



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**INFORMACIÓN
EN ESPAÑOL**

WELCOMING NEIGHBORS BUILDING COMMUNITY

2019 FALL PROGRAMS

**THE GATEWAY FAMILY YMCA ELIZABETH BRANCH,
YOUTH DEVELOPMENT BRANCH AND THE DUDLEY HOUSE**

Proudly Serving: Elizabeth and Plainfield
Strengthening the Foundations of Community

WELCOME



the Y
FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACHING OUR POTENTIAL

Help build a better us.
» DONATE TODAY.

Annual Campaign

The Y. For a better us.

MEET OUR NEW WEBSITE

NEW & IMPROVED JUST LIKE YOU



No matter what type of device you're on, you'll be able to navigate the site from traditional menu options, make payments and register for programs easily and efficiently.

Visit our NEW website at tgfymca.org



MEMBER REWARDS

**HELP US
CREATE A
HEALTHIER
COMMUNITY**

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

tgfymca.org/referral-program
*See details online

OCTOBER IS...



DIVERSITY AWARENESS MONTH

The Gateway Family YMCA
is proud to be a Diversity,
Inclusion and Global YMCA!

WELCOME TO THE YMCA

OUR MISSION

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.

PROGRAM REGISTRATION

Fall I

Registration Full Facility Members: August 19, 2019

Registration Basic Members: August 26, 2019

Session Dates: September 3 - October 27, 2019

Fall II

Registration Full Facility Members: October 14, 2019

Registration Basic Members: October 21, 2019

Session Dates: October 28 - December 22, 2019

MEMBERSHIP PROVIDES ACCESS TO FIVE POINTS, WELLNESS CENTER, ELIZABETH AND RAHWAY BRANCHES*
(*SEE PAGE 5)

HOURS

Elizabeth Branch

Monday - Friday: 5:30 AM - 9:00 PM

Saturday - Sunday: 9:00 AM - 5:00 PM

Youth Development Branch

Monday - Friday: 7:30 AM - 5:30 PM

Weekends for scheduled events

Program Participants Only

The Dudley House

24-hour

Program Participants Only

Holiday Schedule

Christmas Eve Close at 3 PM

Christmas Day: CLOSED

New Year's Eve: Close at 3 PM

New Year's Day:

(Elizabeth Branch) CLOSED

(Wellness Center Branch) Open 9AM - 3PM

Child Watch

Monday - Thursday: 6:00 PM - 8:30 PM

This service is available for members utilizing the facility and/or programs up to 2 hours per day. For ages 6 months-12 years.

Full Members: FREE

EMERGENCY ACTION PLAN DRILLS WILL BE CONDUCTED ON A MONTHLY BASIS TO ENSURE OUR PREPAREDNESS TO HANDLE EMERGENCIES

PROGRAMS & SERVICES BY BRANCH

		Elizabeth Branch	Five Points Branch	Rahway Branch	Wellness Center Branch	WISE Center Branch	Youth Dev Branch
Facility Amenities	Indoor Swimming Pool		●	●			
	Gymnasium	●	●	●			●
	Indoor Track	●					
	Health & Wellness Center	●	●	●	●		
	Facility Rentals	●	●	●	●		●
	Locker Rooms	●	●	●	●		
Services	Child Watch	●	●	●	●		
	Birthday Parties/Rentals	●	●	●	●		●
	Residential Programs/Housing	●					
	Financial Assistance	●	●	●	●	●	●
	Nationwide Membership	●	●	●	●		
	Volunteer Opportunities	●	●	●	●	●	●
	Wellness Coaches & Personal Training	●	●	●	●		
	Group Exercise	●	●	●	●		
Programs	Family Programs	●	●	●			
	Swimming Lessons		●	●			
	Summer Day Camp	●	●	●	●		●
	Before/After School Care	●	●	●			
	Child Care (Preschool/Infant)		●				●
	Lifeguarding Certification		●	●			
	Community Support Groups					●	
	Teen Programs	●	●	●	●		
	Water Exercise		●	●			
	Early Learning Readiness	●		●			
Sports	Competitive Swim Team			●			
	Youth Sports	●	●	●			
	Adult Sports	●	●	●			
	Pickleball		●				
Prevention	Healthy Weight & Your Child				●		
	LiveSTRONG at the YMCA				●		
	Chronic Disease Prevention	●	●	●	●	●	
Seniors	WISE Adult Social Day Services					●	
	Active Older Adult Programs	●	●	●	●		

A SAFE ENVIRONMENT

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA will cancel membership, end program participation, and remove visitation access. All visiting individuals 18 and over must provide a government issued photo ID upon entry to any of our YMCA facilities, programs or services.



MEMBERSHIP

The Gateway Family YMCA is here for the community by making sure everyone has the opportunity to learn, grow and thrive. We are joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We develop youth by giving kids the opportunity to discover who they are and nurture their potential. We do this through supporting youth in cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

We promote healthy living by guiding individuals to develop their personal health and well-being journey while providing encouragement and support to reach their goals.

We are here to provide the community with the resources needed to address the most pressing social issues. By bringing people of all ages and backgrounds together we can provide support for people and families and promote positive change overall.

MEMBERSHIP

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.

Membership Privileges - Full

- Access to main facility including free weight room, cardio room, strength training room.
- Access to men's & women's locker rooms (sauna, steam room, whirlpool in men's locker)
- Fee reduction on classes & programs
- Priority program registration
- 1-hour orientation with a Y Health & Wellness staff member. Register at the Welcome Center.
- Nationwide Membership

YOUTH AND TEEN FULL MEMBERS

Will benefit from an array of activities, programs, recreational activities (branch specific), and membership benefits of early registration. Full access to the facility is based on availability and subject to varied scheduled times. Youth 12 and under must be under direct supervision and may not be left unattended at any time, including on the pool deck.

Enjoy the benefits of membership at all 4 of our locations-Elizabeth, Rahway, and 2 locations in Union.

BASIC/PROGRAM MEMBERS

An annual 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. Basic/Program Memberships are non-refundable.

TOURS

Thinking about making a positive change for your health & well-being? 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. Stop by anytime!



ASSOCIATION OFFICE LEADERSHIP TEAM

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
Colleen A. Clayton, Vice President, Membership & Development

ELIZABETH BRANCH TEAM

(908) 355-9622

Laura Margeotes, Branch Executive Director
Rafael Cano, Director of Healthy Living
Leonardo Gonzalez, Membership Engagement Director
Shinique Jones, Director of Financial Administration
John Toczynski, Property Manager
Theresa McCoy, Sr. Director of Housing

YOUTH DEVELOPMENT BRANCH TEAM

(908) 355-3061

Lisa Yañez, Sr. Director of Child Development
Naldy Velarde, SACC & Camp Director

MEMBERSHIP

YOU 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 kids, 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.

FACILITY MEMBERSHIPS	AGES	MONTHLY FEE	MEMBER REWARDS	JOINER'S FEE
All Inclusive – Access to 4 Branches (Elizabeth, Five Points, Rahway & Wellness Center)				
Youth	(6 weeks-12 yrs)	\$11		\$25
Teen	(13-19 yrs)	\$11	\$8.80	\$25
Young Adult	(20-29 yrs)	\$32	\$25.60	\$35
Adult	(30-61 yrs)	\$38	\$30.40	\$35
Senior	(62 yrs +)	\$33	\$26.40	\$35
Senior Couple**	(2 adults age 62+)	\$49	\$39.20	\$50
Single Parent Family*	(1 adult, children)	\$40	\$32	\$50
Family*	(2 adults, children)	\$60	\$48	\$50
Basic/Program (Youth)	(6 weeks-12 yrs)	\$50 annual		N/A

MEMBERSHIPS ARE NOT REFUNDABLE OR TRANSFERABLE

*Adult(s) and 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 for details.

JOINER'S FEE

Each membership category has a Joiner's 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.

PAYMENT OPTIONS

PAYMENT IN FULL

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

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

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.

VOLUNTEER OPPORTUNITIES

When you volunteer at the Y, you provide leadership and talent vital to empowering people and communities to learn, grow and thrive. The Y is a nonprofit like no other. Take an active role in strengthening your community by being a program volunteer, board member, Annual Campaign fundraiser or event volunteer.

FINANCIAL ASSISTANCE

All Welcome No One Turned Away

At the Elizabeth Branch Y, you can improve your health, enrich your family's life, and feel more connected to the community. We believe in servicing the needs of all members of our community including those who may be unable to pay the full cost of membership or programs.

Our goal is to help as many people in need as possible. A financial assistance application is available at the Welcome Center or at tgfymca.org.

Everyone is welcome at the Y.

7TH GRADE INITIATIVE

Free full membership for all 7th graders. Must complete mandatory 7th Grade Orientation to fully activate membership.

ALL INCLUSIVE ACCESS TO ALL 4 LOCATIONS

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

Five Points Branch
 201 Tucker Avenue
 Union, NJ 07083
 (908) 355-9622

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

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.



CONTACT: Membership Engagement Director, Leonardo Gonzalez at (908) 355-9622 or lgonzalez@tgfymca.org.

AYUDA FINANCIERA

Todos pueden aplicar por ayuda financiera

En la YMCA de Elizabeth, usted puede mejorar su salud, enriquecer la vida de su familia, y sentirse más conectado a la comunidad. Nosotros creemos que podemos cubrir las necesidades de todos los miembros de nuestra comunidad, incluso de los que no pueden pagar el gasto entero de una membresía o de los programas que ofrecemos.

Nuestra meta es ayudar la mayor cantidad de personas en necesidad de ayuda financiera para participar en la YMCA. La aplicación de ayuda financiera está disponible en el centro de bienvenida de la YMCA o al tgfymca.org.

Todos son bienvenidos al YMCA.

MEMBERSHIP

WELCOMING YOU

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 kids, 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.

CORPORATE MEMBERSHIPS

Corporate memberships are available for businesses of all sizes. Call Leonardo Gonzalez for more information at (908) 355-9622 or lgonzalez@tgfymca.org.

ADDITIONAL MEMBER SERVICES

- 7th Grade Membership
- Military Family Membership
- New Jersey State Employee
- Gateway Family Membership
- HorizonBfit
- Away and Reciprocity
- Special Olympics Membership
- NFL Former Player Membership

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through your membership at our YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. Visit ymca.net for participating YMCAs.

NEW JERSEY STATE EMPLOYEE

1 month free trial NJ State Employees with State ID

GATEWAY MEMBERSHIPS

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

ATLANTIC HEALTH SYSTEM EMPLOYEES

Eligible employees receive 10% lower membership rate and pay no joiner fee. Please bring proof of employment to join the Y.

HORIZONBFIT

HorizonBfit insurance carriers may qualify for up to \$20 in reimbursement through Horizon. Check your eligibility by logging onto horizonbfit.com to review their reimbursement program.

AARP MEDICARE SUPPLEMENT/AT YOUR BEST

Qualifying participants in AARP Medicare Supplement programs may qualify for reduced cost membership rates. Ask your insurance provider or visit JoinAtYourBest.com to review their program and register

RENEW ACTIVE/OPTUM FITNESS ADVANTAGE

Qualifying participants in UnitedHealthcare Medicare Advantage programs may receive a free membership at the YMCA. Ask your insurance provide or visit myrenewactive.com to review their program and register

SILVERSNEAKERS

Qualifying participants may qualify for free membership at the YMCA. Ask your insurance provided or visit silversneakers.com to review their program and register.

GYM AND ROOM RENTALS

Need to host a meeting sporting event, or birthday party? Why not contact the Elizabeth Branch to tour our newly renovated building and choose from for different rooms that suit your event. Please contact Rafael Cano (908) 355-9622 or rcano@tgfymca.org

BE OUR GUEST: GUEST POLICY AND FEES

Members are welcome to bring a guest to our Y. Guests must be accompanied by a member, complete a guest waiver and pay appropriate fee. Members may bring up to (2) guests per visit. The YMCA conducts regular sex offender screenings on all members, participants, and guests. All visiting individuals 18 and over must provide a government issued photo ID upon entry to any of our YMCA facilities, programs or services.

Guest Fees: Adults: \$10.00 Children: \$5.00

*An adult must accompany all members & guest(s) under the age of 12.

CREDIT/VOUCHER POLICY

A credit only will be offered for a program or membership due to an extended illness or emergency. Credit requests must be in writing. A doctor's note is required along with the request. Credits which are issued will 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.

KEEPING KIDS SAFE AND SECURE - YOUTH POLICY

Youth under the age of 12 are not permitted in the Health and Wellness Center. *Youth ages 10-11 may use fitness center at Tucker Avenue upon completion of YST class, (pg. 9). Youth under the age of 12 must be under direct adult supervision when using the YMCA and may not be left unattended at any time. Youth must also be accompanied by an adult on the pool deck and in the locker room. Youth wearing floatation devices must be accompanied by an adult member or paid guest in the water and within arm's reach of assistance.

Youth ages 12-14 may use the Wellness Center Branch Fitness Center when accompanied by their parent or guardian.

LOCKER ROOMS

Lockers are for daily use only. Please bring your belongings and remove each day as items left overnight may be discarded. The Gateway Family YMCA is not responsible for lost or stolen items.

EMERGENCY DRILLS

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

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.

MEMBRESÍA

TU PERTENECES AQUÍ

Nosotros impactamos las vidas de nuestros miembros y de la comunidad a través de la conexión de personas de diferentes grupos étnicos. Nosotros somos parte de una organización dedicada a fortalecer la potencialidad de los niños, apoyar cambios para desarrollar estilos de vida saludables para todos, y dar a la comunidad las herramientas necesarias para que todos tengan la oportunidad de aprender, crecer, y prosperar.

TIPO DE MEMBRESÍA	EDADES	MENSUALIDAD	RECOMPENSAS DE LOS MIEMBROS	PAGO DE INICIO
Todo Incluido—Acceso a las 4 localidades (Elizabeth, Rahway, Five Points y Wellness Center Branch)				
Niños	6 semanas-12 años	\$11		\$25
Adolescente	13-19 años	\$11	\$8.80	\$25
Jóvenes	20-29 años	\$32	\$25.60	\$35
Adulto	30-61 años+	\$38	\$30.40	\$35
Adulto Mayor	62 años+	\$33	\$26.40	\$35
Pareja de Adultos Mayores	62 + sin niños	\$49	\$39.20	\$50
Padre Soltero*	1 adulto, niños*	\$40	\$32	\$50
Familia*	2 adultos, niños*	\$60	\$48	\$50
Básico (Niños)	6 semanas-12 años	\$50 anual		N/A
LAS MEMBRESÍAS NO TIENEN REEMBOLSO Y NO SE PUEDEN TRANSFERIR				

**Adultos y niños en las residencias menores de la edad de 27.

PROGRAMA DE "MEMBER REWARDS"

Nosotros reconocemos que nuestro son grandes proponentes y compañeros en nuestra meta de crear una comunidad más saludable.

"Member Rewards" permite que miembros y sus amigos que refieren a ingresar a la YMCA recibirán un descuento de 20% del pago mensual de sus membresías. Para recibir el descuento, visite la página web y nosotros haremos el resto!*

*Página Web: tgfymca.org/referral-program.

DESCRIPCION DE LAS MEMBRESÍAS

MEMBRESÍA COMPLETA

Los miembros mayores de 18 años pueden beneficiarse de la membresía completa con acceso ilimitado a nuestras instalaciones. Estos miembros tienen prioridad para registrarse y precios reducidos para las clases.

Privilegios del Miembro - Completo

- Acceso a la instalación entera: Peso libre, maquinas de cardio, y área de entrenamiento.
- Acceso a los vestidores (Sauna, cuarto de vapor y jacuzzi en el vestidor de hombres)
- Precios reducidos para clases y programas
- Prioridad de registración a clases
- Una orientación GRATIS de una hora con un instructor de la YMCA
- Nationwide Membership

Membresías de niños y Adolescentes

Estos miembros pueden beneficiarse de una variedad de programas, actividades recreacionales (especifico en su localidad), y beneficios de membresía completa con prioridad de registración.

El acceso completo a las instalaciones depende de la disponibilidad y las variaciones en los horarios. Niños menores de 12 años de edad deben ser supervisados y no se pueden dejar desatendidos.



PAGO DE INICIO

Cada categoría de membresía tiene un cobro de inicio. (Aplica a membresías nuevas y las que han vencido por más de 30 días) Este cobro contribuye a nuestro programa de ayuda financiera y proyectos para mejorar las facilidades. Este cobro no tiene reembolso y no se puede transferir.

OPCIONES DE PAGO

PAGO DEL AÑO COMPLETO

Los miembros pueden optar por pagar su membresía por el año completo * Por favor note que las membresías a punto de expirar durante la sesión de un programa deben ser renovadas antes de poder registrarse a una clase.

PAGO MENSUAL

Una membresía puede ser pagada usando nuestro plan de pago mensual. El pago mensual es descontado de la cuenta bancaria o tarjeta de crédito del miembro el 5 de cada mes. La mensualidad será descontada hasta que el miembro pida una cancelación al llenar nuestro formulario con 30 días de anticipación al próximo pago mensual.

PROGRAMA BASICO

El programa básico requiere un pago anual para tener acceso a las registraciones de los programas de deportes, cuidado de niños, y campamento de verano a los precios designados Para tener acceso a los beneficios y el uso de las instalaciones, es requerida una membresía completa.

POLIZA DE INVITADOS Y CUOTA

Los Invitados tienen que presentar una tarjeta de identificación, estar junto al miembro que los invito, y llenar un formulario de exención. Los miembros tienen derecho a traer un invitado gratis 3 veces al año y hasta dos invitados por visita.

Adultos: \$10 Niños: \$5

POLITICA DE CREDITO/CUPONES

Los créditos para una membresía o programa se ofrecen solo en el caso de una enfermedad grave o una emergencia. Una nota del doctor es necesaria junto a una carta escrita por el miembro. Los créditos expiran en un año. No se puede dar reembolso por una membresía o un programa. Todas las solicitudes de crédito están sujetas a una cuota de procesamiento de \$10.

FOR YOUTH DEVELOPMENT

OUR BRIGHT STARS

We impact families and our community by providing an environment that maximizes the potential of every child to learn and play together; nurturing and developing healthy habits in children in an atmosphere that feels like home and is kind and supportive.

EARLY CHILDHOOD DEVELOPMENT CENTER

Our Curriculum:

- Classrooms are fully equipped with learning materials that promote child-centered learning, critical thinking, as well as positive and effective social relations.
- Daily routines include; 60 minutes of gross motor play, 50 minutes of cognitive/social play, 20-30 minute instructional interactive lessons in multiple development areas.
- We coach and encourage the use of problem solving techniques and support our children to make use of their creative form of thought.
- Ongoing curriculum training and childhood professional training are administered to ensure staff is highly knowledgeable of all child care aspects.
- All child care staff are required to undergo CPR and First Aid certification.
- Lead Teachers are credentialed with (CDA) Child Development Associates Certification
- Free Family Membership for all full time students paying via Draft!
- We offer center events, and real life experiences that enhance a child's natural way of skill building in an educational setting.

4C's Vouchers Accepted

Registration Open Year Round!

MONTHLY COST FULL TIME:

6 WKS-14 MOS:	15-29 MOS:	30 MOS TO 5 YRS:
\$815	\$772	\$655

MONTHLY COST PART TIME:

YOU CHOOSE THE DAYS, MINIMUM THREE DAYS A WEEK	15-29 MOS:	30 MOS TO 5 YRS:
	\$495	\$475



We are open most holidays!
Hours of operation: 7:30 AM - 5:30 PM
Meals offered: Breakfast • Lunch • Snacks

THE GATEWAY FAMILY YMCA YOUTH DEVELOPMENT BRANCH CHILD DEVELOPMENT CENTER

16-20 Jefferson Avenue Elizabeth, NJ 07201
(908) 355-3061 (Phone)
(908) 436-3769 (Fax)
Lisa Yanez,
Sr. Director of Child Development

We provide the highest quality of developmentally appropriate practices in teaching young children.
(Proporcionamos el más de alta calidad de prácticas de desarrollo apropiadas en la enseñanza de niños jóvenes.)

FOR YOUTH DEVELOPMENT

DEVELOPING FUTURE LEADERS

We impact families and our community by providing an environment that maximizes the potential of every child to learn and play together; nurturing and developing healthy habits in children in an atmosphere that feels like home and is kind and supportive.

SCHOOL AGE CHILD CARE

Children enrolled in the After School Program receive a healthy snack. Save time and money by enrolling in our After School Program with complimentary snacks served 3:30 PM daily.

In accordance with the Federal Law and USDA regulations, this institution is an equal opportunity provider & employer.



PROGRAM SITES

Winfield Scott School #2
Elmora School #12
Abraham Lincoln School #14
Madison Monroe School #16

Robert Morris School #18
Woodrow Wilson School #19
Antonia Pantoja School #27

AFTER SCHOOL CHILDCARE OPTIONS

# OF DAYS	5	3
Full Members	\$270	\$195
Basic Members	\$285	\$220

30-DAY NOTICE OF WITHDRAWAL

Written notification of withdrawal from the program is due 30 days in advance to the School Age Childcare Director.

4C'S FINANCIAL ASSISTANCE PROCEDURE

Call the Y to set up appointment. Be sure to bring the following:

- Current proof of income—if applying for subsidy
- Child's Birth Certificate
- Child's Shot Records
- Child's Social Security Card
- Insurance Card

REQUIRED FEES

- YMCA membership is required to enroll in our programs
- \$25 Registration Fee is a one-time registration fee.

Registration Information

Initial Registration Fee is required for first time registrants or those who have not participated in the program in the last year. Membership, Initial Registration Fee (one per family) and first month's tuition & completed SACC registration packet are due at time of registration.

This institution is an equal opportunity provider & employer.

VACATION DAYS

The Elizabeth Branch will offer "Vacation Day" on most days that school is closed due to holidays and/or teacher workshops. There is an additional fee for Vacation Club of \$35 for aftercare participants. Days are schedule in accordance with the City of Elizabeth. This program is held at the Elizabeth Y, children must be dropped off and picked up at this location. Children will participate in games, arts and crafts, CATCH, and a "special activity" depending on the holiday.

Vacation Club Hours: 7:30 AM - 6:30 PM

* Please register early, a minimum enrollment of 8 children is required.

HALF DAYS

There will be no After Care at the school sites when there is an early dismissal. The Elizabeth Branch will offer Half Day Vacation Day at the Y, however children must be dropped off at Elizabeth Branch. No transportation is provided.

Half Day Vacation Club Hours: School Dismissal - 6:30 PM

* Please register early, a minimum enrollment of 8 children is required.



If you are interested in the SACC Program, please contact Naldy Velarde email: nvelarde@tgfymca.org

FOR YOUTH DEVELOPMENT

DANCE. PLAY. BOND.

We impact our community through programs that are focused on character building and encourage children to try new things and learn life skills that will be transformative and amazing. We provide opportunities for families to improve their health and strengthen their bond.

YOUTH AND TEEN PROGRAMS

YOUTH DANCE

Ages 7-11

Mix of all dance styles such as ballet, jazz, hip hop, modern to create fun free flowing dances.

Tuesday: 7:20 PM - 8:20 PM

Friday: 7:20 PM - 8:20 PM

Full Members	\$37
Basic Members	\$44

SPORTS COMBO BOTH BASKETBALL & SOCCER

Ages 6-11

Children will engage in learning basic dribbling, passing, and shooting drills necessary to play both Soccer and Basketball all while learning to be both socially and physically active. All children must wear proper attire (sweat pants, shorts, sneakers no exceptions).

Monday & Wednesday: **Basketball:** 6:10 PM - 7:10 PM

Soccer: 7:20 PM - 8:20 PM

Full Members	\$44
Basic Members	\$57

YOUTH BASKETBALL

Ages 6-11

Children will engage in learning basic dribbling, passing, and shooting drills necessary to play both soccer and basketball all while learning to be both socially and physically active.

Monday & Wednesday: 6:10 PM - 7:10 PM

Full Members	\$37
Basic Members	\$44

YOUTH STRENGTH CHAMPIONS

Children Benefit from Safe Strength Training & Cardio

Youth Strength Champions is a program designed to teach youth members the basic principles of exercise, focusing on the proper usage of fitness equipment and safety. For your child to gain access to our Wellness Center, the child must complete two group classes to graduate from this program. Youth members ages 10 to 14 years old, must complete this program.

Program Session: Register at the Welcome Center

Friday: 5:00 PM - 6:00 PM

Full Members: FREE

Youth members that do not complete the program will not be allowed in the Wellness Center area.

REFER A FRIEND

We are proud to announce our new Refer a Friend program. A credit of \$10* will be applied to your account each time you recommend a friend to either our Elizabeth Branch or JJC Youth Sports Programs.*Referred friend must sign up for a Youth or JJC Program in order to receive credit.

YOUTH SOCCER

Ages 6-11

Children will engage in learning basic dribbling, passing, and shooting drills necessary to play both soccer and basketball all while learning to be both socially and physically active.

Monday & Wednesday: 7:20 PM - 8:20 PM

Full Members	\$37
Basic Members	\$44

MOMMY & ME

Ages 16 Mos-6Yrs

Mommy & Me promotes bonding between you and your child while, at the same time, helping them develop cognitive, social and motor skills. This 8 week program includes the activities below and more.

Can-Do-Kids: Inspire your child's imagination and self-expression with a world of hands-on art activities.

Move & Groove: You and your child (ages 2-4) will stretch, get aerobic exercise, learn body awareness, and develop coordination & rhythm.

Story Telling: After you read books with your child, we move on to creative games full of make-believe, movement and fun!

Little Movers: You and your child will work together to get fit, play basic sports and have fun. Both will become healthier together.

For information, please contact Rafael Cano at (908) 355-9622 or email at rcano@tgfymca.org

Monday & Wednesday: 5:30 PM - 6:30 PM or

Tuesday & Thursday: 5:30 PM - 6:30 PM

Full Members	\$51
Basic Members	\$61

IT'S PLAY TIME

- Payments are non-refundable.
- Participants must wear athletic attire for sports programs.
- Parents/guardians must sign in and out participants from our programs.
- Parents/guardians must enter the program area when dropping off and picking up participants. Punctuality is important for the flow of the programs.
- Participants who are not registered will not be permitted to participate.
- During the sports sessions, the groups may be divided to perform age appropriate activities.
- Parents must participate with their kids during the Mommy & Me Classes.

The programs are non-competitive and include basic skill development, bonding, enrichment, free play, and physical activity. Participants explore their creativity while maximizing their potential.

CONTACT: Director of Health & Wellness, Rafael Cano at (908) 355-9622 or rcano@tgfymca.org

PARA EL DESARROLLO DE LA JUVENTUD

SALUDABLES, JUNTOS Y FELICES

Nosotros impactamos nuestra comunidad por medio de programas enfocados en el desarrollo del carácter de los niños e incentivos para que traten experiencias nuevas y aprendan habilidades nuevas. Nosotros damos la oportunidad para que familias mejoren su salud y fortalezcan su conexión.

CLASES DE GRUPO PARA NIÑOS

Para registrar por favor visite el centro de bienvenida *Niños deben tener una membresía para poder participar En nuestros programas.

CLASE DE BAILE

Edades 7-11

Niños aprenderán los fundamentales de diferentes formas de baile y Podrán practicar métodos técnicos en su forma de baile.

martes: 7:20 PM - 8:20 PM

viernes: 7:20 PM - 8:20 PM

Miembros con la membresía completa	\$37
Miembros con la membresía básica	\$44

BASKETBALL PARA NIÑOS

Edades 6-11

lunes y miércoles: 6:10 PM - 7:10 PM

Miembros con la membresía completa	\$37
Miembros con la membresía básica	\$44

¡Cuidado de niños disponible para nuestros miembros!

Edades 2-12

Este servicio es un beneficio para los miembros que tienen niños que necesitan cuidado mientras visitan nuestra YMCA. Este servicio es gratis.

lunes y jueves: 6:00 PM - 8:30 PM

COMBINACIÓN DE BALONCESTO Y FUTBOL

Edades 6-11

Niños practican la técnica para pasar y tirar la pelota en los deportes de baloncesto y futbol mientras aprenden comunicarse uno al otro y se mantienen físicamente activos. Todos los niños participando en la clase deben vestirse con la ropa adecuada para hacer actividad física (pantalones deportivos, pantalones cortos, y zapatos deportivos) *No hay excepciones.

lunes y miércoles: 6:00 PM - 8:30 PM

baloncesto: 6:10 PM - 7:10 PM

futbol: 7:20 PM - 8:20 PM

Miembros con la membresía completa	\$44
Miembros con la membresía básica	\$57



MADRE Y YO

Agas 16 Mos-6Yrs

Mommy & Me promotes bonding between you and your child while, at the same time, helping them develop cognitive, social and motor skills. This 8 week program includes the activities below and more.

lunes y miércoles: 5:30 PM - 6:30 PM

martes y jueves: 5:30 PM - 6:30 PM

Miembros con la membresía completa	\$51
Miembros con la membresía básica	\$61

EARLY LEARNING READINESS PROGRAM (ELR)

Edades 0-5

La meta de ELR es ayudar a su hijo preparar para comenzar la escuela. Como el primer maestro de su hijo, usted aprenderá el rol suyo en el desarrollo del niño. El programa es disponible a la comunidad.

lunes y miercoles: 10:00 AM - 12:00 PM

martes y jueves: 10:00 AM - 12:00 PM

Registros se aceptan continuamente

Para más información comuníquese con Lisa Yanez al (908) 688-9622 o lyanez@tgfymca.org



Para más información comuníquese con Rafael Cano al (908) 355-9622 o rcano@tgfymca.org
CONTACTO: Director de Membresía, Leonardo Gonzalez,
Teléfono: (908) 355-9622 o lgonzalez@tgfymca.org

FOR HEALTHY LIVING

GROUP EXERCISE SCHEDULE & CLASS DESCRIPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM - 9:45 AM ZUMBA with Adrian (Studio - Lights out)	9:00 AM - 9:45 AM ZUMBA with Adrian (Studio - Lights out)	9:00 AM - 9:45 AM ZUMBA with Adrian (Studio - Lights out)	10:00 AM - 11:00 AM ENHANCE FITNESS CLASS Don't Let Arthritis Stop You	9:00 AM - 9:45 AM ZUMBA with Adrian (Studio - Lights out)	9:15 AM - 9:45 AM XPRESS CIRCUIT TONING with Ioannis
10:00 AM - 11:00 AM CHAIR YOGA (Yoga Room)	10:00 AM - 11:00 AM ENHANCE FITNESS CLASS Don't Let Arthritis Stop You				10:00 AM - 10:45 AM STRENGTH TRAINING with Ioannis (Studio)
12:30 PM - 1:00 PM ACTIVE ADULTS CLASS (Upstairs Circuit)					11:00 AM - 11:45 AM ZUMBA TONING (in Studio)
5:30 PM - 6:15 PM STRENGTH TRAINING with Ioannis (Studio)	5:30 PM - 6:15 PM ZUMBA	5:30 PM - 6:15 PM ZUMBA TONING	5:30 PM - 6:15 PM ZUMBA with Damaris (Upstairs Circuit)	5:00 PM - 5:30 PM YOUTH EQUIPMENT ORIENTATION*	
6:30 PM - 7:15 PM ZUMBA with Carl (Studio)	6:30 PM - 7:15 PM ZUMBA with Adrian (Studio - Lights out)	6:30 PM - 7:15 PM ZUMBA with Adrian (Studio - Lights out)	6:30 PM - 7:15 PM ZUMBA (Studio - Lights out)	5:00 PM - 6:00 PM YOUTH STRENGTH CHAMPIONS Ages 10-14	
7:15 PM - 8:00 PM BOXING CARDIO (Small Gym)	6:30 PM - 7:10 PM HIIT with Carl (Studio - Lights out)	6:30 PM - 7:15 PM YOGALATES (Yoga Room)	7:15 PM - 8:00 PM CYNTHIA'S CAMP (Small Gym)	5:15 PM - 5:50 PM HIIT with Cari (Studio)	
7:25 PM - 8:10 PM SPIN (Studio)	7:15 PM - 8:00 PM CYNTHIA'S BOOT CAMP (Small Gym)	7:15 PM - 8:00 PM BOXING CARDIO (Small Gym)		6:30 PM - 6:45 PM ZUMBA TONING (Studio)	
	7:20pm to 8:15pm YOUTH DANCE Ages 7-11 Fee-based	7:30 PM - 8:15 PM YOGA (Yoga Room)		6:30 PM - 7:15 PM ZUMBA with Adrian (Studio - Lights out)	
		7:25 PM - 8:10 PM SPIN (Studio)			

*Mandatory for ages 10-11. Upstairs Wellness Area. Must be in company of parents

- Class schedule is subject to change at any time
- Class cancellations or substitutions can occur
- Children are not allowed to seat and wait in any class room
- Zumba has a max of 30 participants
- Cycling has a max of 17 participants
- Registration is at the front desk for Cycling and Zumba 15 minutes before the start time of each class
- Youth ages 10 to 14 can only participate with the approval of the instructor, we do this to ensure the safety of our youth members, youth ages 10 and 11 must be with a parent or legal guardian. Instructors have the right to dismiss participants from the classes for violating our rules and member code of conduct.

We have a variety of youth programs available, visit our welcome center to learn about our sports, dance and fitness programs for youth members.

GET FIT

Get an Exercise Program Just for YOU Cost: \$50 (one time for 8 weeks)

The Get FIT program is an 8 week personalized fitness plan for new exercisers. The program is designed to lead you to a more physically active lifestyle. The Program offers guidance, motivation and structure in order to start and stick to a fitness routine.

What does the Get FIT Program consist of?

Personal Attention

You'll meet with a YMCA Fitness Coach 4 times (once every 2 weeks) during your 8-week program to help plan your exercise strategy, answer questions and keep you motivated.

You will also receive 2 Health Assessments through our Microfit Program. The assessments include Weight, BMI, Fat % analysis, muscular assessments and Blood pressure readings. This will help us keep track of your progress.

To register for the program, please contact Rafael Cano at (908) 355-9622 or via email at Rcano@tgfymca.org.

Personal Schedule

In the morning, over your lunch hour or while the kids are in school – you choose! The goal is to work out three times a week for 8 weeks.

Personal Plan

Your Personal Fitness Plan will be designed for you – based on your exercise history, personal goals and aspirations.

FOR HEALTHY LIVING

BUILD CONFIDENCE

We support individuals, families and the community for healthy living by promoting well-being, reducing risk of developing chronic disease and assisting people to reclaim their health through dedicated trained staff and intentionally designed programs in a safe environment engineered for personal success.

ADULT WELLNESS PROGRAMS

HEALTH & WELL-BEING

Get Started Visit with a Wellness Coach

Our Get Started Visit will introduce you to all the amenities our health and well-being center offers. Our goal is to assist you in achieving your personal wellness goals and to ensure proper use of equipment. Your individual Get Started Visit is based on your needs, and can include any and all of the "Free" Micro-Fit Health & Well Being Assessment.

Free Micro Fit Assessments

- Weight
- Height
- BMI
- Body Measurements
- Cardio Endurance test
- Upper Body Strength test
- Fat % Testing
- Wellness Profile
- and more...

Get Started Visits or refresher orientations are available and can be scheduled at any time at our Welcome Center.

A TRAINER, A FRIEND

Personal Training with a Personal Coach

Achieve your personal fitness goals with a Certified Personal Trainer, known at the YMCA as a Certified Personal Coach. Your Coach is here to help support your goals & achieve greater health & well being for you spirit, mind and body.

One on One Coaching:

Work individually with a Personal Trainer with a program designed to fit your needs. Our certified Personal Trainer will create an exercise plan that fits your needs and goals, through experience support and motivation.

	(1) 60 MINUTES SESSION	(6) 60 MINUTE SESSIONS	(8) 30 MINUTE SESSIONS
Individual Training	\$24	\$110 "SAVINGS-\$10"	
Duo Training	\$40	\$200 "DOUBLE THE SAVINGS-\$20"	
NEW! Now we are offering 30 min sessions to fit your busy schedule			\$120

To schedule a personal training session contact Rafael Cano, Health & Well Being Coordinator at the Health and Well-Being Center, at (908) 355-9622 ext 1225. For more information please contact Rafael Cano at (908) 355-9622.

BUILD ME A FITNESS PROGRAM

Boost up your workout! A certified trainer will customized an exercise program to fit your needs and goals. If you want to lose weight, tone your legs and gluts or just work on your six pack, we can create a routine for you to follow for 4 weeks.

First, the trainer will meet you and discuss your goals, second, the trainer will create the workout plan and last, the trainer will teach you each exercise. Its that simple!

Program Cost is \$30. Appointments are required

For further information, please contact Rafael Cano via email at rcano@tgfymca.org or call at (908) 355-9622.

FREE GROUP FITNESS EQUIPMENT ORIENTATIONS

Join one of our trainers every Saturday and learn the functionality of our fitness equipment, proper technique of movements and exercise recommendations. The trainer will tour the equipment with the group while demonstrating the usage of each machine. Its also a great opportunity to answer questions. This is a great opportunity to meet other members who may share similar fitness goals. The purpose of this group orientation is to help you get started as soon as possible, so you can see the results you want.

Saturday: 11:15 AM – 12:30 PM

Our trainer will tour the following areas:

- Cardio Equipment located in the main level
- Pin selecting machines located next to fire place of main level
- Circuit strength area located in main level
- Strive equipment Located at the lower level.
- Only 10 people per session

Requirements:

- Registration at the welcome center is required in advance
- Members ages 15 and over can sign up for an orientation
- For children ages 10-14 we have a similar program called the Youth Strength Champion Every Saturday from 5pm to 6pm. For further information, please contact Rafael Cano at (908) 986-7658 or via email at rcano@tgfymca.org.

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.

To learn more about this life changing program contact us at LiveSTRONG@tgfymca.org or Paul Mickiewicz at the Wellness Center Branch, (908) 349-9622, or Michael Johnson at the Association Office at (908) 249-4809.



FOR SOCIAL RESPONSIBILITY

MAKING A DIFFERENCE

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

ALWAYS HERE FOR THE COMMUNITY

HOUSING/SOCIAL SERVICES

The Gateway Family YMCA Elizabeth Branch offers an extensive housing and social service program to support individuals and families in need of a safe environment with opportunities to restructure their lives. We provide transitional housing to single men, single women and women with children and men with children. Additionally, we provide transitional, supportive and permanent affordable housing opportunities, along with wraparound social services focusing on employment preparation, life skills and case management. Our goal is to provide a continuum of care that provides the assistance necessary to transition from homelessness to self-sufficiency; from shelter to permanent housing.

We also offer three specialized programs: Project Sustain, a 6-month Mommy and Me, residential program for pregnant women and women and children who are in recovery from addiction and a Supportive Housing Program for individuals and families who are homeless and disabled, and The Dudley House Veterans Transitional Housing Program in Plainfield, NJ.

Transitional

- Project Sustain
- Madison House
- The Step up Transitional Housing Program
- Supportive Housing Program
- Men's Dormitory
- The Dudley House Veterans Transitional Housing Program

PERMANENT HOUSING

- Sierra Gardens

The Y takes pride in giving back and providing on-going support to its community. Our commitment and dedication provides our members with a safe environment and opportunities to better themselves and their loved ones. We proudly work hard to make sure every child, adult and family are put in the right path to achieve a better life.

For additional information please contact:

Men's Housing (908) 355-9622
Women and Family Housing (908) 352-4560
The Dudley House (908) 573-2121

Referral Required for All Social Services.

WE CARE LIKE YOU DO

The Gateway Family YMCA WISE Adult Social Day Services Program

(Wellness, Independence and Socialization for our Elders) helps older adults maintain their independence and improve their quality of life through dementia-specific programming and adaptations to help them meet their needs.

The program also offers support to alone caregivers through support groups and respite program.

For additional information please contact:

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



HEALTHY CONNECTED KIDS

7th Grade Initiative Membership

Calling all 7th Graders - FREE Membership

The Elizabeth Branch YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.

The 7th Grade Initiative program provides opportunities for fitness and sports, as well as an opportunity to socialize with peers in a safe, supervised and conveniently located environment. This special free membership available only to 7th graders demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

Get started!

If you are a 7th grade student in or near the surrounding communities of Elizabeth, Rahway or Union, NJ, you qualify for a FREE 7th Grade membership The Gateway Family YMCA. To activate your membership, bring your school ID, roster or report card and a parent or guardian with you to any branch. Complete a few quick forms and begin using the membership right away.

What You Get!

Use of the YMCA facilities (fitness room, free weight room and strength training room), access to group exercise classes, teen nights, open gym times, workshops and more!

- 7th Grade Students Get A Complimentary Membership.
- Estudiantes de Septimo Grado Reciben Membrecia Gratis.

7th Grade Leader's Club

Join us as we focus on team building, personal growth, and character development through service and volunteerism.

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

FOR SOCIAL RESPONSIBILITY

MAKING A DIFFERENCE

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 each child development, skill enhancement, brain development and school readiness. ELR is for both the Caregiver and their youth age 0-5 years.

Classes are held at the following locations:

The Gateway Family YMCA - Elizabeth Branch
135 Madison Avenue, Elizabeth, NJ

Monday/Wednesday (Bilingual): 10:00 AM - 12:00 PM or
Tuesday/Thursday (Bilingual): 10:00 AM - 12:00 PM

For more information, contact Lisa Yanez at lyanez@tgfymca.org or (908) 355-3061.

The First Presbyterian Church, 1731 Church Street, Rahway, NJ

Monday/Wednesday (Bilingual): 10:00 AM - 12:00 PM or
Tuesday/Thursday (Bilingual): 10:00 AM - 12:00 PM

For more information, contact Shannon Frank at sfrank@tgfymca.org or (732) 388-0057.

Healthy snacks are provided.

Classes run September 2018 - June 2019.



GROUP LIFESTYLE BALANCE PROGRAM

This is a Diabetes Prevention Program focused on weight loss and increased physical activity. Over 12 weeks, we will work together within a small group setting to adopt everyday habits that will improve your overall health and well-being while reducing the risk of chronic disease. Everyone will have the goal of 7% weight loss and 150 minutes of weekly physical activity. After 12 weeks, you will have the opportunity to meet with a coach monthly to sustain your weight loss!

Full Members	\$75
Non-Members	\$125

For information on upcoming classes and dates, contact Michael Johnson at (908) 249-4809 or mjohnson@tgfymca.org.

BLOOD PRESSURE SELF-MONITORING PROGRAM (BPSM)



Research shows that simply checking and recording your blood pressure (BP) twice a month for four months may lower BP for those with high BP. To qualify for BPSM, participants must be 18+ years of age, have been diagnosed with high BP, not experienced a recent cardiac event or have any arrhythmias or atrial fibrillation. With BPSM, participants will work with trained staff over a four-month period to improve their self-monitoring skills. Program goals are to reduce and better manage your BP, and enhance knowledge of healthier eating habits. Monthly Nutrition Seminars will highlight healthier eating habits.

Full Members	\$35	Contact Michael Johnson, mjohnson@tgfymca.org or (908) 249-4809.
Non-Members	\$60	

HEALTHY CONNECTED COMMUNITIES

Shaping Eastern Union County

Shaping Elizabeth (CHI) is a team composed of like minded community leaders committed to improving the health and well-being of the residents of the City of Elizabeth by creating sustainable change to policies, environment and strategies that support improved health, nutrition and physical activity for all.

Shaping Elizabeth, CHI welcomes any non-profit community or government agency with a vision and mission which matches our purpose and interested in collaborating.

If you are interested in becoming a member contact shapingelizabeth@tgfymca.org or (908) 249-4800.



THE GATEWAY FAMILY YMCA**ELIZABETH BRANCH**

135 Madison Avenue
Elizabeth, NJ 07201
(908) 355-9622

YOUTH DEVELOPMENT BRANCH

16-20 Jefferson Avenue
Elizabeth, NJ 07201
(908) 355-3061

THE DUDLEY HOUSE

930 Putnam Avenue
Plainfield, NJ 07060
(908) 573-2121

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WELCOMING NEIGHBORS

Building Community

Welcoming Week September 13-22

Branch Events and Details at tgfymca.org

Family Fun & Fitness Day

October 5

Open to the Community

When you join the Y, you'll find a place to do what you love while finding togetherness. Join today and discover programs and activities that do more than promote better health—they strengthen the bonds of community. By joining the Y, you join our cause to make the community stronger.

For more than a workout. For a better us.

\$25
Joiner Fee

October 5
Only