



Morris Center YMCA

136 years And Still Going **STRONG**



For Youth Development

For Healthy Living

For Social Responsibility



Fall Program 2010

September 20 - December 11

**Registration begins Sunday August 29
9 am to 11 am**

Welcome to the Y

Membership Types

We offer memberships for families and individuals youth - seniors.

A family consists of 2 adults cohabitating as a couple and all children through age 22 residing with parents.

Must have membership to register for youth programs and/or childcare.

Corporate Membership

Visit our website for details: www.MorrisCenterYmca.org

Membership Card

Membership card must be presented at Member Service Desk for entry. Lost card fee is \$5.

Away Membership

We will honor other Y cards with an AWAY sticker for a nominal fee.

Financial Assistance

The YMCA believes in serving the needs of all members of our community. To apply for financial assistance stop by the Front Desk or download an application from our website. Applications are accepted in January and June. Applicants must live in our service area.

Membership Includes

- Full use of the facility
- Fitness equipment orientation
- Use of equipment
- Open Swim
- Pickup basketball
- Volleyball
- Over 90 free fitness classes
- Water Exercise Classes
- Arthritis Exercise Program
- Family Time
- Free babysitting
- Teen workout time
- Lap Swim
- Senior Programs
- Zumba
- Pilates
- Yoga
- Spinning

Access to

- Massage
- Functional Training
- Health Screenings
- Youth Basketball League
- R.F.Blake Childcare Center
- Martial Arts Classes
- Healthy Heart Program
- Personal Training
- Swim Lessons
- Summer Camp
- Adventure Days
- Swim Team
- Youth Classes

Fitness Center

- Functional training equipment
- Strength training equipment
- Elliptical trainers
- Espresso interactive bikes
- Recumbent bikes
- Precor AMTs
- Selectorized strength machines
- 4,000+ Lbs of dumbbells
- HumanSport cable circuit
- SciFit Upper Body Ergometers
- 8-station LifeFitness Multi-Jungle
- Free weights
- Kettlebells
- 22 treadmills
- Upright bikes
- Arc Trainers
- Summit Trainers
- Stability balls
- ElliptiMills
- Medicine balls

Facilities:

- State-of-the-art fitness center
 - Locker rooms
 - Circuit room
 - Cardiovascular Center
 - Full basketball gym
 - Stretch room
 - Whirlpool*
 - 1/16 mile track
 - Outdoor Fit Trail
 - Picnic grove
 - Gold locker rooms*
 - Showers
 - Cybex area
 - Aerobic studios
 - 40 bike Spin room
 - 6 lane 25 meter pool
 - Family dressing room
 - Boxing and speed bag
 - Bob's Place playground
 - Sauna*
- *Gold card membership required.

Free New Member Orientation

Learn more about the equipment available to you. Call Jim Carpentier x33, Associate Health & Wellness Director to make an appointment.

YMCA Hours

Mon-Fri	5:30 - 9:45 pm
Sat	7:00 - 8:00 pm
Sun	9:00 - 5:00 pm

Check the website for delayed openings or early closings.

**We are closed
Shutdown Week
8/21-8/29
Labor Day Sept 6
November 25**

Cancellation Policy

The YMCA reserves the right to cancel a class and to make schedule changes when necessary. We reserve the right to cancel a class if a minimum has not been reached. Classes cancelled due to weather are not rescheduled.

Membership

Call for membership fees 973-267-0704

We offer

Family (Children thru Age 22)

2 adults cohabitating as a couple and all children through age 22 residing with parents.

Family Gold (Adults only in Gold card room)

Youth Memberships (Children 12 and under)*

Teen (Ages 13-18)

Young Adult (Ages 19-22, ID Required)

Adult (Ages 23-64)

Adult Gold (Ages 23-64)

Senior Individual (Age 65+, ID required)

Senior Gold Individual (Age 65+, ID required)

Husband & Wife Senior (Both Age 65+ ID required)

Husband & Wife Senior Gold (Both Age 65+ ID required)

Gold Membership

Entitles member to Locker Room with:

- Sauna & Whirlpool (must be 23 to use Gold Locker Room)
- Kit locker (as available and upon request)
- Anyone under age 23 must use regular locker rooms

Questions?

Email us at: Questions@MorrisCenterYmca.org
Compliments and comments are welcome in the suggestion box in the lobby.



136 years old and we are still going Strong!

To meet our members needs, we offer monthly (6 month minimum), 3 months and annual plans.

Membership rates are reviewed and subject to increase once a year (usually in January).

Membership and programs are non-refundable nor non-transferable.

Guests are permitted ONLY with a member.

One guest per member on a limited basis.

The YMCA reserves the right to close certain areas of the building in order to upgrade and maintain facilities and equipment to better serve the needs of all our members.

Our Mission

The Morris Center YMCA, founded in the Christian traditions of honesty, respect, caring and service to others, seeks to enhance the character and quality of life for all people in the community, by providing activities to enrich their spiritual, mental and physical well being.

facebook

Follow us for recent updates, pool closings, and Y closings.

Morris Center YMCA and
keep up with the **Blake Center** too
RF Blake Childcare Center

***Ages 11 and under need to be supervised by a member age 18 or over, while at the Y.**

The Morris Center YMCA is not responsible for typographical or other errors in this program guide.

Youth Development

Registration Process for Swim Classes

Please bring your child's report card for registration and have your membership form printed from the front desk .

Hint- do this ahead of time - it will save you time on registration day.

Aquatic Policies:

Are listed on our website or available at the front desk.

Sunday, August 29, 2010

9:00 to 11:00 am

Priority registration for participants in our Spring or Summer 2010 swim lessons. Numbers will be given out beginning at 8:00 am. Bring your report card.

Monday, August 30, 2010

9:00 to 11:00 am

Registration continues for current and previous participants. Child must be tested prior to registration date for proper placement.

NO registration Tuesday

Wednesday, Sept. 1, 2010

New day! 9:00 to 11:00 am

Open Registration. Please make sure your child has been tested prior to this registration period for proper placement.

Testing is done by appointment only.

You do not have to have your child tested if you are registering for Skips I, Skips II, Pikes or Polliwog I.

All other levels need to be tested through the Aquatic staff. Contact Erica x15 for scheduling.

We reserve the right to either change or remove your child from their registered swim class if we find they have been enrolled in the incorrect level.

Important Information Regarding Registration:*

Once we have the initial registration, you can only register for swim classes with the Aquatics Staff during the first two weeks of registration:

Monday-Thursday	9 am-7 pm
Friday	3 pm-6 pm
Saturday	9 am-12:30 pm.

You will not be allowed to register any other time.

Swim Team

TRY OUTS

Sunday August 22, 2010

4:00 pm check in be ready to swim

4:30 Warm ups

5:00 Start (all times approximate and subject to change)

Swimmers must pre-register

\$10 per swimmer

(Cash or checks only. Make checks payable MCYSTPO)

To pre-register:

- Fill out registration form - available at the Morris Center Y or download at www.MorrisCenterYmca.org.
- Form can be either mailed in or brought to the Y
Attn: Swim Team Tryouts.
- Forms should be received no later than August 18, 2010.
- Forms will not be accepted without fees.
- Fees are non-refundable.
- If you have times from your previous team, please attach a copy to the registration form.

For those who try out and are not quite ready for the swim team, we offer Dolphin Club. See page 5.

MCY Swim Team

- Swim team fees are based on the age group of the swimmer
- Swimmer's group is determined by the coaching staff
- Practice times for all groups will be posted on the website
- Swimmer must be a Morris Center YMCA member for the duration of the season
- All fees are non-refundable
- Additional fees include USA registration (approx. \$55) booster fee (\$40 per swimmer, max \$60 per family), and initial deposit for Meet Entry Escrow account (\$50)

For more information regarding Swim Team, please contact Tina Cecala Head Coach at: mcycoachcecala@yahoo.com or Karen at: karen@morriscenterymca.org

*** Swim Registration**

Once a member has been enrolled in a swim class, we will only accept changes after the initial registration days are complete. There is an additional administrative fee of \$15 for each additional change.

Aquatics

For
current pool schedule
and class descriptions visit:
www.MorrisCenterYmca.org

September 20 -December 11

Skipper Program - Child and Adult in the water together						
Class	Name	Age/Grade	Day	Time	Price	
12211-01	Skips I	6 mo-2 yrs	Friday	10-10:30 am	90	
12211-02	Skips I	6 mo-2 yrs	Saturday	9:35-10:05 am	90	
12211-03	Skips II	2-3 yrs	Friday	10:30-11:00am	90	
12211-04	Skips II	2-3 yrs	Saturday	10:10-10:40 am	90	
12211-05	Skips I & II	6 mo-3 yrs	Tuesday	6:00-6:30 pm	90	
12211-06	Skips III	2.5 -3 yrs double bubble	Saturday	8:25-8:55 am	90	
Pre-School						
12212-01	Pike	3-K	Monday	4:00-4:30 pm	90	
12212-02	Pike	3-K	Tuesday	4:35-5:05 pm	90	
12212-03	Pike	3-K	Wednesday	4:05-4:35 pm	90	
12212-04	Pike	3-K	Thursday	10:00-10:30 am	90	
12212-05	Pike	3-K	Thursday	4:00-4:30 pm	90	
12212-06	Pike	3-K	Saturday	9:00-9:30 am	90	
12212-07	Pike	3-K	Saturday	10:10-10:40 am	90	
12212-08	Pike	3-K	Saturday	10:45-11:15 am	90	
12212-09	Pike	3-K	Saturday	11:55-12:25 pm	90	
12212-10	Eels 1	3-K	Monday	4:00-4:30 pm	90	
12212-11	Eels 1	3-K	Tuesday	10:00-10:30 am	90	
12212-12	Eels 1	3-K	Tuesday	4:50-5:20 pm	90	
12212-13	Eels 1	3-K	Tuesday	5:25-5:55 pm	90	
12212-14	Eels 1	3-K	Thursday	5:25-5:55pm	90	
12212-15	Eels 1	3-K	Friday	12:00-12:30 pm	90	
12212-16	Eels 1	3-K	Saturday	8:25-8:55 am	90	
12212-17	Eels 1	3-K	Saturday	9:00-9:30 am	90	
12212-18	Eels 1	3-K	Saturday	10:10-10:40 am	90	
12212-19	Eels 1	3-K	Saturday	11:20-11:50 am	90	
12212-20	Eels 1	3-K	Saturday	12:30-1:00 pm	90	
12212-21	Eels 2	3-K	Monday	5:25-5:55 pm	90	
12212-22	Eels 2	3-K	Tuesday	5:10-5:40 pm	90	
12212-23	Eels 2	3-K	Tuesday	6:30-7:00 pm	90	
12212-24	Eels 2	3-K	Wednesday	3:30-4:00 pm	90	
12212-25	Eels 2	3-K	Thursday	10:00-10:30 am	90	
12212-26	Eels 2	3-K	Thursday	4:00-4:30 pm	90	
12212-27	Eels 2	3-K	Friday	11:30-12:00 pm	90	
12212-28	Eels 2	3-K	Friday	12:30-1:00 pm	90	
12212-29	Eels 2	3-K	Saturday	8:25-8:55 am	90	
12212-30	Eels 2	3-K	Saturday	9:35-10:05 am	90	
12212-31	Eels 2	3-K	Saturday	10:45-11:15am	90	
12212-32	Eels 2	3-K	Saturday	11:55-12:25 am	90	
12212-33	Eels 2	3-K	Saturday	12:30-1:00 pm	90	
12212-34	Rays	3-K	Tuesday	4:00-4:30 m	90	
12212-35	Rays	3-K	Tuesday	6:30-7:00 pm	90	
12212-36	Rays	3-K	Wednesday	3:30-4:00 pm	90	
12212-37	Rays	3-K	Thursday	5:25-5:55 pm	90	
12212-38	Rays/Starfish	3-K	Friday	11:00-11:30am	90	
12212-39	Rays	3-K	Saturday	9:35-10:05am	90	
12212-40	Rays	3-K	Saturday	10:45-11:15am	90	
12212-41	Rays	3-K	Saturday	11:20-11:50am	90	
12212-42	Starfish	3-K	Tuesday	5:25-5:55pm	90	
12212-43	Starfish/Piranha	3-K	Saturday	9:00-9:30 am	90	
12212-44	Piranha Plus*	3-K *approved by director	Wednesday	4:00-4:45 pm	45 mins	120



Aquatics

September 20 -December 11

Those
with shoulder length hair or longer must
wear a swim cap or have hair securely tied up.

This will be strictly enforced.

Pre-Progressive Swimming Lessons

Class	Name	Age/Grade	Day	Time	Price
12213-01	Polliwog I	1st - 6th gr.	Monday	4:00-4:30 pm	90
12213-02	Polliwog I	1st - 6th gr.	Wednesday	4:40-5:10 pm	90
12213-03	Polliwog I	1st - 6th gr.	Saturday	11:20-11:50 am	90
12213-04	Polliwog II	1st - 6th gr.	Monday	4:30-5:00 pm	90
12213-05	Polliwog II	1st - 6th gr.	Tuesday	4:50-5:20 pm	90
12213-06	Polliwog II	1st - 6th gr.	Wednesday	4:05-4:35 pm	90
12213-07	Polliwog II	1st - 6th gr.	Thursday	4:00-4:30 pm	90
12213-08	Polliwog II	1st - 6th gr.	Saturday	9:00-9:30 pm	90
12213-09	Polliwog II	1st - 6th gr.	Saturday	11:30-12:00 pm	90

Progressive Swimming Lessons

12214-01	Guppy	1st thru 6th gr.	Monday	4:35-5:20 pm	120
12214-02	Guppy	1st thru 6th gr.	Tuesday	4:00-4:45 pm	120
12214-03	Guppy	1st thru 6th gr.	Wednesday	5:15-6:00 pm	120
12214-04	Guppy	1st thru 6th gr.	Thursday	4:35-5:20 pm	120
12214-05	Guppy	1st thru 6th gr.	Saturday	9:00-9:45 am	120
12214-06	Guppy	1st thru 6th gr.	Saturday	9:35-10:20 am	120
12214-07	Guppy	1st thru 6th gr.	Saturday	11:55 am-12:40 pm	120
12214-08	Minnow	1st thru 6th gr.	Monday	4:35-5:20 pm	120
12214-09	Minnow	1st thru 6th gr.	Tuesday	4:00-4:45 pm	120
12214-10	Minnow	1st thru 6th gr.	Wednesday	5:30-6:15 pm	120
12214-11	Minnow	1st thru 6th gr.	Thursday	5:25-6:10 pm	120
12214-12	Minnow	1st thru 6th gr.	Saturday	9:50-10:35 am	120
12214-13	Minnow	1st thru 6th gr.	Saturday	12:15-1:00 pm	120
12214-14	Fish	1st thru 6th gr.	Monday	5:20-6:05 pm	120
12214-15	Fish	1st thru 6th gr.	Wednesday	4:40-5:25 pm	120
12214-16	Fish	1st thru 6th gr.	Thursday	4:35-5:20 pm	120
12214-17	Fish	1st thru 6th gr.	Saturday	9:50 -10:35 am	120
12214-18	Fish	1st thru 6th gr.	Saturday	12:05-12:50 pm	120
12214-19	Flying Fish	1st thru 6th gr.	Thursday	4:35-5:20 pm	120
12214-20	Flying Fish	1st thru 6th gr.	Saturday	11:30 -12:15 pm	120
12214-21	Shark/Porpoise	1st thru 6th gr.	Saturday	9:00-9:45 am	120
12214-22	Shark/Porpoise	1st thru 6th gr.	Saturday	12:05-12:50 pm	120

Stroke Clinic (pre-tested ONLY)

Our coaching staff will emphasize stroke technique and other critical aspects of competitive swimming.

12214-23	Stroke Clinic	1st thru 6th grade (ages 6+)	Monday	5-6pm	130 (pre-tested only)
12214-24	Stroke Clinic	1st thru 6th grade (ages 6+)	Wednesday	4:50-5:50pm	130 (pre-tested only)

Private Swim Instruction

12215-01 Wait list only ages 3 & UP Fee: \$125 (\$23 for each additional lesson)

Private swim lessons are scheduled **ONLY** when we have pool space and instructors available.

Teen Swim Lessons ages 11-16 See page 9 **Adult Swim Lessons See page 13**

Dolphin Club

The Dolphin Club is geared for those who **upon completion of our swim team try out** are not yet ready to swim competitively. Swimmers will work with the MCY swim team coaching staff to build endurance, refine all 4 strokes and improve techniques. Dates and times subject to change but will be set before the first class.



Dolphin Club I

Runs September-February

Ages 8 and under only for those who tried out for our swim team

Minimum 8 maximum 18 participants

12219-01 Thurs/Sun 5:00 - 6:00 pm

Fee: \$445

Dolphin Club II

Ages 9 and over only for those who tried out for our swim team

Minimum 8 maximum 24 participants

Fee: \$550

12219-02 Saturday 7:00 - 8:30 pm

Sunday 7:00 - 8:30 pm

Youth Development

Class	Program Name	Age	Day	Time	Price
13302-01	Tammy & the Toddlers	18 mths-3 yrs	Tuesday	9:45-10:30 am	95
13302-02	Tammy & the Toddlers	18 mths-3 yrs	Wednesday	9:45-10:30 am	95
13302-03	Tammy & the Toddlers	18 mths-3 yrs	Thursday	9:45-10:30 am	95
13302-04	Tammy's Little Gymnasts	3 1/2 - 6 yrs	Friday	10:00-10:45 am	95

Arts, Sports & Splash

Arts Sports & Splash is one of our most popular classes. Your child will enjoy making creative crafts in our arts and crafts room, then into the gym for some run and game time and end the morning with play time in the pool! All while under the close supervision of our Youth and Family staff. Kids wear their bathing suits under their clothes. Parents, take time to run errands or work out and then pick your child up from the pool area.

Ages 3-5 years

13302-05 Thursday 9:00-11:00 am Youth member 200 Family member 150

Must be potty trained for Arts Sports and Splash

Winter Break Sports Clinics

for children grades K-6

Soccer

Join Ryan as he shares his in depth soccer experience.
13302-90 December 27 9-noon

Basketball

Learn some bball skills from EJ - a college hoops player.
13302-91 December 28 9-noon

Flag Football

Run, play, throw, bring your best moves to this fun, indoor flag football clinic.

13302-92 December 29 9-noon

Floor Hockey

Wear your sneakers, bring an indoor stick if you have it. Come ready for instruction, games and go for the Stanley Cup!

13302-93 December 30 9-noon

Fees for Clinics

Family Member	\$30 per day	\$110 for all 4
Youth Member	\$50 per day	\$190 for all 4
Non-Member	\$75 per day	\$290 for all 4
Adventure Day participants		\$15 more per day

New Jersey Ballet Classes

- Wednesdays & Fridays - September to June
- Children 4 and up, Teens and Adults All Levels

For over 50 years the New Jersey School of Ballet has provided top quality instruction for thousands of students.

For Info and Registration Call 973-597-9600 or www.njschoolofballet.com.

Adventure Days

The Y provides a safe, fun environment for school vacation days

Hours: 8:00 am to 6:00 pm

\$75.00 child; additional child \$10.00 discount

Open to non-members also.

Dates:

September 9, Rosh Hashanah, November 2, Staff Development (Morris School District) November 4 & 5, NJEA Convention, December 27-30, Winter Break

Birthday Parties

Let your 2-7 year old have a great party with their friends in our Lil' Honey gym. It's a big space, padded gym floor, fun and party room. Call the Blake Center for information (973)984-2255 7 am - 6 pm Mon-Fri

Special Needs

Junior Discovery

This program focuses on recreational, aquatic, and social activities for children with special needs.

Ages 5-16 yrs

Saturday 12:00 - 2:00 pm

13302-41 - 9/25- 11/27

Fee: \$220

Open to members and non-members

For additional information contact: The Youth and Family Director x46

Youth Development

Basketball

Our philosophy at the Y - no one learns by sitting on the bench! YBA is designed to develop skills, love for the game, have fun and play.

Registration: September 25 9 - 11

YMCA membership is required.

3 month \$65, 6 month \$124, 1 year \$194

All divisions have referees except Happy Hoopsters

LITTLE HAPPY HOOPSTERS

These future NBA'ers play on lower hoops at our Blake Center Lil'Honey Gym (next to the Y)

4 & 5 year olds not in kindergarten

Dec 4 - February 26

13302-54 Saturdays 9:00- 10:00 \$85

Y ROOKIES DIVISION

Kindergarten - 2nd grade

Children *eligible* for kindergarten welcome

Saturdays December 4 thru February 19

13302-50 Kindergarten 9 am

1st & 2nd rotating time 10, 11, noon or 1:00

13302-51 \$90

Y COLLEGIATE DIVISION 3rd-7th grade 3rd and 4th Graders

Evaluation Days: October 25 & 27, 6 - 7 pm

All players must attend ONE evaluation day

League begins Sat Dec 4 - March 5

Elimination playoffs 2/26, 3/4 & 3/5

Rotating times: 2:00 or 3:00 pm

Practice times - weekday evening TBA

13302-52 \$140

5th, 6th & 7th Graders

Evaluation Days: October 25 & 27, 7 - 8 pm

All players must attend ONE evaluation day

League Friday Dec 3 - February 25

Championship game March 4

Rotating times: 6:30 or 7:30 pm

Practice times: weekday evening TBA

13302-53 \$140



Youth Development

Family Fun Events at the Blake Center



Friday night

September 24 Crafts & Open Gym

Friday night

October 22 Pumpkin Painting & Open Gym

Friday night

November 19 Movie Night & Open Gym

Friday night

December 17 Snack with Santa & Holiday Craft & Open Gym

Each event is free and runs 6:00 - 8:00 pm. Make it an easy night by ordering pizza dinner which includes refreshments, snack and a slice of pizza for an additional \$4.00 per person. Please sign up 2 days prior to each event at the YMCA or the Blake Center and pay in advance. Indicate on the sign up sheet if you will be purchasing dinner. Suggested ages 1-5.



Childcare Members: Shop Time for Parents!

We are offering a special morning just for children in our Blake Children's Center, Children's Corner and after-school programs. We'll provide a safe, fun morning during a very busy season. Ages infant - 8.
Saturday 12/4 9:00 - 12:00
Fee: \$20 \$15 for each additional sibling.
Registration required at the Blake Center

Y-World Of Sports

Sports, sports, sports and more sports! Our sports gurus will teach your player basketball, flag football, soccer, floor hockey and more. Run and fun!
Ages: 6-8 Oct 3, 10, 17, 24 4 weeks.
Sundays 1:00 - 2:00 (great workout time for adult members)
13302-42 Fee: \$30



Free Drop-In Babysitting

Our free drop-in service for parents who are working out or required to participate in a class with another child. 1 1/2 hour time limit.

Hours:	Mon-Sat	9 am - 12 noon
	Mon- Thurs	4 pm - 7:30 pm
Ages:	Mon- Fri mornings	8 weeks - 8 years
	Night and Saturdays	8 weeks - 10 years

Stop, Drop and Shop Afternoon for Parents!

Drop off your children and we'll provide a safe, fun afternoon during the very busy season. Ages 3 - 8.
Sunday December 12 1:00 - 4:00 pm
\$15 for members \$10 for each additional sibling. \$20 for non-members.
13302-43 Registration required.

Youth Development

Nuturing the potential of every Teen

Jujitsu

Fee \$160 family member/\$190 youth

Monday or Friday 12 weeks

Ages 5-12 yrs

13302-20

Monday 5:30 - 6:15

13302-21

Friday 5:00 - 5:45

Girls Fit Challenge

Get healthy and fit with this 8-week program designed just for girls ages 10-15.

Wednesday 4:45 pm - 5:30 pm

9/29-11/17 Kick-Off Sept 22

Fee: \$175 for 8 weeks Minimum: 8 participants

19125-76

Program includes:

- Boot Camp for 8 weeks
- 6 thirty minute personal training sessions.

Questions? Call x28.

Teen Swim Lessons ages 11-16

12216-01	Teen Beginner	
Saturday	11:15-12:00 pm	\$120
12216-02	Teen Intermediate	
Saturday	10:40-11:25 am	\$120

Liquid TeenFit ages 11-16

Exercise is always fun in the pool! This great workout swim class is just for you using fins, hand paddles, and pull buoys. Only minimal stroke instruction will be given but you will get a maximum individual cardio workout! Swimming is a great way to get in or stay in shape and be strong. Must be able to swim 50 meters (2 lengths) of continuous freestyle.

12216-07	Session 1 9/25-10/23	
Saturday	1:00-2:00 pm	\$50
12216-08	Session II 11/6-12/4	
Saturday	1:00-2:00 pm	\$50

NEW!

Therapeutic Specialty Training

Erin Leach, physical therapist, is experienced in working with people with special needs. Specialty Training focuses on adapting the activity to the ability of the individual. The program can include physical therapy, aquatic therapy, sensory integration as well as strengthening and endurance training.

19125-75 Fee: \$125 per session

The Circuit

Have fun while working out at the Y!

Strength training equipment, agility equipment, functional equipment, free weights, and treadmills – **plus 6 TVs and DDR on the big screen.** And hey - wear your sneakers!

Open whenever a class is not in session. See website or front desk for schedules.

Ages 12+

Under 12:

Mon-Fri ages 10-12 must be with adult

Sat -Sun ages 7-12 must be with adult

NJ School of Ballet

Classes for teens at the Y. See page 6.



We have 2
Wii's always
available And
DDR in the
Circuit!

Chill Zone

6th-8th grade

Join Ryan, EJ on Friday nights. Choose from sports, arts and crafts, Wii competitions and more.

Friday night 6:30 - 8:30 9/17-11/19

13302-25 Free to members. \$6.00 for guests.



Youth Development

BASKETBALL

HIGH SCHOOL INTRAMURALS

Still like playing basketball? Play full court 1 hour games. Score will be kept.
Wednesday Sept 15-November 17
7:15 pm
13302-55
\$50 includes t-shirt.

BASKETBALL TRAINING

Want to be better than the competition? Then this is for you!
One-on-One and group basketball training.
Ages 11 to 22*. Session offered by appointment.
Register at the front desk.

Boys

Chris Martinez has extensive basketball experience both as a college player and a boys high school coach. He knows how to get you to where you want to be.

Girls

Sue Murray was a 4 year college starter and played 2 years as a pro overseas. She has coached girls varsity high school basketball. Sue will help you reach your full potential as an athlete.

\$75 hour individual

\$50 hour group

Girl's 19125-72

Boy's 13302-44

* Boys ages 7-10 can be evaluated for skill and



Student Personal Training

Are you paying too much for youth personal training?

We have the equipment, certified trainers and *results* at affordable prices.

SPT is for teams, individuals and non-athletes.

Student Personal Training ages 14-22

19125-65	1 Hour	\$40
19125-66	5 Hours	\$140
19125-67	10 Hours	\$260
19125-68	20 Hours	\$480

Group rates available too. Inquire at the front desk.

Group Training (you and a friend or 2) ages 14-22

Train with your friends or team mates.
The group *splits* the rates listed below -

19125-61	1 hour	\$40/hr per group
19125-62	5 Sessions	\$140 per group
19125-63	10 Sessions	\$260 per group
19125-64	20 Sessions	\$480 per group

Training packages expire one year from date of purchase.

Is 30 minutes enough?

Break the hour into two 30 minute sessions.

Example - 20 session package can become a FORTY 30 min package, group rate split 3 ways = \$160 for 40 sessions!

Open Volleyball Time

Friday nights September thru November. 3:00 - 9:30 pm



Lifeguard Course

Classes will be held in November. The course follows the American Red Cross requirements. Must be 15 by class completion date. See Y web site for details.

12218-01

Fitness

Why *THIS* Y?

We are changing the health of the community, 1 person at a time.



Cardio Sculpt/Interval Cardio /Cardio Bootcamp

An all around cardio workout using your own body as resistance, and traditional body sculpting methods with free weights, balls and bands. The class is rounded out with some floor and core work.

Intense Cardio Boot Camp Use our Personal Trainers' expertise to create an overall workout in a Boot Camp format.

Kickboxing/Turbo Kick Fun-packed class incorporates both the stimulating moves of a boxer in the ring as well as the cardiovascular challenges of a high intensity workout. A terrific way to get in shape!

PUMP IT! One of our most popular classes! Workout with barbells with adjustable weights to work. Pump It strengthens, tones, and defines like no other class and is one of the fastest ways to get fit!

Spin One of the most time and cardio effective workouts ever devised! All fitness levels welcome. Bring a towel and water!

Step and Sculpt Traditional steps and risers (an oldie but goodie) Challenging for all levels of ability.

Turbo Sculpt Uses controlled moves with an emphasis on form to define the body and build lean muscle mass.

Urban Rebounding/Mini Tramp Hot! Hot! Hot! Mini trampolines/Rebounders! Lower jumping distances. A great workout for those who have knee injuries or cannot take the impact of traditional aerobics classes Suitable for all levels! Be prepared to sweat!

Weight Resistance Training A no-nonsense approach to weight training with our expert group fitness instructor.

Power Ball Helps develop overall strength using a resistance ball. Upper and lower body exercises are included.

Circuit Training Enjoy the benefits of strength training, cardiovascular training, step aerobics and circuit training in a high-paced, fun class sure to get you into shape. It will be the best 45 minutes you have spent at the Y!

Registration and \$30.00 fee for the session

Belly Dancing Belly dancing is a unique way to get in shape. A single belly dance session works hundreds of muscles, burns calories and helps students to de-stress. Very popular!

Zumba Move fast and have fun! A fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness workout!

Low Impact Aerobics class using basic dance choreography. Also incorporates strength training and stretching.

Ballet Bar Toning A non-dance class, but working out with the ballet bar will give you a dancers body - long, lean and fit. Arrive early, this class fills up quickly!

Nia Mind, body, spirit barefoot aerobic class. Nia is designed for any body. It is ageless and limitless, transformational and effective for every person everywhere from athletes, dancers, and the elderly.

Pilates Discover the dancers secret to creating a stronger and leaner look.

Yoga Teaches you how to gently move from position to position and helps you develop the necessary discipline for more challenging yoga.

Vinyasa Yoga "Breath-synchronized movement." You will be instructed to move from one pose to the next on inhale or exhale. It will become like a dance.

Power Yoga/Power Core Yoga A vigorous, fitness-based approach to vinyasa-style yoga with emphasis on strength and flexibility.

Stress Management Yoga Bringing the mind, body and spirit together in a peaceful, calm yoga workout.

Sweat and Sculpt Yoga Fusion Yoga exercise and breathing combined with sculpting for an intense whole body experience.

Rising Sun Yoga Greet the day a great way. Good for all fitness levels and is a perfect way to get into good health.

Learn to Meditate Restore a healthy, positive mind/body balance, while focusing on relaxing the entire body.

Chi Gong A form of Tai Chi Moving combination of both Yoga and meditation consists of a series of postures that are derived from a martial arts discipline but designed to mimic nature. Chi Gong aims to foster a calm and tranquil mind and helps improve balance, alignment, fine scale motor control, and rhythm of movement.

Adult Jujitsu Self defense. Jujitsu incorporates physical and mental training within a philosophy of ethical and moral development . Registration and fee \$125.00

Adult Tae Kwon Do A fast and powerful style of martial arts. Focuses on individual feats and fosters control/discipline in a friendly atmosphere. It is non-contact which allows for a variety of skill levels and ages. Registration and fee \$145

***TKD and Jujitsu are Adult classes, but members ages 13+ may register for the class(s) with the permission of the instructor AND the Director of Fitness and Wellness.*

Arthritis Foundation Exercise Program/Tai Chi for

Arthritis This course is designed to help participants increase joint flexibility and increase range of motion. With the guidance of a certified Arthritis Foundation instructor, you will learn exercises to maintain muscle strength and increase overall stamina.

Forever Fit Designed for those with musculoskeleton/joint problems. Will increase their flexibility, balance, and strength by weight training, stretching and pilates type of movements.

Classes subject to change. Current schedules available at the front desk or www.MorrisCenterYmca.org

Healthy Living

30 Day Challenge A Newer, Fitter You

Getting ready for a special occasion where you want to look your best? Register for the 'challenge'. Meet with one of our certified **personal trainers** at least 2 times per week for **1 hour** during the month challenge. Make the commitment to yourself and see the results 30 days. Challenge begins October 1 and ends October 30.

All packages must be purchased by September 25 and completed by October 30 which is the expiration date of all PT sessions and the program.

\$400 includes **10** one-hour personal training sessions and access to all free fitness classes.

19125-39

Be a Winner by Being a Loser

We want to see *LESS* of you this fall

Join our newly revamped award winning program. We've re-designed it to help you make a lifestyle change, lose weight, get fit and stay committed. And we are with you every step of the way.

Now only 6 weeks.

10 one hour personal training sessions will allow you to meet with a trainer more times per week during the 6 weeks.

Sessions can be split into 30 minute sessions.

Program includes:

- Fitness assessment and weigh ins
- 10 1-on-1 hours personal training sessions that fit your schedule
- Weekly boot camp just for members of Be A Winner
- Group sessions with a nutritionist
- Weekly Fitness and Nutritional emails
- 19125-13

Kick Off Monday September 27

Classes held Mondays- October 4 - November 8

Fee: \$495 for members \$675 for non-members

Questions? Call Director of Fitness and Wellness x28

You Can
Do It!

Early Morning Boot Camp

New!

Come for your *reason* - a wedding,, reunion, holiday party. Do this for you. Military type boot camp with our certified trainers. Work out early, feel good all day.

Tuesday and Thursday 6:15 - 7:15 am

Oct. 5 - Nov. 11 6 weeks - 12 classes. \$100

19125-08

Find all our class descriptions and fitness schedules at www.MorrisCenterYmca.org

Circuit Classes

One of our most popular group classes. Class is led by an instructor as you move individually through each machine. It's an all around work out with superior instruction.

45 minutes Fee \$50 full session 9/20 - 12/17

19125-14 Mondays, 9:45 am

19125-18 Wednesdays, 9:30 am

19125-19 Wednesdays, 10:30 am

19125-23 Fridays, 9:30 am

Now full
Session!

Adult Jujitsu

Based on self-defense, Jujitsu incorporates physical and mental training within a philosophy of ethical and moral development. Monday & Friday 6:30 pm Sept 13- Nov. 19

19125-30 \$125

Tae Kwon Do

Non-contact martial arts which focuses on individual feats, control & discipline in a friendly atmosphere. All skill levels and ages welcome.

Tuesday & Thursday 7:30 - 9 pm Sept. 28 - Dec. 16

19125-29 \$145.00 12 weeks



NAISMITH ADULT BASKETBALL LEAGUE

Full court, referees, playoffs and trophies. Competitive.

Form a team or sign up as a free agent. Ages 18+

\$90 per individual, \$900 per team (max 10)

Thursday December 9 - Feb. 17 6:30

13302-56

On The Run

Training for beginner to advanced runners. 1 on 1 training offered by appointment with Joe King, certified running coach. If you are running your first 5K, training for a marathon or somewhere in between, this is for you. \$60 per hour.

ages 16+ Specify Joe King Running when registering.

19125-28

Healthy Living

Personal Training

Superior-Affordable-Certified

Make your workouts more efficient -

Maximize your time and potential

Request one of our certified, knowledgeable Personal Trainers to help with your fitness needs.

- 20+ certified trainers to choose from.
- Personal Trainers available every hour the Y is open.

We will match you with the right trainer. Our dedicated staff will meet with you to consider your time, your needs, and your goals to make the right trainer match.



High School & College Personal Training

19125-65	1 Hour	\$40
19125-66	5 Hours	\$140
19125-67	10 Hours	\$260
19125-68	20 Hours	\$480

Group rates available too. Inquire at the front desk.

One-On-One Training

19125-01	1-10 Sessions	\$50/hr
19125-02	11-20 Sessions	\$45/hr
19125-03	21+ Sessions	\$40/hr
19125-07	Jump Start 5 30 mins	\$140.

Group Training (you and a friend or 2)

19125-04	1-10 Sessions	\$60/hr per group
19125-05	11-20 Sessions	\$55/hr per group
19125-06	21+ Sessions	\$50/hr per group

Training packages expire one year from date of purchase.

All hourly training can be used in 1/2hour segments

Questions, call the fitness department on x28, 30 or 33

Reiki

Japanese stress reduction, relaxation technique that feels like a wonderful, glowing radiance that flows through and around you.

19125-40	\$30	1/2 hour
19125-41	\$55	1 hour

Swim Classes

Adult Water Fitness

Shallow Water Exercise - Water shoes are required.

Water Exercise	Monday - Friday	9:00-10:00 am
Water Exercise	Mon-Wed-Fri	1:30-2:30 pm
Free Sept 6- Dec 23 (formerly Water Aerobics)		

Strength training in deep water - participants wear aqua belt

12217-01	Deep Water Challenge	Monday	12:15-1 pm
12217-02	Deep Water Challenge	Thursday	12:15-1 pm
Free Sept 14 - Dec. 21 registration required			

Arthritis Foundation Aquatics Program

For those seeking modified movements for arthritis, diabetes, hip or knee replacements, post cardiac and back pain.

12217-03 Tues/Thursday 8:15 - 9:00

Adult Swim Lessons

12216-03 Adult Beginner ages 17+
Saturday 10:40-11:25 pm \$120

12216-04 Adult Intermediate ages 17+
Saturday 10:25-11:10 pm \$120

12216-05 Stroke Development adult
Tuesday 11:30-12:15 pm \$120

Thai Yoga Body Work

This combines the best of yoga and massage. Performed on a comfortable floor mat, enjoy deep tissue massage, invigorating stretching through reclining yoga positions and assisted breath work.

19125-42	\$30	1/2 hour
19125-43	\$55	1 hour

Sports Massage & Chair Massage

Reduce tension, increase flexibility, improve circulation & help with muscle recovery for sore muscles

19125-11	15-minute chair	\$25
19125-09	15-minute sports	\$25
19125-12	3 15-minute chair	\$65
19125-10	3 15-minute sports	\$65

Power Plate

A cutting-edge training and therapy tool.

19125-31	3 sessions	\$49
19125-32	10 sessions	\$125

Social Responsibility

Lunch and Learn

Free programs- every fourth Wednesday of the month. Socialize, listen to interesting speakers and bring a dish to share.



Healthy Heart Wellness Program

A fun, active, social way to keep your heart, body and mind healthy. Enjoy 'dancing to the oldies', walking, light weights, cardio machines and the treadmill under the supervision of Jim Carpentier, Associate Director of Wellness. Jim will serve as your wellness assistant and provide blood pressure readings and appropriate exercise guidance.



Open Wed & Fri 12:00 - 1:30 in the circuit
Oct. 1 - Dec. 31
19125-34 \$75 per 3 month session

Health Screenings

Provided by our community partner
Morristown Memorial Hospital

Respiratory Check for restricted airways
Free **Wed Oct 27, 9-11am**

Blood Pressure & Diabetes
Free **Thursday November 18, 9-11 am**

Bone Density
A non-invasive ultrasound for men and women over the age of 35.
Tues. Dec 7, 9-11 am \$10 cash or check
Register by calling 1-800-247-9580.

The Morris Center YMCA's
2010 STRONG KIDS CAMPAIGN

The need is greater than ever this year. Your donation helps kids attend our camp, afterschool care, memberships and families who need the Y's support.

Please give today.



The Richard F. Blake Children's Center



- Certified, quality teachers
 - State of the art facility
 - Swim lessons included
 - Music Color Me Healthy Snacks
 - Dance Sports Clinics Trips
 - Nurturing Speech & Language Screenings
- Discovery Science Family Activities Full Gym
State approved Creative Curriculum
Safe and secure facility

Full and part-week quality child care for children ages 6 weeks to 5 years old

6:30 am - 6 pm Monday - Friday

The Little Owl

Half day program for 2 year olds 9:00 - 12:00.

PreK half day program for 3-5 year olds 9:00 - 1:00.

Call the Director for a tour 973 984-2255

Morris Center YMCA

23rd Annual Golf Challenge

to benefit our

YMCA Strong Kids Campaign

September 13

Join us for a spectacular day of golf at Springbrook Country club.

Contact Nancy Tatch x27 to

register or become

a sponsor





Morris Center YMCA
79 Horsehill Road
Cedar Knolls, NJ 07927

973-267-0704
www.MorrisCenterYmca.org

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Looking for Quality Childcare?

See page 14

Returning Members

Amnesty Deal

- No Joiners Fee

(proof of previous membership required)

New Member Open House

Sept 12 12:00 - 2:00

All new annual memberships
pay \$0 joiners fee!
And a chance to win an
Apple IPAD

Fall Registration

Sunday Aug. 29 9 - 11 am

For members in our Spring or Summer swim lessons. Open registration for all our other programs.

Monday Aug. 30 9 - 11 am

For members currently or previously in our swim lessons. Open registration for all our other programs.

No Tuesday Registration

Wed. Sept. 1 9 - 11 am

Open registration.

For over 136 years, the Morris Center YMCA

has served:

Morristown, Morris Township, Morris Plains, Whippany,
Convent Station, East Hanover, Mendham, Chester,
Harding Township & Cedar Knolls.

Our Y is for everybody!