



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Jump Into FUN!



THE GATEWAY FAMILY YMCA – RAHWAY BRANCH

Summer 2018 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

*See details online



A GREATER IMPACT

View the story of
Kevin and Lois at the
WISE Center Branch
[tgfymca.org/
wise-center-branch](http://tgfymca.org/wise-center-branch)



Stay Cool this Summer!

Summer Memberships
1, 2 or 3 Months Available

Join Online
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

Annual Campaign

401000 9/19

DISCOVER MORE THAN ONE WAY TO ENERGIZE

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

Lindsay Sudia, Membership Engagement Director

Cadene Fredankle, Youth & Family Engagement Director

LaDonna Damon, Director of Branch Administration

Hans Stockman, Aquatics Director

Thomas Bruzdowski, Property Manager

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.

Hours of Operation:

Monday—Friday 5:30 am—10:00 pm

Saturday 6:00 am—9:00 pm

Sunday 7:00 am—5:00 pm

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.

Pool & Gymnasium closes 30 minutes before facility closes.

All registrations must occur 30 minutes prior to facility closing.

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 children ages 6 months to 12 years old.

Monday-Thursday 6:00-8:00 pm

Saturday 9:00-11:00 am

Holiday Closings:

Wednesday, July 4

Monday, September 3

Summer Registration Information:

Summer Session: June 18-September 2

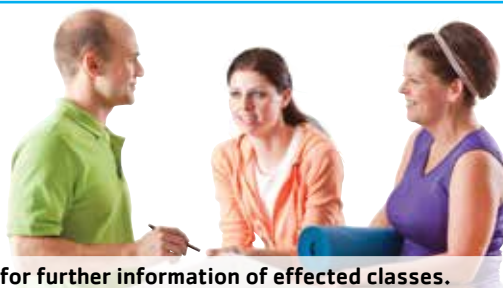
Full Member Registration begins June 4

Basic member registration begins June 11

Register in person or online at www.tgfymca.org

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

Know Before You Go! Remember to check our website and social media in the event of inclement weather.



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

DISCOVER MORE THAN ONE WAY TO ENERGIZE

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

Facility Memberships	Ages	Monthly Fee	Member Rewards	Joiner's Fee
All Inclusive – Access to 4 Branches (Elizabeth, Five Points, Rahway & Wellness Center)				
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 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

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 YMCA

MEMBERSHIP BENEFITS – 1 month free trial for NJ State Employee. NJ State ID required to start trial membership.

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

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). For more information, contact: Cadene Fredankle at cfredankle@tgfymca.org.

SCHOOL AGE CHILD CARE SERVICES

Multi-Sibling Rate!

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

Before Care and After Care Program

The Before and After School Programs are offered at the following schools in Rahway: Cleveland, Franklin, Madison and Roosevelt Elementary Schools and the 7th & 8th Grade Academy for Pre-K students.

Tuition Fees for the School Age Child Care Program 2018/2019

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.

Program Changes/Withdrawal

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

PARENT ORIENTATION

for all families registering for the SACC Program will be held in August.



Vacation Days

When school is out, your child can spend the day at the Y and play all day. The vacation day program runs from 7:30am – 6:30pm. On most scheduled school closure days. Participants will engage in a variety of activities including, swim, art classes, sports programming, outdoor activities and more. All participants are asked to bring a bathing suit and towel and a bagged lunch. Please register early, registrations may not be accepted on the same day if space is not available.

SACC Participant: \$25

Full Members: \$35

Basic Member: \$45

Non-Member: \$55

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.

FOR YOUTH DEVELOPMENT

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 & TEEN CLASSES

These programs will run for 10 weeks - June 18 through September 2

Youth Sports

Soccer

Students will learn the elements that are needed to build a strong foundation for Soccer adding fundamentals of new skill search week. Each class will be broken into a segment for technique and a segment for game play.



Ages 3-5
Thursdays 3:15-4:00pm
Full Members \$60 • Basic Members \$80

Ages 6 & older
Saturdays 11:15am-12pm
Full Members \$60 • Basic Members \$80

Marathon Kids

Marathon Kids is dedicated to improving the health of children by providing them with the tools, motivation and support to live happier, healthier lifestyles. So far, Marathon Kids has transformed the lives of over two million children and as of this year, we have partnered with Nike to take our youth running program to the next level. Kids everywhere need more access to physical activity. We are building a sustainable funding model to fuel our growth and help every kid go the distance. Kids track their progress on mileage logs. By the end of the program, kids are rewarded and recognized at the finisher celebration.

All ages
Mondays
6:00pm-7:00pm
Full Members \$15
Basic Members \$20



Summer Outdoor Basketball League

League is open to all boys and girls entering 3rd to 12th grade starting late-June through mid-August. Players will be grouped by grade level. Players of all grades and abilities can play in this program.

Full Members \$25
Basic Members \$35



Kids Gym

Parents and preschoolers have fun jumping and crawling in our 45 minute energized program. During Kids Gym, children develop physical and social skills through singing, crafts, simple games and parent-child interaction during free play. Kids Gym is designed for parents and their children.

Ages 3-5
Tuesdays 3:15pm-4:00pm
Full Members \$60 • Basic Members \$80

Sports Weeks

All Sports Weeks will be held **Monday-Friday, 9:00am-3:00pm**. Sports Weeks are designed for children entering 1st through 5th grades.

Be sure to wear appropriate clothing – sneakers are a must. All Sports Week participants will also need to bring a water bottle, snack, lunch, bathing suit and towel.

Full Members: \$160 per week • Basic Members: \$185 per week



Sports Mix – Focus on a variety of sports, giving the participant the opportunity to find which sports he or she enjoys the most.
June 25 – June 29
August 13 – August 17

Basketball – Participants will work and play in the skill areas of dribbling, shooting, passing, defense and game strategy. Fun drills are used to develop skills and teamwork.
June 9 – June 13
July 16 – July 20
August 20 – August 24

Tennis – Participants develop greater speed and agility as well as hand eye coordination while playing this fast paced sport. Learn forehand, backhand, how to control the ball and how to serve. Racquets are available for those that do not have their own.
July 23 – July 27
July 30 – August 3
August 6 – August 10

Flag Football – Lace up your shoes and get ready to move! Participants will work and play in the skill areas of ball handling, tossing, catching, running and strategy.
August 27 – August 31

Teen Fitness – This class will help our young people develop healthy habits, focus on knowledge and skills to safely exercise in our wellness center. Programs are designed to give the participants the opportunity to explore a wide range of activities including strength training, cardio, weightlifting and a variety of classes.

Ages 12+
Tuesdays & Thursdays
(This is a 6 week class and will begin the week of June 25)
4:00-5:00pm
Full Members \$120
Basic Members \$140

Zumba Kids – Zumba Kids is based on the original Zumba choreography, we break down the steps, add games, activities and cultural exploration elements into the class structure

Ages 7-12
Tuesdays & Thursdays
(This is a 6 week class and will begin the week of June 25)
12:00-1:00pm
Full Members \$120
Basic Members \$140



FOR YOUTH DEVELOPMENT

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 Art Classes

Paint To Create

Ages 7-12 years old

Children will use mediums such as watercolor and acrylic to create landscapes, abstract forms, still life's and self portraits.

Tuesdays 1:00-2:00pm

(This is a 6 week class and will begin the week of June 25)

Full Members \$60 • Basic Member \$80

3D Sculpture

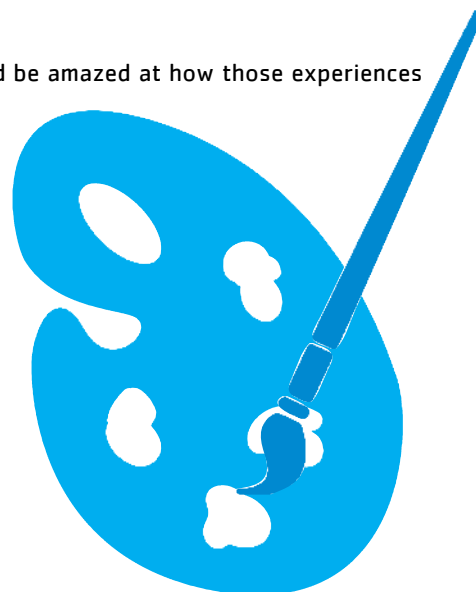
Ages 7-12 years old

Children will use different mediums such as cardboard, paper mache, clay, wire and foam to create unique personal 3D sculptures.

Thursdays 1:00-2:00pm

(This is a 6 week class and will begin the week of June 25)

Full Members \$60 • Basic Member \$80



Art Weeks

Program designed for students entering 1st-5th grade

Monday-Friday, 9:00am-3:00pm.

Be sure to wear appropriate clothing – clothing may get messy.

All Artist's will also need to bring a water bottle, snack, lunch, bathing suit and towel.

Prices listed are per week.

Out of This World –

Week of July 9-July 13

Be inspired! Participants will create multiple outer space related projects by experimenting with different mediums to make art out of this world!

Full Members: \$185

Basic Members: \$210

Cartoon –

Week of July 30-August 3

Be Creative! Participants will use different art mediums to explore the fun realm of cartoons! Create exciting projects such as painting characters, building clay sculptures, and designing comic books.

Full Members: \$185

Basic Members: \$210

You are a Wizard –

Week of August 13-August 17

Let your inner artist shine! Participants will use a variety of creative techniques and mediums to create daily magical masterpieces.

Full Members: \$185

Basic Members: \$210



Family Nights

Family nights are a great time for families to have fun and create memories that last a lifetime. All activities are for families only. All children must be accompanied by an adult for all activities.

Friday, July 20 Hawaiian Luau

Friday, August 17 Pirates, Argh!

6:30-8:30pm

Full Member: \$10 per family • Basic Member: \$15 per family

SPECIAL EVENT RENTALS AVAILABLE

for Baby Showers, Graduation Parties, Holiday Celebrations and more.

Please contact Bryanna Murray at bmurray@tgfymca.org for more information and pricing.

BIRTHDAY PARTIES

WHERE EVERY CHILD IS THE STAR!

Pool Birthday Parties include:

- One hour of pool fun
- Certified Lifeguards
- Pre-test of all swimmers
- Access to flotation devices
- One hour of party celebration
- Set up of tables, chairs

Dance, Art or Sports parties include:

- One hour of private gym or studio fun
- Choose between one hour of Dance, Art or Sports
- One certified instructor
- One hour of party celebration
- Set up tables, chairs



To book your party or for more information send an email to birthdayparties@tgfymca.org

INSTANT FUN. JUST ADD WATER.

NEW! SWIM LESSON CURRICULUM AND LEVELS

30 MINUTE CLASSES

FULL MEMBERS: \$98
BASIC MEMBERS: \$149

45 MINUTE CLASSES

FULL MEMBERS: \$149
BASIC MEMBERS: \$188

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months-3 years
PARENT* & CHILD:
STAGES A-B



3 years-5 years
PRESCHOOL:
STAGES 1-5



6 years & up
YOUTH:
STAGES 1-6

All age groups are taught the same skills but divided according to their developmental milestones.

A. WATER DISCOVERY

Ages 6-18 months (Parent Child 1)

This is your first opportunity to expose your infant or toddler to the wonderful world of water fun and safety. The focus for this class is to ensure your baby's first swim experience is a positive one by guiding both the parent and the child in basic water orientation.



B. WATER EXPLORATION

Ages 19-36 months (Parent Child 2)

Your infant or toddler will continue to learn about water safety, while practicing basic swimming skills and breath control at a higher level of independence.



1. WATER ACCLIMATION

Ages 3-5 years (formerly Pike) & Ages 6-12 years (formerly Polliwog 1)

For the beginner swimmer to become adjusted and comfortable in the water. Participants will learn to float, perform front and back glides and proper breath control.



2. WATER MOVEMENT

Ages 3-5 years (formerly Eel) & Ages 6-12 years (formerly Polliwog 2)

In this stage, swimmers should be comfortable with their face in the water and able to swim 15-20ft. on their front independently (with flotation for preschool stage). Swimmers will work towards 15yd. on their front with alternating arms, and back floating for 20 seconds (10 secs. for preschool stage).



3. WATER STAMINA

Ages 3-5 years (formerly Ray 1) & Ages 6-12 years (formerly Guppy)

Students must be able to swim/float/swim for 15yd. and will build the endurance to swim/float/swim 25 yd. throughout the session; swimmers will work on rotary breathing and backstroke.



4. STROKE INTRODUCTION

Ages 3-5 years (formerly Ray 2) & Ages 6-13 years (formerly Minnow)

Students must be able to proficiently swim 25yd. (15yd for preschool stage) of freestyle and backstroke. Swimmers will build the endurance to swim 50yd. (25yd. for preschool stage) continuously and will be introduced to both the breaststroke and butterfly kicks.



5. STROKE DEVELOPMENT

Ages 3-5 years (formerly Starfish) & Ages 6-13 years (formerly Fish, Flying Fish)

Students must be able to swim 50yd. of freestyle and backstroke continuously. During this stage, students work on stroke technique and learn all competitive strokes.



6. STROKE MECHANICS

Ages 6 & up (formerly Shark)

In this stage, swimmers should be able to swim 150yd. of freestyle, backstroke and breaststroke and will build the endurance to swim 200yd. with proper turns. Throughout the session, stroke technique will be refined and students will discover how to incorporate swimming into a healthy lifestyle.



BUILD CONFIDENCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 min classes	Water Discovery				10:30-11:00 AM	8:30-9:00 AM	
	Water Exploration				10:30-11:00 AM	9:00-9:30 AM	
	Water Acclimation 5:00-5:30 PM			11:00-11:30 AM 4:45-5:15 PM 5:00-5:30 PM 5:30-6:00 PM	5:00-5:30 PM	9:00-9:30 AM 9:35-10:05 AM	
	Water Movement 5:30-6:00 PM			6:00-6:30 PM	5:30-6:00 PM	9-9:30 AM	
	Water Stamina 6:00-6:30 PM			6:30-7:00 PM		9:35-10:05 AM	
45 min classes	Water Acclimation 5:00-5:45 PM					9:35-10:20 AM	
	Water Movement 5:45-6:30 PM				6:00-6:45 PM	11-11:45 AM	
	Water Stamina 6:30-7:15 PM			6:15-7:00 PM		10:10-10:55 AM	
	Stroke Introduction 6:30-7:15 PM 6:30-7:15 PM			5-5:45 PM 5:45-6:30 PM	6:45-7:30 PM	11:00-11:45 AM	
	Stroke Development			6:30-7:15 PM		8:15-9:00 AM 10:10-10:55 AM	
	Stroke Mechanics			5:00-5:45 PM		10:25-11:10 AM	
	Rapids Intensive Swim 4:00-4:45 PM	4:00-4:45 PM	4:00-4:45 PM	4:00-4:45 PM	4:00-4:45 PM		

Private Swim Lessons

Private swim lessons available! Experience customized swim lessons with one-on-one attention. Classes are offered as a set of 4 or 8 - 30 minute time blocks. Please note: due to the popularity of this program, consistent attendance is required. Share the swim lesson with a friend and save!

Single Private Lesson: Full Members: 4-\$180 8-\$350
Basic Members: 4-\$220 8-\$390

Duo Private Lesson: Full Members: 4-\$300
Basic Members: 4-\$340

Rapids Swim Team - Be a Part of Something Bigger

The Gateway Family YMCA is committed to the development of a competitive swimming program. The Rapids will practice at the Rahway Branch and practices are structured to work on endurance and stroke technique, while promoting sportsmanship, confidence and team spirit. For more information on the Rapids Swim Team please contact Hans Stockman, Aquatic Director at the Rahway Branch 732-388-0057.

Rapids Summer Swim Team -

Tryouts are scheduled for the following dates/times:

Friday, June 8 3:00-7:00pm
Saturday, June 9 12:00-3:00pm
Sunday, June 10 10:00am-1:00pm

Practices will start on Monday, June 11. Season will consist of practices Monday-Friday. Meets will be on Wednesday evenings and Saturday mornings. More detailed information will be available the weekend of tryouts.

Rapids Fall Swim Team -

Tryouts are scheduled for the following dates/times:

Friday, August 10 3:00-7:00pm
Saturday, August 11 12:00-3:00pm
Sunday, August 12 10:00am-1:00pm

More information will be in our fall brochure.

Rapids Intramural Swim Program/ Pre-Swim Team—Ages 6-16 Years

45 minute classes - Choose 1, 2 or 3 week option.

This program is designed for swimmers who want to swim multiple times per week or for those swimmers interested in improving technique in order to qualify for the Rapids Swim Team. Swimmers participating in this program must be at the Stroke Development and above. Swim evaluations are also conducted to determine admission to the program. This Program focuses on stroke technique in all four competitive strokes (Freestyle, Backstroke, Breaststroke, Butterfly) and is a great way to increase cardio endurance. Led by qualified coaches, introduces youth to a swim team environment. Swimmers are required to swim at least two days per week and can swim up to five days per week with flexibility to choose the days you want to swim!

Contact the Aquatics Department at if you have any questions regarding this program.

Full Members: \$60 per week • Basic Members: \$85 per week



American Red Cross Classes: Contact the Aquatics Department for more information.

SAFETY CERTIFICATION CLASSES Lifeguard and CPR Certification Headquarters!

The Gateway Family YMCA, Rahway Branch, is pleased to offer American Red Cross Certification courses in Lifeguarding, CPR, First Aid, AED, and Oxygen Administration. Several courses will be offered throughout the year with convenient times.

American Red Cross Lifeguarding

This course includes Lifeguarding, CPR, First Aid, AED and Oxygen Administration. A pre-test, which includes a 300 yard swim, will be administered on the first day of class to determine eligibility to the program. 100% attendance is mandatory for this course. Participants must be 15 years of age to register.

American Red Cross Lifeguard Recertification Course

Renew your Lifeguard certification with this one day course and test.

American Red Cross Community CPR and First Aid

Let the YMCA support you in being ready for an emergency. This course teaches participants life-saving techniques and what to do in an emergency situation. Participants must be 16 years of age to register.

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

Free Fitness Orientations

Our Fitness orientations will introduce you to all the amenities our health and well-being center offers. These orientations are for your safety and to ensure proper use of equipment. Your individual fitness orientation is based on your needs, and can include any and all of the "Free" Micro-Fit Health & Well Being Assessment Options.

Free Micro Fit Assessments

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

Individual fitness orientations 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.

Individual Training:

- (1) 60 minutes session: \$ 60.00
- (5) 60 minute sessions: \$200.00
- (10) 60 minute sessions: \$300.00

To schedule a personal training session, please contact LeeAnne Muller at lmuller@tgfymca.org or 732-388-0057.



CLASSES LISTED BELOW ARE INCLUDED IN YOUR FULL MEMBERSHIP!

Aqua Cardio
Aqua Stretch & Flex
Aqua Jogging
Boot Camp
Chair Yoga
Core And Abs
Conditioning Kettle Bell
Cycling
Gentle Yoga
HIIT
Kickboxing

Lower Pump
Oodles of Noodles
Pilates
Silversneakers®
Strength & Conditioning
Stretch & Tone
Total Water Fitness
Upper Pump
Zumba® Fitness
Zumba Gold

See Group Exercise Schedule for class days and times.

ART & WELLNESS ADULT WORKSHOPS

Adults 18+

Arts & Wellness Workshops are for participants who seek to nourish their creativity through hands on art activities designed to inspire mindfulness and a sense of community. Each session will begin with a group check in followed by art making and a group wellness class.

Wednesdays 6:00-8:00pm

Full Members: \$25 per class • Basic: \$35 per class

July 11 Acrylic Painting & Zumba

Students will be painting as the instructor is providing step by step instructions of how to draw and paint a summer themed painting followed by a Zumba class.

July 18 Zentangle & Spin

Students will be drawing abstract shapes, repeating designs and constructing Zentangle followed by a Spin class.

July 25 Loom Weaving & Burn/Sculpt

Students will learn how to create their own loom and learn how to do a basic tabby weave followed by a Burn/Sculpt class.

August 1 Wire Sculpture & Body Balance

Students will create a tree form out of wire followed by a Body Balance class.

August 8 Coil Pots & Plyoga

Students will create ceramic pieces, using the coil method followed by a Plyoga class.

SUMMER WALKING CHALLENGE

The challenge is to walk from High Point State Park to Cape May Lighthouse which is 187 miles.

We will be meeting every Wednesday in Rahway Park to walk as a group. We also encourage you to walk in addition to this; there will be weekly mile check in on our map of New Jersey. We are also hoping families will take selfies to add to our board. We will be having a kickoff party and end of summer celebration to acknowledge each participant's commitment.

Wednesdays 6:00-7:00pm

Full Member \$15

Location is Rahway River Park



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:
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 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. **ELR is for both the Caregiver and their youth age 0-5 years.** 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.

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 The Gateway Family YMCA Rahway Branch, 732-388-0057 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.

THE GATEWAY FAMILY YMCA

RAHWAY BRANCH

1564 Irving Street
Rahway, NJ 07065
(P) 732-388-0057
www.tgfymca.org

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Register Now for a summer
to remember at the Y!

**5K RUN/
WALK** for
a better us
June 10

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.

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