



**ALL. TOGETHER. BETTER.**



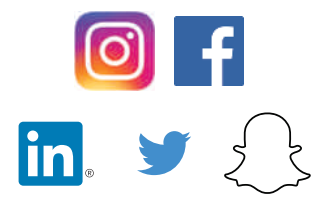
**2019 WINTER/SPRING PROGRAM GUIDE  
EDISON YMCA**



**YMCA of METUCHEN, EDISON, WOODBRIDGE & SOUTH AMBOY**

Winter 2019     January 2 - February 24  
Spring 2019     February 25 - April 21

Online registration available     [ymcaofmews.org](http://ymcaofmews.org)



# WELCOME

## EDISON YMCA

1775 Oak Tree Rd  
Edison, NJ 08820  
(P) 732.494.3232 (F) 732.548.2598

Membership at the YMCA of Metuchen, Edison, Woodbridge & South Amboy means you are part of a vibrant community.

At the Y, we are focused on youth development, healthy living and social responsibility. In every program, we are committed to ensuring members realize their full potential through the development of spirit, mind and body.

We are a diverse family with different backgrounds, interests, skills and needs. The great thing about our community is that there's something here for everyone to help you stay healthy, build meaningful connections, learn new things and meet new friends.

**FULL MEMBER BENEFITS** - Y join? So many reasons!  
Visit the Metuchen, Edison or South Amboy branch for unlimited use of these facilities.

- Open 7 days a week
- Programs for the entire family
- Priority registration
- Reduced program rates
- State-of-the-art fitness equipment
- Group Exercise Classes for all fitness levels
- Small Group Studio
- New Member Wellness Orientation
- Fitness Assessment
- Child Watch for members using our facilities
- Basketball Gym
- Indoor heated pools
- Locker Rooms
- Nationwide membership
- Wi-fi, and more

## NO ANNUAL CONTRACTS

We never want your membership commitment to be a stressful one! If you need to leave for any reason, stop by the Welcome Center before the first of the month to cancel. We welcome you back within one year and we will waive the Joiner's Fee.

## ROOM RENTALS

Available for family parties, community meetings, musical events, or other gatherings! Times and price vary depending upon space requested and availability. For more information, contact Eric Meshirer at [eric.meshirer@ymcaofmewsa.org](mailto:eric.meshirer@ymcaofmewsa.org)

## EMPLOYMENT OPPORTUNITIES

For current employment opportunities, please visit [ymcaofmewsa.org/employment](http://ymcaofmewsa.org/employment)

## WELLNESS

New to a fitness facility? A complimentary one-on-one wellness session will help you set goals and introduce you to our exercise equipment. We also offer individual and group personal training. Beginners can take advantage of a buy-2-get-1-free promotion on one hour personal training sessions to get you off to a strong start.

## GROUP EXERCISE CLASSES

There's a workout class for every skill level, all included in your monthly membership. From high-intensity interval training, Zumba®, and meditative yoga; there's something for everyone.

## CHILD WATCH

We help make it possible for busy parents to work out by offering free babysitting to family and adult members with children ages three months to 10 years. Parents must remain on premises while their children are in the Child Watch facility. See Welcome Center for hours. (2 hour maximum)

## PROGRAM FEES

Full facility members receive reduced rates for all our fee-based programs.

## PROGRAM REGISTRATION

YMCA online registration is a convenient way to register for your favorite YMCA programs.

Our online registration allows you to:

- Register for programs
- Make payments online
- Sign up for membership

Just go to [ymcaofmewsa.org](http://ymcaofmewsa.org) and follow the directions to log onto your membership account.

## HOLIDAY HOURS

2:00pm Closing: Christmas Eve, Tuesday, December 24, 2018  
Closed:

Christmas Wednesday, December 25, 2018

4:00pm Closing: New Year's Eve, Tuesday, December 31, 2018

Open 10am-4pm: New Year's Day, Wednesday, January 1, 2019  
Easter Sunday, April 21, 2019

Emergency closing information, delayed opening and weather-related early closing announcements will be posted on our website and Facebook. You can also register for text alerts on our website: [ymcaofmewsa.org](http://ymcaofmewsa.org).

## HOURS OF OPERATION

Monday-Friday 5:30am\*-10:00pm

\*Y Cardio & Strength Rooms only;

entire facility opens at 5:45am

Saturday 7:00am-6:00pm

Sunday 8:30am-6:00pm

Pool hours vary; see Welcome Center for schedule

# HEALTH & WELLNESS

## STRONGER BODY STRONGER SELF

The Y is focused on healthy living, and one big component of that is wellness. There are lots of reasons why people choose to be active and exercise, and the Y is ready to help you reach your goal, whatever it may be!

### Our Health & Wellness facilities include:

Indoor Heated Pool  
Cardio Room\*  
Strength Room\*  
Group Exercise Studio  
Mind/Body Studio  
Cycling Room  
Locker Rooms  
Steam Room/Sauna  
Gymnasium  
Free Use of Daily Lockers  
A full array of Group Exercise classes  
Child Watch while you work out (see Welcome Center for hours)

## FITNESS ASSESSMENT

Free to all members. Regardless of your current level or experience, a Fitness Assessment is beneficial to develop a program that will meet your needs. The fitness assessment can include:

- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility testing
- Body composition

## NEW MEMBER FITNESS ORIENTATION

Free to all new members. Enjoy an individual appointment with Wellness Staff to learn proper equipment use and set goals to put you in the direction toward a healthier you.

## ADULT GROUP EXERCISE AND WATER EXERCISE

Classes are free to our Full Facility Members (ages 13 & up). Schedule and class descriptions available online or at the Welcome Center.

### \*Cardio and Strength Room Age Requirements

Members who are 11 years old may use the Cardio Room with adult supervision. 7th Grade Initiative and teens ages 12 and older may workout in the Cardio and Strength Rooms without an adult. A free orientation is mandatory for all members 11-17.

## PERSONAL TRAINING

Our team of highly qualified nationally certified personal trainers is available to optimize your time, energy, and exercise routine. Trainers can provide you with a personalized, functional and effective workout.

We offer a variety of programs to assist you in achieving your goals. You can work one-on-one with a nationally certified Personal Trainer, find a work out partner to learn about proper exercise techniques, or join small group training.

## BENEFITS OF WORKING WITH A PERSONAL TRAINER

An individualized program will be designed for your personal needs and training goals including weight loss, sport specific training and a healthier you. Personal Training will help get maximum results in minimum time by keeping you focused on your goals. Proper form is a vital part of achieving results. Personal training can also help you break through plateaus.

## INDIVIDUAL PERSONAL TRAINING

Programs are designed to specifically reach your individual goals while receiving personal attention. Your trainer will work with you one-on-one to obtain those goals. Training sessions are purchased in 30 or 60 minute increments.

1 Hour Fees:	One session:	\$47
	Five sessions:	\$215
	Ten sessions:	\$420
	20 sessions:	\$780
30 Minute Fees:	One session:	\$32
	Five sessions:	\$145
	Ten sessions:	\$260

## DUAL PERSONAL TRAINING

You and your partner will take turns training and spotting each other during the session under the direction of a Personal Trainer. Emphasis will be placed on education and technique. You will be given a general workout in this program. Working out together builds relationships and helps you keep your commitment to wellness.

1 Hour Fees:	One session:	\$60
	Five sessions:	\$270
	Ten sessions:	\$520
30 Minute Fees:	One Session:	\$40
	Five Sessions:	\$180
	Ten Sessions:	\$340

## COMING SOON! HEALTHY WEIGHT & YOUR CHILD

To combat the growing rate of childhood obesity, the YMCA adopted a weight management program for children ages 7-13 in the 95th percentile for body mass index (BMI). This 10-week program will be completed with the child and their parent/guardian, and discuss healthy eating habits and have a fitness component each week.

## BLOOD PRESSURE SELF-MONITORING PROGRAM

Do you know your numbers? Nearly half of American adults are living with high blood pressure. Blood Pressure Self-Monitoring is a four-month program that establishes healthier habits of monitoring and recording blood pressure numbers. Participants will have weekly communication with a Healthy Heart Ambassador about their readings and all participants will be able to attend a monthly nutrition seminar.

For more information on these programs, contact Hannah Thomas at [hannah.thomas@ymcaofmews.org](mailto:hannah.thomas@ymcaofmews.org)

# HEALTH & WELLNESS

## SMALL GROUP TRAINING

Do you enjoy the company of others while working out? Try Small Group Training. Choose the sessions that best fit your needs. Small Group Training offers clients enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines tailored to your specific needs. Register at the Welcome Center. There will be a free class demonstration during the first week of the 8 week session.

Fees:

\$104 for 8 weeks (one hour)

\$64 for 8 weeks (30 minutes)

For more information call :

Deborah Wider at 732-494-3232 ext. 3529 or

[deborah.wider@ymcaofmewsa.org](mailto:deborah.wider@ymcaofmewsa.org)

## NEW! YMCA CHOOSE TO LOSE TRANSFORMATION CHALLENGE

This exclusive 10 week program will include an initial assessment, weekly weigh-ins, a nutritional consult, and a reassessment upon completion. Participants will have access to tips for healthy eating and exercise through an online support group via Facebook.

The participant with the biggest percentage of weight loss will win a prize. Space limited, reserve your spot today and receive a free YMCA cooling towel!

Friday 7:00-8:00pm

Special Introductory Rate: \$150 for a 10 week session

For more information, contact:

Deborah Wider at (732) 494-3232 ext 3529 or

[deborah.wider@ymcaofmewsa.org](mailto:deborah.wider@ymcaofmewsa.org)

## New! EDGE (Grades 7-12) Athletic Sports Conditioning

There is no off season in sports!  
Get the competitive EDGE over your opponent.  
Increase your speed, agility, endurance, and overall performance to be the best at your game.  
Do you have what it takes?

April 22-26, 2019

\$10 per day

Contact Deborah Wider at  
[deborah.wider@ymcaofmewsa.org](mailto:deborah.wider@ymcaofmewsa.org)  
for times and more information.

## BEGINNER PERSONAL TRAINING PACKAGE

Buy 2 Personal Training hours, get 1 FREE. Special pricing is available all year. Available for those who are new to Personal Training at the Edison Y. Fee: \$94.

## SMALL GROUP TRAINING CLASSES

Start your new year off right by trying one of our Small Group Training classes!

Let our trained instructors help you reach your fitness goals. Build strength, burn off stubborn belly fat, and work towards a healthier you for 2019.

Classes include:

TRX®	Wednesdays	6:00am-7:00am
	Saturdays	9:00am-10:00am

Bharatanatyam

Ages 5-17	Saturdays	12:00pm-12:45pm
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Ages 18+	Saturdays	1:00pm-1:45pm
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Fit Camp	Saturdays	7:00am-8:00am
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Body Blast	Mondays	8:00pm-9:00pm
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DON'T GIVE TO THE Y.  
GIVE THROUGH THE Y.



2019 ANNUAL SUPPORT CAMPAIGN  
100% of donations impact your community  
[ymcaofmewsa.org/give](http://ymcaofmewsa.org/give)

## WHY VOLUNTEER?

The YMCA is a volunteer-led and volunteer-based organization. Volunteers are essential to the success of our programs and initiatives. The work that volunteers do enables the YMCA to continue providing the community with high-quality programs and services.

YMCA volunteers have the opportunity to impact community life. They assist in programs, raise money and help in our offices. They serve on boards and committees and ensure our programs are meeting community needs.

We depend on our volunteers! You may contact your local YMCA facility or Learning Center to find opportunities to volunteer.

# EDISON YMCA EARLY CHILDHOOD & SCHOOL AGE EDUCATION

## EARLY LEARNING PROGRAM

As the nation's leader in early full day education, the YMCA's early learning programs offer readiness opportunities and comprehensive child development to enhance your child's first learning experiences. Using academic, cultural and linguistic approaches to teaching, each child's growth and development is supported by following the NJ State Teaching and Learning Standards. Early learning programming at the YMCA lays a foundation for future and ongoing achievement and success. Our professionally-trained staff provides a nurturing and academic environment, encouraging each child to develop to their fullest potential.

Our Early Learning Program is accredited by NAEYC (the National Association for the Education of Young Children). NAEYC Accreditation of programs for young children represents the mark of quality in early education. To learn more about NAEYC accredited programs or NAEYC accreditation standards, visit [naeyc.org/accreditation](http://naeyc.org/accreditation).

## INFANT/TODDLER CARE

Through full and half day options, we strive to provide the utmost quality care for our youngest children. We will nurture and care for your little ones as we meet their day-to-day needs in a child-centered environment. Full day Infant Care (7:00am-7:00pm) and half day (8:00am-noon) options are available for Infants (6 weeks-17 months) and Toddlers (18-36 months.) You may register for 2, 3, 4 or 5 days a week.

## PRESCHOOL (3-4 years)

With a continued focus on exploring the world around them, children continue to ask questions, create unique art work, create friendships, and learn about themselves in class. Full day care (7:00am-7:00pm) is available with 2, 3, 4 or 5 days a week options.

## PRE-K (4-5 years)

Join our fun-filled Pre-K class, as children prepare themselves for entry into Kindergarten and beyond! Children will explore our library, science and math center, dramatic play, and block area to develop their skills and make themselves ready for the next big step...Kindergarten! Children must be potty-trained. Full day care (7:00am-7:00pm) is available with 2, 3, 4 or 5 days a week options.

## DROP IN CARE (6 weeks-5 years)

If your family needs child care for a few hours a day, Drop In Care is available. Call to schedule a few days in advance and we can support your family needs. Drop In Care is available by the hour or the full day (7:00am-7:00pm) based on limited availability. Doctors form and immunization records needed to register.

**3% off Child Care Rates for Full Family Members.**

**10% Sibling Discount for the second child.\***

\*Both children must be enrolled in the same program full time.

## SCHOOL AGE CHILD CARE (SACC)

The Edison YMCA School Age Child Care Program is here for your family when the school day ends. We provide continuous care for your children from 7am to 7pm daily. Our SACC counselors will ensure your child's safe arrival to and from school.

In addition...

- Our highly qualified staff is CPR & First Aid Certified and receives extensive training and professional development.
- We're open the entire school year (half days, snow days and school breaks too!)
- We keep kids interested while having fun with our hands-on activities
- We always encourage healthy eating habits, physical activity, and provide nutritious snacks

SACC serves James Madison Primary School, John Adams Middle School, Martin Luther King Elementary School, Woodbrook Elementary School and Woodrow Wilson Middle School\* (\*after care only.) Bus transportation to and from participating schools is included.

## BEFORE SCHOOL CARE

Begins at 7:00am and leaves at 8:00am for Middle School and 8:30am for Elementary students.

## AFTER SCHOOL CARE

Your child will be transported to the Y via bus for homework time, physical activity and a fun-filled, stimulating afternoon with the option to participate in various enrichments (SCRATCH computer coding, Archery, Chess, and more!) Program day ends at 7:00pm. Snow days and holiday options are available.

## HOLIDAY CARE

During holidays and school closings we continue to provide care for our school age families.

## KINDERGARTEN EXTENDED DAY (KEDs)

The KEDs Program complements Edison public schools' half day Kindergarten classes-morning and afternoon sessions. A YMCA staff member will ensure your child's safety on board a school bus which will transport your child to and from his/her elementary school. Our certified Kindergarten teacher will create interesting and interactive lessons that support New Jersey State Standards for Kindergarten Curriculum. In addition to planned lessons, students will receive a variety of enrichments, such as SCRATCH JR computer coding and Music, scheduled throughout the week. Morning (9:00am-1:00pm) or afternoon options (11:30am-3:30pm). Extended care until 7:00pm is available. Holiday Care available at a discounted rate. KEDs serves James Madison Primary School, Martin Luther King Elementary School and Woodbrook Elementary School.

SACC and KEDs programs follow the Edison School District calendar only.

Membership is necessary for all Early Learning, SACC and KEDs students.

# SCHOOL AGE EDUCATION ENRICHMENT PROGRAMS

These programs can be added to your child's after school care experience.

## SCRATCH – Level 1

Beginners will learn the basics and fundamentals of the SCRATCH program. With SCRATCH, your child will have the opportunity to create interactive stories, animations and games through computer coding!

Full Member - \$72                      Program member - \$88

## Homework Helpers

If your child has difficulty completing homework, is struggling in class, or maybe just needs more time to complete their work, Homework Helpers gives your child the individual attention that may be needed to help your child succeed.

Full Member - \$40                      Program member - \$60

## Chess

Whether you're a first timer or a pro, our Chess Enrichment is great for all! Beginners will learn how to play the game, while more experienced children can learn technique and strategy. Our chess kids will have the chance to go head to head each week while being coached by an expert instructor.

Full Member - \$48                      Program member - \$72

## Archery (Seasonal)

Join our trained counselors in this weekly outdoor archery class! Our kids will learn about all of the equipment used in archery, how to set up our range, how to properly aim, and (hopefully) get a bullseye!

Full Member - \$72                      Program member - \$88

# EARLY LEARNING

## EARLY EDUCATION ENRICHMENT CLASSES

### Literacy (3-5 years)

Our literacy classes will focus on enhancing children's pre-writing and pre-reading skills. Children will gain knowledge about the letters of the alphabet, phonological awareness and emergent writing skills.

### Preschool Art (3-5 years)

This class gives children an opportunity to imagine, explore, and create using various media and areas of art. During this session, the art instructor will give children dedicated time for them to use their imaginations, explore colors and create masterpieces. Children will learn to express themselves through art and become more confident in themselves!

For more information, contact Jennifer Guthlein at [jennifer.guthlein@ymcaofmews.org](mailto:jennifer.guthlein@ymcaofmews.org) 732-494-3232 ext 3509.

### STEM (Science, Technology, Engineering & Math) (3-5 years)

This hands-on enrichment class provides opportunities for children to discover early STEM concepts. They will explore a number of concepts such as shapes, patterns, measuring, and sorting as well as science concepts such as experimenting, making predictions, testing hypotheses, and much more. See Welcome Center for days/times.

Full Members - \$56                      Program Members - \$72

### NEW! Story Tots (3-5 years)

Each week, the children will explore a different story book and work on a hands-on activity relating to the story of the week. Examples of activities may include crafts, games, songs, and retelling the story in various ways. If your child has a love for books, he/she will surely enjoy this fun program!

Full Members - \$40                      Program Members - \$56

# BEST. SUMMER. EVER.

## TWO LOCATIONS TO CHOOSE FROM!

Oakcrest and Oak Tree Camps provide campers with a unique opportunity to connect with peers and the community.

**Oakcrest Camp** is located within the Oakcrest Family Swim Club. New this year: AM Swim Lessons, archery, cooking, ceramics, and so much more! The afternoon is a traditional camp that carries through the theme of the week, including free swim.

**Oak Tree Camps** - our Oak Tree Camp offers three different camp experiences depending on your child's age and/or interests! The Junior Enrichment Camp (ages 5-6 yrs) is ideal for children who are entering Kindergarten or who have just completed Kindergarten. Our STREAM Camp (2nd - 8th grade) is a more traditional style outdoor camp, which incorporates a

wide array of STREAM based learning and activities along with weekly field trips. And our most popular summer program, Enrichment Camp (2nd - 8th grade), is host to a number of excellent weekly enrichment groups along with many exciting field trips.

We offer campers a broad range of age-appropriate activities and swimming to their camp day. With weekly field trips included, campers will stimulate their imaginations, creativity, and sense of adventure!

## SEE PAGE 11 FOR SUMMER CAMP OPEN HOUSE DATES

Registration begins March 1, 2019  
Early Registration Discounts Available!

10 Weeks of Camp: June 24 - August 30, 2019  
Financial assistance may be available.

# SWIM LESSONS

## SWIM STARTERS PARENT\* & CHILD LESSONS

Accompanied by a parent\*, infants, toddlers and preschoolers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

### Water Discovery (6 months-3 years)

Introduces infants and toddlers to the aquatic environment while discovering exciting and simple aquatic skills.

30 minute class

Saturday 9:00-9:30am

### Water Exploration (3-5 years)

30 minute class

Saturday 9:35-10:05am

\*The YMCA defines parent as any adult in a child caregiving role.

## SWIM BASICS

Students will learn benchmark skills: swim, float, swim-sequencing front glide, roll, back float, roll, front glide, exit and jump, push, turn, grab.

Students are taught the recommended skills to have around water including safe water habits, underwater exploration and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

### Water Acclimation (3-5 years)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

30 minute class

Friday	5:35-6:05pm	6:10-6:40pm
Saturday	10:10-10:40am	10:45-11:15am
	11:20-11:50am	

## SWIM BASICS continued

### Water Acclimation (6-12 years)

40 minute class

Friday	5:00-5:40pm	5:45-6:25pm
	6:30-7:10pm	
Saturday	9:00-9:40am	9:45-10:25am
	10:30-11:10am	1:15-11:55am
	12:00-12:40pm	

### Water Acclimation (Teen/Adult)

40 minute class

Saturday	9:00-9:40am (women only)
	9:45-10:25am (men only)

### Water Movement (3-5 years)

Encourages forward movement in water and basic self-rescue skills performed independently.

30 minute class

Friday	5:00-5:30pm	5:35-6:05pm
	6:10-6:40pm	
Saturday	10:10-10:40am	10:45-11:15am

### Water Movement (6-12 years)

Using skills previously learned, swimmers will improve technique by practicing rotary breathing and develop endurance to swim an entire lap independently.

40 minute class

Friday	5:00-5:40pm	5:45-6:25pm
Saturday	9:00-9:40am	9:45-10:25am
	10:30-11:10am	

### Water Movement (Teen/Adult)

40 minute class

Friday	6:30-7:10pm (co-ed)
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### Water Stamina (3-5 years)

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

30 minute class

Friday	5:00-5:30pm	6:45-7:15pm
Saturday	11:20-11:50am	11:55am-12:25pm

### Water Stamina (6-12 years)

40 minute class

Friday	5:00-5:40pm	6:30-7:10pm
Saturday	9:45-10:25am	11:15-11:55am
	12:00-12:40pm	

### Water Stamina (Teen/Adult)

40 minute class

Saturday	9:00-9:40am (co-ed)
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## SWIM LESSON FEES

8 week session

30 minute class

Full Members: \$76

Program Members: \$120

40 minute class

Full Members: \$102

Program Members: \$146

# SWIM LESSONS

## SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

### Stroke Introduction (3-5 years)

30 minute class

Friday	6:45-7:15pm	
Saturday	9:35-10:05am	11:55-12:25pm

### Stroke Introduction (6-12 years)

This intermediate level class introduces dolphin kick and reinforces previously learned skills in freestyle, backstroke and breaststroke.

40 minute class

Friday	5:00-5:40pm	
Saturday	10:30-11:10am	11:15-11:55am 12:00-12:40pm

### Stroke Development (6-12 years)

Introduces butterfly and reinforces water safety through treading water and sidestroke.

40 minute class

Friday	5:45-6:25pm	
Saturday	11:15-11:55am	Noon-12:40pm

### Stroke Mechanics (6-12 years)

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

40 minute class

Friday	5:45-6:25pm	6:30-7:10pm
Saturday	10:30-11:10am	

### Free Swim Evaluations

Swim evaluations ensure that students are placed in the proper swim lesson level for safety and enjoyment. Evaluations are required for swim lesson registration and may be scheduled by contacting Eric Meshirer at [eric.meshirer@ymcaofmewsa.org](mailto:eric.meshirer@ymcaofmewsa.org) or Keith Boppana at [sankeerth.boppana@ymcaofmewsa.org](mailto:sankeerth.boppana@ymcaofmewsa.org) 732-494-3232 ext. 3503

# BIRTHDAY PARTIES

## BIRTHDAY PARTIES (3 years and older)

Here at the Y, we strive everyday to make your child's experience with us a memorable one. Our brand new birthday parties are great for those turning 3 years or older.

## THEMED PARTIES

Choose from one of four themes for your child. These parties include party plates, cups, plasticware, and napkins.

Our Themes:

Jungle/Safari	Carnival
Outer Space	Heroes and Princess

## CREATE YOUR OWN PARTY

If you already have a theme in mind, then choose a create your own party. We can provide you with party hosts that can help you put together a party that any child dreams of having. You can choose activities for our hosts to run and we will do the work for you. We also have a dragon bouncy house you can add-on for even more fun!

Birthday parties at the Edison YMCA are held on Saturdays from 12-2pm or 3-5pm or Sundays from 2:30-4:30pm. Visit our website for the birthday party brochure or contact Eric Meshirer at [eric.meshirer@ymcaofmewsa.org](mailto:eric.meshirer@ymcaofmewsa.org)



## MEMBER REFERRAL PROGRAM

If you refer a friend and they join the YMCA as a member, you will receive a discount of 25% off your next month's membership fees for each unit referred. Limit of four referrals per month.

Visit [ymcaofmewsa.org/membership/special-promotions](http://ymcaofmewsa.org/membership/special-promotions) for details.



# YOUTH & TEENS

**FOR YOUTH DEVELOPMENT** Nurturing the potential of every child and teen. We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

## ARTS & HUMANITIES

YMCA art classes encourage self-expression and critical thinking while developing your child's imagination and building their self-esteem. Exposure to the arts creates a better understanding of the various cultures and backgrounds that make up our community and helps foster uplifting relationships.

### Art (5-12 years)

Our most popular art class for young artists who want to learn about drawing, painting techniques, and art history. Busy artists will create new masterpieces every week while enjoying the creative and relaxed atmosphere of the class. All supplies needed for the class are provided. Information will be given on purchasing supplies to practice skills at home. Students will be grouped by age and experience.

AGES 5-8

Saturday 9:00-10:00am

AGES 9-12

Saturday 10:15-11:15am

Full Members: \$80

Program Members: \$100

### Private Music Lessons - Open to the Community

Want to try something new or take your skills to the next level? Contact Eric Meshirer at [eric.meshirer@ymcaofmews.org](mailto:eric.meshirer@ymcaofmews.org) for more information.

## Chess

Learn to strategize and use critical thinking in this competitive board game. Taught by a professional teacher, chess will teach students to predict and assess situations. Learn different strategies and moves that will help your game in the future.

Saturday 1:45pm-2:30pm

Full Members: \$48

Program Members: \$72

### Guitar (7-12 years)

Participants will learn the basics of how to play the guitar. Participants will need to supply their own guitar. Please come with proper instruments, no plastic guitars or toys.

Sunday 10:00-11:00am

Full Members: \$80

Program Members: \$100

### New! Jr. Reporters (age 8+)

Kids will act as Junior Reporters as they help create and distribute a newsletter for kids, by kids! Utilizing writing skills and reporting skills, they will choose topics and events current to everyday pop culture. Whether the kids want to write about fashion, sports, township, or Y events, the possibilities are endless. A newsletter will then be distributed every week for other kids to read!

Tuesdays 6:30-7:30pm

Full Members: \$40

Program Members: \$80

### Small Group Ukulele Lessons: (8-12 years)

Students will learn the proper technique of playing a ukulele. Perfect for beginners, a ukulele combines the skills needed for guitar, on a much more manageable scale. With a small group size, students will receive hands on instruction from an experienced teacher. Ukuleles will be provided.

Maximum: 6 students.

Sunday 11:15am-12:15pm

Full Members: \$80

Program Members: \$100

## SCIENCE & TECHNOLOGY

### Scratch Coding (8-16 years)

Children will learn mathematical and computational ideas that are built into the Scratch experience. As students create programs in Scratch, they learn core computational concepts such as iteration and conditionals. They also gain an understanding of important mathematical concepts such as coordinates, variables, and random numbers. This project-design process combines many of the 21st century learning skills that will be critical to success in the future: thinking creatively, communicating clearly, analyzing systematically, collaborating effectively, designing iteratively, learning continuously.

#### Scratch Level 1 (8-16 years)

Saturday 10:15-11:15am

#### Scratch Level 2 (8-16 years)

Saturday 9:00-10:00am

#### Scratch Level 3 (8-16 years)

Saturday 10:15-11:15am

#### Scratch Fees:

Full Members: \$104

Program Members: \$120

### Robotics (8-16 years)

Using Legos and coding learned in SCRATCH classes, students will learn to build and code robots to complete various tasks.

Whether it is creating an obstacle course for your robots or battling them against one another, the possibilities are endless! Contact Eric Meshirer at [eric.meshirer@ymcaofmews.org](mailto:eric.meshirer@ymcaofmews.org)

Saturday 11:30am-1:30pm

Full members: \$175

Program Members: \$195

## DANCE

### NEW! HIP HOP DANCE (12+ years)

Learn urban hip hop style dance taught by a trained dancer. A great way to discover popular styles of dance while getting a great workout. Our instructor creates a comprehensive way of learning that helps every child/teen learn and develop their dance skills.

Tuesday 6:30pm- 7:15pm

Full Members: \$72

Program Members: \$96

# YOUTH & TEENS

## SPORTS

A lifetime of healthy habits can start with sports at the Y! Your child will gain confidence that comes from learning good sports conduct and a physical activity to keep them healthy.

### Basketball (6-12 years)

Emphasis is placed on learning fundamentals of basketball while having a great time with friends. Develop individual skills of dribbling, shooting, and passing.

### Basketball (6-9 years)

Saturday 11:00-11:45am

### Basketball (9-12 years)

Saturday 12:00-12:45pm

Full Members: \$48 Program Members: \$72

### Wiffleball

Great for the indoors, practice wiffleball to sharpen your baseball and softball skills. Take part in home run derbies, fielding competitions, and friendly games. Professional coaches are there to help your skills improve and to make sure you will have fun.

Saturdays 11:15am-12:00pm

Full Members: \$48 Program members: \$72

### Soccer (5-10 years)

This is a fun way for your children to learn an exciting sport without the pressure of winning. We will teach the fundamentals of soccer and have fun in games.

### Soccer (5-7 years)

Saturday 9:00am-9:45am

### Soccer (8-10 years)

Saturday 10:00am-10:45am

Full Members: \$48 Program Members: \$72

### Ping Pong (5-12 years)

Turn your love for recreational Ping Pong into a game of strategy and skills.

Sunday 12:30-1:15pm

Full Members: \$56 Program Members: \$72

### Pickleball

This hybrid game of Ping Pong and Tennis is great for the cold months of winter. Played using a bigger ping pong paddle and wiffleball, pickleball is the game of the future! Learn how to serve and volley, while playing either singles or doubles.

Sunday 1:30-2:15pm

Full members \$48 Program Members: \$72

## ADULT PROGRAMS!

### Public Speaking

One of the biggest fears in the world is making speeches in front of crowds. Whether it is making a business proposal or accepting an award, our expert will guide you and help your confidence grow while speaking in front of small or large groups.

16 - Class Program

Monday & Thursday 6:00pm-7:00pm

Full members: \$160 Program Members: \$200

### Computer Programming

Whether you want to learn more about Microsoft products or if you want to learn how to maximize the use of your smart phone, our expert can help you do so. Feel free to bring in your own electronic device or use a PC of ours, to maximize your knowledge of today's never ending technology.

Monday 6:45pm-7:45pm

Full members: \$100 Program members: \$120

FREE child watch available for Full Members

## LEADERS CLUB (Grades 7-10)

Come participate and learn to become a leader at school, camp, and in the community. This club will go over different techniques to handle conflict, participate in service learning projects, and go on an end-of-the-year camping celebration.

At the Leaders Club you will make new friends, learn skills that you can use in the future, and network with other future leaders at many volunteering events. If you are interested, please email

Eric Meshirer at

[eric.meshirer@ymcaofmews.org](mailto:eric.meshirer@ymcaofmews.org)

### 7TH GRADE INITIATIVE

We offer free membership for 7th graders from September to June. See page 2 for details.

# COMMUNITY

## ENHANCE FITNESS

### Free to the Community- Registration Required

EnhanceFitness is a 16-week program geared toward older adults of all fitness levels. If you have a chronic condition such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally and socially—and be surrounded by people who care about your success.

Mon, Wed, Fri 10:00 - 11:00 AM

## LIVESTRONG® AT THE YMCA

### Program Starts January 2019!

#### Free to the community- Registration Required

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The YMCA and LIVESTRONG® have joined together to create LIVESTRONG® AT THE YMCA, a physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with YMCA staff trained in supportive cancer care to safely achieve their goals of increasing their strength, balance, flexibility and endurance and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG® AT THE YMCA is helping people move beyond cancer in spirit, mind and body. As a complement, our program offers yoga for cancer survivors once a week.

We offer a free 12 week program to cancer survivors which includes a full facility membership for the 12 week session. Sessions include an additional weekly yoga class.

To learn more about LIVESTRONG® AT THE YMCA, contact 732-494-3232.

## DIABETES PREVENTION PROGRAM

### Open to the community

The YMCA's Diabetes Prevention Program helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. The program provides a supportive environment where participants work together to achieve the program goals of reducing individual weight by 7% and building up to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week for the purpose of reducing their risk for developing diabetes.

Led by a trained Lifestyle Coach in a classroom setting, the program is delivered over a 12-month period. It begins with weekly sessions for the first 16 weeks, followed by monthly maintenance meetings for the next 8 months. You will learn how to reduce your weight through strategies for healthy eating and increased physical activity.

Sign up to take control of your health. For information about program fees or to see if you qualify, contact Contact Debbie Wider at [deborah.wider@ymcaofmews.org](mailto:deborah.wider@ymcaofmews.org)

## SAVE THE DATES

### DANCE-A-THON

Join your favorite instructors, including Sakshi, Sairah, Karen, Aanchal, and special guests: Dean Seda & Rocio as we kick-off our Annual Campaign with this fun, energetic fundraiser! Dance the afternoon away with Zumba, Bhangra, Bollywood and Salsa and get a chance to win some terrific prizes, all while raising money to benefit the members of our Edison YMCA Community.

This event is open to the Public.

Tickets on sale now through December 14th: only \$10!

Tickets bought the day of the event: \$15

All tickets include one raffle ticket.

**DECEMBER 15, 2018 12pm-2pm**

### KIDS' NIGHT OUT!

**JANUARY 25, 2019**

### SUMMER CAMP OPEN HOUSE

**JANUARY 5, 2019 11:00am-2:00pm**

**FEBRUARY 23, 2019 11:00am-2:00pm**

**APRIL 27, 2019 11:00am-2:00pm**

### OAKCREST CAMP & POOL OPEN HOUSE

**MARCH 15, 2019 5:00pm-7:00pm**

**APRIL 26, 2019 5:00pm-7:00pm**

### HEALTHY KIDS DAY®

**APRIL 27, 2019**

## NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

### WHAT YOU NEED TO KNOW

- Nationwide Membership enables Y members to visit any participating YMCA in the United States
- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants and Special memberships are not eligible for nationwide membership
- Photo ID and membership card required to visit other YMCAs

Everyone is welcome at the YMCA and through our Financial Assistance Fund, we extend this opportunity for membership and/or program assistance to anyone who may need it. Please contact your branch for details.



# YMCA OF METUCHEN, EDISON, WOODBRIIDGE & SOUTH AMBOY

ymcaofmews.org

## STAFF DIRECTORY

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Bobby.Kleinau@ymcaofmews.org 732-547-2044 ext 2211

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Sankeerth.Boppana@ymcaofmews.org 732-494-3232 ext 3503

## YMCA CORPORATE OFFICES

483 Middlesex Ave  
Metuchen, NJ 08840  
(P) 732.516.9200  
(F) 732.516.9430

**METUCHEN YMCA**  
65 High St  
Metuchen, NJ 08840  
(P) 732.548.2044  
(F) 732.548.3614

**SOUTH AMBOY YMCA**  
200 John T O'Leary Blvd  
South Amboy, NJ 08879  
(P) 732.553.9622  
(F) 732.316.8215

## PROGRAM SESSIONS

**Winter 2019** January 2 - February 24, 2019  
Full Member Registration December 10, 2018  
Program Member Registration December 17, 2018

**Spring 2019** February 25 - April 21, 2019  
Full Member Registration February 11, 2019  
Program Member Registration February 18, 2019

**Summer Camp Open Registration** March 1

Convenient online registration available!  
For up-to-the-minute class offerings visit [ymcaofmews.org/programs](http://ymcaofmews.org/programs)

## EARLY CHILDHOOD & SCHOOL AGE PROGRAMS

### EDISON

Edison YMCA  
1775 Oak Tree Road  
732.494.3232

Ken Shirk Learning Center  
445 Old Post Road  
732.287.1131

Our Savior's Learning Center  
50 Calvert Avenue East  
732.548.0523

### METUCHEN

Metuchen YMCA  
65 High Street  
732.548.2044

Centenary Early Learning Center  
200 Hillside Avenue  
732.548.5468

Edgar Early Learning Center  
150 Lake Avenue  
732.632.8633

Ready..Set...Learn (2 years old)  
75 Glenville Rd  
732.548.2044

### PERTH AMBOY

Grace Early Learning Center  
600 New Brunswick Avenue  
732.442.7190

Harborview Early Learning Center  
45 Market Street  
732.442.4199

### SOUTH AMBOY

South Amboy YMCA  
200 John T. O'Leary Blvd  
732.553.9622

### WOODBRIIDGE

**AVENEL**  
Avenel Learning Center  
238 Avenel Street  
732.636.1100

**COLONIA**  
Colonia Learning Center  
400 Inman Avenue  
732.340.9622

### WOODBRIIDGE TOWNSHIP BEFORE AND AFTER SCHOOL CARE

Mawbey St. School #1  
Avenel St. School #4 & #5  
Indiana Ave. School #18  
Kennedy Park School #24  
Lafayette Estates School #25  
also serving Ford Ave. School #14  
Menlo Park Terrace School #19  
Robert Mascenik School #26  
Matthew Jago School #28

For specific program offerings and hours, please visit  
[ymcaofmews.org/locations/child-care](http://ymcaofmews.org/locations/child-care)

