



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IT'S REFRESHING TO BELONG HERE



**THE GATEWAY FAMILY YMCA  
– RAHWAY BRANCH**

Summer 2017 Brochure

Proudly Serving: Avenel, Carteret, Clark, Colonia, Linden, Port Reading, Rahway, Sewaren, and Winfield Park  
Strengthening the Foundations of Community

# MEMBER REWARDS

HELP US CREATE A HEALTHIER COMMUNITY



Refer a member,  
**Save 20%\***

[tgfymca.org/referral-program](http://tgfymca.org/referral-program)

\*See details online



## Stay Cool this Summer!

Summer Memberships  
1, 2 or 3 Months Available

Join Online  
[tgfymca.org/register](http://tgfymca.org/register)



## Summer Cool Down Challenge

Join Today [tgfymca.org/register](http://tgfymca.org/register)

**TOGETHER WE CAN BUILD A BETTER US**

From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive.  
Give for a better us.

**The Y.™ For a better us.™**

THE GATEWAY FAMILY YMCA  
[tgfymca.org](http://tgfymca.org)

Annual Campaign 41188 9/15

# STRETCH YOURSELF IN MORE WAYS THAN ONE

## MISSION STATEMENT

The Gateway Family YMCA is a community-based organization rooted in Christian principles and committed to building healthy lives through programs that strengthen the spirits, minds and bodies for people of all ages, religions and cultures.

## STAFF DIRECTORY

### ASSOCIATION OFFICE SENIOR LEADERSHIP TEAM

144 Madison Avenue, Elizabeth, NJ • (908) 249-4800

Krystal R. Canady: Chief Executive Officer

Melynda A. Mileski: Executive Vice President, Chief Operating Officer

Dennis J. McNany: Senior Vice President, Chief Financial Officer

Marilyn D. Phinn: Vice President, Chief Human Resources Officer

### RAHWAY BRANCH LEADERSHIP TEAM

1564 Irving Street, Rahway, NJ • (732) 388-0057

Rodger Koerber, Branch Executive Director

Shannon Frank, Associate Branch Executive

Lexy Anderson, Director of Healthy Living

Lindsay Sudia, Membership Engagement Director

Cadene Delisser, Youth & Family Engagement Director

LaDonna Damon, Director of Branch Administration

### Hours of Operation:

Monday—Friday 5:30 a.m.—10:00 p.m.

Saturday 6:00 a.m.—9:00 p.m.

Sunday 7:00 a.m.—5:00 p.m.

Pool & Gymnasium closes 30 minutes before facility closes.

### Child Watch Schedule -

Child watch is a free amenity to full members! Your child can safely play while you work out or take your favorite fitness classes! Child watch is available for youth ages 2-12.

Monday-Thursday 5:30 p.m.-8:30 p.m.

### Holiday Closings:

July 4th

September 4th

### DIVERSITY AND INCLUSION

The Gateway Family YMCA is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest. We share the values of caring, honesty, respect and responsibility - everything we do stems from it.

### CODE OF CONDUCT

The Gateway Family YMCA wants to deliver the highest level of member service. All members will be treated with respect, responsibility, caring and honesty by the staff, members and guests that participate at our facility. In order to ensure that this occurs, all members, guests and staff must abide by our member code of conduct.

## Summer Registration information:

### Summer

**Summer Session: June 19-September 3rd \***

**Full Member Registration begins June 5**

**Basic Member Registration begins June 12**

\* See program pages for Summer mini-session information for flexible scheduling!

Register in person or online at [www.tgfymca.org](http://www.tgfymca.org)

### Know Before You Go!

Remember to check our website and social media in the event of inclement weather.

\* Class pricing may vary based on Holiday schedule. Please check with Branch for further information of effected classes.

## Programs & Services – At a Glance

Membership provides access to our location and branches in Elizabeth and Union.

**NEW-State of the Art Facility With Features For Everyone**

- \$3.4 Million, 16,938 Square Feet of Newly Renovated Spaces and Equipment
- School Age Child Care & Summer Day Camp
- 2,600 sq. ft. fully equipped wellness center with strength & cardio equipment and free weights
- 25 Yard, 6 Lane, Indoor Warm Water Pool
- Group Exercise Classes
- Aqua Fitness Classes
- Private & Group Swim Lessons
- Personal Training
- Senior Wellness Program
- Exciting Youth & Teen Programs
- New Family Locker rooms
- Child Watch Center
- Artist Lofts

# IT'S REFRESHING TO BELONG HERE

We impact the lives of our members and the community through welcoming and connecting diverse populations. We are part of a cause driven organization that is committed to nurturing the potential of children, supporting changes to develop healthy lifestyles for all and giving back to the community so that all have the opportunity to learn, grow and thrive.

## MEMBERSHIP

Membership Rates effective March 1, 2017

| Facility Memberships                                                                               | Ages               | Monthly Fee | Member Rewards | Joiner's Fee |
|----------------------------------------------------------------------------------------------------|--------------------|-------------|----------------|--------------|
| <b>All Inclusive – Access to 4 Branches (Elizabeth, Five Points, Rahway &amp; Wellness Center)</b> |                    |             |                |              |
| Full Youth                                                                                         | 6 weeks-12 yrs     | \$17        | N/A            | \$25         |
| Full Teen                                                                                          | 13-19 yrs          | \$20        | \$16           | \$25         |
| Young Adult                                                                                        | 20-29 yrs          | \$37        | \$29.60        | \$50         |
| Adult                                                                                              | 30-61 yrs          | \$51        | \$40.80        | \$50         |
| Senior                                                                                             | 62 yrs +           | \$42        | \$33.60        | \$50         |
| Senior Couple                                                                                      | 2 adults age 62+** | \$66        | \$52.80        | \$75         |
| Single Parent Family**                                                                             | 1 adult, children  | \$62        | \$49.60        | \$75         |
| Full Family*                                                                                       | 2 adults, children | \$71        | \$56.80        | \$75         |
| Basic/Program (Youth)                                                                              | 6 weeks-12 Yrs.    | \$75 Annual |                | N/A          |

### MEMBERSHIPS ARE NOT REFUNDABLE OR TRANSFERABLE

\*Children residing in the household under the age of 27.

\*\* 2 adults age 62+ residing in the same household with no children on the membership

## MEMBER REWARDS MEMBERSHIP BENEFIT

We recognize that our members are our biggest advocates, and partners in creating a healthier community. Member Rewards allows members to share a 20% savings with their friends they refer as new members, while enjoying full YMCA benefits. Simply refer a member online, and we will take care of the rest for you!\*

\*Visit [tgfymca.org/referral-program](http://tgfymca.org/referral-program) for details.

## PAYMENT OPTIONS

### PAYMENT IN FULL

Members may opt to pay in full for an entire year of membership.

### MONTHLY DRAFT PAYMENT

A membership can be paid monthly using our monthly draft payment plan. Monthly payment is deducted from the member's bank account or credit card on the **5th of each month**. Membership is continuous each month unless the member requests a cancellation in writing for the draft to discontinue. 30 days notice is required.

## MEMBERSHIP DESCRIPTIONS

### FULL MEMBERSHIP

**FULL MEMBERS** over 18 will benefit from our entire member experience by having full use of the facility. Full members are entitled to advance registration and reduced fees for specialty classes.

### YOUTH AND TEEN

#### FULL MEMBERSHIPS

#### YOUTH & TEEN FULL MEMBERS

will benefit from a wide array of activities, programs, and full membership benefits of early registration. For more information on facility usage, please visit our Welcome Center.

### BASIC/PROGRAM MEMBERSHIP

An annual basic/program membership entitles members to register for programs, child care and summer camp at program rates.

In order to benefit from all the Y has to offer, a Full Membership is required.

\*Please note that memberships set to expire during a program session must be renewed before class registration may occur.

### JOINER'S FEE

Each membership category has a Joiner Fee (applicable on all new memberships and memberships that have expired for more than 30 days) which supports our financial assistance program and facility improvements. The fee is non-refundable or transferable.

### ADDITIONAL MEMBER SERVICES:

**7TH GRADE INITIATIVE** - Free full membership for all 7th graders. Full access to the facility is based on availability and subject to varied scheduled times.

**GATEWAY MEMBERSHIP** - 1 month free trial for Horizon BC/BS members. Bring proof of insurance to start trial.

### CORPORATE MEMBERSHIPS

### MILITARY FAMILY MEMBERSHIP

**NEW JERSEY STATE EMPLOYEE YMCA MEMBERSHIP BENEFITS** - 1 month free trial for NJ State Employee. NJ State ID require to start trial

### ADDITIONAL MEMBER SERVICES CONT.:

#### SILVER SNEAKERS

#### AT YOUR BEST

#### HEALTHY CONTRIBUTIONS

#### HORIZON B FIT

#### OPTUM FITNESS ADVANTAGE

#### PRIME

#### TOURS

Our YMCA staff is prepared to hear what you are looking for and help you decide how our Y could support you. Visits are available during all hours of operation.

### GUEST POLICY & FEE

Guest must bring in photo ID, be accompanied by a member, and complete a guest waiver. Members can bring in 2 guests per visit and receive 3 free guest passes per year.

**Family: \$20, Adults: \$10, Children \$5**

- New Jersey Membership Reciprocity
- A.W.A.Y Guest Policy

### CREDIT/VOUCHER POLICY

Credit can only be offered for a program or membership due to an extended illness or emergency. A doctor's note and request in writing is required. Credits expire at the end of one year. Refunds cannot be given for programs or membership. All credit requests will be subject to a \$10 processing fee.

**EMERGENCY PROCEDURES** For the safety of our members, the YMCA conducts periodical emergency drills. Your cooperation is expected and appreciated.

## All Inclusive Access to all 4 locations

Elizabeth Branch  
135 Madison Avenue  
Elizabeth, NJ 07201  
908-355-9622

Rahway Branch  
1564 Irving Street  
Rahway, NJ 07065  
732-388-0057

Five Points Branch  
201 Tucker Avenue  
Union, NJ 07083  
908-688-9622

Wellness Center Branch  
1000 Galloping Hill Road  
Union, NJ 07083  
908-349-9622



Remember your "Home Branch" is where you registered and must use 90% of the time. Please follow the individual branch schedule for classes.

# FOR YOUTH DEVELOPMENT

The Y supports youth in the growth of positive character attributes through the development of strong relationships within programs that sustain both academic and the physical development of all youth in order to enhance lifelong health and well being in a welcoming and engaging environment.

## SCHOOL AGE CHILD CARE

We impact our community by nurturing and developing healthy habits in children through supportive staff who assist children in reaching their full potential through experiences and learning in a caring, honest, respectful and responsible atmosphere. Learning together, playing together, becoming part of a family that supports fun, friendship and endless possibilities.

### REGISTRATION INFORMATION:

**Initial Registration Fee:** \$25.00 First Time Initial Registration Fee is due at the time of registration for those who have not previously participated in our Aftercare or Camp programs.

**First Month's Tuition:** First Month's tuition is due at the time of registration. A deposit of one month is also required at the time of registration if you do not participate in our bank draft option. The deposit will be used for your child's last month of tuition.

**Membership:** Your child will need to have a membership to register for SACC programs (See Page 4 for membership options). We will be offering a Free Family Membership to all full time (5 day) SACC participants that sign-up for bank draft. For more information, contact: Shannon Frank; sfrank@tgfymca.org.

## SCHOOL AGE CHILD CARE SERVICES

### Multi-Sibling Rate!

Save 10% Off Oldest Child(ren) on all child care programs!

### Morning Care and After Care Program School

The Before and After School Programs are offered at the following schools in Rahway: Grover Cleveland, Franklin, Madison and Roosevelt Elementary Schools

#### Tuition Fees for the School Age Child Care Program 2017/2018

**Before School Program – Program hours are 7:00am until the start of school**

**5 days/week**

Full Members \$152 per month

Basic Members \$162 per month

**After School Program – Program hours are school dismissal until 6:30pm**

**5 days/week**

Full Members \$260 per month

Basic Members \$285 per month

**3 days/week**

Full Members \$190 per month

Basic Members \$205 per month

On scheduled early dismissal days, the Y Staff will begin the After School Program at the early dismissal time and operate the program until 6:30pm.

### Summer Camp

Adventure Awaits! Summer Camp is packed with daily adventures and activities your child is sure to love. With flexible hours, weekly sessions, and more; parents are sure to love it too! Summer Camp is available June 26–September 1st for children entering PreK–8th grade! For more information, please check our website, or contact Shannon Frank at sfrank@tgfymca.org

### PARENT'S NIGHT OUT

Available on select Friday evenings from 6:30 PM - 9:30 PM. Children ages 4-12 enjoy a pizza dinner, play games, do arts and crafts projects and watch a movie while parents get a break from their routine. We should call it Kid's Night Out!

Registration 24 hours in advance is required and children must be toilet trained.

**AVAILABLE DATES: June 16, July 7 & August 18**

**Full Facility Members: First Child \$15, Siblings \$5**

**Basic Members: First Child \$20, Siblings \$10**

**Non Member \$30, Siblings \$15**



please cut out  
and keep on your  
refrigerator.

### Family Membership GROWING STRONGER FAMILIES TOGETHER

We are providing **FREE FAMILY MEMBERSHIPS** to ALL FULL TIME (5 Days Per Week) School Age Child Care Participants paying through bank draft.

### Program Changes/ Withdrawal

Written notification is due 30 days prior to the School Age Child Care Director.

### Healthy U

Since 2007, each of our After Care sites has utilized the Healthy U program. Healthy U is a behavior change program that helps prevent obesity in children by offering nutrition education and physical activity. Healthy U utilizes the CATCH (Coordinated Approach to Child Health) curriculum and has proven to have a positive impact on children ages 5 – 13 yrs. CATCH emphasizes the importance of lifestyle changes and helps youth learn positive behaviors which will carry on into adulthood.

# BUILDING HEALTHY FUTURES

We impact our community through programs that encourage children to try new things and be amazed at how those experiences will make them feel.

## YOUTH SPORTS & SKILLS CLASS

All youth sports class pricing (unless otherwise noted): **\$42.00 Full Members, \$62.00 Basic Members. Classes meet twice a week.**

### SESSION I JUNE 26-JULY 30

**Intro to Hip Hop Dance** - Introduce your child to choreography, techniques and fun. Casual attire with sneakers are encouraged for this active class.

**Ages 5-8**

**Tuesday/Thursday 6:00-6:45pm Fees \$70/\$90**

**Advanced Hip Hop Dance** - Introduction to hip-hop choreography and technique while helping dancers develop the understanding of rhythm, body awareness and self-expression.

**Ages 7-14**

**Tuesday/Thursday 7:00-7:45pm Fees \$70/\$90**

**Level 1: Superstar Basketball** - Bounce, Bounce and Bounce more! Dribbling, passing and teamwork will be introduced with fun games to develop basic basketball skills. Children will also learn how to dribble with both hands and fundamentals of shooting.

**Ages 3**

**Monday/Wednesday 4:30-5:15pm Fees \$70/\$90**

**Level 2: Basketball Bouncer** - This class will focus on building and improving the skills developed in level 1 while also learning new passing skills such as the bounce pass and the chest pass. Players will also learn how to dribble through cones and play defense. The last class will feature a championship game.

**Ages 4-6**

**Monday/Wednesday 5:30-6:15pm Fees \$70/\$90**

**Level 3: Advanced Basketball** - Defense and offense. Children will be working on rebounding, footwork, body control and more. Sharpen your skills on the court in this high energy class.

**Ages 7-9**

**Monday/Wednesday 6:30-7:30pm Fees \$80/\$100**

**Tennis Time** - This fun class introduces the basics of tennis using great games and activities while building self esteem. Tennis develops hand eye coordination skills which will help your child succeed on and off the court. Tennis rackets are provided.

**Ages 5-8**

**Tuesday/Thursday 5:00-5:45pm Fees \$70/\$90**

**Roadrunners** - A fun gym program designed to enhance physical and gross motor skills. This class will include structured activities that will help participants with movement and speed.

**Ages 6-8**

**Monday/Wednesday 9:00-10:00am Fees \$80/\$100**

**Ages 9-12**

**Monday/Wednesday 10:30-11:30am Fees \$80/\$100**

### SESSION II JULY 31-SEPTEMBER 3

**Intro to Hip Hop Dance** - Introduce your child to choreography, techniques and fun. Casual attire with sneakers are encouraged for this active class.

**Ages 5-8**

**Tuesday/Thursday 6:00-6:45pm Fees \$70/\$90**

**Advanced Hip Hop Dance** - Introduction to hip-hop choreography and technique while helping dancers develop the understanding of rhythm, body awareness and self-expression.

**Ages 7-14**

**Tuesday/Thursday 7:00-7:45pm Fees \$70/\$90**

**Level 1: SuperStar Soccer** - Dribble, pass, shoot and score! Join our coaches for this unique introduction to the world's most popular sport. Participants will learn basic soccer skills through fun drills and teamwork. On the last day of the session, participants will take the field for the World Cup Final.

**Ages 3**

**Monday/Wednesday 4:30-5:15pm Fees \$70/\$90**

**Level 2: Game Day Soccer** - Let's put all of those soccer skills to good use! The first half of every class will teach the basics of soccer including dribbling, passing, defending and shooting. During the second half, parents or caregivers can cheer us on during a real soccer game.

**Ages 4-6**

**Monday/Wednesday 5:30-6:15pm Fees \$70/\$90**

**Level 3: Advanced Soccer** - Players will improve shooting skills, advance dribbling and passing and better ball control through scrimmages and drills.

**Ages 7-9**

**Monday/Wednesday 6:30-7:30pm Fees \$80/\$100**

**Grand Slam Tennis Time** - This class is for the child who has taken tennis Time and is ready for a new challenge. We will review and grow beginner skills. Children will have the opportunity to play against other players. Game, set, match!

**Ages 5-8**

**Tuesday/Thursday 5:00-5:45pm Fees \$70/\$90**

**Roadrunners** - A fun gym program designed to enhance physical and gross motor skills. This class will include structured activities that will help participants with movement and speed.

**Ages 6-8**

**Monday/Wednesday 9:00-10:00am Fees \$80/\$100**

**Ages 9-12**

**Monday/Wednesday 10:30-11:30am Fees \$80/\$100**

**TEEN NIGHT** Teens have the options of participating in organized activities run by a YMCA staff member. Activities include basketball tournaments, dodge ball, soccer and volley ball. Teen nights are hosted the 4th Friday of each month.

**Dates: June 30, July 21 & August 25 • Age: 13-17 • 7:00pm-9:00pm • Full Member: \$5 • Non Member: \$10**

**Ask us about our partnership with the Special Olympics for great membership opportunities!**

# A PLACE TO CREATE ARTS AND ENRICHMENT PROGRAM

## Session I June 26-July 30

**Wee Little Artists** - A class with the perfect amount of structure and self-driven open art creativity time! Each class will consist of two themed projects that work on fine motor skills like cutting, gluing and coloring that will be yours to take home to display. Two stations of endless supplies will be provided to participants, varying from week to week.

**Ages 18 months- 3yrs**  
**Mondays 9:30am-10:15am Fees \$55/\$65**

**Pint-Sized Picassos** - This is fun introduction to the wonders of science for little ones and their special grown-up. Each week, we will explore a different scientific theme and do a related project.

**Ages 3-5**  
**Tuesdays 10:30-11:00am Fees \$55/\$65**

**Art Explorers** - Find out what happens when you combine paint, kids and a little art history with a whole lot of fun. Whatever you call it, we think it's a great way to stretch your child's creative mind.

**Ages 6-9**  
**Thursdays 6:15pm-7:15pm Fees \$55/\$65**

**Fashion Design Workshop** - Fashionistas will be able to explore the fashion world through creating and designing their favorite model character. They will be able to think creatively by designing their own fashion line and display their design at the end of the session.

**Ages 10-13 years**  
**Tuesday 6:45-7:45pm Fees \$55/\$65**

**Creative Thinkers** - Introducing the house of poetry where dreams and imaginations unfold. Here we will learn the basic level of understanding what poetry tells us and the life it has.

**Ages 13+**  
**Thursdays 7:30-8:30pm Fees \$55/\$65**

## Session II July 31-September 3

**Wee Little Artists** - A class with the perfect amount of structure and self-driven open art creativity time! Each class will consist of two themed projects that work on fine motor skills like cutting, gluing and coloring that will be yours to take home to display. Two stations of endless supplies will be provided to participants, varying from week to week.

**Ages 18 months- 3yrs**  
**Mondays 9:30am-10:15am Fees \$55/\$65**

**Pint-Sized Picassos** - This is fun introduction to the wonders of science for little ones and their special grown-up. Each week, we will explore a different scientific theme and do a related project.

**Ages 3-5**  
**Tuesdays 10:30-11:00am Fees \$55/\$65**

**Clay Play** - Participants will learn fun and creative ways to make different objects using clay. At the end of session participants will be able to display their creative objects.

**Ages 6-9**  
**Thursdays 6:15pm-7:15pm Fees \$55/\$65**

**Fashion Design Workshop** - Fashionistas will be able to explore the fashion world through creating and designing their favorite model character. They will be able to think creatively by designing their own fashion line and display their design at the end of the session.

**Ages 10-13 years**  
**Tuesday 6:45-7:45pm Fees \$55/\$65**

**Creative Thinkers** - Introducing the house of poetry where dreams and imaginations unfold. Here we will learn the basic level of understanding what poetry tells us and the life it has.

**Ages 13+**  
**Thursdays 7:30-8:30pm Fees \$55/\$65**

**ROOM RENTALS AVAILABLE — call Lexy Anderson 732-388-0057 ext. 3224.**

## BIRTHDAY PARTIES

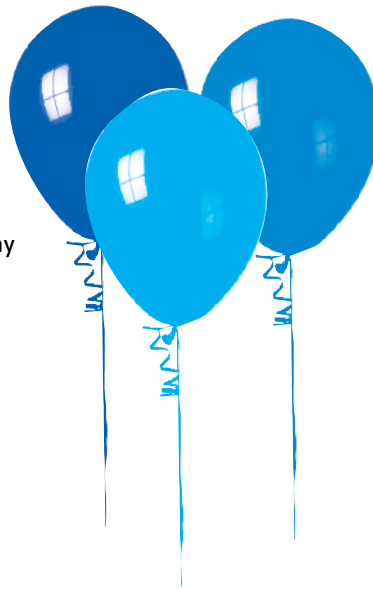
**WHERE EVERY CHILD IS TREATED LIKE NUMBER ONE!**

**Aquatics Birthday parties include:**

- 20 guests
- One hour of private pool fun
- Certified Lifeguards
- Pre-test of all swimmers
- Access to flotation devices
- One hour of party celebration
- Set up of tables, chairs
- Choose a Saturday timeframe of 1-3pm or 5-7pm or Sunday
- Contact Lexy Anderson 732-388-0057 ext 3224

**Zumba/Dance or Sports parties include:**

- 20 guests
- One hour of private gym or studio fun
- Choose between one hour of ZUMBA/Dance, or Sports
- One certified instructor
- One hour of party celebration
- Set up tables, chairs
- Saturdays: 1-3 or 5-7
- Sundays: 2:30-4:30
- Contact Lexy Anderson, 732-388-0057 ext 3224



### Package A

- Party Host
- 1 Set up table and chair

**Full Members: \$250**  
**Basic Member: \$275**  
**Non-Member: \$300**

### Package B

- Includes all of package A
- Decorations which will include: table cloths and table ware
- Theme specific

**Full Member: \$325**  
**Basic Member: \$350**  
**Non-Member: \$375**

### Package C

- Includes all of package B
- Food and drink: pizza, water or soda
- Theme specific

**Full Members: \$435**  
**Basic Members \$485**  
**Non-Members \$525**

# INSTANT FUN. JUST ADD WATER.

We offer year-round open recreational swim areas as well as lap lanes for our full members and their guests in our heated 6 lane pool. Please refer to the pool schedule for availability. Youth ages 12 & younger must be accompanied by an adult in the pool and locker room areas at all times. Swimmers that are 8 years old & under must be accompanied by an adult in the pool within arm's reach, unless they are able to pass the shallow water swim test. Youth ages 5 & up must utilize the appropriate locker room for their gender, or the family locker room.

## AQUATICS PROGRAMS

### ADAPTIVE SWIM LESSONS

Swim lessons that are modified for children or adults with special needs. The class lesson plans are tailored to meet the specific needs of each individual. Classes may be one-on-one, or in a small group setting depending on the swimmer's ability. Please contact the Aquatic Director to inquire about adaptive swim lesson availability.

### CERTIFICATION COURSES

Please contact the Aquatic Director for class availability or to find out how you can host a CPR/AED or First Aid class at your facility! We offer American Red Cross Certification courses for: lifeguarding, CPR, AED, oxygen and first aid. Participants must be 15 years old, pass the Pre-Test and be in attendance for 100% of the course.

### PRIVATE SWIM LESSONS

Private swim lessons are for adults and children and will allow you to work one on one with an instructor to accomplish your goals. Instructors may be requested and can focus on basic swimming skills, competitive strokes, or water safety. The day and time of the lesson is scheduled to accommodate your busy schedule. Share the lesson with a fellow Y member and save!

**One 30 minute session:**

**Full Members \$30, Basic Members \$38**

**Package of four 30 minute sessions:**

**Full Members \$106, Basic Members \$138**

**Package of eight 30 minute sessions:**

**Full Members \$204, Basic Members \$240**

**Package of four 30 minute Duo lessons (2 participants):**

**Full member \$170, Basic Member \$190**

### COMPETITIVE STROKE CLINICS

Swimmers will work on all four competitive strokes, as well as starts, turns and finishes. Our main focus is on stroke technique and mechanics rather than distance. All Rapids, Riptides, high school and club swimmers are welcomed. Swim lesson participants in the Fish and Shark levels are also qualified.

### MID-SUMMER STROKE CLINIC

**Tuesdays & Thursdays 7:00-8:00PM • June 21 – July 21st**

**Full Members: \$90, Basic Members: \$116**

### RAPIDS READY STROKE CLINIC

**Tuesdays & Thursdays 7:00-8:00PM • July 26- August 25th**

**Full Members: \$90, Basic Members: \$116**

**Classes meeting twice a week will have the following session dates:**

**Summer Session 1: June 26 through July 30**

**Summer Session 2: July 31 through September 3**

**Thursday AM, Saturday & Sunday classes**

will meet once a week from June 26 through September 3

### PRESCHOOL SWIM LESSONS

**Full Members: \$98, Basic Members: \$148**

### PARENT/CHILD SWIM LESSONS (Ages 6 months- 3 years)

The instructor will work with parents so that they are comfortable instructing their child in a fun and safe environment. The child will become adjusted to the water while being introduced to basic swimming skills. Come sing songs, play games and learn about water safety while bonding with your child.

**Monday & Wednesday** 5:45-6:15pm

**Saturday** 9:00-9:30am

### PIKE (Ages 3-5 years)

This class is great for water adjustment for the beginner swimmer, who may have little or no water experience. They will be introduced to basic swimming skills and water safety while building confidence and comfort in the pool.

**Monday & Wednesday** 5:45-6:15pm

**Thursday** 9:45-10:15am

**Saturday** 9:00-9:30am

### EEL (Ages 3-5 years)

Swimmers will learn how to comfortably put their face in the water and blow bubbles. Their goal will be to paddle 5 yards in a horizontal position without flotation. Treading water, back floating and side breathing will also be introduced.

**Monday & Wednesday** 6:20-6:50pm

**Thursday** 9:15-9:45am

**Saturday** 9:35-10:05am

### RAY (Ages 3-5 years)

Swimmers should be comfortable swimming 5 yards with their face in the water and no flotation. Their goal will be to swim 10 yards of front crawl with alternating arms and rotary breathing. Swimmers will also be introduced to elementary backstroke, kneeling dives and backstroke with alternating arms.

**Monday & Wednesday** 6:20-6:50pm

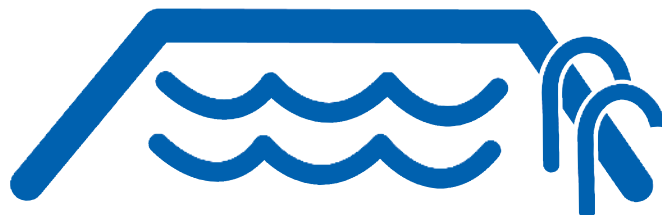
**Saturday** 10:10-10:40am

### STARFISH (Ages 3-5 years)

For the swimmer that can proficiently swim 15-20 yards independently. Will work on swimming 25 yards freestyle with rotary breathing, 25 yards of backstroke and 25 yards of elementary backstroke. Swimmers will be introduced to breaststroke kick, butterfly kick and flip turns.

**Monday & Wednesday** 6:20-6:50pm

**Saturday** 9:35-10:05am





# BUILD CONFIDENCE

## YOUTH SWIM LESSONS

Full Members: \$123, Basic Members: \$189

### POLLIWOG 1 (Ages 6 & up)

For the beginner swimmer to become adjusted to the water and comfortable submerging their face. Participants will be introduced to back floating, breathe control and alternating arms.

**Monday & Wednesday** 6:55-7:40pm  
**Tuesday & Thursday** 5:55-6:40pm  
**Saturday** 9:50-10:35am

### POLLIWOG 2 (Ages 6 & up)

Swimmer must be able to paddle 5-10 yards without flotation. They will work towards swimming 20 yards independently on their front and back.

**Tuesday & Thursday** 5:55-6:40pm  
**Thursday** 10:15-11:00am  
**Saturday** 10:40-11:25am

### GUPPY (Ages 6 & up)

Swimmers will work to paddle 25 yards with effective breathe control and 15 yards of freestyle with rotary breathing.

**Tuesday & Thursday** 5:55-6:40pm  
**Saturday** 10:10-10:55am

### MINNOW (Ages 6 & up)

Participants should be able to proficiently swim 25 yards of freestyle and backstroke. Swimmers will work on proper stroke technique and will be introduced to breast stroke, flip turns and butterfly kick.

**Tuesday & Thursday** 6:45-7:30pm  
**Saturday** 9:00-9:45am

### FISH (Ages 6 & up)

Participants should be able to proficiently swim 50 yards of freestyle and backstroke, and 25 yards of breast stroke. Swimmers will work towards perfecting their breast stroke and butterfly and

**Tuesday & Thursday** 6:45-7:30pm  
**Saturday** 11:30-12:15pm

### SHARK (Ages 6 & up)

Participants will continue to refine all 4 competitive strokes while building endurance. Swimmers will be introduced to swim workouts and racing starts.

**Monday & Wednesday** 6:55-7:40pm  
**Saturday** 11:00-11:45am

### PORPOISE CLUB

Prerequisite: swimmer must be able to complete 200yds non-stop of combined front and back crawl, breaststroke 50yds, and butterfly 25yds. This advanced swim group focuses on competitive skills without the full commitment of the swim team, and is led by swim team coaches. It's a great training for summer leagues!

**Tuesday & Thursday** 6:45-7:30pm

### Classes meeting twice a week

#### will have the following session dates:

Summer Session 1: June 26 through July 30

Summer Session 2: July 31 through September 3

### Saturday, Sunday and Thursday AM classes

will meet once a week from June 26 through September 3

## ADULT AQUATICS PROGRAMS

Full Members: \$98

### ADULT BEGINNER (Ages 18 & up)

For new swimmers, who may be fearful of the water or with minimal swimming knowledge. Participants will be introduced to basic swimming skills, floating and breathe control.

**Saturday** 10:45-11:30am

### ADULT INTERMEDIATE (Ages 18 & up)

Participants must be able to swim at least 10 yards independently. Swimmers will work towards their specific goals while refining their stroke technique and building endurance.

### ADULT TRI-SWIM TRAINING

Full Members: \$150, Basic Members: \$175

A swim conditioning class focusing on technique and fitness to complete the swim portion of a triathlon, or just to take your swimming to the next level! Novice and advanced swimmers are welcomed.

**Saturday** 8:00-9:00am

## WATER FITNESS CLASSES

30 minute classes: Full Members: FREE, Basic Members: \$38

45 minute classes: Full Members: FREE, Basic Members: \$48

60 minute classes: Full Members: FREE, Basic Members: \$58

### AQUA STRETCH & FLEX (Beginner, 45 minutes)

This class is designed to improve balance and mobility as well as increase muscular strength by using different modes of resistance. Class takes place in the shallow end of the pool, no swimming skills required.

**Monday** 9:00-9:45am **Wednesday** 9:00-9:45am

### TOTAL WATER FITNESS (Intermediate, 45 minutes)

This class will work on all the components of fitness including; muscular strength and endurance by using equipment and water resistance, cardiovascular endurance as well as flexibility. Class takes place in the shallow end of the pool, no swimming skills required.

**Tuesday** 9:00-9:45am **Tuesday** 7:15-8:00pm  
**Thursday** 9:00-9:45am

### AQUA JOGGING (Intermediate/Advanced, 30 minutes)

This class is a no impact water exercise program using an aqua belt (flotation provided) to assist with buoyancy and balance in the deep end of the pool. Aqua jogging will work the cardiovascular system and build endurance while improving balance.

**Friday** 9:00-9:30am

### AQUA CARDIO (Advanced, 45 minutes)

This is a fast pace workout with a high intensity to increase your heart rate in intervals for cardiovascular benefits. Class takes place in the shallow end of the pool, no swimming skills required.

**Monday** 8:00-8:45am **Thursday** 7:15-8:00pm

### OODLES OF NOODLES (All levels, 30 minutes)

A dynamic shallow water fitness class utilizing noodles as additional resistance to strengthen, tone and increase balance.

**Friday** 9:30-10:00am

# A REASON TO SMILE

**ADULT GROUP EXERCISE** Group exercise is a great way to strengthen the body, mind and spirit. Our group classes are a community of fellow members with similar goals taking steps together in the health and well-being journey of life. Join our classes to take your first step or next steps. If you are not sure of your fitness level use the following as a guide:

## Classes Listed Below Are Included In Your Full Membership!

|                                 |                                    |
|---------------------------------|------------------------------------|
| <b>Boot Camp</b>                | <b>Pilates</b>                     |
| <b>Chair Yoga</b>               | <b>Silversneakers®</b>             |
| <b>Core And Abs</b>             | <b>Silversneakers Cardio Fit</b>   |
| <b>Conditioning Kettle Bell</b> | <b>Strength &amp; Conditioning</b> |
| <b>Cycling</b>                  | <b>Stretch &amp; Tone</b>          |
| <b>Gentle Yoga</b>              | <b>Zumba® Fitness</b>              |
| <b>Hitt</b>                     | <b>Zumba Gold</b>                  |

Group Exercise classes will run 6/19-8/26

Download our APP The Gateway Family YMCA for up to date schedule changes and events.

## ADULT SPORTS AND SKILLS CLASS

**Adult Beginner Tennis** - Learn the basic fundamentals of tennis, which provides great health benefits, improves bone strength and density, and aerobic fitness. For more information contact Lexy Anderson at 732-388-0057

**Thursday 6:00-7:00pm or Saturday 8:00am - 9:00am**

**Full member \$50**

**June 26-July 30th 5 weeks • July 31- September 3 5 weeks**

**Adult Pickleball** - Pickleball is a racquet sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

**Segment 1** - Monday - 8:30am - 10am

Open play for all members

**Segment 2** - Wednesday - 10:30am-12:00pm

Novice and intermediate

**Segment 3**) Friday - 10am - 12:30am

Open play for all members

**Fee: \$15 per segment**

Session 1 June 26-July 30th 5 weeks

Session 2 July 31st- Sept 3

## LIVESTRONG® at the YMCA

The Y and LIVESTRONG joined together to create LIVESTRONG® at the YMCA, a 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities at no cost.

Survivors work with YMCA certified instructors to build muscle mass, strength, flexibility and endurance while improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG® at the YMCA focuses on the emotional well-being of survivors by providing a supportive community for people impacted by cancer.

By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA helps people rebuild spirit, mind and body.

Contact Lexy at The Gateway Family YMCA Rahway Branch, 732-388-0057 ext 3224 to learn more about this life changing program or contact us at LIVESTRONG@tgfymca.org.

- 10 station full body workout
- Great way to get back into exercise in a supportive environment.

## Are you a cancer survivor ?

We can help guide you in a safe program to meet your needs.

Contact: Lexy Anderson at [aanderson@tgfymca.org](mailto:aanderson@tgfymca.org) or call 732-388-0057 ext 3224.

## STRONGER BODY STRONGER SELF

### 8 Weeks to a New You

This is an introductory program for the beginner exercises to be successful in making long term behavior modifications through coach led support and motivation.

The class meets two times a week, and is guided by a coach who will work with you during each class to provide safe exercise instruction and group discussions on nutrition for you to develop a successful exercise program. Program includes full facility membership at the Rahway Branch.

**Fee: Members \$25, Non-Member \$99**

**Mon/Wed • 6pm • 8 week program**

**PERSONAL TRAINING** Your certified Personal Trainer is here to help support your goals & achieve greater health & well-being for your spirit, mind, and body.

**One on One Training:** Work individually with a personal trainer with a program designed to fit your needs.

### Full Members

1 Session for \$40 per session

5 Sessions for \$150 (\$30 per session)

10 Sessions for \$250 (\$25 per session)

**Pairs Personal Training:** Team up with a friend, family member or spouse to save!! Work out with your partner with the guidance of the YMCA coach. You share the benefit of good health with someone else.

### Full Members

1 1 Hour Session with 2 people \$56.00

5 1 Hour Session with 2 people \$255.00

### Beginner Personal Training Package:

Buy 2 one hour personal training sessions, get 1 free.

Only available for those who have never purchased personal training before at the Rahway Branch.

**Fee: \$80.00**

**Teen Training: Ages 10-16** A well rounded fitness program. It emphasizes the importance of cardiovascular exercise, strength training, flexibility, and healthy eating habits. This program is a great way to help instill healthy living in your teen.

**Fee: \$25.00 per one hour session.**

**Small Group Training:** Small Group Training offers clients the motivation and encouragement of a group while still getting personalized attention.

**Monday Night 6:00pm, Friday 9am**

**Just \$10 an hour per session; \$80 for 8 weeks meets 1x week • 4-6 people • Members only**

# COMMITTED TO OUR COMMUNITY

Because we truly are in this together, and together we can harness our individual strengths and bring about positive change around us.

## FINANCIAL ASSISTANCE

The Gateway Family YMCA is a 501 (c) (3) nonprofit, health and community service organization providing quality services to people of all ages, races, faiths or incomes. Financial Assistance applications are available at the Welcome Center. For more information, please contact the Welcome Center.

## HOUSING/SOCIAL SERVICES

The Elizabeth Branch offers extensive housing and social service programs to support individuals and families in need of a safe environment with opportunities to restructure their lives. Our goal is to provide a continuum of care that provides the assistance necessary to transition from homelessness to self-sufficiency. We offer a full range of housing opportunities from temporary transitional to permanent housing for men, women and families. We also offer supportive housing programs for individuals and families with disabilities, as well as Project Sustain, a Mommy and Me residential program for pregnant women and women with children who are in recovery from addiction.

For additional services please contact :

**Courtney Fairbanks**  
**908-355-9622**

(Referrals Required for Housing Placement)

## YMCA DIABETES PREVENTION PROGRAM

The Gateway Family YMCA,  
Rahway Branch, 1564 Irving Street, Rahway NJ  
Contact: Michael Johnson 908-249-4809 or  
mjohnson@tgfymca.org www.tgfymca.org

## TAKE CHARGE OF YOUR DIABETES

### “A Diabetes Self-Management Program”

This is a six week workshops series that takes place once a week for 2½ hours and facilitated by two trained Peer Leaders and/or Master Trainers. The curriculum used is the Stanford model Diabetes Self-Management Workshop (DSMP) and includes self-managed behavior modification and coping strategies to enable participants to manage their chronic conditions, diabetes, medications and increase physical activity levels. Each participant (one per household) in the workshop receives a Free copy of the companion book, Living a Healthy Life With Chronic Conditions, 4th Edition.

There is no fee for a participant and the program is open to the public. Staff from Healthcare Quality Strategies, Inc will lead all classes.

For more information, please contact Michael Johnson at mjohnson@tgfymca.org or 908-249-4809.

## 30 YEARS OF IMPACTING OUR COMMUNITY

### W.I.S.E. SENIOR SERVICES

#### (Wellness, Independence, Socialization for Elders)

Balancing life can be difficult enough. We are here with you every day, making sure you and your loved ones have the resources and support you need.

### W.I.S.E. Adult Day Services

- Encouraging good health and fostering connections for caregivers and participants through our welcoming atmosphere
- Working with you every day: Open Monday- Friday from 7am-6pm and Saturday 9am-4pm
- Providing the highest quality care to elders in a supportive, safe and stimulating environment
- Ratio of 1:5 to give every participant the care and attention they deserve
- Healthy lunch and snacks provided
- In-home assessment prior to enrollment is required

For additional information please contact:

**Susan Butler, WISE Center Director, 908-687-2995,**  
**2095 Berwyn Street, Union NJ 07083**

## EARLY LEARNING READINESS PROGRAM (ELR)

The overall goal of ELR is to help your child develop the cognitive, physical and social skills needed to be school ready. As the child's first teacher, each Caregiver is provided the skills of understanding their role in early child development, skill enhancement, brain development and school readiness.

**This is a Free program for both the Caregiver and their youth ages from 0 – 5 years of age.**

Classes are held at the following locations:

**The First Presbyterian Church,**

**1731 Church Street, Rahway NJ,**

Monday/Wednesday (Bilingual) 10 am – 12 pm

Tuesday/Thursday (English) 10 am – 12 pm

**Healthy snacks are provided at each location.**

**Classes run September-June.**

For more information, contact Shannon Frank,  
sfrank@tgfymca.org.



# THE GATEWAY FAMILY YMCA

## RAHWAY BRANCH

1564 Irving Street  
Rahway, NJ 07065  
(P) 732-388-0057  
[www.tgfymca.org](http://www.tgfymca.org)

Non-Profit  
organization  
US Postage

**PAID**

Permit 116  
Rahway, NJ



# It's Refreshing to **BELONG** Here

**Summer Camp – Once Upon a Summer**  
Register Now for a summer to remember at the Y!

**5K RUN/  
WALK**  
For a  
better us  
June 4

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

**For more than a workout. For a better us.**

**YMCA**  
Open House  
6/9-6/11  
7/21-7/23