



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELPING YOU LIVE BETTER

## RIDGEWOOD YMCA PROGRAM GUIDE

Session Dates: February 27 to April 22  
Registration opens Monday, February 13



REGISTER ONLINE AT  
[WWW.RIDGEWOODYMCA.ORG](http://WWW.RIDGEWOODYMCA.ORG)

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## OPERATING HOURS

Members must present membership cards. Members must leave the facility 15 minutes after operating hours. Schedules are subject to change. Each pool is closed periodically for maintenance. Please check building notices for schedules.

Monday - Friday	5:00am-10:30pm
Saturday	7:00am-7:30pm
Sunday	12:00 pm - 6:30pm (Sep.-June) 12:00 pm - 5:00pm (July) Closed Sundays in August

## 2012 HOLIDAY CLOSINGS \*

Jan. 1	New Year's Day
April 6-8	Easter Weekend
May 28	Memorial Day
July 4	Independence Day
Sept. 2-3	Labor Day
Nov. 21	Closing at 8:00pm
Nov. 22	Thanksgiving
Dec. 24-25	Christmas
Dec. 31	Closing at 6:00pm

\*Subject to change

## UPCOMING PROGRAM SESSIONS

Session Dates	Registration Date
February 27 - April 22	February 13
April 23- June 17	April 9
June 25-August 19	June 4
September 4 - November 4	August 6

Registration opens Monday, February 13 at 8:30am for our 8 WEEK SESSION running February 27-April 22.

Active membership is required to register for classes online. Please call 201.444.5600 to purchase or renew membership before online class registration starts.

**The YMCA's Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

# MEMBERSHIP INFORMATION

## MEMBERSHIP FEES

New rates effective March 1, 2012

### PROGRAM MEMBERSHIP

Membership is required to enroll in YMCA classes and programs and must remain current for the duration of the class or program.

Annual Individual Membership (ages 3 and older) - \$50

### SWIM MEMBERSHIP

Includes Program Membership plus Lap and Family Swimming, Whirlpool and Locker Rooms.

	3 Month*	Annual	Monthly Draft†
Family	\$245	\$520	\$45
Adult	\$180	\$380	\$34
Senior (62+)/Clergy		\$240	\$22
Teen (ages 13-21)		\$230	\$21

### TRIANGLE MEMBERSHIP

Includes Program and Swim Memberships plus YMCA Strength and Conditioning Gym, Basketball and Open Gym, select free classes (look for ▲), reduced class fees and AWAY-national Y member program (see page 4 for details).

One Month Triangle Membership for Adult/Senior/Teen - \$70

	3 Month*	Annual	Monthly Draft†
Family	\$290	\$680	\$58
Adult	\$185	\$465	\$40
Senior (62+)/Clergy		\$310	\$27
Teen (ages 13-21)	\$115	\$310	\$27
Youth (ages 3-12)	\$90	\$240	\$21

### BOLGER FITNESS CENTER (BFC)

A Program of the Ridgewood YMCA and YMCA of Bergen County (details page 24).

	4 Month*	Annual**	Monthly Draft†
Adult	\$325	\$717	\$65
Student/Senior (over 62)	\$283	\$648	\$60

\* option to convert to one year \*\*Deduct \$100 from the annual fee for each additional family/household member when joining at the same time. †Convenient monthly ongoing membership drafted from your debit or credit card. First and last month's payment with initial membership registration. Minimum six month commitment.

## MEMBERSHIP/PROGRAM COMPARISON

	Program	Swim	Triangle	BFC
Registration for Classes	•	•	•	•
YMCA Strength and Conditioning Gym			•	•
Basketball and Open Gym			•	
Bolger Fitness Center				•
Lap and Family Swim (see page 31 for Pool Schedule)		•	•	•
Select Free Classes (see program guide)			•	•
Whirlpool		•	•	•
Steam and Sauna				•
Reduced Class Fees			•	•
Locker Rooms	•	•	•	•
Credit Towards Membership Upgrade	•	•	•	

### ANNUAL MEMBERSHIPS

Annual memberships may be renewed via cash, check, or credit card (VISA, MC or Amex).

### MONTHLY DRAFT

The monthly draft is a continuous membership with payments through convenient automatic bank draft. Drafts may not be cancelled within first 6 months of membership. To cancel, a draft cancellation form must be completed and returned to the YMCA by the first of the month of the next scheduled draft.

### FAMILY MEMBERSHIPS

Family memberships may include up to two adults and any dependant children through the age of 18 and full or part-time college students through the age of 22, all residing in the same household. Proof of residence and school schedule will be required.

Membership is open to all regardless of place of residence, race, sex or creed. For confidential financial assistance information, please contact John Duke, ext. 337.

# GENERAL INFORMATION

## MEMBERSHIP

- Membership fees are non-refundable and non-transferable.
- Memberships may be put on hold for medical reasons only and a physician's note will be required. Membership will remain on hold until a physician clearance letter is brought in.
- Rates are subject to change without notice.
- Membership is not transferable; loan of membership card subjects the owner to loss of privileges.
- There is a charge for lost membership cards.
- Membership must be valid through the entire session in order to register for classes.
- Membership card must be presented when using facilities or registering for classes.

## CREDIT / REFUND POLICY:

The purpose of our credit/refund policy is to allow the YMCA to offer quality programs and proper class ratios while maintaining flexibility to our members.

- The YMCA reserves the right to cancel or combine classes because of insufficient enrollment or conditions beyond our control. If we cancel any class in which you are enrolled, you will be given a full/prorated refund or voucher.
- Vouchers are applicable toward any YMCA program and are good for one year from date of issue. Vouchers are not redeemable for cash. Vouchers are good for one year from the date of issue. No refunds or vouchers are given for memberships, swim team or gift certificates.
- In order to keep our class fees as low as possible, we are unable to issue vouchers for missed classes or activities, including those classes cancelled as a result of unscheduled building closures (such as closure from inclement weather). Makeup classes are not available due to the design of our programs.
- If registration in a class or program is cancelled by a member before the start of the session a full refund will be issued, minus a \$10.00 service fee. After the first class, a prorated voucher minus a \$10.00 service fee will be issued. There will be no refunds or vouchers for registration cancelled after the 2nd class unless a physician's note is issued.

Note: above cancellation policy does not apply to camp. Please see our camp guide for camp cancellation policy.

## AWAY PROGRAM (ALWAYS WELCOME AT THE Y)

AWAY is a national YMCA program that allows use of YMCAs more than 50 miles from your home Y with no or reduced guest fee. Contact the Membership Office at ext. 313 for more information.

**EMERGENCIES** all members and guests are required to evacuate the building in case of building emergency or drill.

**GYMNASIUM** use requires that members present membership cards or passes and sign in with the locker control attendant.

## SUPERVISION FOR CHILDREN UNDER AGE 12

Your children's safety is our priority.

- parent/guardian supervision at all times.
- parent/guardian to accompany children for check in at locker room and with instructor.
- parent/guardian to remain in the building during children's participation in classes and programs that run for one hour or less.

Non-Compliance: Child will not be permitted to participate in class. No refund or make-up for missed class.

**LOCKER ROOM** use requires that members present membership cards and sign in with the locker control attendant. Padlocks must be removed at the end of each day's use. The YMCA is not responsible for lost or stolen items.

**PARKING:** private parking is available only while using the Y's facilities (State Statute 39:4-56.6).

**SHOWERING** is required by state law before entering pools or whirlpool. Swim instruction and coaching are not permitted during open swim periods.

**WHIRLPOOL** is for adults 18 and older. Scheduled whirlpool maintenance is Tuesday and Friday mornings.

## FOR DISABLED MEMBERS/GUESTS

Designated parking spaces and ramp are available in the main parking lot. Additional changing areas and toilet facilities are located on the first floor. Both pools have stairs with railings for easy accessibility. For handicap access requiring pool lift, contact Linda Doller, ext. 348 for appointments and guidelines. Pool toilet facility is located on the deck of Habernickel Pool.

## VOLUNTEER PROGRAMS

Do something good! The YMCA needs your time and talents! Call the YMCA Volunteer Coordinator, Julie Gallanty, ext. 332.

## FREE SUPPORT GROUPS

Contact Julie Gallanty, ext. 332 for information about support groups.

## COMMUNITY THRIFT SHOP

Contribute to the Ridgewood YMCA and YWCA Bergen County by donating clothes and items at the Red Cross Community Thrift Shop. Mention **YMCA-YWCA account #34** when dropping off your items and proceeds from the sale of those items will benefit the Ridgewood Y and YWCA Bergen County. The Red Cross Community Thrift Shop is located at the rear of the Midland Park Shopping Center, 85 Godwin Avenue. Thrift Shop receiving days are Mondays and the first Saturday of the month.

# GENERAL INFORMATION

## STAFF

Richard Claydon	Chief Executive Officer	ext. 320
Jennifer Batelli	Administrative Assistant	ext. 320
Cathy Easer	Finance & Payroll Manager	ext. 388
Laurie Murberg	Controller	ext. 334
Amy Orr	Director of Development	ext. 324

## OAK STREET BRANCH

Julie Gallanty	Executive Director	ext. 332
John Duke	Assistant Branch Director	ext. 337
Carol Livingstone	Health & Fitness Director	ext. 330
Janet Oliver	Aquatics Director	ext. 304
Job Pama	Associate Aquatics Director	ext. 392
Bud Rimbault	Competitive Swimming Dir.	ext. 319
Diane Brown	Systems Mgr./Human Resources	ext. 335
Gary Imhoff	Marketing/Membership Director	ext. 313
Michael Rainere	Youth and Teen Director	ext. 339
Megan Heller	Associate Membership Director	ext. 375
Tricia Centrella	Administrative Assistant	ext. 333
Joyce Piantedosi	Administrative Assistant	ext. 333
Lisa Swain	Aquatics Assistant	ext. 318
Pam Brady	Swim Team Assistant	ext. 319
Claire Prettitore	Membership Assistant	ext. 394

## CAMP BERNIE BRANCH - 908-832-5315

Victoria Bennett	Executive Director
Chris Kinney	Summer Camp Registrar
Rose Price	Office Manager
Jamie Bean	Senior Program Director

## YMCA AND YWCA JOINT MANAGEMENT

Roy Verstraete	Dir. of Building and Grounds	(ext. 347)
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## BOLGER FITNESS CENTER

Matt Bansch	Director	(ext. 306)
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## BOARD OF TRUSTEES

Denis J. Salamone, Chairman	Peter Kurshan
Scott A. Belair	Robert E. O'Hara
Richard Brightman	Thomas M. Wells
Richard J. Claydon	Paul B. Wood
Robert P. Dill	
Mark W. Grannon	

## BOARD OF DIRECTORS

Peter Kurshan, President	Mark D. Hatton
Spencer Anderson	Brian Hughes
John A. Andrus	Gregory Kubikowski
Scott A. Belair	Diane B. Kurshan
Bruce A. Benson	John J. Lee
Cameron Brazill	Kenneth A. Levitsky
Chris Brazill	Arturo P. Lewis
Michael Davis	Kevin J. O'Shea
James Delia	David Pfund
Roger Gaston	Joseph H. Schmidt
Brian Given	Mark A. Smith
Rosie Given	Nancy Wallace

### PLEASE CONTRIBUTE TO THE 2011 ANNUAL CAMPAIGN TO SUPPORT OUR GOOD WORKS PROGRAMS

Each year, the Ridgewood Y raises funds to support the many initiatives that make up the Ridgewood Y Good Works Programs. We are now coming to the end of our 2011 Annual Appeal Campaign and asking for your help in reaching our campaign goals.

Examples of our Good Works Programs include:

- **Living Strong, Living Well** – a fitness program for cancer patients and survivors.
- **Delay The Disease** – a program designed to introduce the benefits of exercise to people with Parkinson's Disease.
- Financial support for family memberships and YMCA programs
- Camp scholarships
- Peer-support and grief recovery
- Mentoring program for youths
- Autism and special needs programs
- Free memberships for eligible families of deployed military personnel
- Senior citizens support
- Learn to swim programs for underprivileged youths

At the Ridgewood Y, no one who is experiencing a financial hardship is turned away for inability to pay and each year over \$200,000 is raised to provide financial assistance to hundreds of young people and families throughout our community.

This year, please consider making a tax-deductible contribution to our Annual Campaign to support our Good Works Programs. To make a donation, please call 201.444.5600, ext 320 or visit [www.ridgewoodymca.org/AnnualAppeal](http://www.ridgewoodymca.org/AnnualAppeal). **Thank you!**

[WWW.RIDGEWOODYMCA.ORG](http://WWW.RIDGEWOODYMCA.ORG)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## ACADEMIC ENRICHMENT

YMCA Academic Enrichment programs help children grow creatively and artistically while fostering children's imagination and originality.

### MOVEMENT EXPLORERS 16-36 MONTHS

Have fun with songs, music and movement activities that promote parent/child bonding. Children develop rhythm and increase their vocabulary through age appropriate musical concepts, instruments and movement activities that build social skills and self-esteem.

Add on an age-appropriate class after your Saturday parent/child swim lesson!

		Class
Mon	10:45-11:30am	765
Tue	9:45-10:30am	766
Tue (24-36 mos)	10:30-11:15am	767
Sat	9:15-9:45am	768

**30 min. class: Triangle \$75 Program/Swim \$100**

**45 min class: Triangle \$100 Program/Swim \$110**

### PINT SIZE PICASSOS 16-36 MONTHS

Children and parents will enjoy creating unique works of art using paints, sponges, brushes, and other media. Activities promote creative self-expression and help develop social skills.

		Class
Mon	11:45am-12:30pm	774
Sat	12:00-12:45pm	775

**Triangle \$100 Program/Swim \$110**

### STORYTIME 2-4 YEARS

In this parent child class, we'll read a different story each week and work on a fun craft designed around the storybook of the day.

		Class
Tue	10:00-10:45am	770

**Triangle \$100 Program/Swim \$110**

### AFTER SCHOOL ART 3-5 YEARS

Arts, crafts and fun! Painting, drawing, art games and seasonal crafts encourage creativity and self expression.

		Class
Wed	4:00-4:45pm	776

**Triangle \$100 Program/Swim \$110**



### CREATIVE KIDS 7-10 YEARS

Kids explore their creative sides in this exciting program that samples two weeks each of music, crafts, magic and cooking.

		Class
Wed	5:00-5:30pm	772

**Triangle \$80 Program/Swim \$90**

### KIDZ KUISINE 5-8 YEARS

Kids will have fun in the kitchen creating pre-dinner snacks, appetizers and desserts. We'll also do kitchen related crafts and a cookbook to take home!

		Class
Thur	4:15-5:00pm	779

**Triangle \$100 Program/Swim \$110**

### MINI MONETS 6-8 YEARS

Children use a variety of materials and techniques to create their own unique works of art and increase imagination and self-esteem.

		Class
Sat	1:00-1:45pm	773

**Triangle \$100 Program/Swim \$110**

### HOME SCHOOL ART 6-12 YEARS

Home Schoolers can express their inner artistic talents in this class. Different mediums will be used to help bring out the hidden Van Goughs! Match it up with a home school swim lesson or gym class!

		Class
Mon	12:30-1:15pm	777

**Triangle \$100 Program/Swim \$110**

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## YOUTH SPORTS PROGRAMS

### TINY TOT SOCCER

**3-4 YEARS**

Teaches basic soccer skills including dribbling, shooting, passing and trapping.

		Class
Tue	3:30-4:00pm	525
Wed	11:30am-12:00pm	526
Thur	3:00-3:30pm	527
Fri	11:30am-12:00pm	528
Sat	1:00-1:30pm	529
Sat	1:30-2:00pm	530
Sun	12:00-12:30pm	531

**Triangle \$105 Program/Swim \$120**

### TINY TUMBLERS

**3-4 YEARS**

This class introduces your child to basic movement/gymnastics with a focus on balance, hopping, jumping and various types of forward rolls.

		Class
Sat	10:10-10:40am	580

**Triangle \$105 Program/Swim \$120**

### SPORTACULAR!

**3-10 YEARS**

Our new SPORTACULAR class has it all! Each week we will feature a new sport including soccer, T-Ball, basketball and more. A great introduction to youth sports!

			Class
Mon	Ages 3-5	4:00-4:30pm	540
Fri	Ages 7-10	5:15-5:45pm	542
Sat	Ages 3-5	9:00-9:30am	543

**30 min classes - Triangle \$105 Program/Swim \$120**

**45 min classes - Triangle \$110 Program/Swim \$125**

### LITTLE SAMURAI KARATE

**4-5 YEARS**

Teaches karate and jujitsu self-defense techniques. Children increase fitness and develop self-confidence, esteem and discipline.

		Class
Sat	1:15-2:00pm	565

**Triangle \$107 Program/Swim \$122**

### SOCCER I

**5-6 YEARS**

Teaches soccer fundamentals including dribbling, shooting, passing and trapping. Parents can play too! (optional)

		Class
Wed	5:00-5:45pm	535
Sat	11:00-11:45am	536
Sat	12:15-1:00pm	537
Sat	2:00-2:45pm	534
Sun	12:30-1:15pm	538

**Triangle \$110 Program/Swim \$125**

### SOCCER CLINIC AGES 10-12

Come strengthen your soccer skills and enjoy drills and games! Our Soccer Clinic is held on Thursdays from 5:30-6:15pm in Meads Hall.

Triangle \$110 Program/Swim \$125

Contact Mike Rainere, ext. 339

# YOUTH DEVELOPMENT

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## SOCCER II

### 7-10 YEARS

Soccer II is for 7-10 year olds and teaches soccer fundamentals including dribbling, shooting, passing and trapping. Parents can play too! (optional)

		Class
Tues	4:45-5:30pm	535
Thur	5:30-6:15pm	534

Triangle \$ 110 Program/Swim \$ 125

## T-BALL I

### 4-6 YEARS

Participants will work on throwing, catching, hitting and teamwork.

		Class
Wed	4:30-5:00pm	551
Sat	3:45-4:15pm	552

Triangle \$ 102 Program/Swim \$ 118

## BASKETBALL I

### 5-8 YEARS

Teaches catching, passing, shooting, dribbling and team play.

		Class
Mon	3:15-4:00pm	501
Thur	4:30-5:15pm	502
Fri	6:00-6:45pm	503
Sat	11:30am-12:15pm	505
Sun	3:15-4:00pm	506

Triangle \$ 110 Program/Swim \$ 125

## YMCA YOUTH DANCE

### 5-11 YEARS

Learn the latest hip-hop and pop style dance moves and put them together to create fun and exciting dance routines! Girls and boys welcome!

#### Beginner Dance - 5-7 years

		Class
Thurs	6:00-7:00pm	570

#### Advanced Dance - 8-11 years

		Class
Thurs	7:00-8:00pm	571

Triangle \$ 112 Program/Swim \$ 127

## TENNIS FOR BEGINNERS

### 6 YRS & UP

Children learn the fundamentals of forehand, backhand and serving.

Racquets provided. Each participant brings a can of balls.

		Class
Mon	4:30-5:15pm	556

Triangle \$ 110 Program/Swim \$ 125



## BATON TWIRLING

### 6 YEARS & UP

Instructor Patti Lynn Wojtowicz, NJ Twirling Assoc. teacher, judge & board member, teaches girls all levels from never twirled to advanced. Development of coordination, poise & musicality are emphasized.

#### Adv. Dance Twirl

		Class
Sat	9:30-10:15am	575

#### Dance Twirl Team

		Class
Sat	10:00-10:45am	576

#### Beg./Inter.

		Class
Sat	10:45-11:30am	577

Triangle \$ 98 Program/Swim \$ 113

## HOME SCHOOL GYM

### 6-12 YEARS

Introduces physical fitness concepts, physical education style games and organized sports. Increases stamina, agility and speed through the use of the agility ladder, scooters and sports such as basketball, team handball, soccer and floor hockey.

		Class
Mon	2:30-3:15pm	547

Triangle \$ 88 Program/Swim \$ 105

## KARATE

### 6-12 YEARS

Under the direction of instruction Glenn Faustini, World Martial Arts Hall of Fame Inductee, children learn the martial arts of karate and jujitsu and develop confidence, awareness, speed, self-esteem and discipline.

		Class
Wed	4:00-5:00pm	566
Sat	12:00-1:00pm	567

Triangle \$ 110 Program/Swim \$ 125

# YOUTH DEVELOPMENT

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## FLOOR HOCKEY I 7-10 YEARS

This class is the perfect way to introduce your child to the wonderful world of hockey. A safe and fun way for your beginning hockey star to learn the skills of the game including puck and stick handling, shooting and passing. Class will also include team play and games.

		Class
Wed	5:45-6:30pm	549
<b>Triangle \$112 Program/Swim \$130</b>		

## PING PONG 7-10 YEARS

Children learn the fundamentals of ping pong. Basic skills and rules of this popular game are taught.

		Class
Thur	5:30-6:00pm	584
Mon	Family Class 6:45-7:30pm	586

**Triangle \$103 Program/Swim \$118**

**\*Family Class - Triangle \$150 per family. Prog/Swim \$180 per family.** Up to four people in family.

## BASKETBALL II 9 YEARS AND UP

Advanced instructional program that teaches and advances participants skills in dribbling, shooting, passing, defense and team play in game situations.

		Class
Fri	6:45-7:30pm	510
Sun	4:00-4:45pm	511
Fri	7:30-8:15pm	515

**Triangle \$107 Program/Swim \$122**

## NEW! ADVANCED BASKETBALL SKILLS AGE 9+

Learn advanced basketball handling skills from the YMCA's own Coach Dion Brown. This class will focus on dribbling, passing and strategy (no shooting).

		Class
Tues	4:30-5:15pm	519
<b>Triangle \$90 Program/Swim \$100</b>		

## YFIT 10-16 YEARS

This 8-week comprehensive program meets twice a week and combines structured physical activities, weight training and nutritional counseling to help improve overall health and fitness. Contact Mike Rainere, ext. 339, for further info.

		Class
Tues and Thurs	4:00-5:30pm	585
<b>Triangle \$150 Program/Swim \$190</b>		

## NEW! TEEN YOGA 11-17 YEARS

Teen yoga is an excellent foundation for strength building, flexibility, confidence, focus and well-being in teens. This class is fun, energetic, relieves stress and connects teens with body, mind and spirit.

		Class
Tue	7:00-8:00pm	587
<b>Triangle \$80 Program/Swim \$100</b>		

## NEW! TEEN VOLLEYBALL 13 YEARS AND UP

Learn the fundamentals of volleyball and have a great time playing competitive games!

		Class
Tues	7:30-8:30pm	559
<b>Triangle \$40 Program/Swim \$55</b>		

## YOUTH FITNESS TRAINING AGES 10-16

Specialized one-on-one personal instruction designed to improve fitness and sports performance. Tailored programs help maximize performance by improving balance, coordination, speed and agility. Limited sessions after school and weekends. Triangle Membership required. Contact Mike Rainere at ext 339. By appointment - \$60 per hour



# YOUTH DEVELOPMENT

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## PRIVATE AND SEMI-PRIVATE SPORTS LESSONS

Schedule 4 one hour private or semi-private lessons to work on specific sports skills, drills and conditioning.

Private (one on one) \$170

Semi-Private (2-4 people) \$140 per person

Contact Mike Rainere at ext.339 for information and appointment.



## YOUTH AQUATICS

### PARENT/CHILD SWIM 6-36 MONTHS

This National YMCA program focuses on water acclimation and emphasizes fun activities. Parents and children bond with songs and rhymes that help children feel comfortable in the water.

### SHRIMP/KIPPER

### 6-16 MONTHS

Songs and games to help baby adjust to water and provides parents with water safety guidelines.

		Class
Mon	10:00-10:30am	101
Thur	1:30-2:00pm	103
Sat	9:30-10:00am	104

Triangle \$85 Program/Swim \$115

### INIA

### 17-25 MONTHS

Continues lessons of Shrimp/Kipper class with increased emphasis on basic swim skills and water adjustment.

		Class
Mon	10:00-10:30am	101
Thur	1:30-2:00pm	103
Sat	10:00-10:30am	105

Triangle \$85 Program/Swim \$115

## LEADERS CLUB

The Leaders Club provides young people with opportunities for leadership training, personal growth, service to others, and social development



Participants meet twice a month and work closely with their peers and a counselor on skill and character building activities, as well as on planning and organizing club projects.

All programs provide a safe haven for young people to become confident and competent adults with a sense of belonging in their community, and promote and enhance the personal growth and social skills of young people in order to develop leaders who will be a positive force in their communities.

Leaders Club meets at 6:45-8:00pm every first and third Wednesday of the month.

Contact Mike Rainere at x339

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## PERCH

### 26-36 MONTHS

Instructors work with parent and child to introduce basic swimming skills, kicking and breathing techniques.

		Class
Tue	10:00-10:30am	102
Thur	1:30-2:00pm	103
Sat	10:30-11:00am	106
Sat	11:00-11:30am	107

Triangle \$85 Program/Swim \$115

## PRESCHOOL SWIM LESSONS 3-6 YEARS

This National YMCA program helps children improve their swimming skills from beginner to advanced levels. Children learn to be water-safe while incorporating the YMCA core values of caring, honesty, respect and responsibility.

## PIKE WITH PARENT

### 3-4 YEARS

This transition class allows parents in the water for the first few weeks to help their children learn to hold on to the wall, wait their turns and to become comfortable with the instructor. Instructor will teach Pike skills.

		Class
Tue	10:30-11:00am	133
Sat	10:00-10:30am	134
Sat	10:30-11:00am	135
Sat	11:30am-12:00pm	136

Triangle \$85 Program/Swim \$115

## PIKE

### 3-5 YEARS

For children who have not had swim lessons; teaches the fundamentals of paddling, kicking and breathing.

		Class
Mon	10:00-10:30am	139
Mon	4:00-4:30pm	140
Mon	4:30-5:00pm	141
Tue	10:00-10:30am	142
Tue	1:30-2:00pm	143
Tue	3:30-4:00pm	144
Thur	3:30-4:00pm	145
Fri	3:30-4:00pm	147
Sat	9:30-10:00am	148
Sat	10:00-10:30am	149
Sat	10:30-11:00am	150
Sat	11:00-11:30am	151
Sat	11:30am-12:00pm	152

Triangle \$85 Program/Swim \$115

## PIKE PLUS

### 4-6 YEARS

For children comfortable underwater; teaches to swim unassisted.

		Class
Mon	3:30-4:00pm	158
Tue	4:00-4:30pm	159
Fri	4:00-4:30pm	161
Sat	9:30-10:00am	162
Sat	10:00-10:30am	163
Sat	10:30-11:00am	164
Sat	11:00-11:30am	165

Triangle \$85 Program/Swim \$115

## EEL

### 4-6 YEARS

For children swimming unassisted; teaches proper arm stroke and kick.

		Class
Mon	10:00-10:30am	170
Mon	3:30-4:00pm	171
Mon	4:00-4:30pm	172
Mon	4:30-5:00pm	173
Tue	10:30-11:00am	174
Tue	1:30-2:00pm	175
Tue	4:00-4:30pm	178
Thur	2:00-2:30pm	183
Thur	3:30-4:00pm	184
Fri	3:30-4:00pm	186
Sat	9:30-10:00am	187
Sat	10:00-10:30am	188
Sat	10:30-11:00am	189
Sat	11:00-11:30am	190
Sat	11:30am-12:00pm	191

Triangle \$85 Program/Swim \$115

If you are new to the Ridgewood YMCA Swim program, please contact Janet Oliver at ext 304.

Parent/Child Swim Orientation Meeting  
Saturday, February 25 at 12:00pm  
Parents only please.

PRESCHOOL SWIM Orientation Meeting  
Saturday, February 25 at 1:00pm  
Parents only please.

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## RAYS

For children doing proper arm stroke and kick; teaches rotary breathing.

		Class
Mon	10:30-11:00am	200
Mon	4:00-4:30pm	202
Mon	4:30-5:00pm	203
Tue	10:00-10:30am	204
Tue	2:00-2:30pm	205
Tue	3:30-4:00pm	206
Fri	4:00-4:30pm	212
Sat	9:30-10:00am	213
Sat	10:00-10:30am	214
Sat	10:30-11:00am	215

Triangle \$85 Program/Swim \$115

## 4-6 YEARS

## YOUTH SWIM LESSONS

**6-12 YEARS**  
This National YMCA program helps children improve their swimming skills from beginner to advanced levels. Children learn to be water-safe while incorporating the YMCA core values of caring, honesty, respect and responsibility.

## POLLIWOGS

Teaches floating and proper arm stroke and kick.

		Class
Mon	3:30-4:00pm	240P
Tue	7:30-8:00pm	241P
Wed	3:30-4:15pm	242P
Thur	4:00-4:30pm	243P
Fri	3:45-4:30pm	244P
Sat	8:45-9:30am	245P
Sat	12:00-12:45pm	248P

30 min class: Triangle \$85 Program/Swim \$115  
45 min class: Triangle \$97 Program/Swim \$127

## SUNFISH 1

For children doing front crawl in deep water; refines strokes and teaches elementary backstroke.

		Class
Mon	4:30-5:00pm	221
Thur	2:00-2:30pm	223
Sat	9:30-10:00am	225

Triangle \$85 Program/Swim \$115

## 5-6 YEARS

## SUNFISH 2

For children able to swim 25 yards front and back crawl and elementary backstroke; teaches breaststroke.

		Class
Mon	4:00-4:30pm	230

Triangle \$85 Program/Swim \$115

## 5-6 YEARS

## PRIVATE SWIM LESSONS ALL AGES

Private lessons offered 1x a week for 7 weeks for swimmers at all levels who would benefit from private instruction.

Triangle \$238 Program/Swim \$273  
Contact Janet Oliver, ext. 304

## BREAKERS SWIM TEAM

The Breakers competitive swim team encompasses all ability levels, providing youths the opportunity to acquire the skills, self-discipline, confidence and physical conditioning to become the best swimmers they can be. We offer instruction, training, and competition to young people of all abilities from ages 6 through high school. Swimmers learn to improve their skills and learn the value of teamwork and sportsmanship.

Short Course season is September-March. The Long Course season will start Monday, April 2 and continue through the end of July. Try-outs will take place in February and swimmers must call to arrange a try-out.

Contact Bud Rimbault at ext 319 or email [brimbault@ridgewoodymca.org](mailto:brimbault@ridgewoodymca.org)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## GUPPIES

### 6-12 YEARS

Able to do proper arm stroke and kick; teaches rotary breathing.

		Class
Mon	3:30-4:00pm	240G
Tue	7:30-8:00pm	241G
Wed	3:30-4:15pm	242G
Thur	4:00-4:30pm	243G
Fri	3:45-4:30pm	244G
Sat	8:45-9:30am	245G
Sat	10:00-10:45am	246G
Sat	12:00-12:45pm	248G

**30 min class: Triangle \$85 Program/Swim \$115**  
**45 min class: Triangle \$97 Program/Swim \$127**

## MINNOWS

### 6-12 YEARS

Able to do front crawl in deep water and kick on back across the pool; refines strokes and starts elementary backstroke.

		Class
Tue	8:00-8:45pm	241M
Wed	3:30-4:15pm	242M
Thur	4:00-4:30pm	243M
Fri	3:45-4:30pm	244M
Sat	8:45-9:30am	245M
Sat	(Width) 11:00-11:45am	247M
Sat	12:00-12:45pm	248M

**30 min class: Triangle \$85 Program/Swim \$115**  
**45 min class: Triangle \$97 Program/Swim \$127**

## FISH

### 6-12 YEARS

Able to swim 25 yards front crawl and backstroke; increases endurance and teaches elementary backstroke.

		Class
Mon	5:00-5:30pm	250F
Tue	3:45-4:30pm	251F
Wed	4:15-5:00pm	252F
Sat	8:00-8:45am	256F
Sat	12:45-1:30pm	257F

**30 min class: Triangle \$85 Program/Swim \$115**  
**45 min class: Triangle \$97 Program/Swim \$127**

## FLYING FISH

### 6-12 YEARS

Able to swim 50 yards front crawl, backstroke and elementary backstroke; teaches breaststroke.

		Class
Mon	5:00-5:30pm	250FF
Tue	3:45-4:30pm	251FF
Wed	4:15-5:00pm	252FF
Sat	8:00-8:45am	256FF
Sat	12:45-1:30pm	257FF

**30 min class: Triangle \$85 Program/Swim \$115**  
**45 min class: Triangle \$97 Program/Swim \$127**

## SHARK

### 6-12 YEARS

Able to swim 100 yards front crawl, backstroke elementary backstroke and breaststroke. Teaches butterfly, side and lifesaving strokes.

		Class
Mon	5:00-5:30pm	250S
Tue	3:45-4:30pm	251S
Wed	4:15-5:00pm	252S
Thur	7:30-8:15pm	253S
Sat	8:00-8:45am	256S
Sat	12:45-1:30pm	257S

**30 min class: Triangle \$85 Program/Swim \$115**  
**45 min class: Triangle \$97 Program/Swim \$127**

## PORPOISE

### 11-14 YEARS

Teaches advanced skills including stroke development, personal safety and rescue through games and aquatic leadership. Must be at least Shark level.

		Class
Mon	4:15-5:00pm	261
Thur	3:45-4:30pm	262
Thur	8:15-9:00pm	263

**Triangle \$97 Program/Swim \$127**

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## SPECIALTY SWIM CLASSES

### SWIM IT AGAIN SAM 6 MOS – 6 YRS

Enjoy practice time with your children currently enrolled in swim lessons to reinforce swimming skills.

		Class
Thur	2:00-2:45pm	289

**Triangle FREE Program/Swim \$35**

### STARFISH 9-14 YEARS

A structured program for advanced swimmers not participating on a competitive swim team. Swimmers improve their strokes, starts and turns. Practices on Saturday afternoons, October-May.

		Class
Sat	2:30-4:30pm	280

**Triangle \$675**

### HOME SCHOOL LESSONS 6-12 YEARS

Ideal times for home school students to learn youth swim skills above.

		Class
<b>Polliwogs/Guppies</b>		
Thur	2:30-3:15pm	239P
<b>Minnows</b>		
Thur	2:30-3:15pm	239M
<b>Fish/Flying Fish/Shark</b>		
Thur	2:30-3:15pm	239F
<b>Fish/Flying Fish/Shark</b>		
Mon	1:30-2:15pm	239S

**Triangle \$97 Program/Swim \$127**

## LIFEGUARD TRAINING

YMCA Lifeguard is a national program designed to train advanced swimmers in the skills needed to prevent accidents and save lives in emergencies.

The prerequisite swim test is March 22 from 7:30-9:30pm. The cost of the test is \$10 per person. The course runs every Wednesday and Thursday, March 28-May 24 from 6:30-9:30pm

For further info, please contact Job Pama at ext 392 or email [jpama@ridgewoodymca.org](mailto:jpama@ridgewoodymca.org).



## BECOME AN AQUATIC LEADER

The Aquatic Leader program at the Ridgewood Y is a volunteer program that helps young people ages 12 and up develop leadership and teaching skills while earning volunteer and community service hours. Participants will assist in teaching swim classes and must commit to one meeting (one hour) per week plus a minimum of one hour per week of pool time.

For further info, please contact Janet Oliver at ext 304 or email [joliver@ridgewoodymca.org](mailto:joliver@ridgewoodymca.org)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## YMCA PARTIES

Enjoy the YMCA facility for you next Birthday Party!

Order your ice cream cake from Ben & Jerry's in Ridgewood and you'll get 10% off your order... and they'll deliver too!

### SUPER SPORT PARTIES

### ALL AGES

An hour of your choice of sporting activities including soccer, "clean your backyard", kickball and so much more! Sports parties are geared to be age appropriate. Please call for available times.

**YMCA members \$290 All Others \$325**

**Over 20 children: \$5 per additional child**

For more information or to book your party today, please contact Mike Rainere at ext. 339

### CRAFT CENTER

### AGES 4 AND UP

Celebrate your special day with a YMCA art party! Your choice of crafts include Sand Art, T-Shirt design, Create a Plate, Jewelry Creation and so many more...

**YMCA members \$300 All Others \$350 INCLUDES CRAFTS**

**Over 12 children: \$12 per additional child (30 max)**

For more information or to book your party today, please contact John Duke at ext 337.

### POOL PARTIES

### AGES 7 AND UP

Enjoy an hour of splash time in our indoor heated pool along with 60 additional minutes in a party room. A YMCA certified guard will be on staff to supervise the pool.

**YMCA members \$275 All Others \$305**

**Over 15 children : \$20 for additional lifeguard.**

For more information or to book your party, please contact Job Pama at ext 392.

A host or hostess will be on hand to help you organize your Super Sports or Craft Center party and keep the fun going.



## GYM & POOL RENTALS

USE OUR POOLS OR GYM FACILITIES AND HAVE A BALL!

Did you know the Ridgewood Y pools and gym facilities are available for parties and to schools, church and scout groups?

Enjoy exclusive use of one or two 25-yard indoor heated pools, a full sized gym and accompanying rooms for your food and refreshments.

For further info, please contact Job Pama at x392 or email [jpama@ridgewoodymca.org](mailto:jpama@ridgewoodymca.org).



# SUMMER CAMP 2012!

Here at the Y we're busy planning a terrific camp program for Summer Camp!

We believe the values and skills learned early on are vital building blocks for quality of life, and we're dedicated to providing a safe, nurturing environment where your kids can learn, grow and discover. At Ridgewood Y Day Camps your child will develop friendships, learn skills in a new environment and make memories that will last a lifetime!

[WWW.RIDGEWOODYMCA.ORG/CAMP](http://WWW.RIDGEWOODYMCA.ORG/CAMP)



## Y'S KIDZ

**Ages: 3-6**

**Hours: 9am to 2pm;**

**Before care 8-9am; after care 2-6pm**

**Held at the Ridgewood YMCA**

Your child's first camp experience is special one. Our Y's Kidz day camp has been specially designed with our youngest campers in mind to provide a safe and nurturing environment and days filled with fun and stimulating activities including swim lessons, sports and games, theme days, art projects, songs, and much more!

Y's Kidz offers a safe and comfortable camp experience for children to play, grow and make friends.

All swim lessons are taught by certified YMCA instructors. To attend Y's Kidz, children must be toilet trained and able to participate in group activities.

**Contact John Duke at x337 for additional info.**



## CAMP PAMACKA

**Ages 6-13**

**Hours: 9am-5pm**

**Before care 8-9am; after care 5-6pm**

**Held at an area public school & the Ridgewood YMCA**

For over 35 years, Camp Pamacka has offered children ages 6-13 the opportunity to expand their talents and interests, build self confidence and create lasting memories and friendships. Pamacka days are packed with swim lessons (taught by certified YMCA instructors), sports, camp songs, games, weekly trips, theme parties and of course, loads of fun!

This summer, we're also offering exciting Speciality Camps.

**Contact Mike Rainere at x339 for additional info.**



# TEEN TRIP CAMP

**Ages: 11-15**

**Hours: 8:30am – 5:30pm (determined by destination)**

**Location: Meets at the Ridgewood YMCA**

Pre-teens and teens expand their horizons on day trips to area tri-state hot spots such as water parks, ball games, NYC attractions, and the Jersey Shore.

Each morning, YMCA team building exercises start the day ensuring a fun and fulfilling experience for each participant. Whether you sign up with a friend or on your own, every week there's the opportunity to make new friends.



# YMCA CAMP BERNIE

**327 Turkey Top Road, Port Murray, NJ 07865**

**Phone: 908.832.5315 • [www.campbernieymca.com](http://www.campbernieymca.com)**

Do More Be More at YMCA Camp Bernie, a branch of the Ridgewood YMCA! YMCA Camp Bernie provides a wide variety of activities to help kids succeed, make new friends, build confidence, develop skills and have FUN! Program offerings include swimming, archery, climbing tower, mountain biking, horseback riding and much more. Contact Jamie Bean Summer Camp Director at 908-823-5315.

## SUMMER CAMP OPEN HOUSE DATES

To learn more about the Ridgewood Y Day Camp program and activities, join us for one of upcoming Open House events. Camp Directors and staff will be on hand to answer all questions about Ridgewood YMCA Camps and we'll also have games and arts and crafts for the kids!

Saturday, February 25 at 4:00pm

Saturday, March 31 at 4:30pm

Saturday, April 28 (HEALTHY KIDS DAY!)  
10am to 2pm.

Visit [www.ridgewoodymca.org/openhouse](http://www.ridgewoodymca.org/openhouse) for our full schedule of open house dates!

## THE RIDGEWOOD YMCA INTERNATIONAL CAMP PROGRAM SUMMER 2012

Each year, the Ridgewood YMCA introduces teens to life in other cultures through its International Camp Program (ICP). The ICP provides life changing cultural experiences and the opportunity for personal growth, greater self-confidence and independence for youths grades 10-12.

Throughout the program, participants will interact with our international YMCA counterparts while performing much needed community service projects in those countries.

This year's participants in ICP will have a choice of trips to either Senegal or the Dominican Republic.



For details, please contact Gary Imhoff at 201.444.5600 x313 or email [gimhoff@ridgewoodymca.org](mailto:gimhoff@ridgewoodymca.org)

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## WHEN SCHOOL'S OUT CAMP IS IN!

### SCHOOL VACATION CAMP AT THE RIDGEWOOD Y

Ridgewood Y School Vacation Camp offers affordable and quality vacation time for children during public school breaks. Kids enjoy daily recreational and educational activities including swimming, sports, arts & crafts, speciality trips and fun theme days!

School Vacation camp is for kids grades K-8 and is open from 9:00am to 5:00pm. Extended hours (8:00-9:00am and 5:00-6:00pm) are also available.

YMCA Members \$60/day  
Non-Members \$80/day  
Extended hours \$5 per child for pre or post camp (\$10 per child if choosing both pre and post camp).

Bring lunch, bathing suit and towel daily.

Contact Mike Rainere, ext 339 or email [mrainere@ridgewoodymca.org](mailto:mrainere@ridgewoodymca.org)

**Upcoming Dates:**  
**February 20-24**  
**April 2 -5 and April 9-13**



## KIDS NIGHT OUT

Kids Night Out gives parents the opportunity to enjoy a Friday evening out while we entertain the kids!

Each month we'll feature a new theme and kids will enjoy a terrific night of crafts, snacks, movies and fun!

Kids Nights Out is open to kids ages 4 -10 and the price is \$10\* per child. The hours are 6:30 to 9:30pm and a YMCA membership is required.

Advance registration is required. To register, please contact Megan Heller at 201.444.5600, x375 or email [mheller@ridgewoodymca.org](mailto:mheller@ridgewoodymca.org).



### Upcoming Dates and Themes:

**February 17 (Valentines Day).** \* Note: this evening will begin at 6:00pm and will include a pizza dinner! \$15 per child.

**March 16 (St.Patricks Day)**

**April 20 (Earth Day Celebration)**

**May 11 (Mothers Day)**

**June 15 (Fathers Day and Flag Day)**

# HEALTHY LIVING

Improving the nation's health and well-being



## FITNESS & RECREATION

### ADULT BALLET

Learn the fundamentals of ballet while improving your posture, balance, coordination, flexibility and brain power. Taught by Judyth Casey, trained at the Royal Ballet School in London, professional dancer and experienced teacher of adults.

Thur 6:15-7:15pm Class 424  
Triangle/BFC \$70 Program/Swim \$85

### BOOT CAMP CIRCUIT WORKOUT

This demanding and motivating boot camp circuit workout uses fitness drills and a variety of circuits including weights, kettlebells, body bars, steps and jump ropes and heavy ropes to challenge you to get and stay in shape.

Thur 7:30-8:30pm Class 442  
Triangle \$40 Program/Swim \$50 BFC - Free

### GROUP SPINNING

Build strength and cardiovascular endurance while toning and defining muscles. This ideal way to cross-train burns an average of 400-500 calories per 45 minute workout. Great for all fitness levels, teens through seniors. Contact Matt at ext 306.

### INTRO TO STRENGTH TRAINING EQUIPMENT

Achieve your fitness goals in this small group class held in the Strength Training Facility. Certified trainers educate members in the safe and effective use of the machines and encourage participants to develop and continue their individual fitness routines. 4 classes Tuesday/Thursday.

Tu/Th March 6-15 9:30-10:30am Class 478  
April 10-19

Triangle/BFC FREE Program/Swim FREE All others \$20

### KARATE

Students learn self-defense techniques that improve mental and physical conditioning. The style is Tae Kwon Do and all levels are accepted.

Tue 8:15-10:30pm Class 513  
Triangle/BFC \$118 Program/Swim \$133

### MASSAGE THERAPY - ADULTS

Massage is a valuable addition to your regular fitness routine. Massage promotes healthy body function and enhances the body's restorative powers. Our fees are affordable, so treat yourself and schedule your appointment today! Call ext. 303.

\$45/half hour \$65/hour \$600/10 1-hour sessions

### STAYING STRONG

This 8 week strength and conditioning course is for graduates and past participants of the Living Strong, Living Well program. The trainers will assist you in developing your personal fitness program and guide and motivate you to continue to practice a healthy lifestyle.

Mon 11:30am-12:30pm Class 462  
Triangle \$40 Triangle/BFC Program/Swim \$133

# HEALTHY LIVING

Improving the nation's health and well-being

## REIKI PROGRAM

Reiki, Instructor Jim Snell, Level 3 Reiki Master-Teacher Reiki is a Japanese technique of hands-on-healing that opens one to life force energy and the blessings of life. Used with traditional and alternative types of healing, this simple, natural and safe method of healing assists with pain and stress relief, deep relaxation, self improvement, changing harmful habits, and enhancing the body's ability to heal itself.

### REIKI 1

Reiki 1 teaches origin, attunement and hand placement.

Thursdays - February 29 and March 8, from 7 to 8:30pm.  
Call Carol at ext 330 or further info.

**Triangle/BFC \$100 Program/Swim \$100 All others \$120**

### REIKI 2

Reiki 2 continues teaching hand placement and understanding the body's Chakras (energy centers).

Thursdays, May 9 and 30, 7:00 to 8:30pm.

Call Carol at ext 330 for further info

**Triangle/BFC \$200 Program/Swim \$200 All others \$240**

### REIKI CIRCLES

Reiki Circles are free and open to all. Everyone is welcome to attend and receive the healing benefits of Reiki. Call Carol at ext 330 for further info. **FREE AND OPEN TO ALL.**

Wed, February 15	7:00 -8:30pm
Tue, March 13	12:00-1:00pm
Thur, April 19	7:00-8:30pm
Tue, May 15	12:00-1:00pm
Thur, June 14	7:00-8:30pm

## PERSONAL TRAINING AGES 13 & UP

Achieve your fitness goals by working one-on-one with a YMCA-certified personal trainer.



Our trainers will design an exercise curriculum incorporating cardio and strength training specifically to meet your needs. A trainer will work alongside you in our Strength and Conditioning Gym to give guidance and keep you motivated!

Single session and discount packages available.

Contact Carol Livingstone at x330.

## Senior Olympic Games Ages 50+

Attention Seniors! Have fun participating in a weekly variety of sports & activities including badminton, darts, horseshoes, table tennis and more! **Wednesdays 2:00-3:00pm.**

**Free for Triangle and BFC Members.  
Program/Swim Members \$20**

Contact Carol Livingstone at x330.

## FITNESS PROGRAMS IN PASCACK & NORTHERN VALLEY

Exercise close to home and save time and gas!  
Call Carol Livingstone, ext. 330, for schedule and free trial classes.

Park Ridge: JOY Cardio Dance Fusion

Dumont: JOY Cardio Dance Fusion and Body Fit

# HEALTHY LIVING

Improving the nation's health and well-being

## ADULT SWIM LESSONS

### BEGINNER 1

No swim or water experience; learn to float and start kick and arm stroke.

		Class
Mon	2:30-3:15pm	300
Wed	9:00-9:45am	301
Wed	8:30-9:00pm	302
Sat	11:30am-12:00pm	303

30 min class: Triangle/BFC \$85 Program/Swim \$ 115

45 min class: Triangle/BFC \$97 Program/Swim \$ 127

### BEGINNER 2

Begin deep water adjustment; must able to float; perfect proper arm stroke and kick; will begin rotary breathing.

		Class
Mon	2:30-3:15pm	300
Wed	9:00-9:45am	301
Wed	9:00-9:30pm	303
Sat	11:30am-12:00pm	305

30 min class: Triangle/BFC \$85 Program/Swim \$ 115

45 min class: Triangle/BFC \$97 Program/Swim \$ 127

### INTERMEDIATE

Become more comfortable in deep water; improve freestyle; learn backstroke and breaststroke.

		Class
Tue	8:45-9:30pm	310
Fri	9:00-9:45am	312

Triangle/BFC \$97 Program/Swim \$ 127

### SENIORS BEGINNER

No swim or water experience; learn to float and start kick and armstroke.

		Class
Mon	2:30-3:15pm	300

Triangle/BFC \$97 Program/Swim \$ 127

### ADULT SWIM CLINIC

For proficient adult swimmers who want to improve endurance and increase distance swimming or those participating in a Triathlon or Masters program.

		Class
Tue	8:45-9:30pm	306

Triangle/BFC \$97 Program/Swim \$ 127

### MASTERS SWIMMING - 19 & UP

Coached workouts with regular practice schedule; improves stroke technique, endurance and motivation with the opportunity for competition at meets. Must have coaches approval before enrolling.

		Class
Mon	8:30-9:30pm	325G
Fri	8:30-9:30pm	

FREE with Annual Triangle or BFC draft



# THE RIDGEWOOD YMCA FITNESS PACKAGE

**PAY ONE LOW PRICE FOR UNLIMITED LAND  
AND WATER CLASSES!**

Triangle/BFC Members \$65  
Program/Swim Members \$95

Drop in rate of \$12 per class for all YMCA  
members.



## 20/20/20

A total-body workout combining fitness techniques for all levels! 20 minutes each of Hi/Lo cardio, strength training and stretching/flexibility exercises.

## KICKBOXING

Martial arts and boxing moves increase cardio vascular endurance, strength and balance.

## LATIN RHYTHMS

Shimmy your way into shape through the pulsating beats of salsa, merengue, samba, reggaeton and more. Fun, easy-to-follow steps will keep you moving!

## MEDITATION

Attain a profound level of calm, joy, and inner peace in this mind/body class. Reduce stress, increase mental clarity and enhance memory.

## MIND/BODY REJUVENATION

Experience greater flexibility, body awareness, balance and vitality by focusing on body alignment and breathing techniques.

## MIX IT UP

This exciting combination of high/low cardio and standing Pilates will get your heart rate up while improving balance and core strength.

## POWERCORE COMBO

Strengthen, sculpt, flatten and firm the core muscles using a variety of equipment and exercises. Not just crunches!

## PILATES - BASIC AND INTERMEDIATE

Pilates mat exercises include proper breathing and body positioning to improve core strength and stability while creating longer and leaner muscles.

## STEP & TONE

Step up to a terrific cardio workout followed by toning exercises using hand held weights and ab work to strengthen core muscles.

## TOTAL TONING

Repetitive resistance exercises using weights, body bars and benches firm and condition all major muscle groups.

## WAKE UP WORKOUT

Rev up your day with this early morning variety of workouts.

## BASIC YOGA

Incorporates a variety of sitting and standing yoga postures combined with breath awareness and relaxation.

## GENTLE YOGA

Vinyasa poses incorporate breathing and relaxation to increase flexibility, strength and balance to reduce stress.

## INSIGHT YOGA

Strengthening and restorative yogic practice that incorporates mindful attention and energy techniques to enhance breathing, ease of movement, flexibility, relaxation and emotional well-being.

## AQUACISE

Vigorous, low impact shallow water aerobic workout that improves cardiovascular fitness combined with exercises that increase strength, flexibility and balance.

## AQUAFIT

Shallow and deep water exercises (flotation devices provided) that tone and improve range of motion, cardiovascular endurance and muscle strength.

## AQUA JOGGING / WATERWORKS

Aquajogging is deep water, no impact running (flotation devices provided) and improves cardiovascular fitness. Waterworks is shallow water exercise that improves strength, flexibility and balance.

## OPEN WORKOUT

Bonus pool time for registered Fitness Package participants. Do your own workout at your own pace!

# FITNESS PACKAGE SCHEDULE

FEBRUARY 27 TO APRIL 22

## MONDAY

6:15-7:15am	Wake Up Workout (Iron Workout) ▲
9:00-10:00am	JOY Cardio Dance Fusion
9:00-10:00am	Aquacise (H)
10:05-11:00am	Basic Pilates ▲
11:05 - 12:00pm	Mix It Up
2:30 - 3:30pm	Open Workout (G)▲
5:30 - 6:30pm	Step & Tone
6:00 - 7:00pm	Meditation
7:45-8:30pm	AquaFIT (G) ▲

## TUESDAY

6:15-7:15am	Wake Up Workout (Aerobics and Abs) ▲
9:00-10:00am	Total Toning
9:00-10:00am	Open Workout (H) ▲
10:15-11:30pm	Insight Yoga
1:30-2:30pm	AquaJogging/Waterworks (H)
6:30-7:30pm	Latin Rhythms
7:30-8:30pm	Mind/Body Rejuvenation
7:30-8:30pm	JOY Cardio Dance Fusion

## WEDNESDAY

9:00-10:00am	JOY Cardio Dance Fusion
10:00-11:00am	Aquacise (G)
10:15-11:00am	Power Core Combo ▲
11:00-12:00am	Latin Rhythms
2:30-3:30pm	Open Workout (G) ▲
5:30-6:30pm	Step & Tone
6:30-7:30pm	Basic Yoga ▲
7:45-8:30pm	AquaFIT (G) ▲

## THURSDAY

6:15-7:15am	Wake Up Workout (Aerobics and Abs)▲
9:00-10:00am	Total Toning
9:00-10:00am	Aquacise (H)
10:15-11:30pm	Gentle Yoga
1:30-2:30pm	AquaJogging/Waterworks (H)
2:30-3:30pm	Open Workout (H)▲
7:30-8:30pm	Mind/Body Rejuvenation
7:30-8:30pm	JOY Cardio Dance Fusion

## FRIDAY

6:15-7:15am	Wake Up Workout (Iron Workout) ▲
9:00-10:00am	JOY Cardio Dance Fusion
10:00-11:00am	Aquacise (G)
10:05-11:00am	Intermediate Pilates▲
11:00am-12:00pm	20/20/20
2:30-3:30pm	Open Workout (G) ▲

## SATURDAY

9:00-10:00am	Basic Yoga ▲
10:00-11:00am	Kickboxing ▲



▲ FREE For Triangle Members  
G=Grannon Pool H=Habernickel Pool

fitness classes = pink  
aquatic classes = blue

Classes accommodate all ages and levels so that everyone can achieve their fitness goals.

Taught by certified instructors, each class offers a comprehensive approach that incorporates fitness, education, fellowship and motivation.

Fitness schedule subject to change. Class availability subject to enrollment with minimum of 8 and a maximum of 15-25 per class.

The Ridgewood YMCA and YWCA of Bergen County have partnered to offer you a unique workout experience!

# BOLGER FITNESS CENTER

a program of the Ridgewood YMCA and the YWCA of Bergen County

**SERIOUS ABOUT FITNESS. SERIOUS ABOUT YOU.**

- Cardio & Circuit Training Center
  - Strength & Conditioning Facility
  - Free Weights
  - Flat Screen TV's with Cardio Theatre
  - Swimming - two 25-yard pools
  - Complimentary New Member Fitness Orientation with a Personal Trainer
  - 60+ Weekly Group Exercise classes including Group Spinning, Zumba, Yoga & Pilates
  - Whirlpool
  - Sauna & Steam Rooms
  - Towel Service
  - Family Membership Option
  - Personal Training for Individuals & Partners - 30 minute & 60 minute sessions\*
  - Child Watch M-F 9-noon\*
  - Massage Therapy\*
  - Computerized Fitness Evaluation\*
- \*Additional fees apply

MEMBERSHIP OPTIONS	ADULT	SENIOR/ STUDENT
FULL ACCESS		
One year* - BEST VALUE!	\$717	\$648
Monthly draft**	\$65	\$60
4 month	\$325	\$283
PROGRAM ONLY		
Allows registration for BFC paid programs such as personal training, massage, evaluations, Group Spinning		
One year	\$50	\$50

\*Deduct \$100 from the annual fee for each additional family/household member when joining at the same time. \*\*Convenient, monthly ongoing membership drafted from your debit or credit card. First and last month's payment with initial membership registration. Minimum six month commitment.

## NO JOINERS OR ENROLLMENT FEES!

For more information, contact Matt Bansch,  
BFC Director mbansch@ymcaywca.org or  
201-444-5600 x306

## MEMBERSHIP IS OPEN TO ALL.

For individuals and families in need, contact Executive Director x332  
for confidential assistance information and application.



# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## GOOD WORKS PROGRAM

Through the Ridgewood YMCA's Good Works Programs, we meet community needs and serve everyone, regardless of ability to pay.

Most of these programs, thanks to your support, are offered free or for only modest fees.

## LIVING STRONG, LIVING WELL

March 2 - June 14, 2012

Mon and Wed 12:30-1:45pm OR Tues and Thurs 10:30-11:45am

Living Strong, Living Well is a 12-week strength and fitness program developed by Stanford University for cancer patients and survivors. This innovative program helps participants build muscle mass and strength, increase flexibility and endurance, improve functional ability, reduce severity of therapy side effects, prevent unwanted weight changes and improve energy levels and self esteem. LSLW is offered at no cost and includes a free 3-month Triangle Membership. Please contact Carol Livingstone, ext. 330 or [clivingstone@ridgewoodymca.org](mailto:clivingstone@ridgewoodymca.org).



## YMCA PARKINSON'S WELLNESS PROGRAM "DELAY THE DISEASE"

This program is designed to introduce the benefits of exercise to people with Parkinson's Disease. The goal is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs. Each class includes exercises to improve cardiovascular endurance, strength, flexibility and balance.

		Level	Class
Mon	2:00-3:00pm	Mixed	464
Tue	11:45am-12:45pm	Basic	465
Tue	6:30-7:30pm	High	466
Wed	11:00am-12:00pm	Mixed	467
Thurs	11:45am-12:45pm	Mixed	468
Fri	12:30-1:30pm	Mixed	469

February 27-April 20. 8 week session fee \$60.

Participants may sign up for more than one class # / session.

Please contact Carol Livingstone at ext 330 or email [clivingstone@ridgewoodymca.org](mailto:clivingstone@ridgewoodymca.org).

## MEMBERSHIP SCHOLARSHIPS AND PROGRAM FINANCIAL AID

Awarded on a needs basis to children, adults and families. To apply, please contact John Duke at ext 337

## RAINBOWS

Rainbows is a peer support program (not therapy or counseling) for children who have experienced a painful family transition such as a divorce, separation, abandonment, death or other painful event in their family. The goal is the healthy resolution of the grieving process in an atmosphere of safety, confidentiality and caring.

For further info about the Rainbows program, please contact Brigid Caffrey, MSW Ridgewood YMCA Rainbows Coordinator Building Bridges, a private family and children's practice. Phone 201-218-0719 or email [mbcaffrey@aol.com](mailto:mbcaffrey@aol.com)

To register for Rainbows please contact Julie Gallanty at 201 444 5600 ext 332 or email [jgallanty@ridgewoodymca.org](mailto:jgallanty@ridgewoodymca.org)

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## SPECIALIZED WATER INTEREST MOVEMENT (SWIM, INC)

SWIM, Inc's purpose is to provide recreational therapy for adults with mobility impairment. SWIM, Inc. is a free program. To register, please contact Carol Livingstone at ext 330 or email [clivingstone@ridgewoodymca.org](mailto:clivingstone@ridgewoodymca.org). Registration forms may also be downloaded from our website at [www.ridgewoodymca.org/swim-inc](http://www.ridgewoodymca.org/swim-inc)

Swim, Inc is held Tuesdays from 2:30-3:30pm in the Habernickel Pool from September 2011 to June 2012.

Volunteers are needed to assist with this program. Please contact Carol Livingstone at ext 330.

## SUMMER CAMP AND PROGRAM SCHOLARSHIPS

Awarded on a needs basis for children to attend camp in Ridgewood and at Camp Bernie.

## MENTORING

The YMCA matches elementary-age children with mentors to provide guidance, friendship and encouragement. To apply for a mentor for your child or to be a volunteer mentor, contact YMCA Mentor Coordinator Joseph Schmidt, 201-493-8967 or [jhsconsult5@hotmail.com](mailto:jhsconsult5@hotmail.com)



## PROGRAM VOLUNTEERS



Without adult and youth volunteers, the Ridgewood YMCA's broad based community programs cannot happen. Volunteers assist instructors in swim, sports, fitness and family classes. Rainbows volunteers lead support groups for children of divorced and separated parents. Mentors provide guidance, friendship and encouragement to at-risk youth. Contact Julie Gallanty, ext. 332.

## SENIOR FELLOWSHIP

Seniors seeking the stimulation and enjoyment of playing bridge and card games are invited to join the Senior Fellowship of Ridgewood. Hosted by the Ridgewood YMCA and YWCA Bergen County, the Senior Fellowship is a community program open to all area seniors.

The group meets every Monday, 10am-2pm, as it has for more than 50 years. Seniors bring their lunches and we provide the beverages. There is a nominal \$10 annual fee and a \$1 weekly attendance fee. All fees are paid directly to the Senior Fellowship group.

## WORLD SERVICE PROGRAM

Provides financial assistance to YMCA's and other non-profit organizations in the United States and countries beyond our borders.

## SUPPORTED EMPLOYMENT FOR SPECIAL NEEDS STUDENTS

Provides job training and part time employment for students with autism and other developmental challenges.

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## SCHOLARSHIPS FOR FAMILIES OF DEPLOYED MILITARY PERSONNEL

Deployment can be a stressful and uncertain time for our nation's servicemen and women and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Ridgewood Y is proud to offer memberships to eligible military families and personnel to give them extra support during this difficult period. It's our way of giving back to those who dedicate themselves to serving our country. Please contact Gary Imhoff at ext 313.

## URBAN SWIM PROGRAM

The Ridgewood Y strongly believes in the importance of children receiving proper swim instruction and each year, we work with the local group, Citizens For Swimming, to provide free swim lessons for children from the Community Association With a Ministry for People (CAMP), an after school program for Paterson youth.

For further info about our Youth Swim program, please contact Gary Imhoff at ext 313.

**OVER \$200,000 IS RAISED ANNUALLY TO PROVIDE FINANCIAL ASSISTANCE TO HUNDREDS OF YOUNG PEOPLE AND FAMILIES.**



## F.I.T. TOGETHER AT THE RIDGEWOOD YMCA

**Fitness Independence Training for Young Adults ages 16-30 Living with an Autism Spectrum Disorder (ASD).**

F.I.T is a small group step aerobics exercise class specifically designed to improve the fitness, coordination, socialization, self-confidence and independence of young adults aged 16-30 affected by Autism Spectrum Disorder (ASD). Volunteer peer mentors will support and encourage participants

F.I.T. is for people with ASD who have sufficient communication and self-help skills to independently participate. It is not appropriate for individuals with significant behavioral and sensory challenges.

F.I.T Together at the YMCA is a national model program developed in 2009 with The Daniel Jordan Fiddle Foundation that provides fitness independence training.

For further information, please contact Julie Gallanty at (201) 444-5600 ext 332.



# INFO AND EVENTS

## GOTTA HAVE HEART

Friday, February 10

6:30 - 9:30pm

**A Wine and Food Tasting event  
to benefit the Ridgewood YMCA  
World Service Program**

**Where:** Woman's Club of Ridgewood  
215 W. Ridgewood Avenue,  
Ridgewood, NJ

**Tickets:** \$75 each - Please contact Brian  
Hughes at 201.447.3223  
or [bchughes@hughesenveng.com](mailto:bchughes@hughesenveng.com)

To donate items to our silent auction or to  
purchase ad space in our Dinner Journal, please  
contact Tom Wells at 201.587.0888  
or email [twells@wellslaw.com](mailto:twells@wellslaw.com)

Full page: \$200 1/2 page: \$100 1/4 page: \$50



## VALENTINES DANCE PARTY

Saturday, February 11

5:00 - 7:30pm

Come join us for an evening  
of music, dancing, fun and  
refreshments! Singles and  
Couples Welcome.

Open to all Members and  
Non-Members

\$15/person \$25/couple



Price includes a 20% discount coupon for a  
pre-or-post dance dinner at participating  
Ridgewood restaurants

To register contact Carol Livingstone at  
201.444.5600 x330 or email [clivingstone@ridgewoodymca.org](mailto:clivingstone@ridgewoodymca.org)

## THE RIDGEWOOD RUN

Monday, May 22

The Ridgewood  
YMCA is a proud  
sponsor of the  
37th Fred D'elia  
Ridgewood Run,  
a family focused  
day of fun in a  
festive, open-park  
atmosphere!



Races start at 8:30am and continue until the  
conclusion of the Fun Run at noon.

**Register for the Ridgewood Run at the Ridgewood  
YMCA!**

# INFO AND EVENTS

## GET STRONG IN THE YMCA STRENGTH & CONDITIONING GYM

For Triangle and BFC Members

**OUR FULLY EQUIPPED, AIR CONDITIONED  
COMPLEX FEATURES:**

- Free program set up and orientation with a certified Personal Trainer
- Cardio Equipment - bikes and more
- Strength Training Circuit
- Core functional trainer
- Extensive free weights
- Ab workout and stretch area
- Unlimited use during all operating hours



## INTRODUCING MY Y IS EVERY Y

Your Ridgewood YMCA membership card now provides you free access to most YMCAs in New Jersey!

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

Please see the My Y Is Every Y page on our website for a list of participating New Jersey YMCA's.



## CHILD WATCH

**A drop-in child care service for members!**

Children ages 2 months – 6 years  
Monday – Friday 9am – noon  
(maximum 2 hours/child)  
\$4/child/hour

Reservations required 24 hrs in advance:  
Please call 201.444.5600 x307



# CONNECT WITH US ONLINE!

Want to keep up with all the latest info from the Ridgewood YMCA?

## SIGN UP FOR THE RIDGEWOOD YMCA NEWSLETTER

Sign up for our monthly email newsletter and receive all the latest news and events directly to your inbox.

To sign up, visit [www.ridgewoodymca.org](http://www.ridgewoodymca.org) and click "Subscribe to our Newsletter".



## FOLLOW US ON FACEBOOK AND TWITTER



facebook®

Connecting with the Ridgewood Y on Facebook is a great way to stay in touch with us and other members of your community. To connect, please visit [www.facebook.com/ridgewoodymca](http://www.facebook.com/ridgewoodymca) and click the Like button!

Want to be immediately notified of class cancellations and emergency building closings? Follow us on Twitter and receive instant notifications directly to your PC or cell phone.

To sign up visit [www.twitter.com/ridgewoodymca](http://www.twitter.com/ridgewoodymca)



OR VISIT OUR WEBSITE AT

**[WWW.RIDGEWOODYMCA.ORG](http://WWW.RIDGEWOODYMCA.ORG)**

# POOL AND GYM SCHEDULES

## Pool Schedule

### Adult & Teen<sup>†</sup> Lap Swim Program (CO-ED 13 or Older)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:30 am in designated lanes	5:00-6:30 am in designated lanes	5:00-6:30 am in designated lanes	5:00-6:30 am in designated lanes	5:00-6:30 am in designated lanes		
6:30-9:00 am <sup>†</sup>	6:30-9:00 am <sup>†</sup>	6:30-9:00 am <sup>†</sup>	6:30-9:00 am <sup>†</sup>	6:30-9:00 am <sup>†</sup>		
11:00-1:30 pm <sup>**</sup>	11:00-1:30 pm <sup>**</sup>	11:00-1:30 pm <sup>**</sup>	11:00-1:30 pm <sup>**</sup>	11:00-1:30 pm <sup>**</sup>		
6:30-7:30 pm	6:30-7:30 pm	6:30-7:30 pm	6:30-7:30 pm	7:30-8:30 pm <sup>†</sup>		
9:30-10:30 pm <sup>†</sup>	9:30-10:30 pm <sup>†</sup>	9:30-10:30 pm <sup>†</sup>	9:30-10:30 pm <sup>†</sup>	9:30-10:30 pm <sup>†</sup>		
					6:00-7:30 pm <sup>†</sup>	5:00-6:30 pm <sup>†</sup>

<sup>†</sup>Teens, 13-17 are permitted during these adult lap swim times.

### Family Swim (CO-ED All Ages)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:30 pm		6:30-7:30 pm	7:30-8:30 pm	4:30-6:00 pm	4:00-5:00 pm

Children under 13 must be accompanied in the pool by an adult 18 and over, with a maximum of 1 non-swimmer child or 4 deepwater safe children per adult.

### YM Family Dips

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:30-3:30pm		2:30-3:30 pm		2:30-3:30 pm		

The Habernickel and Grannon Pools have designated periods for swimming. Ask at the Welcome Center for the pool schedule. Lap and Family swims available to Swim, Triangle and BFC members only. Handicapped access information for the pool is on page 6.

## Gym Schedule

### Adults Only - Basketball - Year Round (no guest passes sold, Triangle members only)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-2:00 pm	12:00-2:00 pm	12:00-2:00 pm	12:00-2:00 pm	12:00-2:00 pm		

### Adults/Teens - Year Round

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-10:30 pm		8:30-10:30 pm			

### All Ages - Open Gym - Year Round, Triangle Membership or Triangle Guest Pass required

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:30 am	5:00-6:00 am	5:00-8:30 am	5:00-8:30 am	5:00-6:00 am		
	7:30-8:30 am		7:30-8:30 am	9:30-10:30 pm		
5:30-7:00pm	5:30-7:30 pm	8:30-10:30pm (starting 4/4/12)			4:15-5:00pm	2:30-3:15pm

Open gyms periods are available for Triangle members for a variety of activities such as walking, jogging and basketball. Adult basketball periods are for pick-up games and require a Triangle membership. Schedules are subject to change. No gymnastic equipment or ropes.



**RIDGEWOOD YMCA  
112 OAK STREET  
RIDGEWOOD, NJ 07450**

NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
Ridgewood, NJ  
Permit No.872

# **MAKE IT A PLAY DATE**

## **HEALTHY KIDS DAY**

**Saturday, April 28  
10:00am to 2:00pm**

