142

BEGINNER
For those who have limited to no swim experience or fear the water. This class focuses on becoming comfortable in the water along with basic swimming techniques and personal safety.

INTERMEDIATE/ADVANCED
For those who have a basic knowledge of freestyle and are comfortable in the water. You will be guided through new strokes and skills while refining ones already learned.

SESSION A
Runs once a week for seven weeks on Saturdays starting 7/11 thru 8/22.

SESSION B
Runs once a week for seven weeks on Sundays starting 7/12 thru 8/23.

WATER EXERCISE - EVERYONE COME JOIN THE FUN AND GET IN THE POOL!
Classes will meet ONCE a week for SEVEN weeks. All classes will be held at Rutherford High School Pool.

AQUACIZE
Learn to stretch and tone using water resistance to enhance strength, flexibility, muscle tone and endurance for a full-body workout. The class provides low impact shallow and deep water exercise, non swimmers can remain in the shallow end.

PRENATAL AQUACIZE
Swimming, water jogging and aerobics are all incorporated into this class that you can follow through all nine months of pregnancy. Many moves are performed in waist or chest deep water so the ability to swim is not necessary. The compression of water is soothing on joints and muscles stressed by your pregnancy and the temperature of the water keeps you from overheating during your workout.

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Summer</th>
<th>YMCA Member</th>
<th>Non-YMCA Member</th>
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<tr>
<td>Aquacize</td>
<td>Monday</td>
<td>7:30pm-8:15pm</td>
<td>7/6 - 8/17</td>
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<td>7/8 - 8/19</td>
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<td>Prenatal Aquacize</td>
<td>Thursday</td>
<td>11:00am-11:45am</td>
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<td>Senior Aquacize</td>
<td>Tuesday</td>
<td>11:00am-11:45am</td>
<td>7/7 - 8/18</td>
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RECREATIONAL SWIM PROGRAMS

RECREATIONAL SWIM PROGRAMS RUN JULY 1 – AUGUST 28, 2015.

POOL CLOSED: FRIDAY 7/3 & SATURDAY 7/4

LONGER SWIM SEASON, MORE HOURS!

ADULT/LAP SWIM
During these times one lane is devoted to just floating about or water exercise while the remainder of the pool is for continuous lap swimming.

SENIOR SWIM
This senior session aims to offer pool time to help stay active while minimizing aches and pains in a low impact environment.

RECREATIONAL SWIM MEMBERSHIPS & FEES

<table>
<thead>
<tr>
<th></th>
<th>YMCA Members</th>
<th>Non-YMCA Members</th>
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<tr>
<td>Adult/Lap Swim</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Mornings &amp; Weekends)</td>
<td>$145</td>
<td>$159</td>
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<tr>
<td>(Evenings &amp; Weekends)</td>
<td>$113</td>
<td>$128</td>
</tr>
<tr>
<td>Adult/Lap Swim (All Times)</td>
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<td>$244</td>
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<tr>
<td>Senior Swim (Mornings &amp; Weekends)</td>
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<tr>
<td>Senior Swim (Evenings &amp; Weekends)</td>
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<td>$75</td>
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<tr>
<td>Senior Swim (All Times)</td>
<td>$117</td>
<td>$130</td>
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</table>

SUMMER SWIM CLUB
RUTHERFORD HIGH SCHOOL POOL
JULY 1 – AUGUST 28, 2015.

SUMMER SWIM CLUB
LONGER SWIM SEASON, MORE HOURS!

Summer Swim Club is for all ages and the entire family. Enjoy a relaxing time at the pool and socializing with new and old friends. Children under 12 years old must be accompanied by an adult in the pool area. Children who are 8 years or younger and non-swimmers must have an adult in the water within arm’s distance from them.

SUMMER SWIM CLUB HOURS

SUMMER SWIM CLUB
1:45pm – 3:00pm

POOL CLOSED: FRIDAY 7/3 & SATURDAY 7/4

SUMMER SWIM CLUB
1:30pm – 3:00pm

F 201.955.2055
www.ymcainfo.org

P 855.788.YMCA
ADULT FITNESS CLASSES

7 WEEK PROGRAMS AT Y PROGRAM CENTER. ALL CLASSES ARE 60 MINUTES, EXCEPT WHERE NOTED. SEE GRID ON PAGE 20 FOR TIMES, SCHEDULES AND FEES.

LUNCHTIME MEDITATION
Take 30 minutes in the middle of the day to connect to your heart, cultivate inner peace and happiness and clarify your intention for the day. Everyone is welcome to attend these guided meditations. No previous experience is necessary.

ZUMBA®
When participants see a Zumba class in action, they can’t wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they’re getting fit and their energy levels are soaring! It’s easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

DANCE AEROBICS
This class begins with a warm up dance of three to five minutes. The dance starts slowly to the music and gradually increases in speed for the next 30 to 45 minutes. Your heart rate elevates to your target zone as you perform dance-based movements. Some routines are choreographed and others are free-style. The class style depends on the instructor. You finish with a three- to four-minute cool down followed by stretches.

TOTAL BODY CONDITIONING
In this program we will strengthen and tone your body, prevent the development of osteoporosis, increase your metabolism, and help you to lose body fat and inches. At the end of our program our certified group exercise instructor will assess each individual’s progress.

STOTT PILATES®
STOTT PILATES® is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. The Stott Pilates method includes modern principles of exercise science and rehabilitation – making it one of the safest and most effective methods available. This method focuses on maintaining the natural curvature of the spine, thereby making it a safe practice for beginners as well as experienced Pilates followers.

BELLY DANCING
Believed to be one of history’s oldest dances, belly dancing has entranced audiences around the world for centuries. Despite its name, belly dancing draws on full body movement from head to toe. Providing a good cardiovascular workout that helps increase both flexibility and strength.

VINYASA YOGA
Vinyasa yoga applies movement synchronized to the breath. Yoga poses run together and flow like a dance. The class focuses on body alignment, proper breathing and form. Expect to move, not just stretch. We will do sun salutations, and other moving asanas (poses).

YOGA – ALL LEVELS
The focus of this class is to encourage centering and receptiveness that lays the groundwork for openness both physically and mentally. We provide a safe, supportive environment to explore the basics of practicing yoga while building strength and skill. All levels are welcome.

WALKING CLUB
Break up your day with a brisk walk at Lunchtime led by a YMCA Fitness Staff member. We will start and end at the YMCA Program Center for a brief stretch out and cool down.

TRAIN DIRTY FITNESS BOOT CAMP™
A 60-minute workout for all levels and abilities. Experience this total body workout that utilizes resistance training and cardio conditioning to help you attain and maintain the physique you have always wanted. Plus, it’s FUN, doable, and extremely effective!

STEP ZUMBA
Those who are looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor.

BARRE WORKOUT
The Ballet Barre Workout is a blend of ballet, fitness and Pilates inspired movements done at a calorie burning pace. This dynamic workout not only burns fat and calories but will also tone and elongate your muscles, lift your booty, slim your thighs and sculpt your upper body.

Visit Our website to register online for ALL Fitness Classes: www.YMCAinfo.org
# Adult Fitness Classes

7 Week Programs at Y Program Center.

<table>
<thead>
<tr>
<th>Class</th>
<th>Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Summer Starts</th>
<th>HLA Included</th>
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<th>Non-YMCA Member</th>
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<tbody>
<tr>
<td>Barre Workout</td>
<td>Crissy</td>
<td>Sat</td>
<td>8:00am - 9:00am</td>
<td>7/11</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
<td>Vinyasa Yoga</td>
<td>Chris</td>
<td>Sat</td>
<td>9:00am - 10:00am</td>
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<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
<td>Train Dirty Fitness Boot Camp</td>
<td>Joanie</td>
<td>Sun</td>
<td>10:00am - 11:00am</td>
<td>7/12</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
<td>Lunchtime Meditation</td>
<td>Jagruti</td>
<td>Mon</td>
<td>12:30pm - 1:00pm</td>
<td>6/29</td>
<td>HLA</td>
<td>$35</td>
<td>$37</td>
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<tr>
<td>Step Zumba</td>
<td>Joanie</td>
<td>Mon</td>
<td>6:00pm - 7:00pm</td>
<td>6/29</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
<td>Stott Pilates</td>
<td>Crissy</td>
<td>Mon</td>
<td>7:00pm - 8:00pm</td>
<td>6/29</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
<td>Total Body Conditioning</td>
<td>Vicki</td>
<td>Tue</td>
<td>5:30pm - 6:30pm</td>
<td>6/30</td>
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<td>$69</td>
<td>$74</td>
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<tr>
<td>Train Dirty Fitness Boot Camp</td>
<td>Joanie</td>
<td>Tue</td>
<td>6:30pm - 7:30pm</td>
<td>6/30</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
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<td>Mona</td>
<td>Tue</td>
<td>7:30pm - 8:30pm</td>
<td>6/30</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
</tr>
<tr>
<td>Walking Club</td>
<td>TBA</td>
<td>Wed</td>
<td>12:30pm - 1:00pm</td>
<td>7/1</td>
<td>HLA</td>
<td>FREE</td>
<td>FREE</td>
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<tr>
<td>Yoga -All Levels</td>
<td>Chris</td>
<td>Wed</td>
<td>6:00pm - 7:00pm</td>
<td>7/1</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
</tr>
<tr>
<td>Zumba</td>
<td>Lorna</td>
<td>Wed</td>
<td>7:00pm - 8:00pm</td>
<td>7/1</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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<tr>
<td>Belly Dancing</td>
<td>Yudy</td>
<td>Thu</td>
<td>6:00pm - 7:00pm</td>
<td>7/2</td>
<td>HLA</td>
<td>$69</td>
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<tr>
<td>Zumba</td>
<td>Joanie</td>
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<td>7/2</td>
<td>HLA</td>
<td>$69</td>
<td>$74</td>
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HEALTHY LIVING  Improving the nation’s health and well-being

ACTIVE OLDER ADULT FITNESS CLASSES

STRETCH & FLEX  Continuous 14 week sessions
A total exercise class that includes stretching, toning, and low impact aerobics. Come join the fun, meet new friends and help your body stay healthy as you exercise to fabulous music. Visitors are always welcome. Join the class anytime and your fee will be prorated.

Lyndhurst Senior Center, 250 Cleveland Ave
Mondays 9:30am-10:30am
YMCA Members: $42  Non-YMCA Members: $48

STRETCH & FLEX – Ongoing Class Schedule
South West Bergen Regional Senior Center, ER
Wednesday 8:45am-9:30am

Hasbrouck Heights Senior Center
Wednesday 2:00pm-2:45pm

Wood-Ridge Senior Center
Wednesday & Friday 11:30am-12:15pm

STRETCH & FLEX  Continuous 8 week sessions
A Continuous 8 Week Session throughout the Year! JOIN ANYTIME. For fee information call 201 955-5300 ext. 14.

North Arlington Senior Center
Wednesday & Friday 1:15pm-2:00pm
16 classes  $38.00

ZUMBA GOLD® – ONGOING CLASS SCHEDULE
South West Bergen Regional Senior Center, ER
Friday 8:45am – 9:30am

CUSTOM FITNESS – Ongoing Class Schedule
Carlstadt Civic Center
Thursday 10:00am-10:30am

Wood-Ridge Senior Center
Monday 8:45am-9:15am

Wallington Nutrition Center
Wednesday 11:00am-11:30am  Friday 12:30pm-1:00pm

ARMCHAIR EXERCISE
Carlstadt Civic Center
Tuesday 10:00am-10:30am

North Arlington Nutritional Center
Tuesday & Thursday 10:00am-10:30am

Wood-Ridge Senior Center
Tuesday & Thursday 9:00am-9:30am  Thursday 11:45am-12:15pm

Wallington Nutritional Center
Tuesday 10:45am-11:15am

CHAIR YOGA
ONGOING CLASSES
South West Bergen Regional Senior Center, ER
Monday 9:30am – 10:30am

Wallington Nutrition Center
Tuesday 10:30am – 11:15am

7 WEEK SESSION: July 10 – August 21, 2015
Lyndhurst – The Heritage
Friday 11:30am – 12:00pm

The YMCA also conducts armchair fitness classes for the Bergen County POST-STROKE & DISABLED GROUPS that meet in East Rutherford, Paramus, Ridgewood and Englewood Cliffs. Classes are also held for ARC participants in Rutherford and Elmwood Park, and at the Lyndhurst Adult Workshop. In addition, the YMCA brings classes to several Bergen County nursing homes. For more information or to start a program at a new location, please call the YMCA at 201.955.5300 ext. 14.
SOCIAL RESPONSIBILITY  Giving back and providing support to our neighbors.

TRAINING COURSES
ALL CLASSES WILL BE HELD AT THE RUTHERFORD HIGH SCHOOL POOL.

LIFEGUARD RECERTIFICATION
Open to anyone who has already been certified in lifeguarding and whose certifications are going to expire. This is a shortened version of the original course; a pre-requisite test is administered, videos shown, material reviewed, practical skills, written test.

FIRST AID/CPR/AED RECERTIFICATION
Open to anyone who has already been certified and whose certifications are going to expire. This is a shortened version of the original course; videos shown, material reviewed, practical skills, written test.

FIRST AID/CPR/AED
This course teaches students to recognize and care for a variety of first aid emergencies as well as how to respond to breathing and cardiac emergencies.

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Time</th>
<th>YMCA Member</th>
<th>Non-YMCA Member</th>
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<tr>
<td>Lifeguard Recertification</td>
<td>July 21</td>
<td>6:00pm - 9:00pm</td>
<td>$124</td>
<td>$155</td>
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<tr>
<td>First Aid/ CPR/ AED New Certifications</td>
<td>July 7 &amp; 9</td>
<td>6:00pm - 9:00pm</td>
<td>$109</td>
<td>$119</td>
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<tr>
<td>First Aid/ CPR/ AED Recertification</td>
<td>July 14</td>
<td>6:00pm - 9:00pm</td>
<td>$65</td>
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STRONG KIDS CAMPAIGN
The Y is the unparalleled cause for strengthening community because we are the community. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Please support our Strong Kids Campaign by making a donation on the registration form (page 23, Line 6).

ALL OF OUR SPECIAL EVENTS BENEFIT THE STRONG KIDS CAMPAIGN.
SOME OF OUR UPCOMING EVENTS ARE LISTED BELOW:

15TH ANNUAL CHARITY GOLF OUTING
Monday, June 1, 2015
11:00am
Glen Ridge Country Club, Glen Ridge

95TH ANNIVERSARY GALA
Thursday, October 1, 2015
5:30pm
IL Villagio, East Rutherford

2015 STRONG KIDS CAMPAIGN
Support Your Y Today!
YMCAinfo.org or call Toll Free 855.788.YMCA ext 31

TURN YOUR GIFT INTO...
THEIR POTENTIAL  THEIR HEALTH  THEIR FUTURE
MEMBERSHIP REGISTRATION FORM  
(Use Separate form or copy for each participant)

Name ____________________________________________ Gender M / F Age ________________
Home Phone: ___________________________ Day Phone: ___________________________
Email: ____________________________________________ Cell Phone: ___________________________
Street Address: ____________________________________________ Town: ___________________________
Parent’s Name ____________________________________________ Gender M / F Age ________________
Date of Birth: ___________________________
Emergency # ________________________________________________________________________________

ARE YOU A CURRENT MEMBER? YES / NO  Expiration DATE: ________________ ARE YOU RENEWING? YES / NO

1. Program Name ____________________________________________ Session Start Date ________________ Day Time ________________ $______________
2. Program Name ____________________________________________ Session Start Date ________________ Day Time ________________ $______________
3. Program Name ____________________________________________ Session Start Date ________________ Day Time ________________ $______________

4. CHILD WATCH/BABY SITTING SERVICES  
(Healthy Living Members ONLY) __________ children X ________ Class X $18.00/Month ________________ ________________ ________________/Monthly

5. MEMBERSHIP (CHECK TYPE)  See pages 3-4 for membership details.

NEW MONTHLY HEALTHY LIVING MEMBERSHIPS
\[ \square \text{ADULT HEALTHY LIVING Membership $30 per month \*18yrs and over} \]
\[ \square \text{JOINER FEE - $35.00} \]

ANNUAL PROGRAM MEMBERSHIP
\[ \square \text{YOUTH ($20)} \]
\[ \square \text{ADULT ($25)} \]
\[ \square \text{SENIOR ($22)} \]
\[ \square \text{FAMILY OF 3 ($45)} \]
\[ \square \text{ADDITIONAL FAMILY MEMBERS ($5)} \]

6. DONATION TO STRONG KIDS CAMPAIGN

Senior citizen 62 & older, please provide ONE TIME proof of age (i.e. copy of driver’s license)
Senior Citizen – 20% Discount on a Non-Senior Program
Armed Forces – 10% Discount (Proof of status required)

This brochure is designed to provide a brief description of our classes. A full description including our policies and procedures may be reviewed at the YMCA Office. Participants shall only be contacted if their first choice is NOT available. There are NO REFUNDS after a program has started. A 10% fee will be charged for refund requests or schedule changes prior to the start of a program. Healthy Living Memberships may only be cancelled after a 2 month period with 30 day written notice.

I hereby release, indemnify, keep and hold harmless, for myself and on behalf of my child/children, my family, heirs, executors, administrators and assigns, the YMCA and its officers, members, employees, agents and successors of any of the aforementioned, against and from any and all liability with regard to any injury, loss, claim, and/or damage to myself or my child/children and from any loss, damage, claims, causes of action, liabilities, obligations, demands, or expenses asserted against the YMCA or its officers, members, employees, agents, and successors, by any person, persons, or entity, as well as from and against all costs, counsel fees, expenses and liabilities incurred in the event or activity identified above. This release waives all claims, including those of which I am not aware and those not mentioned in this release. I understand that the YMCA may photograph or film any participant and use said pictures for any form of advertising or promotion as deemed appropriate. I am unaware of any physical or health condition which would prevent or limit my participation. I agree to follow all policies and rules as posted.

[Signature]

PAYMENT METHOD
\[ \square \text{Visa} \]
\[ \square \text{MasterCard} \]
\[ \square \text{American Express} \]

\[ \square \text{EFT Draft –____ Checking or ____ Savings} \]

Routing # ___________________________

Account # ___________________________

Bank Name: ___________________________

Print Name as it appears on Credit Card ___________________________
Print Name on Account ___________________________

Signature ____________________________ Date ______/_____/_____

Print Name on Account __________________________

AUTHORIZATION – RECURRING MONTHLY MEMBERSHIP: By registering for a monthly Healthy Living Membership and Babysitting Services, I authorize the Meadowlands YMCA to charge my credit card each month on the first of the month. I assume all responsibility to notify the YMCA in writing of any changes that may affect this agreement.

CARD HOLDER’S SIGNATURE: ____________________________ PRINT NAME: ____________________________
MEADOWLANDS AREA YMCA
P.O. BOX 252
RUTHERFORD, NJ 07070

REGISTRATION OFFICE:
436 RIDGE ROAD, NORTH ARLINGTON, NJ 07031

WWW.YMCAINFO.ORG
855.788.YMCA (9622)

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