SPRING PROGRAM GUIDE

FEBRUARY 24TH – APRIL 19TH

APRIL 20TH – JUNE 14TH

SERVE UP SPRING!
Dear Members,

Spring is the perfect time to get active, reimagine and refine your 2020 goals, and embark on new pursuits that encourage growth in both mind and body. It’s a time for new beginnings – time to do something for you, for your family, and for your community.

For 100 years now, the YMCA has been an integral part of this community. Through decades of economic ups and downs, the Y has steadfastly provided a welcoming place for fellowship, enrichment, and personal development. Our symbiotic relationship with the community is enabled by our mutual support of each other. The more you give, the more we are able to give.

Your membership dues and participation in our programs help us to keep the doors open and the lights on, whereas your generous donations allow us to invite the community inside.

In our 100th year of service to the Meadowlands community, the breadth and depth of the YMCA's mission stands the test of time. Strengthening the foundations of our community, means empowering our neighbors with opportunities they would otherwise not be able to access. It means that those at risk for chronic diseases can have access to preventative care, those with special needs can have access to programs that promote positive social relationships, children can have access to a summer camp experience, and people of all ages can learn proper water safety. With your help, the financial boundaries surrounding these important services, and so many others, are removed, empowering our community to reach its full potential.

If you ever considered making a gift to the Y, whether it be monetary or through volunteering your time, there has never been a better time to spring into action.

David E. Kisselback
PRESIDENT & CEO
Meadowlands YMCA
NEW SWIM LESSON FORMAT

The new Meadowlands YMCA swim lesson curriculum incorporates a core group of aquatic skills every person needs in order to be safe around water. As the foundation of our program, these skills allow students to learn correct swim stroke techniques with positive support at their own pace. Students begin with skills they are ready to learn, helping them to celebrate their successes, build self-confidence, stay safe around water, and enjoy learning to swim.

There are three general categories of our new Swim Curriculum:

- **Swim Starters** develops water enrichment and aquatic readiness. This category focuses on developing swim readiness skills through fun and confidence-building experiences.

- **Swim Basics** develops personal water safety and basic swimming skills. Swimmers develop a high level of comfort in the water by practicing safe water habits.

- **Swim Strokes** introduces and refines stroke techniques. After mastering the fundamentals, students learn additional water safety skills and various styles of swimming.

These categories are segmented into Swim Lesson Stages that are listed later in this Program Guide according to age and ability, however, sometimes it’s difficult to determine which level is right for your swimmer. We offer weekly Swim Tests that assess abilities to find the proper placement for correct development.

**WEEKLY SWIM TESTS**

- **Mondays** 7:30-8:00pm  
  Saturdays 1:00pm-1:30pm

- This program has been designed in collaboration with the National YMCA.
- These lessons are offered year-round and will emphasize water safety and skill development for swimmers of all ages and abilities.
- Advanced swimmers flow smoothly into higher levels while swimmers who need more instruction can learn positively at their own pace.
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Celebrating our 100th Year!

2020 will be a full of celebration! Join us in commemorating a century of service and support to the Meadowlands community. We’ll be hosting events, offering special promotions, sharing our history, and inspiring the future all with your help!

100th Anniversary Celebration Events

- Save 100 Lives Blood Drive
- 10,000 Steps for Change Community Health Initiative
- Indoor Triathlon Tackling Chronic Disease
- Full STEAM Ahead Literacy Program
- Splash-a-thon Water Safety Seminar
- 100 Year Commemorative Coins
- “Better Together“ Time Capsule Project
- Staff, member & volunteer spotlights
- And more!

Learn more and stay updated at MeadowlandsYMCA.org/100.
Preschool Parent/Child Classes

Messy Art
AGES: 1–3
All toddlers love one thing – making a mess! Channel their curiosity into hands-on art activities that will encourage exploration and cheer on their creativity.
Monday, Thursday, or Saturday: 9:30-10:15am
Member: $96  Non-Member: $126

Movers & Shakers
AGES 1–3
Does your toddler like to Move & Shake? Then they will have a blast in this class! Toddlers will have fun singing songs, moving, and playing with musical instruments in this upbeat music & movement class!
Wednesday: 9:30-10:15am  Saturday: 10:30-11:15am
Member: $82  Non-Member: $113

Rising Stars
AGES 1–2
This class will help your child learn fine motor skill development, social skills and fundamentals for various sports.
Thursday: 10:15-10:45am  Saturday: 11-11:30am
Member: $55  Non-Member: $73

Storytime Art
AGES 1–3 YEARS
Children will love a playful introduction to the world of reading in this Storytime class. They will dive into stories each week and complete themed projects to go along with the story. Show your child how much fun reading can be!
Tuesday: 9:30-10:15am
Member: $96  Non-Member: $126

Parent/Child Yoga
Ages 1–5
Immerse yourself in a relaxing yoga class with your toddler or preschoole. You will both learn basic yoga poses that develop balance, coordination, strength, and body awareness. This is a great class for parents and children to bond and unwind together.
Tuesday: 11:45am – 12:30pm
Member: $82  Non-Member: $113

Tiny Tumblers 1
AGES 1–2
Introduce your active toddler to the world of tumbling in this fun class. You and your toddler will learn the basics of tumbling all while making new friends.
Monday: 6:15-7pm  Saturday: 9:30-10:15am & 11-11:45am
Member: $115  Non-Member: $164
PRESCHOOL CHILD ONLY CLASSES

All Stars
AGES 3–5
This class will help to build the fundamental motor skills and coordination needed for sports. Kids will also learn the importance of teamwork and good sportsmanship.
Thursday: 10:45-11:15am
Saturday: 11:30am-12:00pm
Member: $55
Non-Member: $73

Fun Fridays
AGES 2–3
The best of both worlds! Drop your child off for a fun and energetic class filled with themed projects and gym time for learning new sports each week. Join us and spend a fun-filled morning at the Y!
Friday: 10:30-11:15am
Member: $96
Non-Member: $126

Preschool Prep
AGES 2–3
Let’s get ready for Preschool! Toddlers will work on their preschool readiness with activities like reading, circle time playtime, projects, and much more
Friday: 9:30-10:15am
Member: $96
Non-Member: $126

Ballet/Tap
AGES 3–5
Let your child’s inner dancer shine! They will learn the fundamentals of ballet & tap in a positive learning environment while making new friends.
Tuesday: 1:45-2:30pm
Member: $82
Non-Member: $113

Pre-Ballet
AGES 2–3
Let your child’s inner ballerina or ballerino shine! Children will learn the basic fundamentals and movements of ballet. They will enjoy music and making new friends in this exciting dance environment.
Tuesday: 12:45-1:30pm
Member: $82
Non-Member: $113

Tiny Tumblers 2
AGES 3–5
Introduce your active preschooler to the world of tumbling in this fun class. Your child will learn the basics of gymnastics all while improving their motor skills.
Saturday: 10:15-11am
Member: $115
Non-Member: $164
PRESCHOOL SWIM LESSONS

Member: $116  
Non-Member: $188

THERE WILL BE NO SWIM LESSONS ON SATURDAY, MARCH 14 AND ON SUNDAY, APRIL 12, 2020 PRICES WILL BE PRORATED.

PARENT/CHILD
STAGE A Water Discovery
AGES: 6–18 MONTHS
Ratio 1:10
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.
Saturday: 9:05-9:35am or 10:15-10:45am

PARENT/CHILD
STAGE B Water Exploration
AGES: 18 MONTHS – 3 YEARS OLD
Ratio 1:10
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills
Saturday: 8:30-9:00am, 9:40-10:10am, or 11:00-11:30am

STAGE C Water Acclimation
AGES: 3–5
Ratio 1:6
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage A. This stage lays the foundation that allows for a student’s future progress in swimming.
Monday: 5:00-5:30pm or 6:30-7:00pm
Tuesday: 6:00-6:30pm or 6:30-7:00pm
Wednesday: 5:00-5:30pm, 6:00-6:30pm or 7:30-8:00pm
Thursday: 5:00-5:30pm or 6:30-7:00pm,
Saturday: 8:30-9:00am, 9:40-10:10am, or 11:35-12:05pm
Sunday: 9:05-9:35am, 10:15-10:45am, or 11:35am-12:05pm

STAGE D Water Movement
AGES: 3–5
Ratio 1:6
In stage B, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.
Monday: 5:00-5:30pm or 6:30-7:00pm
Tuesday: 6:00-6:30pm or 6:30-7:00pm
Wednesday: 5:00-5:30pm or 6:00-6:30pm
Thursday: 5:00-5:30pm or 6:30-7:00pm
Saturday: 8:30-9:00am, 9:40-10:10am, or 11:35-12:05pm
Sunday: 9:05-9:35am, 10:15-10:45am, or 11:35am-12:05pm
Art 101
**AGES: 6 - 9**
Welcome to your introduction to art! In this class your child will learn the basics of art in a hands-on way. As a group, we will experiment with different mediums and techniques to create several works of art and assorted crafts to bring home and share with all! No prior art experience necessary.
**Monday:** 5:30-6:15pm
**Member:** $96
**Non-Member:** $126

Art Studio
**AGES: 10 - 13**
Calling the future artists of the world! In Art Studio, we will explore different mediums and techniques to create artistic masterpieces. This class will allow creativity to shine and bring out the artist in everyone. Come ready to create and learn something new! No prior art experience necessary.
**Monday:** 6:30-7:15pm
**Member:** $96
**Non-Member:** $126

Basketball Kids
**AGES: 6 - 9 & 10 - 12**
Basketball clinics will focus on dribbling, offense, passing, shooting, defense, and conditioning techniques. These essential skills will help to develop an athlete’s fundamentals.
**Tuesday:** 5:30-6:15pm (6-9)
**Thursday:** 5:30-6:15pm (6-9) & 6:15-7pm (10-12)
**Saturday:** 9:30-10:15am (6-9) & 10:15-11am (10-12)
**Member:** $99
**Non-Member:** $130

Kids in the Kitchen
**AGES: 6 - 9**
Kids will learn by doing in this hands on cooking class! They will cultivate cooking skills by following a recipes, reading labels, and measuring and mixing ingredients while preparing a recipe together each week. Let’s get cooking!
**Wednesday:** 5:30-6:15pm
**Member:** $164
**Non-Member:** $195

Beginner Guitar
**AGES: 6 - 9 & 10 - 12**
This is the perfect class for first time guitarists who are eager to learn how to play. In small group lessons, we will learn how to play notes, chords, and basic tunes by the end of the session. Please bring your own guitar to lessons.
**Saturday:** 9:30-10:15am (6-9) or 10:15-11:00am (10-12)
**Member:** $82
**Non-Member:** $113
Tennis Beginner
AGES 6-9 & 10-12 | SPRING 2 ONLY
Get ready to swing like Serena! This instructional tennis class introduces kids to the fundamentals of tennis, including serving, forehand and backhand shots, and the rules and format of tennis.
Saturday: 9:00-9:45am (Ages 6-9)
9:45-10:30am (Ages 10-12)
Member: $115
Non-Member: $164

Tennis Intermediate
AGES 6-12 | SPRING 2 ONLY
Ready to hit aces like Agassi? Students with a foundation in tennis will master their skills and advance in this intermediate instructional course. Some experience is necessary.
Saturday: 10:45-11:30am
Member: $115
Non-Member: $164

Gymnastics Beginner
AGES 6-9
Welcome to the world of gymnastics! These classes focus on development, body awareness, basic gymnastic skills, health, and fun! Classes are noncompetitive and no experience is necessary.
Monday: 5:30-6:15pm
Saturday: 11:45am-12:30pm
Member: $115
Non-Member: $164

Intermediate Guitar
AGES: 6-12
Become a guitar hero in this intermediate course by learning new chords and songs, while refining guitar skills and techniques. This course is for students that already have guitar experience, please bring your own guitar to lessons.
Saturday: 11:00-11:45am
Member: $82
Non-Member: $113

Kid Fit
AGE: 7-13
We hide the fitness in fun in our Exergame Room. Each week children will partake in an organized exercise class improving the mind with memory and coordination, and body through agility and strength. Team building, and socialization in a healthy environment are promoted to ensure adoption of future healthy activities with others.
Thursday: 5:30-6:30pm
Saturday: 10:00-11:00am
Sunday: 9:00-10:00am
Member: $84
Non-Member: $118

Chefs in Training
AGES 10-12
Make memories in the kitchen! Budding chefs will hone their cooking skills by preparing healthy meals each week. Kids will put on their thinking caps while reading recipes and nutrition labels. Then they will put on their chef’s hat to learn cooking fundamentals like measuring, how to properly use a knife, and how to make dishes for each meal of the day.
Wednesday: 6:30-7:15pm
Member: $164
Non-Member: $195

Mixed Media
Ages: 13+
Mixed Media is an art class that goes beyond arts and crafts. We will experiment with mediums such as clay, acrylic, watercolor, graphite and learn different techniques. By the end of the session, you will have completed projects that look like they came from a professional. No prior art experience necessary.
Monday: 7:30-8:15pm
Member: $96
Non-Member: $126
S.A.Q. (Speed, Agility & Quickness)
AGE: 7–13
Kids will be coached to increase their speed, agility, and quickness. No matter the sport, our S.A.Q program is equipped with knowledgeable, skilled and seasoned trainers to take youth participants to that next level of performance. Participants will be grouped by age for drills and will utilize our Interactive Gaming Equipment to enhance their skill-based fitness.
Wednesday: 5:30-6:30pm
Sunday: 10:00-11:00am
Member: $84
Non-Member: $118

Soccer Kids
AGEs 6–9
You shoot and you score! Learn essential soccer skills like dribbling, passing, and shooting in a fun and supportive environment that will lay a strong foundation for young players.
Monday: 5:30-6:15pm
Wednesdays: 5:30–6:15pm
Member: $99
Non-Member: $130

1-on-1 Basketball Training
AGEs 6+
Play like a pro with individualized basketball training that will focus on improving every facet of your game. Held in the former practice courts of the NBA Nets. Exclusive for Meadowlands YMCA members.
$175 for 7 | 30 minute sessions.
Email mwhite@meadowlandsymca.org to schedule your sessions.

Taekwondo Beginner
AGEs 6–12
Instructors will teach taekwondo beginners the fundamental techniques with a specific emphasis on physical conditioning and building self-confidence. This class will help to develop the participant’s focus and discipline.
Saturday: 9:30–10:15am
Member: $115
Non-Member: $164

Taekwondo Intermediate
AGEs 6–12
Take your taekwondo skills to the next level by learning new techniques and conditioning drills that will further your mastery of this famous martial art.
Saturday: 10:15–11:00am
Member: $115
Non-Member: $164

Teen Aerial Yoga
AGE: 13–17
Take to sky with Aerial Yoga! By using aerial yoga silks, we will focus on meditation, core stabilization, restoration and building range of motion. It’s everything you love about yoga with a twist of playfulness. Classes held in the Performance Training Studio.
Thursday: 6:30–7:30pm
Member: $105
Non-Member: $147
**STAGE 1 Water Acclimation**

**AGES: 6 – 14**

Ratio 1:6

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

- **Monday:** 5:30–6:00pm
- **Tuesday:** 5:30–6:00pm or 7:00–7:30pm
- **Wednesday:** 7:00–7:30pm
- **Thursday:** 6:00–6:30pm or 7:30–8:00pm
- **Saturday:** 8:30–9:00am, 9:40–10:10am, or 11:35am–12:05pm
- **Sunday:** 9:05–9:35am, 10:15–10:45am, or 11:35am–12:05pm

**STAGE 2 Water Movement**

**AGES: 6 – 14**

Ratio 1:6

In Stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

- **Monday:** 5:30–6:00pm
- **Tuesday:** 5:30–6:00pm or 7:00–7:30pm
- **Wednesday:** 7:00–7:30pm
- **Thursday:** 6:00–6:30pm or 7:30–8:00pm
- **Saturday:** 9:05–9:35am, 11:00–11:30am or 12:10–12:40pm
- **Sunday:** 9:40–10:10am or 12:10–12:40pm

**STAGE 3 Water Stamina**

**AGES: 6 – 14**

Ratio 1:6

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

- **Monday:** 6:00–6:30pm
- **Tuesday:** 5:00–5:30pm
- **Wednesday:** 5:30–6:00pm
- **Thursday:** 7:00–7:30pm
- **Saturday:** 9:05–9:35am, 11:00–11:30am, or 12:10–12:40pm
- **Sunday:** 9:40–10:10am or 12:10–12:40pm

**STAGE 4 Stroke Introduction**

**AGES: 6 – 14**

Ratio 1:6

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

- **Monday:** 6:00–6:30pm
- **Tuesday:** 5:00–5:30pm or 7:30–8:00pm
- **Wednesday:** 5:30–6:00pm
- **Thursday:** 5:30–6:00pm or 7:00–7:30pm
- **Saturday:** 9:05–9:35am, 10:15–10:45am, 11:00–11:30am or 12:10–12:40pm
- **Sunday:** 9:40–10:10am, 11:00–11:30am, or 12:10–12:40pm
YOUTH SWIM LESSONS

Member: $116
Non-Member: $188

THERE WILL BE NO SWIM LESSONS ON SATURDAY, MARCH 14 AND ON SUNDAY, APRIL 12, 2020. PRICES WILL BE PRORATED.

STAGE 5 Stroke Development
AGES: 6–14
Ratio 1:8
Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
Monday: 7:00–7:30pm
Tuesday: 7:30–8:00pm
Wednesday: 6:30–7:00pm
Thursday: 5:30–6:00pm
Saturday: 10:15–10:45am
Sunday: 11:00–11:30am

STAGE 6 Stroke Mechanics
AGES: 6–14
Ratio 1:10
In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.
Monday: 7:00–7:30pm
Wednesday: 6:30–7:00pm
Saturday: 10:15–10:45am
Sunday: 11:00–11:30am

STARFISH
AGES: 6–14
Ratio 1:6
The Starfish class is designed for children of all ages with moderate to severe neurological, physical, or social challenges. The program is supervised by hands-on instructors who will teach swimming and exercises to do with children in the water while accompanied by a parent/guardian.
SATURDAY: 11:35am–12:05pm

Private or Semi-Private
AGES: 5+
Swim Lessons
One-on-one instruction is designed to encourage swimmers at any level who are 5 years and older. Semi-private lessons are limited to two swimmers (siblings or friends) who are at the same swim level.
Monday: 4:30–5:00pm
Tuesday: 4:30–5:00pm
Wednesday: 4:30–5:00pm
Thursday: 4:30–5:00pm
Friday: 4:30–5:00pm, 5:00–5:30pm | 5:30–6:00pm, 6:00–6:30pm
6:30–7:00pm, 7:00–7:30pm
PRIVATE: $280 | SEMI-PRIVATE: $350 | MEMBERS ONLY
The Meadowlands YMCA is home of the champion Sharks!

The Sharks are the reigning undefeated Summer Season champions who practice indoors but compete outdoors in dual meets with local teams.

Our year-round swim team has three separate seasons throughout the year. During Long Course Season, swimmers with previous experience compete in YMCA and US invitational meets. The shorter Summer Season invites new swimmers to get their feet wet and learn to swim competitively in a group.

SWIM TEAM TRYOUTS
LONG COURSE SWIM TEAM TRYOUTS

Long Course Season: April 20th – August 7th
- March 28th at 2:30pm
- March 29th at 2:30pm
- March 30th at 6:00pm
- April 4th at 2:30pm
- April 5th at 2:30pm

SUMMER SWIM TEAM TRYOUTS
Summer Season: June 22nd – August 7th
- May 30th at 2:30pm
- May 31st at 2:30pm
- June 1st at 6:00pm

#SwimLikeaShark

Please arrive early to the Meadowlands YMCA to complete registration paperwork before tryouts start. For more information about our coaches, practice times and more visit us at meadowlandssharks.org.

TRYOUT FEE: $10
YOUTH & TEEN EVENTS

Kids Night Out
AGE: 3–12
Drop your kids off at the Y and enjoy a date night! We will enjoy dinner and many exciting themed activities like arts & crafts, swimming, games, and a movie! Your children will have a blast spending a fun-filled evening at the Y with new friends! Children must be fully potty trained to attend.
Friday: March 20th 6:00-9:30pm  
“Luck of the Y-rish”
Friday: April 17th 6:00-9:30pm  
“Spring Fling”
Friday: May 15th 6:00-9:30pm  
“Carnival”
Friday: June 12th 6:00-9:30pm  
“Olympic Games”
Member Fee: $40  
Non Member Fee: $55  
Additional Child: $15

Paint & Pepsi Workshop
AGE: 9+
Do you love to paint & drink Pepsi products? In this guided paint workshop, you will work with acrylics to create a masterpiece of your very own all while drinking some delicious Pepsi or any beverage of your choice! Follow along with our instructor and learn how to paint like a pro, step by step. By the end of this class you will have created an art piece you can take home!
Thursday: March 12th 5:30-7:30pm  
Tuesday: April 7th 5:30-7:30pm  
Wednesday: May 13th 5:30-7:30pm  
Wednesday: June 10th 5:30-7:30pm  
Member: $25  
Non-Member: $25

SCHOOL BREAK CLUBHOUSE

When School is Out, the Y is in!
The Meadowlands YMCA’s School Break Clubhouse aligns with school calendars to offer parents safe and reliable childcare during school breaks and days off.

April 6–10 & 13–17: Spring Recess

REGISTER TODAY AT MeadowlandsYMCA.org/SchoolBreak
TEEN & ADULT SWIM LESSONS

THERE WILL BE NO SWIM LESSONS ON SATURDAY, MARCH 14 AND ON SUNDAY, APRIL 12, 2020 PRICES WILL BE PRORATED.

Private or Semi-Private Swim Lessons
AGES: 5+
One-on-one instruction is designed to encourage swimmers at any level who are 5 years and older. Semi-private lessons are limited to two swimmers (siblings or friends) who are at the same swim level.
Monday: 4:30-5:00pm
Tuesday: 4:30-5:00pm
Wednesday: 4:30-5:00pm
Thursday: 4:30-5:00pm
Friday: 4:30-5:00pm, 5:00-5:30pm, 5:30-6:00pm, 6:00-6:30pm, 6:30-7:00pm, 7:00-7:30pm
Private: $280
Semi-Private: $350
MEMBERS ONLY

Teen & Adult Swim Lessons
AGES: 14+
45-minute group lessons will be taught to swimmers of the same skill level with a 1:8 instructor ratio.
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.
Monday: 7:30-8:15pm
Saturday: 12:10-12:55pm
INTERMEDIATE
For those who have a basic knowledge of freestyle and are comfortable in the water. Swimmer will be guided through new strokes and skills while refining ones already learned.
Wednesday: 7:30-8:15pm
Saturday: 1:00-1:45pm
Member: $170
Non-Member: $282
Lifeguard Training

**AGE: 15+**

This 6-day course teaches the skills needed to prevent and respond to aquatics emergencies. Upon completion of the course, participants will be certified in pool lifeguarding, first aid, and CPR/AED. Enrollees must pass a mandatory pre-requisite swim test on the first day of class. Must be at least 15 years old by the last date of the class.

- **May:** 4, 6, 8, 11, 13, 15
- **June:** 1, 3, 5, 8, 10, 12
- **Time:** 5-10pm
- **Member:** $354
- **Non-Member:** $381

Lifeguard Recertification

**Age: 15+**

Those enrolling in this 2-day class must hold a current lifeguard certification that has not yet expired. This is a shortened version of the original course. A prerequisite test is administered, videos shown, materials are reviewed as well as the practical and written tests.

- **May:** 18, 20
- **June:** 15, 17
- **Time:** 5-10pm
- **Member:** $136
- **Non-Member:** $169

First Aid/CPR/AED

This course teaches participants how to recognize and respond to a variety of first aid emergencies, including breathing and cardiac emergencies.

- **March:** 23, 25
- **April:** 13, 15
- **Time:** 6-9pm
- **Member:** $118
- **Non-Member:** $131

First Aid/CPR/AED Recertification

Those enrolling in the class must hold a current First Aid/CPR/AED certification that has not yet expired. This is a shortened version of the original course. Videos will be shown, materials reviewed as well as the practical and written tests will be administered.

- **March:** 26
- **April:** 16
- **Time:** 5-9pm
- **Member:** $71
- **Non-Member:** $88

CLASSES FILL UP QUICKLY
REGISTER EARLY!
ADULT PROGRAMS

Aerial Yoga Flow
AGE: 18+
Learn how to use the silks for acrobatic-style balancing while integrating more flips & flow into your Aerial Yoga practice. This class will challenge you to develop increased strength and flexibility, while you learn to flow through multiple poses.
Tuesday: 7:30-8:30pm
Member: $105
Non-Member: $147

Aerial Yoga Stretch
AGE: 18+
Designed to introduce students to the building-blocks of Aerial Yoga at a comfortable pace. You will learn how to balance while supported by the silks, flip in the air, and improve flexibility through stretch. This class also helps gain body awareness and comfort in supported inversions.
Tuesday: 10:30-11:30am
Sunday: 10:00-11:00am
Member: $105
Non-Member: $147

Prenatal Yoga
AGE: 18+
The perfect way to stay fit and flexible during your pregnancy. You’ll learn a wide variety of poses that will fit your specific trimester. Unwind, stretch all, the muscles in your body, and deeply connect with, your baby. Classes will get your body, mind and spirit ready physically, mentally, and emotionally for giving birth.
Sunday: 11:00am-12:00pm
Member: $84
Non-Member: $118

Parkinson’s Exercise Program
AGE: 18+
This Parkinson’s Exercise Program works on optimizing physical function and helping to delay the progression of symptoms. Using our interactive fitness gaming room, learning, behavior, memory, coordination are all addressed as you move mindfully, and play brain games.
Tuesday: 1:00-2:00pm
Member: $78
Non-Member: $100

Lifestyle Management
AGE: 18+
Work towards healthy lifestyle changes. A lifestyle coach will guide you through a weekly curriculum of healthy behavior change, providing accountability for skill-based learning that can be applied to lifelong term.
Wednesday: 6:00-7:00pm
Member: $99
Non-Member: $129

Team Challenge
AGE: 18+
Fitness competition with fun! Weekly fitness competitions in our Exergame room for solo or partner teams, which are scored on our Interactive Fitness Gaming equipment. Test your agility, reaction time, strength, and coordination in this one of a kind Team Challenge.
Saturday: 9:00-10:00am
Member: $84
Non-Member: $118
DIABETES PREVENTION PROGRAM

BEGINS MARCH 2ND

The Diabetes Prevention Program helps those at risk of developing the disease to make positive lifestyle changes through nutritious eating, increased physical activity, and maintaining a healthy weight. This program empowers participants in workshop setting to start a supportive shared journey that will create a sustainable plan for improving key health metrics.

PROGRAM GOALS

- Lose 5 – 7% of your body weight
- Gradually increase your physical activity to 150-minutes per week.

The program consists of 25 one-hour sessions delivered over the course of a year.

Ages: 18+

REGISTRATION PREREQUISITE:
Submit your Risk Assessment Quiz by Friday, February 21st.

Download the quiz at MeadowlandsYMCA.org/DPP

FOR ENROLLMENT INFORMATION, contact Wellness Director, Michelle Moore at mmoore@meadowlandsYMCA.org
FREE MEMBER ACTIVITIES

St. Patrick’s Day Celebration
AGES 3–5 (PARENT/CHILD)
Join us for a St. Patrick’s Day celebration! We will create different themed projects and play fun games. This is a free parent/child party you won’t want to miss with your preschooler!
Tuesday: March 17th 12:30pm

Memorial Day Party
AGES 3–5 (PARENT/CHILD)
Join us for a fun Memorial Day Party where we will complete various themed projects and activities in honor of this American holiday. Both parents and children will love kicking off the summer with this free party!
Wednesday: May 20th 12:30pm

Movie Nights
AGE: 6+
Do you love watching movies and hanging out with friends? Come join us for movie nights at the Y! We will vote on the G or PG rated movie to watch, at each meeting, come enjoy a movie night in the Youth & Teen Room.
Wednesday: March 4th 4:30pm
Thursday: April 2nd 4:30pm
Tuesday: May 5th 4:30pm
Wednesday: June 3rd 4:30pm

Art Nights
AGE: 6+
Make new friends and exciting art projects during Art Nights! Our club will meet once per month and create an awesome project to take home and enjoy. Get to know the people in the Meadowlands YMCA community and let your creativity flourish!
Tuesday: March 17th 4:30pm
Wednesday: April 22nd 4:30pm
Tuesday: May 19th 4:30pm
Thursday: June 11th 4:30pm
SOMETHING FOR THE WHOLE FAMILY!

Warm-Up with Waffles
**Wednesday:** March 4th 9am-12pm
**Y REC ROOM**
Need something warm to start your day? Swing by the Rec Room and decorate your waffle with fruit, syrup and other goodies!

Pot of Gold Potluck
**Tuesday:** March 17th 11am-1pm
**MULTIPURPOSE ROOM**
Come enjoy a special lunch that will fill you up with the luck of the Irish! Bring along your favorite snack or side to share with the Y community as we all enjoy corn beef, cabbage, and other Irish favorites.

Crafts with Mom
**Thursday:** May 7th 6:00pm
**AGAGES 7+**
**MULTIPURPOSE ROOM**
Spend some bonding time with Mom around Mother’s Day! Join us to create a lovely bouquet of tissue paper flowers with your special mom!

Decorating Donuts
**Friday:** June 5th 7am-10am
**Y REC ROOM**
In honor of National Donut Day, all members are invited to join us for decorating (and eating) donuts! We will have frosting, sprinkles, fruit and more to create a unique donut and chat with other members of our community.

Playground Playdate with Grandparents
**Saturday:** June 13th 11am-2pm
**AGAGES 2+**
**MARA CENTER PLAYGROUND**
Let’s have playtime with the grandkids! We are opening our Mara Center playground for a fun afternoon for grandparents to spend with their grandchildren. Light snacks and water will be provided.
SPECIAL NEEDS PROGRAMS

PROGRAMS INC.
A selection of our programs are adapted into inclusive environments for those with special needs. They provide an opportunity for children and adults with diverse abilities to experience settings that encourage everyone’s participation. We provide specialized attention in these classes, which feature low participant to instructor ratios and staff members who are trained in special needs.
Look for the Programs INC. classes labeled with

Funded by the Loretta Mc Gowan Foundation

HANGOUT Program
AGE: 21+
On the first FRIDAY of each month, the Meadowlands Y will host a new social and recreational program dedicated to adults with special needs. The FOCUS of the program will be exploring health and wellness while building life skills in a group of friends.
Friday(s): March 6th, April 3rd, May 1st, June 5th 5-8pm
Member Fee: $20
Non Member Fee: $20
For more information contact Danielle Coldon dcoldon@MeadowlandsYMCA.org

Starfish Swim Lessons
AGE: 6-14
Instructor to student and parent pairs ratio is 1:5
The Starfish class is designed for children 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.
Saturday: 11:35am-12:05pm
Member: $116
Non-Member: $188

Mixed Media
AGE: 13+
Monday: 7:30-8:15pm
Member: $96
Non-Member $126

Kid Fit
AGE: 7-13
Saturday: 10:00-11:00am
Member: $84
Non-Member $118

Pre-Ballet
AGE: 2-3
Tuesday: 12:45-1:30pm
Member: $82
Non-Member $113

Beginner Guitar
AGE: 6-9 & 10-12
Saturday: 9:30-10:15am or 10:15-11:00am
Member: $82
Non-Member $113
SPECIAL NEEDS
HANG OUT
PROGRAM

A SERVICE OF
SNAPS

On the first FRIDAY of each month, the Meadowlands Y will host a new social and recreational program dedicated to adults with special needs. The SNAPS program will be exploring health and wellness while building life skills with a group of friends.

ACTIVITIES INCLUDE:
- Preparing and cooking meals
- Exercise activities
- Sports

AGES 21+

MARCH 6 • APRIL 3 • MAY 1 • JUNE 5

5–8 PM $20 PER PERSON

For more information, contact DANIELLE COLDON at dcoldon@MeadowlandsYMCA.org.
BIRTHDAY PARTIES

LET’S GET THE PARTY STARTED!
Choose from eight different party themes for your child’s special day! Our party planners will take care of it all, while you sit back and enjoy the event. Invitations, pizza, water, party goods, setup, cleanup, and two party hosts are included.
To book your party email parties@meadowlandsymca.org

Birthday Party Themes

GYM & SWIM
Combine our two most popular parties for a birthday bash that will be the best of both worlds.
Member: $550
Non-Member: $625

POOL PARTY
Splash and swim away with a birthday pool party like no other in our temperature-controlled Aquatics Center that’s comfortable all year-round.
Member: $450
Non-Member: $525

PRINCESS PARTY
Bibbidi-Bobbidi-Boo! Guests will transform into princesses, crafting their own beautiful crowns to wear for the magical dance party. It’s an enchanting dream come true for your little princess!!
Member: $400
Non-Member: $475

SUPERHERO PARTY
It’s a bird! It’s a plane! It’s the best birthday ever for your superhero!
Member: $400
Non-Member: $475

SPORTS PARTY
Play where the pros played with an assortment of different sports in the former home of the NBA Nets.
Member: $350
Non-Member: $425

EXERGAME PARTY
Videogames and physical play combine for an awesome party with fun competitions.
Member: $500
Non-Member: $575

PAINTING PARTY
Party-goers will get to make their own wonderful piece of art and then take it home to share their masterpiece with their family.
Member: $400
Non-Member: $475

PRESCHOOL PARTY
Duck-Duck-Goose! There’s is nothing better than good old-fashioned party games that every preschooler will love.
Member: $350
Non-Member: $425
LET’S MOVE FOR A BETTER WORLD CHALLENGE
MARCH 16 – APRIL 4

Let’s make MOVES! As a community we can work together to get fitness equipment donated to local schools. All we have to do is reach 1 million MOVEs on Technogym cardio machines in the Wellness Center.

How to Count MOVES
It’s easy! Sign into any Technogym equipment with your MyWellness account info before starting a cardio session. Every MOVE counts. Let’s run, bike, and work on the ellipticals to better ourselves and the children that will benefit from this donated equipment.

100 Lives Blood Drive

Be a part of a lifesaving cause. Every pint donated saves up to 3 lives.

March 20, 2020 | 1pm – 6pm
HOSTED IN THE GATORADE GYM

Scan to book an appointment, visit redcrossblood.org, or call 1–800–RED CROSS (1–800–733–2767).
<table>
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<th>DAY OF THE WEEK</th>
<th>CLASS</th>
<th>AGES</th>
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FAMILY FUN NIGHTS ARE ALL ABOUT CELEBRATING YOU!

We’re so thankful for everyone who’s part of our extended family here at the Meadowlands YMCA. Everyday you’re improving mind and body through wellness programs, youth enrichment classes, and community outreach opportunities. Your dedication to success deserves a reward!

Our monthly Family Fun Night events each feature different family-friendly themes that offer a chance to come together and enjoy quality time while doing something new and entertaining.

Ages 5+

FREE for Members
REGISTRATION REQUIRED
THIS IS NOT A DROP-OFF EVENT.

SPRING DATES

WEDNESDAY, MAR 11, 2020
GREEN THEME
Hosted in the
Multipurpose Room 2
5:30 – 6:30pm

WEDNESDAY, APR 8, 2020
EARTH DAY
Hosted in the
Multipurpose Room 2
5:30 – 6:30pm

WEDNESDAY, MAY 13, 2020
THEME TBA
Hosted at the Mara Center
Playground
6:30 – 7:30pm

WEDNESDAY, JUNE 10, 2020
WELCOME SUMMER!
Hosted in the
Multipurpose Room 2
6:30 – 7:30pm

Please direct any questions to Aminta at
awitkowski@MeadowlandsYMCA.org
INDOOR TRIATHLON  
SUNDAY, MAY 3, 2020  
FIRST HEAT @ 7:30AM

Tackling Chronic Disease Together

SWIM, BIKE, and RUN at the Y! Kids and adults of all skills and abilities can compete as individuals or relay teams. The race will begin in our 25m pool, move to the Revolution Cycle Studio, and finish on the cardio deck treadmills. Every participant will receive a finisher medal and swag bag. Awards will be given to top three in each division.

Individual: $45 member/$50 non-member  
Relay: $90 per team (member/non-member)

TRAIN.....EXECUTE.....SUCCEED!

MARCH 9TH – MAY 3RD

Whether you’re new to triathlons or a seasoned pro, this training program will work for you! Over the 8-week training program, you will participate in two weekly conditioning sessions and seminars covering the triathlon approach and recovery presented by SportsCare Physical Therapy.

$219 MEMBERS  (Includes Triathlon entry)  
$320 NON-MEMBERS  (Includes Triathlon entry & Y Membership from March 8-May 3)
Register Early & Save! LIMITED TIME OFFER

Thriving THROUGHOUT SUMMER

LOYALTY DISCOUNT

LOCK IN LAST YEAR’S RATES!
To qualify, you must register for a minimum of 4 weeks and pay in full.

OFFER ENDS FEB 22ND
WEEKLY CAMPS
START JUNE 22ND

EARLY BIRD SPECIAL! SAVE 5%

*OFFERS VALID ON WEEKLY CAMP FEE ONLY (8:30AM-4:30PM). NO DOUBLE DISCOUNTS

MEADOWLANDS YMCA

TRAVEL • SPORTS • MUSICAL THEATRE • PRESCHOOL & MORE
MeadowlandsYMCA.org/summercamp
HOW TO REGISTER FOR PROGRAMS

Registration for all programs can be completed by visiting the Front Desk. Many of our programs (excluding swim lessons) can also be registered for online at MeadowlandsYMCA.org/Register.

Follow the instructions for setting up your account and you’re good to go!

SHARING IS CARING!

See something that you think a friend or family member may enjoy? Share this Program Guide with them! By scanning the QR code, you’ll be able to copy the link and send it to anyone you’d like.

MEADOWLANDS YMCA
390 Murray Hill Parkway
East Rutherford, NJ 07073
Phone: (201) 955–5300
MeadowlandsYMCA.org