



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# BE SOMETHING REMARKABLE

A new you begins here.

## Greater Morristown YMCA

Winter Program January 2 - March 17

Program Registration begins Sunday December 11  
9 am to 11 am

# Welcome to the Y

The Greater Morristown YMCA, formerly known as the Morris Center YMCA is a non-profit, social service, charitable organization committed to youth development, healthy living and social responsibility. We have been keeping the Morristown area healthy since 1874. We offer programs and services for people of all ages. Join us! You belong here.

## Membership

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.

Membership is required to register for youth programs and/or child care.

### Corporate Membership

Call or visit our website for details.

### Membership Card

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

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 December and May. 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
- 2 guest passes
- Free babysitting
- Teen workout time
- Lap Swim
- Senior Programs
- Zumba
- Pilates
- Family Time
- Spin

### Access to

- Personal Training
- Swim Lessons
- Health Screenings
- Youth Basketball League
- R.F.Blake Children's Center
- Martial Arts Classes
- Healthy Heart Program
- Functional Training
- Massage
- Summer Camp
- Adventure Days
- Swim Team
- Youth Classes
- Ballet/Dance 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
- **NEW!** Jacobs ladder

### Facilities:

- State-of-the-art fitness center<sup>®</sup>
  - Locker rooms
  - Circuit room
  - Cardiovascular Center
  - Full basketball gym
  - Stretch room
  - Family dressing room
  - Boxing and speed bag
  - Bob's Place playground
  - Sauna\*
  - Showers
  - Cybex area
  - Aerobic studios
  - 40 bike spin room
  - 6 lane 25 meter pool
  - 1/16 mile track
  - Outdoor Fit Trail
  - Picnic grove
  - Whirlpool\*
- \*Adults ages 23+

### Free New Member Orientation

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

### Hours

Mon-Fri	5:30 am - 9:45 pm
Saturday	7:00 am - 8:00 pm
Sunday	9:00 am - 5:00 pm

We are closed  
December 24-25  
December 31 at 3:00  
Jan 1 Open 11-4

### Weather Related Closing

Check the website or call the Y for weather related delayed openings or early closings. However if there are wide spread power outages, it may be impossible to update the website or phone. Please use your best judgement. The safety of our members and staff is our first concern. The pool will close during thunder and lightning storms.

### 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. It is only under these circumstances a refund or credit will be issued. It is Y policy to not issue refunds or credits under any other circumstance. Classes cancelled due to weather are not rescheduled.

# Membership

## We offer

### Family

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

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Youth Memberships\* (Children 12 and under)

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Teen (Ages 13-18)

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Young Adult (Ages 19-22, ID Required)

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Adult (Ages 23-64)

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Senior Individual (Age 65+, ID required)

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

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

Call for membership fees (973) 267-0704

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

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

Membership and programs are non-refundable and non-transferable. Loaning a membership card subjects the owner to loss of membership.

Guests are permitted ONLY with a member. One guest per member on a limited basis.

The YMCA reserves the right to close areas of the building in order to upgrade and maintain facilities and equipment to better serve the needs of all our members. No refunds or credits will be issued due to these closures for membership or programs.

## Ask a friend to join the Y!

Put your membership to work for you. Refer a friend to join the Y and you'll receive a one month EXTENSION to your current membership AND your friend will receive \$25 in Y-Bucks good towards their next renewal. Referral cards are available at the front desk and on [www.morristownymca.org](http://www.morristownymca.org). Referral cards are valid for new incoming members.



LIKE US at Greater Morristown YMCA for up to the minute information.



Follow us on Twitter: GMYMCA

For complete details about membership rates and code of conduct, visit our website.



137 years old and we are still going Strong!

## Questions?

Email us at: [Questions@morristownymca.org](mailto:Questions@morristownymca.org)  
Compliments and comments are welcome in the suggestion box in the lobby.



## Our Mission

The Greater Morristown 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.

## Our Cause

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. We believe lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening our community is our cause.

We want everyone to learn, grow and thrive.



The Greater Morristown YMCA is not responsible for typographical or other errors in this program guide.

# Aquatics

FOR YOUTH DEVELOPMENT  
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## 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 are available at the front desk.**

### **Sunday, December 11 9:00 to 11:00 am**

Priority registration for participants in Fall swim lessons who have progressed to a new level or want to change the day/time of an existing level.

Numbers will be given out beginning at 8:00 am.

Bring your report card.

### **Monday- Wednesday December 12-14 9:00 to 6:00 pm**

Registration continues for current and previous participants. If your child was not in Fall swim lessons he/she must be tested prior to registration date for proper placement.\*

### **Thursday, December 15 9:00 to 7:00 pm**

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

**Testing dates: 12/8 4:00 - 5:00 pm  
12/14 5:00 - 6:00 pm**

**Your child should come prepared to swim.**

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

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**

You can only register for swim classes with the Aquatics Staff. Once registered, those wishing to switch classes may do so beginning Dec. 18 with the Aquatic Director's approval.

There is a \$15 administrative fee for each change.

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.

## **Aquatics Specialty Classes**

### **Deep Water Challenge**

Classes run 1/2-3/22

Registration required. Free with membership.

Aqua belt must be worn

12217-01 Monday	12:15-1:00 pm
12217-02 Tuesday	9:00-9:45 am
12217-03 Thursday	12:15-1:00 pm

### **Arthritis Foundation Aquatics Program**

For people seeking aquatic exercise for a variety of health issues. Modified movements for arthritis, diabetes, hip/knee replacements, post cardiac and back pain.

Registration required. Free with membership.

1/3-3/22

12217-04 Tues. & Thurs. 9:00-9:45 am

### **Shallow Water Exercise**

Focus on an enjoyable fitness class through both conditioning and resistance training in shallow water (waist to chest deep). An interesting and well balanced workout is provided with and without equipment for all ages and abilities.

Non-swimmers welcome.

No registration required. Free with membership. Begins 1/2.

Mon-Wed-Fri 9:00-10:00 am

Mon-Wed-Fri 1:30-2:30 pm

### **Lifeguard Course**

American Red Cross courses available.

Must be age 15 by class completion date.

See Y web site for further details and requirements.

Lifeguarding:

members \$325 non-members \$375

CPR/AED for Lifeguards:

Review members \$65 non-members \$75

Challenge members \$45 non-members \$55

Coming soon:

CPR Adult, Child, Infant, Standard and Pediatric First Aid.

Questions? Call Erica x15

#### **Class Refund & Change Policy**

We will issue a credit if you request to withdraw from class by the end of the second week of class.

Class changes cannot be made after the second week of class.

We do not give refunds, only credit. Credit can be used toward any Y program or membership.

There are no make-up classes.

Participants can only attend the class for which they are registered.

# Aquatics

For  
current pool schedule  
and class descriptions visit:  
[www.greatermorristownymca.org](http://www.greatermorristownymca.org)

## January 2 - March 17

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	10:00-10:30 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	10:30-11:00 am	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
12212-04	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	9:35-10:05 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
12212-45	Eels 1	3-K	Monday	5:10-5:40 pm	90
12212-11	Eels 1	3-K	Tuesday	10:00-10:30 am	90
12212-12	Eels 1	3-K	Tuesday	5:10-5:40 pm	90
12212-13	Eels 1	3-K	Tuesday	5:25-5:55pm	90
12212-14	Eels 1	3-K	Tuesday	6:00-6:30pm	90
12212-15	Eels 1	3-K	Thursday	4:30-5:00pm	90
12212-17	Eels 1	3-K	Friday	11:00-11:30 am	90
12212-18	Eels 1	3-K	Friday	12:00 -12:30 pm	90
12212-19	Eels 1	3-K	Saturday	8:25-8:55 am	90
12212-20	Eels 1	3-K	Saturday	9:00-9:30 am	90
12212-46	Eels 1	3-K	Saturday	9:35-10:05 am	90
12212-21	Eels 1	3-K	Saturday	10:45-11:15 am	90
12212-22	Eels 1	3-K	Saturday	11:20-11:50 am	90
12212-47	Eels 1	3-K	Saturday	11:45-12:15 pm	90
12212-23	Eels 2	3-K	Monday	5:25-5:55 pm	90
12212-24	Eels 2	3-K	Tuesday	4:50-5:20 pm	90
12212-25	Eels 2	3-K	Tuesday	6:30-7:00 pm	90
12212-26	Eels 2	3-K	Wednesday	3:30-4:00 pm	90
12212-27	Eels 2	3-K	Thursday	10:00-10:30 am	90
12212-28	Eels 2	3-K	Thursday	4:00-4:30 pm	90
12212-29	Eels 2	3-K	Friday	11:30-12:00 pm	90
12212-31	Eels 2	3-K	Saturday	8:25-8:55 am	90
12212-32	Eels 2	3-K	Saturday	10:10-10:40 am	90
12212-33	Eels 2	3-K	Saturday	10:45-11:15am	90
12212-34	Eels 2	3-K	Saturday	11:55-12:25 pm	90
12212-35	Rays	3-K	Tuesday	4:00-4:30 pm	90
12212-36	Rays	3-K	Tuesday	6:30-7:00 pm	90
12212-37	Rays	3-K	Wednesday	4:05-4:35pm	90
12212-38	Rays	3-K	Thursday	5:25-5:55 pm	90
12212-39	Rays	3-K	Saturday	9:35-10:05 am	90
12212-40	Rays	3-K	Saturday	11:20-11:50 am	90
12212-41	Rays/Starfish	3-K	Friday	1:00-1:30 pm	90
12212-42	Starfish	3-K	Saturday	9:00-9:30 am	90
12212-43	Starfish/Piranha	3-K	Tuesday	5:25 -5:55 pm	90



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## January 2 - March 17

### 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	9:00-9:30 am	90
12213-04	Polliwog I	1st - 6th gr.	Saturday	11:20-11:50 am	90
12213-05	Polliwog II	1st - 6th gr.	Monday	4:35-5:05 pm	90
12213-06	Polliwog II	1st - 6th gr.	Tuesday	4:50-5:20 pm	90
12213-07	Polliwog II	1st - 6th gr.	Wednesday	4:05-4:35 pm	90
12213-08	Polliwog II	1st - 6th gr.	Thursday	4:00-4:30 pm	90
12213-09	Polliwog II	1st - 6th gr.	Saturday	9:00-9:30 am	90
12213-10/11	Polliwog II	1st - 6th gr.	Saturday	11:30-12:00 pm	90
12213-12	Polliwog II	1st - 6th gr.	Saturday	12:30-1:00 pm	90

### Progressive Swimming Lessons

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

### Competitive Swim Instruction (pre-tested ONLY)

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

12214-25	Stroke Clinic	1st - 6th grade (ages 6+)	Wednesday	4:00-5:00 pm	130 (pre-tested only)
12214-24	Stroke Clinic	1st - 6th grade (ages 6+)	Wednesday	5:00-6:00 pm	130 (pre-tested only)
12214-23	Stroke Clinic	1st - 6th grade (ages 6+)	Thursday	5:00-6:00 pm	130 (pre-tested only)

### Private Swim Lessons

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.

Special Needs one-on-one private swim lessons

Fee: \$125 6 30 minute lessons

Sunday afternoons. Call Karen x26 for registration and availability.

### Adult Lessons

12216-03	Beginner	16 & Over
Saturday	10:10-10:55 am	\$120
12216-04	Beginner	16 & Over
Sunday	10:15-11:00 am	\$120
12216-05	Intermediate	16 & Over
Saturday	10:40-11:25 am	\$120
12216-06	Stroke Development	16 & Over
Tuesday	11:30-12:15 pm	\$120

### Teen Lessons

12216-01	Teen Beginner	11 & Over
Saturday	11:00-11:45 am	\$120
12216-02	Teen Intermediate	11 & Over
Saturday	10:40-11:25 am	\$120



# Locker Rooms

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## Coming soon! New Adult and Family Locker Rooms!

### The renovations will include:

- New and enlarged men's locker room
- New and enlarged women's locker room
- New and enlarged family locker room.
- Existing children's/young adult locker rooms will receive carpet upgrades.

The project will be completed in three phases:

- Phase I began Oct 17 - complete renovation of men's gold locker room and stretch room to become the adult men's locker room
- Phase II will begin after Phase I is complete- renovation of women's gold locker room and women's locker room to become the adult women's locker room
- Phase III will begin after Phase II is complete - a new, larger family locker room

### Adult locker room amenities will include:

- New lockers
- New carpet
- New tile
- New vanities
- Bathing suit hangers
- Larger locker room area for all adults
- Room to stretch
- Televisions
- Sauna
- All adults will have access to a new co-ed Whirlpool

### Family locker room amenities will include

- New lockers
- New carpet
- New tile
- Privacy areas for changing and showering
- The family locker room will be a safe and friendly locker room for families with young children and for adults with physical limitations who may need help from someone of the opposite gender.

The adult men's and women's locker rooms will both have new showers with glass doors (picture 1), new vanities and lockers. They will also have expanded lounge areas with chairs, room to stretch and televisions (picture 2).



Picture 1 -The men's and women's shower area will be similar to each other.



Picture 2 - Men's and Women's vanities and expanded area will be similar to each other.

# Youth Development

Class	Program Name	Age	Day	Time	Price
13302-01	Tammy & the Toddlers	18 mths-3 yrs	Tuesday	9:30-10:15 am	95
13302-02	Tammy & the Toddlers	18 mths-3 yrs	Wednesday	9:30-10:15 am	95
13302-03	Tammy & the Toddlers	18 mths-3 yrs	Thursday	9:30-10:15 am	95
13302-05	Tammy's Little Gymnasts	3 1/2 - 6 yrs	Friday	9:45-10:30 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 activities are 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. Be sure to pack your backpack with a towel and a snack. Children **must be** potty trained to attend Arts, Sports and Splash.

Ages 3-5 years

13302-06 Thursday 9:00-11:00 am Youth member 200 Family member 150

## Winter Break Sports Clinics

Children grades K-6

### Soccer

Join your mates on our indoor pitch for 3 hours of soccer.

13302-90 Dec. 26 9-noon

### Basketball

Got game? Learn some mad skills from Coach.

13302-91 Dec. 27 9-noon

### Flag Football

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

13302-92 Dec. 28 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-Y Cup!

13302-93 Dec. 29 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		



## Adventure Days

The Y provides a safe, fun environment for school vacation days. Hours: 8:00 am to 6:00 pm

\$75 child; additional child \$10 discount

Open to non-members.

Dates:

Dec. 26-30 Winter Break

Jan. 16 - Martin Luther King's Birthday

February 20-21 Mid-winter Break

April 2-6 Spring 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 with a padded gym floor, mini basketball hoops and party room. Call the Blake Center for information.

(973) 984-2255 7 am - 6 pm Mon-Fri

## Indoor Soccer League

Our popular co-ed league combines instruction time as well as organized games. This is a great bridge between basketball season and baseball season.

Only 6 weeks.

Saturdays, March 3 - April 14 (no class 4/7)

13302-34 10:00-11:30 (ages 5 - 9)

\$65 Family Members

\$80 Youth Members

Registration begins Sunday Dec. 11 at 9:00 am and continues until classes are full.

# Youth Development

## The Peter Smith School of Irish Dance at the Y

Classes for Beginner through Championship Level. Certified through a Coimisium in Ireland A.D.C.R.G., T.C.R.G..  
Classes offered Saturday mornings at the Y.  
For information or to register call (973) 978-8848  
Visit [www.petersmithschool.com](http://www.petersmithschool.com)  
Email: [info@petersmithschool.com](mailto:info@petersmithschool.com)

## New Jersey School of Ballet

For over 50 years, the New Jersey School of Ballet has provided top quality instruction to thousands of students. Classes are held at the Y in our ballet studio.  
For information or to register call (973) 597-9600  
Visit [www.njschoolofballet.com](http://www.njschoolofballet.com)

- Wednesdays & Fridays - September to June
- Children 4 and up, teens and adults. All Levels

## Family Fun Events at The Blake Center

Each event is from 6:00 - 8:00 pm and is free unless noted. Please sign up at the Blake Center at least 2 days prior to each event. Inquire about the \$4.00 dinner option when registering. Dinners must be ordered and paid for in advance.  
Suggested ages: 1-5. Open to all members. (973) 984-2255.

### Friday night

Dec. 16 Santa himself will make a stop at the Blake Center for photo's, snack and fun! Bring your camera and take your best family picture with Santa. Run and play time will follow in our Lil' Honey gym.

### Friday night

January 13 Winter Movie and Open Gym Fun.

### Friday night

February 10 Valentine's Day party. Music, crafts, open gym. Wear Red! Pot Luck dinner. Sign up at the Blake to bring a dish.

### Saturday Morning 10:00 - 12:00

March 10 Shamrock Hunt and open gym. Wear green!



## Special Needs

### Special Needs Private Swim Lessons

See page 5 - Private Swim Instruction.

### 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

**We always have 2 Wii's available in the lobby!**



### Free Drop-In Babysitting

Our free, drop-in service is for parents who are working out or required to participate in class with another child such as Skips swim lessons where the parent must be in the water with the 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  
Nights and Saturdays 8 weeks - 10 years



# Youth Development

## Camp 2012

**Building Strong, Bright, Futures -  
All Summer Long!**

**Registration Saturday February 18 9:00-11:00 a.m.**

Summer is a time to make friends, have fun, learn, and grow but most of all, be happy. Our camp allows your child the freedom to do all that and more.

We offer age appropriate trips, water play days, magicians, Circus for a Day, our own miniature golf course, swimming, playing, and plenty of room to explore in our backyard grove. Quality counselors keep everyone safe and happy. Camp is for ages preschool through 10th grade.

Camp dates are June 25-August 24, 2011

**Early Summer Care:**

Are your children out of school before June 25?

We are offering Adventure days June 18-22. Hours 8:00 am - 6:00 pm

\$75 per child. Siblings \$65. Open to non-members. Sign up for 1, 2, 3, 4, or all 5 days.

You do not have to be a camp participant to sign up for Adventure Days.

Questions? Email [Camp@morristownymca.org](mailto:Camp@morristownymca.org) or check the website in January for forms and information.



# Teen Development

## Girls Fit Challenge

Get healthy and fit with this 8-week program designed just for tween and teen girls. Cardio, strength, core and endurance techniques will be incorporated into the program to maximize your performance and prevent injury.

Program includes:

- Exclusive Girls Fit Challenge Boot Camp for 8 weeks
- Six 30 minute personal training sessions.

**NEW DAY!** Friday 4:30 pm - 5:15 pm

Kick-Off 1/20 Program runs 1/27 - 3/16 8 weeks  
19125-76

Fee: \$175

Non-members: \$225

Minimum: 8 participants

Questions? Call x28.

## 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 11-22

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

### Group Training (you and a friend or 2) ages 11-22

Train with your friends or teammates.

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!**



## 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 hey – wear your sneakers!

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

Must be age 12+ to exercise without supervision

Under 12:

Mon-Fri ages 10-12 must be with adult

Sat-Sun ages 7-12 must be with adult



## Boys Skills and Drills Challenge

Increase your strength, improve muscle tone, increase bone, tendon and ligament strength, enhance athletic performance and prevent injury with group conditioning and personal training. Boys 10-15 years old. Athletes and non-athletes.

Friday 4:30 - 5:15 pm

Kick-off 1/20

1/27-3/16

Fee: \$175 per member,

Non-member \$225.00.

Program includes:

- Group conditioning for 8 weeks
- Six 30 minute personal training sessions
- 1 group seminar on the importance of nutrition, sleep and physical fitness with Jim Carpentier. Questions? Call x28. 19125-77

## Dance Classes

Irish Step and ballet classes for teens at the Y. See page 8.

## Tae Kwon Do

All skill levels, ages 16+ or 13+ with experience.

See page 12.

Registration begins Sunday Dec. 11 at 9:00 am and continues until classes are full.

**Classes can be geared to any fitness level. Try one today!**

## Burn and Tone Classes

### Body Sculpt/Cardio Sculpt /Cardio Boot Camp

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.

**Xtreme Boot Camp** A full body workout that will 'blast' calories and tone muscles with a mix of cardio and strength training. A challenging class with weights, balance and cardio drills, and periods of rest.

**Circuit Training** Strength training, cardiovascular training, step aerobics & circuit training. High-paced, fun class to get you into shape. It's the best 45 minutes you have spent at the Y! Registration and fee required.

**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! Some classes use heavy bag and gloves.

**Hip Hop Kick Fitness** Awesome combination of cardio dance and cardio Kick Boxing. It's a great cardiovascular workout.

**Mini Trampoline Aerobics** Hot!Hot!Hot! Try this wonderful way to exercise by using mini-trampolines. Great for those with knee injuries who can't take the impact of aerobics. It's a great workout for all ages and levels. Be prepared to sweat!

**Power Ball** Helps develop overall strength using resistance bands, barbells and more. Upper and lower body exercises are included.

**PUMP IT!** Work out using barbells with adjustable weights to work every major muscle group. Strengthen, tone and define. It's one of the fastest ways to get fit! Max 19 per class.

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

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

**Total Body Conditioning** Use the instructors/Personal Trainers expertise to create an overall workout in a bootjack format.

**Weight Training** A no-nonsense approach to weight training with our expert group fitness instructor. Wayne will use a variety of weights and resistance exercises to tone and strengthen those looking for a back to basics, get in shape class.

## Get Moving Classes

**Ballet Bar Toning** Get in shape! After only 10 lessons, your legs will look longer, your seat will lift, your abs will pull back and your arms and chest will become lean and fit. This is not a dance class! Burn away fat and feel challenged.

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

**Hoop Dancing** Great new spin on exercising with a hoop. You will exercise with an over-sized weighted hula hoop. This upbeat aerobic workout will strengthen your core, tone your body and increase your balance and flexibility.

\*It is recommended you bring your own mat to Yoga/Pilates.

**Hip Hop Hustle** Love 'The Hustle'? This aerobic dance class takes the fun factor up a notch with super hot moves that will have everyone wanting more!

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

## Eastern Exercise Classes

**30-20-10** A combo class with 30 minutes Cardio then 20 minutes of Pilates and 10 minutes of Awesome Abs! You can have it all in this class.

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

**Pilates** Discover the dancers secret to creating a stronger and leaner look. Strengthen your core and create a leaner look.

**Silver Pilates** Stretching & breathing to gently bolster your body's vital structure. Designed for those over 50.

**Yoga** Teaches you how to gently move from position to position and helps you develop stability and flexibility

**Easy Flow Yoga** A 45 minute lunchtime class that features gentle flow to increase flexibility and build up or maintain a regular yoga practice.

**Yogalates** A blend of Yoga and Pilates, this will help you gain strength and flexibility while working on core strength. Benefit from this whole body, integrated approach.

**Rising Sun Yoga** Start the day right with a Hatha Yoga way of strengthening your body. All fitness levels welcome.

**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.

**Silver Yoga** Designed for seniors to safely participate at their own comfort level. Be involved, engaged and feel better.

**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.

**Yoga with Weights** Integrate the core ideals of yoga with the physical culture of bodybuilding. 90 minutes.

**Meditate Your Stress Away** Restore a healthy, positive mind/body balance. Focus on relaxing the entire body.

**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.

*\*\*TKD is an adult classes, but members ages 16+ may register for the class(es) with the permission of the instructor AND the Director of Fitness and Wellness. 13+ if they have experience*

**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 flexibility, balance, and strength by weight training, stretching and Pilates type movements.

# Healthy Living

## Early Morning Boot Camp

Come for your *reason* - a wedding, reunion, a new Facebook page photo. 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

19125-24 Session I 1/3 - 2/9

19125-25 Session II 2/14-3/22

6 week sessions - 12 classes

\$100 per member

\$200 per non-member. Bring a friend!

## 30 Day Personal Training Special

Getting ready for a special occasion where you want to look your best? Then register for PTS! Meet with one of our certified personal trainers 2 times per week for 30 minutes during the 30 days.

Special begins Feb. 1 and ends March 2.

All packages must be purchased by Jan. 25 and completed by March 2 which is the expiration date of all sessions and the program.

19125-39 \$180 includes **8 half hour** personal training sessions.

## Circuit Classes

One of our most popular group classes. Class is led by an instructor as you move individually through each piece of equipment. It's an all around workout with superior instruction. 45 minutes Fee \$50 full session 1/2 - 3/30

19125-14 Monday 9:45 am

19125-15 Wednesday 9:30 am

19125-16 Wednesday 10:30 am

19125-17 Friday Intense Cardio Circuit 9:30 am

## 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  
1/4-3/30

19125-34 \$75 per 3 month session

Classes subject to change. Current schedules available at the front desk or website. Full class descriptions are also available at [www.greatermorristownymca.org](http://www.greatermorristownymca.org)



## Adult Soccer League

Indoor 6 vs 6 Soccer League with referees and scorekeeper.

2 twenty minute halves. Compete for the YLS Cup!

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

\$85 per individual, \$700 per team (max 10 players)

13302-36 March 8 - April 27

Thursdays Rotating times 6:30 - 9:30 pm

Register now!

## 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 8 - Feb. 16 6:30 pm

13302-56

## Jersey Club Sports Leagues

Join Jersey Club Sports Winter Volleyball league.

Tuesday nights 6:30 - 9:30 pm in our gym.

The fun continues at the Famished Frog after the games.

Register online now.

For more information/registration:[www.Jerseyclubsports.com](http://www.Jerseyclubsports.com)

## 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 13+

19125-28 Specify Joe King Running when registering.

## Tae Kwon Do

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

Ages 16+ or 13+ with experience

Tues. & Thurs. 7:30 - 9:00 pm 1/3-3/29

19125-29 \$160.00



Registration begins Sunday Dec. 11 at 9:00 am and continues until classes are full.

## 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 (thru age 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. See page 10.

### 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

### Adult 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 1/2 hour segments

Questions? Call the fitness department on x28, 30 or 33

## 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

## 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

## Power Plate

Pressed for time? Want to maximize your workout?

Try a Power Plate session. It's your normal routine on high speed. Give your muscles a work out like they have never known. Try Power Plate.

**NEW!** Each session is now 30 minutes.

19125-31 3 sessions \$75

19125-32 10 sessions \$150

Some health restrictions apply. Call x28 for more information.

## Sports Massage & Chair Massage

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

19125-09 15-minute chair \$25

19125-10 15-minute sports \$25

19125-11 3 15-minute chair \$65

19125-12 3 15-minute sports \$65

## Private Yoga & Pilates

Our certified instructors will guide you through focused, private or small group sessions based on your fitness level, experience and personal goals. Perfect for beginners or seasoned practitioners.

19125-44 1 hour 1 on 1 \$70

19125-45 1 hour 2 on 1 \$130 (\$65 per student)

19125-46 1 hour 3 on 1 \$129 (\$43 per student)



# Social Responsibility

## Health Screenings

Provided in our lobby by our community partner  
Morristown Medical Center

### Metabolic Screening

Blood Pressure, Blood Sugar and BMI testing are FREE  
Date: Tuesday, January 10 Time: 9:00am to 11:00am  
No appointment or fasting required.

### Cholesterol Screening

Learn your numbers and your risk factors for heart disease and stroke. Individual counseling provided on your results including risk factors for heart attack and stroke.  
Date: Tuesday, February 7 Time: 9:00am to 11:00am  
Fee: \$10 per person No fasting necessary  
REGISTRATION IS REQUIRED. Call 1-800-247-9580  
Or go to atlanticealth.org

### Colorectal Screening

Do you know the early signs of colorectal cancer. Pick up a free take home screening kit with an explanation on how to use it.  
Date: Thursday, March 8 9:00am to 11:00am



## The Richard F. Blake Children's Center

Are you looking for quality child care where your child can learn, grow and thrive? Our certified staff nurture children through age appropriate, state approved Creative Curriculum, music, Color Me Healthy, dance, Discovery Science and trips. Swim lessons are included for preschoolers. Our safe and secure facility has an amazing gym and outdoor playgrounds. Full and partial week child care for children ages 6 weeks to 5 years old. 6:30 am - 6:00 pm Monday - Friday. We also offer a preschool half day program. For additional information or to schedule a tour call the director: (973) 984-2255 or visit: [www.BlakeChildrensCenter.org](http://www.BlakeChildrensCenter.org)



The R.F. Blake Children's Center has once again achieved NAEYC accreditation-the assurance of a high quality program for your child. **Congratulations** to the staff for achieving this prestigious accreditation.

Social Responsibility

## Strong Kids Campaign

## THANK YOU!

We are grateful for all of the generous contributors to The Greater Morristown YMCA's 2011 STRONG KIDS Campaign. Because of you, we are able to continue offering financial assistance for essential services to local families in need including child care, before and afterschool care, swim lessons, and summer camp.

If you haven't donated to the 2011 Campaign yet, it's not too late! You can send your donation to the Y, attention Development Director or check the box on your renewal notice and include your donation.

Be sure to keep an eye out for our Y Giving Tree in December - a great way to help us help others this holiday season and all year long.





Greater Morristown YMCA  
79 Horsehill Road  
Cedar Knolls, NJ- 07927

973-267-0704  
www.GreaterMorristownYmca.org

Non-Profit Org.  
U.S. Postage  
PAID  
Dover NJ  
Permit #42

**EXCITING NEWS!**

**We are remodeling our Locker Rooms!**

We are making bigger, brighter, newer, roomier, state of the art locker rooms for all adults.

And new, larger, fully renovated **Family Locker room!**

Families and those with assistance needs from the opposite gender will now have a dedicated locker room.

**Phase I has started!**

See page 6 for all the new amenities.

College Break Special Rates  
Give the Gift of Health this holiday season.  
Gift Certificates always available



**New Member Open House**  
**Sunday Dec. 11 11:00 - 2:00**

Join as new **annual** member during the open house pay **\$0** joiners fee.  
**AND** receive \$25 in Y-Bucks.  
Good toward any program!

**Swim Registration**  
see page 3 for dates