



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALWAYS HERE FOR YOU

**SUSSEX COUNTY YMCA
WINTER PROGRAMS**

**January 2, 2012 -
February 26, 2012**

**Online Registration Begins
December 12, 2011**



HEALTHY LIVING

HEALTH & WELLNESS

CONTACT KICKBOXING

Ages: 16 plus

Combines elements of boxing, martial arts, and aerobics in an intense workout to provide overall physical conditioning and toning. You will also learn the proper form for punches & kicks with the use of professional kick pads. This class is ideal for weight loss.

Facility Member Price: \$130 or \$55 draft per month
Program Member Price: \$195.00

Tuesday 7:00pm-8:00pm
Thursday 7:00pm-8:00pm
Saturday 8:30am-9:30am

YOUTH & BEGINNER CONTACT KICKBOXING

Age: 10 to Adult

A great way to work up to an advanced level of fitness training. This modified class combines elements of boxing, martial arts, and aerobics for a workout that provides overall physical conditioning. Exercise while having fun.

Facility Member Price: \$80.00
Program Member Price: \$120.00

Thursday 6:00pm-7:00pm

AIKIDO

Age: 17 plus

Learn the dynamic, flowing martial art of Aikido, where the emphasis is on using your opponent's energy to gain control. Great self-defense techniques learned for both men and women.

Facility Member Price: \$112 or \$45 draft per month
Program Member Price: \$168.00

Wednesday 8:00pm-9:00pm

WEIGHT CHALLENGE

Age: 16 plus

Join a supportive group that works together to learn new tools to manage nutrition & exercise to help you succeed achieving your weight loss goals.

Facility Member Price: \$350.00
Program Member Price: \$500.00

Tuesday 6:00pm-7:00pm
Thursday 7:00pm-8:00pm

FLIRTY GIRL

Age: Adult

Unleash Your Inner Diva with Flirty Girl Fitness. Easy to learn dance routines provides cardio conditioning while improving self confidence.

Facility Member Price: \$56.00
Program Member Price: \$84.00

Wednesday 7:00pm-8:00pm

WOMEN'S SELF DEFENSE

This four week seminar will empower women of all ages to learn self defense skills that will increase their confidence and self-reliance.

Facility Member Price: \$40 for all four classes
Program Member Price: \$60.00 for all four classes
Dates: January 9th, 16th, 23rd and 30th

Monday 8:00pm-9:00pm

AQUATICS

ADULT FITNESS SWIM

Age: 18 plus

Coached swim sessions ideal for triathletes or fitness swimmers looking to improve their endurance and strokes.

Facility Member Price: \$50/one day, \$80/two days per week
Program Member Price: 75/one day, \$120/two days per week

Tuesday 8:00pm-9:00pm
Thursday 8:00pm-9:00pm

ADULT SWIM LESSONS—BEGINNER

Age: 16 plus

Learn to swim for those adults who never had that chance! It is never too late to learn important survival skills as well as benefit from a great form of exercise. This level is for those who may not feel comfortable in the water or be able to tread & float.

Facility Member Price: \$110.00
Program Member Price: \$165.00

Saturday 10:00am-10:45am

ADULT SWIM LESSONS—INTERMEDIATE

Age: 16 plus

This level is for those who are comfortable with submerging into the water and able to float & tread. This class will focus on strokes & proper streamline technique that can help you acclimate to circle swimming or just enjoy the recreational benefits of aquatic environments.

Facility Member Price: \$110.00
Program Member Price: \$165.00

Saturday 11:00am-11:45am

TRAVEL GETAWAY TIPS AND TRICKS

Age: Families and Couples

Looking for travel tips before you escape to Disney or an island getaway? This course will help prepare you for a safe and enjoyable vacation around water. Basic survival skills and tips are given in a fun learning environment. Bring your snorkels and masks for instruction and practice.

Facility Member Price: \$50.00 per family
Program Member Price: \$75.00 per family

Saturdays-Pool 12noon-1pm
February 4th, 11th & 18th

Active Adults

The Sussex County YMCA supports Active Adult members who stay active by participating in physical and social activities that enhance the spirit, mind and body. Our active adults gather monthly for activities including line dancing, low impact cardio classes, educational seminars, lunch and more.

1st Thursday of each month
10am-1pm

HEALTHY LIVING

GROUP EXERCISE

ABS

Fast but powerful, 30 minutes of core training.

ACTIVE ADULT FEELING FIT

A low intensity, low impact class for cardiovascular and muscular conditioning. A great way for Active Adults to have fun and keep fit!

ACTIVE ADULT TONING

Stretching and toning for increased flexibility, range of motion and strength.

BODY SHOCK

Full body class that is constantly changing to increase your fitness potential. Featuring calisthenics, interval training, boxing, kickboxing and plyometrics with the use of minimal equipment.

CARDIO KICKBOXING

A fun and upbeat cardio workout blending kicks, punches, jabs and calisthenics. This class will improve your endurance, balance and your muscle tone.

CARDIO STEP

Improve cardiovascular endurance, coordination and balance during cardio step class.

CARDIO PUMP

A full body workout that combines intervals of cardiovascular conditioning with strength training exercises. Use of weights, tubing, bars, steps and balls are incorporated into this energizing class.

CYCLE

Improve your cardiovascular endurance by cycling to a wide variety of music to create a ride that will keep you motivated and your heart pumping. Class sizes are limited; bikes are first come, first serve. Tickets available 30 minutes prior to the start of each class at the Welcome Center.

CYCLE AND SCULPT

A great work out to work your cardiovascular system and gain strength.

KETTLEBELL ADVANCE TRAINING

An intense full body work out using kettlebells to increase your fitness level. This class is for intermediate and high level fitness levels.

KETTLEBELL PLUS

An intense full body work out utilizing kettlebells to perform ballistic exercises that combine cardiovascular, strength and flexibility training.

LOW IMPACT CARDIO

Enjoy a mix of low-impact, high-intensity toning and cardiovascular conditioning exercises for your whole body.

MAT PILATES

A mat based class that focuses on strengthening your core muscles through disciplined movements and controlled breathing.

MIDSECTION MELTDOWN

Includes abdominal, oblique, upper and lower back strengthening exercises. Increases flexibility, stability and balance.

PROGRESSIVE FITNESS

A progressive fitness program that works the body in resistance training, cardio and flexibility. Progressively increase your fitness level.

RAISE THE BAR

Take your fitness to a new level using the body bars for a full body workout.

SCULPT

A full body workout using resistance to strengthen your muscles.

STEP AND TONE

A low impact class that incorporates cardio step and resistance training for toning muscles.

TEEN CYCLE

Just for teens, a high energy cycle class with great music. Exercise while having fun! Registration required.

TAI CHI

Tai Chi is a set of movements completely focused on the development of an intrinsic energy called Chi. Expanding our creativity and awareness, promoting longevity and bettering the quality of our lives, improving our balance, flexibility, and stamina.

20/20

Mix up your workout: sculpt, cycle, cardio and more.

TRIPLE THREAT

Hard core circuit class including sculpting and cardio.

YOGA

Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. A variety of yoga classes are offered including Chair Yoga, Dynamic Yoga, and Vinyasa Yoga.

YOGA/PILATES

Pilates and Yoga combined to build a strong core with the benefits of flexibility.

ZUMBA

The Zumba® program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will provide a full body workout while having fun. Other Zumba® classes offered are Zumba® Gold for Active Adults and Zumba® Toning.

AQUATICS

ARTHRITIS AQUATIC EXERCISE

This water-based program is designed to improve flexibility, strength, mobility and physical fitness in people with arthritis and a variety of other conditions.

WATER AEROBICS

Great way to get fit in a buoyant aquatic environment. A balanced and varied workout, including cardiovascular endurance, toning and stretching.

DEEP WATER FITNESS

A deep water exercise class using aqua belts, noodles and hand bells, providing a challenging workout for all fitness levels.

EARLY BIRD WATER FITNESS







A water exercise class using all areas of the pool with aqua belts, noodles and hand bells, helping you shape up & have fun.

The above classes are included in facility membership. Current class schedules are available at www.sussexcountymmca.org.

SWIM LESSONS






PARENT AND CHILD SKIPPERS PROGRAM AND PRESCHOOL SWIM LESSONS

Winter—January 2-February 26

| Class | Baby Bubbles | Stepping Stones | Inia  | Perch  | Pike  | Eel  | Ray  | Starfish  |
|----------|---------------|-----------------|--|---|---|---|---|--|
| Age | 3 mos - 2 1/2 | 2 1/2-4 1/2 | 2 1/2-4 1/2 | 3-4 1/2 | 3 1/2-6 | 3 1/2-6 | 3 1/2-6 | 4-6 |
| Monday | 10:00-10:30 | 11:20-11:50 | | 10:00-10:30 4:40-5:10 | 11:20-11:50 4:40-5:10 5:20-5:50 | 10:40-11:10 4:40-5:10 | 10:40-11:10 4:00-4:30 | 5:20-5:50 |
| Thursday | | 11:20-11:50 | 11:20-11:50 | 10:00-10:30 5:00-5:30 | 10:40-11:10 5:00-5:30 5:40-6:10 | 10:40-11:10 5:40-6:10 | 10:00-10:30 5:40-6:10 | 5:00-5:30 |
| Friday | | | 4:45-5:15 | 4:00-4:30 | 4:00-4:30 | 4:00-4:30 | 4:45-5:15 | 4:00-4:30 |
| Saturday | | 9:00-9:30 | 9:30-10:00 | 10:10-10:40 | 10:10-10:40 10:50-11:20 11:30-12:00 | 9:00-9:30 10:10-10:40 10:50-11:20 | 10:50-11:20 | 10:10-10:40 |
| Sunday | 10:50-11:20 | | 10:10-10:40 | 10:10-10:40 | 9:30-10:00 10:10-10:40 | 10:50-11:20 | 10:50-11:20 | 10:50-11:20 |

PROGRESSIVE SWIM LESSONS

Winter—January 2-February 26

| Class | Polliwog  | Guppy  | Minnow  | Fish  | Flying Fish  | Junior Swim Fit | Senior Swim Fit | Guard Start |
|-----------|--|---|--|--|--|-----------------|-----------------|---------------------|
| Age | 7-11 | 7-11 | 7-12 | 7-12 | 9 & up | 7-11 | 12-17 | 11-14 |
| Monday | 4:00-4:30 | 4:00-4:30 5:20-5:50 | 5:20-5:50 | 4:00-4:40 | | 4:00-5:00 | | |
| Tuesday | | | | | | | 4:00-5:00 | |
| Wednesday | | | | | | 4:00-5:00 | | |
| Thursday | 6:20-6:50 | 6:20-6:50 | 6:20-6:50 | 5:00-5:40 | | 5:00-6:00 | 5:00-6:00 | |
| Friday | 4:45-5:15 | 4:45-5:15 | 4:45-5:15 | | 4:00-4:40 | | | |
| Saturday | 9:30-10:00 | 9:30-10:00 11:30-12:00 | 9:30-10:00 | 11:20-12:00 | 11:20-12:00 | 10:30-11:30 | 9:30-10:30 | Offered Spring 2012 |
| Sunday | 9:30-10:00 | 9:30-10:00 | 10:10-10:40 | | 9:30-10:10 | | | |

Swim Lesson Fees

| Class Day | Program | Members | Program Members |
|--------------------|--------------------------------------|---------|-----------------|
| All Days | Baby Bubbles & Stepping Stones | \$60 | \$90 |
| All Days | All pre-school & progressive classes | \$80 | \$120 |
| Adult Swim Lessons | Adult & Intermediate | \$110 | \$165 |

Swim Fit Club Fees

| Classes Per Week | Members | Program Members |
|------------------------|---------|-----------------|
| One class per week | \$100 | \$150 |
| Two classes per week | \$165 | \$220 |
| Three classes per week | \$215 | \$290 |
| Four classes per week | \$260 | \$360 |

Free swim assessments provided. Please refer to our website at www.sussexcountymca.org or class descriptions.

YOUTH DEVELOPMENT

YOUTH ENRICHMENT CLASSES

MUSIC AND MORE (6 months – 3 years)

Sing, dance and thrive with our talented and fun new children's music instructor. Your child will learn about rhythm and rhyme while exploring simple musical instruments. Parents stay for the class and enjoy helping their child grow through the magic of music.

Facility Member Price: \$53.00
Program Member Price: \$80.00

Wednesday 9:30am-10:15am

WIGGLE WORMS (2- 4 years)

Jump and wiggle with this fun beginner gymnastics class. An introduction to basic gymnastics skill including rhythmic movement, rolls, jumps, landings, and stands.

Facility Member Price: \$35.00
Program Member Price: \$53.00

Friday 11:00am-11:30am

LITTLE DANCERS (2 – 4 years)

Express, dance and thrive with this beginner dance class. Your child will learn the basics of dance and rhythm, including tap, jazz, ballet, and hip-hop.

Facility Member Price: \$35.00
Program Member Price: \$53.00

Thursday 9:30am-10:00am

LITTLE CHEFS (2 ½ – 5 years)

Children use all five senses as they measure, count, pour, and mix delicious and nutritious foods. Fee covers cost of food.

Facility Member Price: \$66.00
Program Member Price: \$97.00

Monday 10:00pm-10:45pm

YOUTH SPORTS CLASSES

PEE WEE SOCCER (2 ½ -3 ½ years)

Play and grow while learning the fundamentals of soccer in this specialized version of Kinder Kickers. Basic soccer skills are introduced in a fun play environment, with an emphasis on being active, following directions, and having fun!

Facility Member Price: \$35.00
Program Member Price: \$53.00

Friday at Y 10:00am-10:30am
Saturday at Littell Center 10:00am-10:30am

KINDER KICKERS SOCCER (4 – 6 years)

Play and grow while learning the fundamentals of soccer. This is a fun, small games soccer development class where your child can learn basic soccer skills and grow in the confidence and coordination.

Facility Member Price: \$53.00
Program Member Price: \$80.00

Saturday at Littell Center 9:00am-9:45am

REGISTER FOR BOTH HOOP-A-CISE AND CRAFTY KIDS AND RECEIVE A SPECIAL COMBO CLASS PRICE!

Facility Member Price:
\$70.00

Program Member Price:
\$100.00

CRAFTY KIDS (2 ½ – 5 years)

Wonder, explore and create seasonal and holiday themed crafts. Design your own sock snowman, Valentine's treats, and groundhog puppet! This is a hands-on creative class for children who enjoy making and giving seasonal and holiday crafts.

Facility Member Price: \$44.00
Program Member Price: \$66.00

Tuesday 10:30am-11:00am

HOOP-A-CISE (2 ½ – 5 years)

Dance, jump, turn, and hop with hula hoops, music, friends and fun!

Facility Member Price: \$35.00
Program Member Price: \$53.00

Tuesday 9:45am-10:15am

BIRTHDAY PARTIES!

Private Splash Parties*
Open Swim Parties
Fun & Games Parties
Cooking & Craft Parties
Teen Parties*

*Ask about our New Inflatable
Pool Structure option!

Visit www.sussexcountyyymca.org for more
information or call the Aquatic Department at
(973)-209-9622.

BEAR BASKETBALL (5 – 8 years)

Learn the fundamentals of basketball through exciting games and new drills. An emphasis is placed on participation, sportsmanship, teamwork, skill development, and having fun!

Facility Member Price: \$53.00
Program Member Price: \$80.00

Saturday at Littell Center 10:45am-11:30am

SUMMER CAMPS

The Sussex County YMCA offers options from half day programs at the Y in Hardyston to full day camp with bus transportation to Fairview Lake in Stillwater. Let your child experience the summer of a lifetime.

For more information visit sussexcountyyymca.org

YOUTH DEVELOPMENT

SPECIAL NEEDS SWIM LESSON & SUPERVISED PLAY

This class will include swim instruction and supervised free play with a certified instructor. The focus is to introduce aquatic safety, learn a fun way to exercise and to be social with others. Programs are tailored to address the physical, cognitive and psychological needs of each participant. In addition, we will explore opportunities your child may need to be mainstreamed into our group swim lesson program.

Aides or caregivers are welcome to assist in the water at no extra charge.

Facility Member Price:
\$120.00

6-8 years
Tuesdays 4:00pm-5:00pm

Program Member Price:
\$180.00

9-12 years
Wednesdays 4:00pm-5:00pm

YOUTH MARTIAL ARTS CLASSES

LITTLE NINJAS (3 – 4 years)

Build self-confidence, coordination of mind and body, and self-discipline with this specialized pre-school self-defense class.

Facility Member Price:
\$35.00

Program Member Price:
\$53.00

Monday 5:30pm-6:00pm

KARATE I(5 – 8 years) & II (9 – 15 years)

Teaches personal development by learning self-defense, safety awareness, self-esteem and communication.

Facility Member Price:
\$80.00

Program Member Price:
\$120.00

KARATE I Monday 6:00pm-7:00pm
KARATE II Monday 7:00pm-8:00pm

SOCIAL OPPORTUNITIES

FRIDAY FUN NIGHTS

The hip place to be for anyone between the ages of 10-15. Everyone will be able to join in on all of the planned activities such as swimming, games & just hanging out! See website for schedule of themes. Non-members welcome!

Member Price:
\$4.00

Non-Member Price:
\$6.00

1st & 3rd Friday of each month 6:30pm-8:45pm

HIGH SCHOOL HANGOUT

High Schoolers ONLY! Get a workout, splash in the pool and play ping pong or other games with your posse. If you have ideas for cool things to do, call 973-209-9622 & ask for Rebecca. Non-members welcome!

Member Price:
FREE

Non-Member Price:
\$6.00

3rd Saturday of each month-starts 2/18/12 6:00pm-9:00pm

SERVICE OPPORTUNITIES

LEADERS CLUB (Middle School)

Middle School students come together to develop their own activities and events with an emphasis on social responsibility. We focus on developing leadership skills & team building.

Free & Non-Members Welcome
Wednesday 7:00pm-8:00pm

Y SERVICE CORPS (High School)

High School students are invited to join in on service learning activities & making a difference in our community! Do you need volunteer hours for school or church? This program is for you!

Free & Non-Members Welcome
Wednesday 7:00pm-8:00pm

SCHOOL AGE CHILD CARE

Before and After School Child Care Programs are available through the Sussex County YMCA at the Blairstown, Montague & Hardyston Elementary & Middle Schools. After School Child Care is available at the Franklin Elementary Schools.

Vacation Club is also available on school holidays at the Sussex County YMCA.
Visit www.sussexcountyyymca.org for more information.

SOCIAL RESPONSIBILITY

AMERICAN RED CROSS TRAININGS

Lifeguard Training

\$275 Member/\$325 Non-member

Upon successful completion, all candidates will be certified with Pool & Waterfront Lifeguard, First Aid and CPR for the Professional Rescuer. A mandatory pre-requisite swim test is required on the first day of class. In addition, all candidates must be 15 years of age by the last day of the class.

Lifeguard Recertification

\$145 Member/\$175 Non-member

All Lifeguards must be recertified every 2 years. This recertification course includes CPR for the Professional Rescuer/AED and First Aid. Please bring all current certifications to first day of class & be prepared for the mandatory pre-requisite swim test.

Lifeguard Instructor

\$350 Member/\$400 Non-member

Become certified to certify other Lifeguards. Must be at least 18 years of age on or before the last scheduled day of the instructor course. Please bring all current certifications to first day of class & be prepared for the mandatory pre-requisite swim test.

CPR for the Professional Rescuer/AED

\$100 Member/\$120 Non-member

This certification is required by health professionals and lifeguards who have a professional duty to act in an emergency and provide care. The class covers adult, child and infant CPR (one and two rescuer), and use of the Automated External Defibrillator.

CPR for the Professional Rescuer/AED Recertification

\$90 Member/\$110 Non-member

All CPR classes must be recertified every 2 years.

Lay Responder CPR & AED

\$100 Member/\$120 Non-member

Lay responders will gain the skills to perform CPR and provide care for adults, children, and infants who have breathing emergencies, such as choking.

Lay Responder CPR & AED Recertification

\$50 Member/\$70 Non-member

All CPR classes must be recertified every 2 years.

First Aid

\$55 Member/\$70 Non-member

Participants learn the skills necessary to give care in an emergency situation and minimize the consequences of injury and sudden illness.

Water Safety Instructor

New Lower Price!

\$300 Member/\$350 Non-member

Learn to teach swim lessons with a strong emphasis on drowning prevention and water safety. This course is recommended by swim lesson providers.

Babysitter's Training

\$75 Member/\$95 Non-member

Learn decision making skills, first aid and basic care. All participants receive a Babysitter's Handbook and must be 11 to 15 years of age.

For more information and schedule of classes visit www.sussexcountymca.org

SWIM INC.

SWIM Inc. is a non-profit volunteer organization that offers a free water exercise program for adults with movement impairment due to Parkinson's Disease, stroke, polio, MS, MD, arthritis, ALS, fibromyalgia, joint replacement surgery or other causes. If you find it difficult or impossible to exercise on land, try this instructor led water exercise program.

Anyone interested in participating or volunteering should contact Don Cutshall at 973-729-9457 or Susan Cooper at 973-570-0511. For more information about SWIM Inc., please visit the SWIM Inc. website at www.swim-inc.org.

This program is free and membership is not required.

SUPPORT GROUPS

CANCER SUPPORT GROUP

This group, led by an oncology counselor from Saint Clare's, provides emotional and social support to anyone touched by cancer.

2nd Wednesday of each month

12:30pm-1:30pm

Free for community

MS SUPPORT GROUP

This group lends support to anyone affected by Multiple Sclerosis.

1st Wednesday of each month

12:30pm-1:30pm

Free for community



NON-PROFIT ORG.
US POSTAGE
PAID
Sparta, NJ
Permit No. 185

Sussex County YMCA
15 Wits End Rd
Hardyston, NJ 07419
Phone (973) 209-9622
Fax (973) 209-1483

Hours of Operation

Monday-Thursday
5:00 am—9:30 pm

Friday
5:00 am—9:00 pm

Saturday
7:00 am—6:00 pm

Sunday
8:00 am—5:00 pm

Upcoming Special Events

| DATE | EVENT | TIME |
|----------------------------|-------------------------|----------------|
| Thursday, January 3, 2012 | Active Adult Day | 10:00am-1:00pm |
| Sunday, January 8, 2012 | Open House-Free | 11:00am-2:00pm |
| Sunday, January 22, 2012 | Yoga Day USA | 10:00am-3:00pm |
| Sunday, January 29, 2012 | Open House-Free | 11:00am-2:00pm |
| Thursday, February 2, 2012 | Active Adult Day | 10:00am-1:00pm |
| Friday, February 3, 2012 | Zumba Black Light Party | 6:30pm-8:30pm |
| Sunday, February 12, 2012 | Open House-Free | 11:00am-2:00pm |
| Sunday, February 12, 2012 | Partner Yoga Workshop | 2:00am-3:30pm |

For more information visit www.sussexcountyyymca.org