



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REGISTER

Online,
by phone
or in person!

SPLASH INTO SPRING AT THE RIDGEWOOD YMCA

SPRING 2018 PROGRAM & MEMBERSHIP GUIDE

INSIDE:

- SWIM LESSONS FOR ALL AGES
- YOUTH SPORTS
- CAMPS
- ART, STEM & COOKING CLASSES
- ADULT, TEEN & FAMILY FITNESS PROGRAMS
- PERSONAL TRAINING
- NUTRITION COUNSELING
- ROBOTICS PROGRAM
- LEGO® LEAGUE
- FREE COMMUNITY WORKSHOPS
- SPECIALIZED PROGRAMS FOR PARKINSON'S & CANCER PATIENTS
- AND MORE!

**REGISTRATION OPENS:
MONDAY, FEBRUARY 19**

**SESSION DATES:
MARCH 5 – JUNE 3**

RIDGEWOOD YMCA

WWW.RIDGEWOODYMCA.ORG

201.444.5600 X500

Welcome to the Ridgewood YMCA's **NEW** 12 Week Spring Program Session!

The Y is a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. At the Ridgewood Y, we know you will find a community with an everyday commitment to help you achieve a balance of spirit, mind and body. We do this by encouraging good health and fostering connections with friends through swimming, exercise classes, sports, wellness programs, camps, and creative interests.

Welcome to our Y family, we are glad you are here!

WHY THE Y?



RAISING CONFIDENT SWIMMERS

“ We brought our 3 ½ year old daughter to the Ridgewood Y because our babysitter recommended their swim program. All of her kids learned to swim at the Y. It is our daughter’s first experience with swimming lessons and she is getting more comfortable in the water. She is no longer afraid to get in the pool and is learning how to do the back float along with other skills. We would definitely recommend the Ridgewood Y’s swim program, especially for nursery school aged kids. ”

Kathy from Paramus



CONVENIENCE AND QUALITY

“ This is our first year as members of the Ridgewood YMCA. My daughter Scarlett is 3 years old and enrolled in many of the Ridgewood Y’s sports, swim and enrichment programs. Scarlett has taken Tiny Tots soccer and basketball, Squeaky Sneakers, Art Book and Cook, S.T.E.A.M.I.N.G. into STEM classes and both private and group swim lessons. I live in Clifton and when I searched for toddler programs in my area, I couldn’t find classes that were available on the weekends, which is the most convenient time for me as a single working parent. The variety of classes the Ridgewood Y offers for families is great and the quality of the instructors and their interaction with us is impressive. Last summer we also had our first experience with the Y’s Kidz Camp. It was the very first time I left Scarlett with someone other than a relative. I was worried how she would do because of the separation and it turns out that she did phenomenal! She acclimated well and still talks about her experience at camp to this day. As a

special education teacher I have experience with children, so I feel confident saying that the Ridgewood Y’s staff does an exemplary job and I would recommend the Y to other families! ”

Monique from Clifton

REGISTRATION OPENS:

Monday, February 19 at 8:30 am

Session Dates:
March 5 – June 3

View class programs
and schedules online

www.RIDGEWOODYMCA.org



BE OUR GUEST!

Enjoy a three day complimentary pass to the Ridgewood Y! Exercise your spirit, mind and body and let health, fitness, wellness, new experiences and friends

begin today at the Y! Please visit our website for details and to register for your free 3 day guest pass!

*One pass per guest, limit one per year



REGISTER

Online, by phone or in person!
201.444.5600 x 500

STAY CONNECTED



[FACEBOOK.COM/RIDGEWOODYMCA](https://www.facebook.com/RIDGEWOODYMCA)



[TWITTER.COM/RIDGEWOODYMCA](https://www.twitter.com/RIDGEWOODYMCA)

MEMBERSHIP & GENERAL INFORMATION

MEMBERSHIP FEES

The Ridgewood Y does not charge a Joiner's Fee.

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.

	Annual	Monthly Draft†
Family	\$556	\$47
Teen (ages 13-17)	\$245	\$22
Young Adult (18-21)	\$370	\$30
Adult (ages 22-61)	\$410	\$35
Senior (62+)/Clergy	\$255	\$23
AARP Qualified	-	\$11.50

Medicare Supplement Program

TRIANGLE MEMBERSHIP

Includes Program and Swim Membership plus YMCA Strength and Conditioning Gym with complimentary equipment orientation, Basketball and Open Gym, free fitness classes, reduced class fees and access to other YMCA's that participate in the Nationwide Membership Program.

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

	Annual	Monthly Draft†
Family	\$730	\$61
Youth (ages 3-12)	\$255	\$22
Teen (ages 13-17)	\$330	\$28
Young Adult (ages 18-21)	\$435	\$35
Adult (ages 22-61)	\$505	\$42
Senior (62+)/Clergy	\$335	\$28
AARP Qualified-	-	\$14

Medicare Supplement Program

BOLGER FITNESS CENTER (BFC)

A Program of the Ridgewood YMCA and YWCA of Bergen County.

	Annual*	Monthly Draft†
Adult	\$724	\$66
Student/Senior (over 62+)	\$654	\$61

*Deduct \$100 from the BFC annual fee for each additional family/ household member when joining at the same time. †Convenient monthly ongoing membership drafted from your credit card. Minimum four month commitment.

HOURS OF OPERATION:

Monday-Friday: 5:00 am to 10:30 pm

Sat: 7:00 am to 7:30 pm

Sun: 12:00 pm to 6:30 pm (Sept-June)

12:00 pm to 5:00 pm (July)

Closed Sundays in August

Tours Offered 7 Days a Week!

MEMBERSHIP/PROGRAM COMPARISON

	Program	Swim	Triangle	BFC
Registration for Classes	•	•	•	•
YMCA Strength & Conditioning Gym			•	•
Basketball & Open Gym			•	•
Bolger Fitness Center				•
Lap & Family Swim		•	•	•
Free Fitness Classes			•	•
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, Amex or Discover).

MONTHLY DRAFT

The monthly draft is a continuous membership with payments made through convenient automatic bank draft. Drafts may not be cancelled within first 4 months of membership.* To cancel or put a membership on hold, a draft change form must be completed and returned to the YMCA by the first of the month of the next scheduled draft. Cancellations may be submitted online at www.ridgewoodymca.org/draft. Membership holds may be submitted online at www.ridgewoodymca.org/hold.

* Does not apply to Breakers swim team members.

Veterans

Veterans receive 50% off their membership rate in honor of their service to our country. Does not apply to the Bolger Fitness Center membership. Documentation will be necessary to activate your membership.

FAMILY MEMBERSHIPS

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

RIDGEWOOD Y SCREENS:

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

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 programs (sessions of classes) because of insufficient enrollment or conditions beyond our control. A full or prorated voucher will be given for any program cancelled by the Y.

If registration in a program is cancelled by a member before the start of the session, a refund for the program fee 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 vouchers for registrations cancelled after the second class unless a physician's note is issued. There will be no refunds for cancelled registrations after the session has started. In order to keep our program fees as low as possible, we are unable to issue refunds, vouchers or makeup classes for individual classes cancelled as a result of unscheduled building closures (such as closure from inclement weather). Class attendance is the responsibility of the participant. The Y does not provide make-up classes or vouchers due to member absences unless a physician's note is issued (this includes private swim lessons). There will be no refunds for missed classes. Vouchers are applicable toward any YMCA program and are good for two years from date of issue. Vouchers are not redeemable for cash. No refunds or vouchers are given for memberships, swim team or gift certificates.

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

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN



The Y's **SWIM LESSONS** are about more than just techniques and strokes. They are about nurturing lifesaving swimming skills, developing self-esteem and creating positive experiences that last a lifetime!



ENRICHMENT CLASSES

at the Y are a wonderful way for your child to express themselves, develop new interests and have fun! New experiences can lead to discovering a passion, a boost in confidence and a sense of accomplishment!

Aquatics:

Parent/Child Swim	6-36 months
Preschool Swim Lessons	3-6 years
Youth Swim Lessons	6-12 years
Advanced Swim Lessons	11-14 years
Aquatic Leaders Club	13-15 years
Private Lessons	3+ years
NEW! Junior Lifeguard Training	13-15 years
Lifeguard Training	15+ years
Swim Clinics	6-14 years

Education and Enrichment:

NEW! Enrichment & Swim Combo!

Register for two back-to-back classes to keep your child physically and creatively engaged. Choose one enrichment and one swim class at a preferred rate.

Art, Book & Cook	18 months-5 years
S.T.E.A.M.I.N.G. into S.T.E.M.	18 months-10 years
Storybook STEM	3-5 years
Movie & TV Science	6-8 years
Creative Cooks	6-13 years
In the Kitchen	14+ years
NEW! Robotics	10-13 years
NEW! Lego® League	10-13 years
NEW! Snacks & Appetizers	12+ years
NEW! Special Needs Cooking	7-18 years

Family Friendly Programs:

Participate in a class with your tween!

Youth members age 12+ years can take these group fitness classes. Family members encouraged to attend.

Zumba®	12+ years
LaBlast® Dance Fitness	12+ years
Nutrition Counseling	12+ years
AquaEx	12+ years
Aqua Tabata	12+ years



YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Sports:

NEW! Gym & Swim Combo!

Register for two back-to-back classes to keep your child physically engaged! Choose one swim and one sports class at a preferred rate.



Basketball, Soccer, Tennis or Golf. Choose the sport and level appropriate for your child according to age.

Tennis	3-10 years
Soccer	3-14+ years
Basketball	3-14+ years
Golf	5-10 years
Squeaky Sneakers	18 months-5 years
Sportacular	18 months-6 years
Sports Sampler	7-13 years
Baton	6+ years
Fit Kids	6-9 years
Y Fit	13+ years

NEW! Partnership

with TGA Premier Sports for our youth tennis and golf programs!



NEW! Parent & Child Programs:

Movement or enrichment programs specifically designed for toddlers ages 18 months to 3 years. Participate with your child in one of our fun, structured parent and child classes.

Sportacular Squeaky Sneakers ABC STEM

Basketball, soccer, tennis, golf, baton or Fit Kids - check out the youth sports offerings at the Y and get in the game. Improve your skills, make new friends, practice teamwork and learn to love a sport.



Y's School Vacation Camps for kids ages 5 to 12 years old:

February Camp	February 16, 19 & 20
March Camp	March 29 & 30
April Camp	April 9-13
June Camp	June 21 & 22

Summer Camps:

Y's Kidz	Preschool 3-5 years
Camp Pamacka	1st to 6th grades
Leader-in-Training Teen Camp	7th to 8th grades
Counselor-in-Training Teen Camp	9th to 10th grades

Birthday Parties:

Celebrate your special day at the Ridgewood Y! Pick your party package and leave the rest to us.

Party Themes!

Cooking
Super Sports
Mad Science
Crafty Kids
Pool
You Design the Party

CELEBRATE WITH US
BIRTHDAY PARTIES AT THE Y



HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING



Aquatics:

Beginner Swim Lessons	Adult
Intermediate Swim Lessons	Adult
Adult Swim Clinic	Adult
Aqua Group Exercise	12+ years
Lap Swimming	13+ years
Family Swim	All Ages
Lifeguard Training	15+ years

Group Fitness:

Members age 16+ years may participate in all Group Fitness classes*. Family friendly classes (F) are for those ages 12+. Family members encouraged to attend.

NEW! Zumba® Kids	7-13 years
LaBlast® Dance Fitness (F)	12+ years
Zumba® (F)	12+ years
Aqua Ex (F)	12+ years
Aqua Tabata (F)	12+ years
NEW! MOSSA™ Strength Train Together	16+ years
Yoga	16+ years
P90X	16+ years
Wake Up Workout	16+ years
Spin/Group Cycling	16+ years
Tai Chi	16+ years
Yoga Core Fusion	16+ years

**Please check our website for new and updated class offerings.*

Sports | Basketball & Pickleball:

Open Gym Basketball	All Ages
Pickleball*	16+ years

**Beginner Pickleball Lessons offered every Friday!*

New! Personal Training & Nutrition Counseling:

Certified Personal Trainers are available to design and instruct a fitness program tailored to your individual goals and needs.

Our nutrition counseling services with a Registered Dietitian Nutritionist will help you cultivate healthy eating habits through a personalized nutrition plan, help you stay accountable and provide the support you need on your way to overall wellness.

Youth Personal Training Sessions	12+ years
Adult Personal Training Sessions	16+ years
Nutrition Counseling	All ages welcome



The Y offers group fitness classes for all ages, all levels and all interests.

STAY CONNECTED



[FACEBOOK.COM/RIDGEWOODYMCA](https://www.facebook.com/RIDGEWOODYMCA)



[TWITTER.COM/RIDGEWOODYMCA](https://www.twitter.com/RIDGEWOODYMCA)

SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

Living Strong, Living Well

A 12 week evidence-based fitness program developed by Stanford University that helps cancer patients and survivors reclaim their health and well-being following a cancer diagnosis.

Rainbows

Rainbows establishes peer support for children who are grieving family losses as a result of divorce, separation, abandonment or death.

Saturdays in Action

Fitness and enrichment activities for youth ages 3-18 years with special needs.

Senior Fellowship

A weekly 4 hour program of fellowship, cards and lunch.

SWIM Inc.

Specialized Water Interest Movement, provides a safe and supportive environment for adults with mobility impairments to engage in aquatic exercise involving body, mind and spirit in a social gathering of caring and respect.

Teen Leaders

Opportunities for teens to engage with our community through volunteering on community service projects.

Wellness Wednesday Workshops

Featuring guest speakers on health & wellness topics offered free to the community.

Yoga for Veterans

In partnership with Kula for Karma, we offer a no cost yoga class every week for veterans.

Youth and Government

Developed for youth interested in learning about government and our political system.



Delay the Disease™

Delay the Disease is an evidenced-based fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay progression of symptoms.

WHY THE Y?



REGAINING MY MOBILITY

“ The effects of Parkinson's disease on my mobility caused me to shuffle when walking and I could not go long distances. Since joining the Delay the Disease™ Program at the Ridgewood Y, my mobility has become much easier due to the exercises we do each week.

Another benefit to this program is the socialization with people going through the same challenges as me. When you have a serious illness like this, there are days that you don't want to leave your house. The members of this group motivate each other and are a strong support system. We can laugh about what ails us.”

Shirley from Paterson

RIDGEWOOD YMCA
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 Ridgewood, NJ 07450

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Upcoming Program Sessions:

Session Dates:	Registration Dates:
June 4–August 19	May 21
September 4–November 25	August 20
December 3–March 3, 2019	November 19

Exciting New Membership Opportunity!

Free 7th Grade Membership:

We offer 7th graders a FREE Triangle teen membership at the Ridgewood Y to encourage lifelong healthy habits and a sense of independence.

Visit our website for important details about this membership opportunity!



Where Kids Belong Ridgewood YMCA Camps

At the Ridgewood Y's summer day camps, kids enjoy a summer full of self-discovery. Our three camp programs provide youth the opportunity to experience creativity, learn leadership and critical thinking skills, acquire new interests and passions and participate in physically rewarding activities. Ridgewood Y camps are the place to be this summer where lifelong values, friends and memories are made!

Y'S KIDZ CAMP
 Preschool

CAMP PAMACKA
 1st–6th Grades

TEEN CAMPS
 7th–10th Grades

NEW FOR 2018!

- Full or half day options for Y's Kidz campers
- Extended hours for before and after care (open at 7am and close at 6pm)
- STEM programming for all ages
- Extra session weeks added
- Aftercare Adventures! Select a la carte options like swim and enrichment classes
- Snack Shack
- Team building and nature survival skills for campers 6–12 years
- New Leader-in-Training and Counselor-in-Training teen camp programs



PLEASE VISIT WWW.RIDGEWOODYMCA.ORG/CAMPS
 FOR MORE INFORMATION ON SESSION DATES,
 FEES AND REGISTRATION!