the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR FIT

THE RANDOLPH YMCA

Spring/Summer Program Guide

2017

YMCA PROFESSIONAL STAFF

Bill Lamia.....Chief Executive Officer
Bob McGrady.....Chief Financial Officer
Regina Benson.....Accountant
Hilary Collins.....Head Swim Coach
Jordan DiEgidio.....Development Director
Kathy Fisher.....Aquatic & Program House Director
Corinne Fischer.....Administrative Assistant
Ismael Gonzalez.....Fitness Director
Rich Groel.....Asst. Aquatic Director
Kathy Lamia.....Group Fitness Coordinator
Kaitlyn Lamia.....Communications Director
Sara Mabb.....Asst. Aquatic Director
Stuart Mabb.....Facility Director
Erin McGrady.....Human Resources & Finance Director
Lynn Molitoris.....Youth Services Director
Debbie Popek.....Youth Services/Kaleidoscope Coordinator
Cindy Smith.....Long Valley Camp/After School Care Director
Bonnie Snyder.....Membership Director

2017 BOARD OF DIRECTORS

Rich Riley.....**President**
Paul Ferriero.....**First Vice President**
Faith Ginsberg.....**Second Vice President**
George McDonough.....**Treasurer**
Mark Ternosky.....**Secretary**
Gil Leeds.....**Past President**
Terri Contaxis
Kim Coward
Ron Heymann
Harry Moore
Jeff Rayner
Jen Begraft
Jamie Johnson

OUR MISSION

"The Randolph YMCA is a charitable non-profit organization, dedicated to the development of mind, body and spirit. We provide physical, educational and social programs and services which meet the needs of our community in a manner which is both fiscally and socially responsible."

FOLLOW US!

Randolph YMCA | TALrandolphY | @randolphymcanj

Regular Hours

Monday-Friday.....5:00 am - 10:00 pm
Saturday.....7:00 am - 8:00 pm
Sunday.....8:00 am - 6:00 pm

Summer Hours effective 6/17-9/4

Monday-Friday.....5:00 am - 10:00 pm
Saturday.....7:00 am - 5:00 pm
Sunday.....8:00 am - 4:00 pm

Holiday Closings

Easter.....April 16
Memorial Day.....May 29
Independence Day.....July 4
Annual Maintenance.....TBD
Labor Day.....September 4

Facility may close during inclement weather.
See page 28 for details & additional YMCA policies.

SELECT INSURANCE PLANS MAY BE ELIGIBLE FOR MEMBERSHIP REIMBURSEMENT OR DISCOUNTS!

Call your carrier today!

Horizon Blue Cross Blue Shield of New Jersey
Making Healthcare Work
AARP Medicare Plans from UnitedHealthcare
UnitedHealthcare
aetna

MEMBERSHIP INFORMATION

2017 MEMBERSHIP RATES

Current rates effective January 1, 2017 Fees subject to change in 2017

Annual Memberships are your best value! It's like getting 2 months free!

CATEGORY	MONTHLY▲	6-MONTH	ANNUAL
FAMILY*	$95	$525	$950
SINGLE PARENT FAMILY +	$92	$505	$915
COUPLE ♥	$92	$505	$915
ADULT (ages 26-64)	$55	$305	$550
SENIOR (ages 65+)	$44	$240	$435
SENIOR COUPLE (both 65+)	$79	$435	$785
YOUNG ADULT (12-25)	$44	$240	$435
YOUTH (11 & under)	$37	$205	$370
BASIC YOUTH ‡	N/A	N/A	$75

▲ **Monthly payments** by credit card deduction.

* **FAMILY**- Two adults living in the same household with dependent children through age 25

+ **SINGLE PARENT FAMILY**- One adult and dependent children through age 25

♥ **COUPLE**-Two adults living in the same household.

‡ **BASIC YOUTH**-This membership allows class registration only.

ATTENTION NEW MEMBERS!

We offer over 80 Group Fitness Classes, 20 Spinning Classes and 30 Aquatic Fitness Classes each week! All of these classes are included in your membership!

DIVISION OF DEPARTMENTAL DISABILITIES/EASTER SEALS

We are qualified to provide services to the Division of Departmental Disabilities (DDD) Real Life Choices (RLC) participants.

FINANCIAL ASSISTANCE

The Randolph Y welcomes deserving individuals & families who are unable to pay the full cost of programs or membership. Financial assistance is provided by the Annual Campaign & applications are available at the Front Desk & on our website www.randolphymca.org

CORPORATE MEMBERSHIPS

Membership at the Y means your employees will get the support they need to achieve their health goals. Benefit coordinators or designated Human Resources representatives are encouraged to contact the Randolph YMCA's Membership Director to develop a corporate membership program tailored to your business's unique membership needs. Employees of existing corporate partners should bring in proof of employment (recent pay stub, company ID badge, or dated paperwork proving employment) to Bonnie Snyder, Membership Director, x11 to join as a part of a corporate group.

GUEST POLICY

Guests under age 14 MUST be accompanied by a full privilege adult (18+).
(Restrictions may apply)
FEES: Youth (13 & under)=**$12**
Adult (14 & up)=**$15** Must present a photo I.D.

GIVE THE GIFT OF THE Y

Give someone you love the gift of the Y. Membership and Program Gift Certificates are available at the front desk.

MY Y. YOUR Y. RECIPROCITY

Added value to your membership! You can now visit participating YMCA's in New Jersey at NO COST! See last page.

FACILITY AMENITIES

INCLUDED IN YOUR Y MEMBERSHIP

AQUATICS

MAIN POOL
6 lanes / 25 meters long, approximately. 82°

AQUA CUBE
Additional area of water in the Warm Water Pool that contains state of the art strength training equipment used for personal training and aquatic rehab.

UH2O UNDERWATER GYM
Hydroworx X80 treadmills and Hydrospin bikes, boxing bags, aqua-bells, trampolines & more!

WARM WATER POOL
25 yards, 3.5′ - 5′ deep, approximately 88°

HOT TUB
Custom built, 12 person spa, approximately. 102°

STEAM ROOM
Custom built, 15 person seating, approximately. 118°

SAUNA
Located in the men's & women's locker rooms.

GROUP FITNESS

Two Group Fitness Studios

Reach your fitness goals and lead an active and healthy lifestyle. From low-impact exercise, stretching and yoga to SPINNING® and Zumba®, you'll find a group fitness class that's fun, supportive, and keeps you moving. Check schedule for days & times of classes.

TRACK & WEIGHT ROOM

- Indoor 3 Lane Track
- Boxing Room
- SPINNING®
- Selectorized Machine Equipment
- Full Line of Free Weights
- Power Racks

FUNCTIONAL TRAINING

- Elite Kettle Bells
- Dynomax Medicine Balls
- Plyo Boxes
- Jump Ropes
- Wall Ladder (monkey bars)
- Deluxe Pegboard
- Training Stations for Resistance Band Training
- Stability Balls
- 2 Large Matted Stretching Area
- Swiss/Exercise Balls
- Bosu Balls
- 2 Stretching Machines
- Reebok Core Board-Wobble Board
- Six-Sided Dumbbells 5-50 lbs.

GYMNASIUM

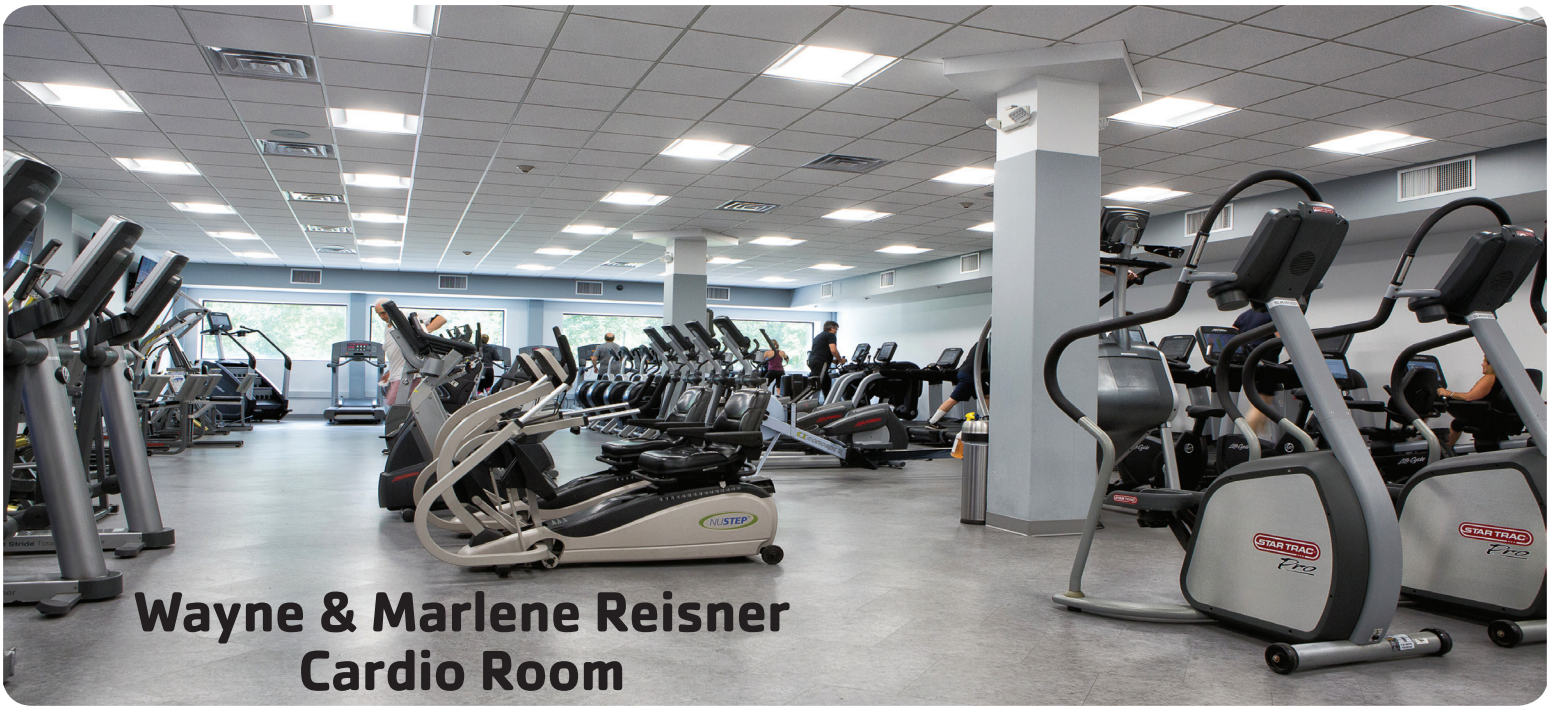
- 6 basketball nets
- 2 volleyball courts
- 3 regulation sized Pickleball courts

FOR KIDS

As a family member, the babysitting room & activity center are included in your membership at no additional cost. (Without a family membership, $1.00 per half hour)

STOP BY FOR A TOUR OF THE FACILITY & RECEIVE A GUEST PASS TO TRY THE Y FOR FREE!

FACILITY PHOTOS



CARDIO ROOM

Our Life Fitness cardio equipment features Swipe Touch screen navigability and personalization options that put the world at your fingertips! Log on or sync your Android or Apple devices to our internet connected Discover consoles to access your personal content, pre-set workouts and equipment settings; take advantage of tons of On-Demand entertainment and interactive Lifescape™ courses.

16" INTEGRATED SURFACE CAPACITIVE

- LCD TOUCH SCREEN WITH INTEGRATED TV
- With a swipe of a finger, navigate seamlessly between crisp, clear screens to choose the entertainment and workouts you want!

APPLE AND ANDROID COMPATIBLE

- Connect, manage playlists, watch videos and power your Android and Apple devices.

INTERNET CONNECTIVITY

- Visit a website or play a game. Easily choose your favorite websites through your LFConnect account. and they will be instantly available when you log in.
- Available with Ethernet or Wireless connectivity.

LIFESCAPE™ INTERACTIVE COURSES

- Take high-definition hikes through famous locations around the world.
- The Global Trek course combines mountain hikes and uphill walks that keep the exerciser engaged during a workout.

LFCONNECT / LFCONNECT APP

- Complimentary solution that allows exercisers to choose equipment settings and track workout results to meet their goals.
- LFConnect is accessible via its website or app.
- Scenery slows down and speeds up with the user.

KEISER

Full Pneumatic Circuit research backed strength training and fitness equipment used by top trainers and professional sports teams world-wide. Using the unique pneumatics Keiser provides safe and effective training for everyone from the elite athlete to the older adult.

...AND MORE!

Star Trac Upright Bike, Star Trac Soft Trac Treadmills, Stairmaster 7000 Stepmill, Sci-Fit Recumbent Steppers, Star Trac Pro-Recumbent Bike, Profit Sci-Fit Pro II Bikes & Rower Machine

MAKE YOUR BODY YOUR MACHINE

TRX Training leverages gravity and the use of the user's body weight. Safely perform various exercises that **build power**, **strength**, **flexibility** and **balance** all at the intensity you choose.

TRX is available **Monday mornings, Tuesday evenings, Wednesday mornings & Thursday evenings.**

Register at the front desk!
Membership not required!

Spring Session:

Mondays: 5/1-6/5 (no class 5/29)

Tuesdays: 5/2-5/30

Wednesdays: 5/3-5/31

Thursdays: 5/4-6/1

Cost:
$75/5-week session

STRONGER THAN YOU THINK

Want a unique way to get and stay fit? Try out our **boxing training program**, designed for adults who want to learn how to box and who want to take advantage of the **intense fitness** regime that will get them into **top physical condition**. Circuit training with various exercises that focus on **building endurance** with **increments of plyometrics**. Boxing gloves required.

Boxing is on Wednesday evenings from 7:00-8:00 pm
Membership not required!

Spring Session: 5/3-5/31

Cost: $100/5-week session

Max of 6 participants!

STRETCH & YOGA
All levels will benefit from this gentle yoga class with emphasis on increasing overall flexibility and relaxation. Practice conscious breathing techniques throughout a flowing, stretching sequence. Increase strength and ease within the body & mind.

NEW! YOGA & STRENGTH
This class will emphasize balance, coordination, and core strength, and can be adapted for all levels. Learn how to utilize body weight to build strength, incorporating both traditional yoga poses and modern techniques. Strengthening exercises will be countered by stretching/ relaxation poses to facilitate muscle recovery and overall restoration.

STRETCH FOR LIFE
Great for those who do cardio and strength training, as well as those who are sedentary and need to relieve sciatica pain, carpal tunnel, back pain, hip tension, etc.

GENTLE YOGA (Level 1-2)
Simple, gentle poses (Asanas) aligned with breathing techniques with emphasis on the spine and back bone postures. Self awareness techniques to work with body and mind over time.

RISE-N-SHINE YOGA (Level 1-3)
Class will begin with sun salutations to warm up, strength poses to invigorate the major muscle groups, breathing to oxygenate brain cells and meditation to set intention for the day.

MULTI-LEVEL YOGA (Level 1-3)
Multi-level yoga is the practice of a wide range of traditional postures designed to benefit the structural body and all systems of the body.

THERAPEUTIC YOGA (Level 1-3)
Based on the foundational elements of strength, fluidity, proper alignment, breath consciousness, meditation and internal observation to create a complete and nurturing mind, body and spirit experience.

INTERMEDIATE YOGA (Level 3-4)
This class offers an invigorating, challenging and strengthening yoga experience. Pre-requisite: No major injuries and ability to perform basic standing poses with confidence.

MORE THAN TAI CHI
This class combines gentle Sun Tai Chi with traditional Qigong and Tai Chi. Movements of the hands and feet are designed to create a message from the mind to the body-all to keep the body and mind from aging.

TAI CHI / QIGONG
Class consists of simple movements of Tai Chi & Qigong. The practice has been proven to reduce stress, improve balance, coordination, sleep quality, lower blood pressure, improve cardiovascular fitness and improve every day physical functions.

TURBO KICK® ♥
Turbo Kick ® is a progressive cardio kickboxing class utilizing intervals of kickboxing drills with increased tempo "sprints" and hip-hop grooves, followed by work recovery segments.

TURBO KICK® & TONE ♥+
This class will consist of the popular Turbo Kick workout interspersed with strength training segments utilizing free weights, body weight and resistance tubing.

TURBO FIRE ♥+
Turbo Fire includes HIIT (High Intensity Interval Training) Turbo drills. This workout creates an after burn to keep calories burning long after it's over.

STEPS & REPS ♥+
Full body workout combining intervals of cardiovascular conditioning on the Step accompanied with strength training exercises.

INTERVALS PLUS ♥+
Strength training circuits that target the whole body with cardio intervals between to keep the heart rate elevated.

Y90 ♥+
Y90 takes "muscle confusion" to the next level. Cardio segments and plyometrics are added to challenge you and make you work to your MAX!

TABATA INTERVALS ‡
Tabata is a High-Intensity Interval Training cycle of maximum intensity exercise (20 seconds), followed by a short rest (10 seconds).

TABATA BOOT CAMP™ ‡
Participants will experience short intervals based on Tabata Boot Camp's training that delivers a calorie drenching workout and post metabolic boosts. MAXIMIZE your results in minimum time!

HIIT ‡ (High Intensity Interval Training)
HIIT workouts are structured by high-intensity, maximum "work" sets alternated with low-intensity, low effort "rest" sets.

PLYOGA® ‡♥+
PLYOGA is for everyone! It is a functional interval training with basic yoga poses for active recovery. Join us and find your inner athlete! Get ready to expand your body's physical limits from all angles and learn why YOUR BODY IS POWER.

INSANITY® ♥
Insanity ® is packed with cardio and plyometric drills with intervals of strength, power, resistance and core training.

C.P.R. (CUT, PUMP, RIP) +
45 minutes of upper-body toning, strengthening and shaping. No choreography. Lots of variety.

FIERCE TKO™ ♥
A multi-dimensional sculpt and cardio Tabata Kickboxing workout.

MUST BE AT LEAST 16 YEARS OLD TO PARTICIPATE IN A GROUP FITNESS OR SPINNING® CLASS

GROUP FITNESS

ROCK BOTTOMS+
From the waist down! This is an intense 45 minute leg strengthening and abdominal workout. Come prepared to feel the burn!

BARBELL BLAST+
A high energy group strength training class. The class utilizes a 3-lb. barbell with plates in increments of 2.5, 5, and 10 lbs. Targets all major muscle groups for a complete and challenging workout!

BODY BLITZ+
This multi-level class is for anyone who wants to develop muscular strength and endurance. Easy to follow moves that challenge every major muscle group using a variety of equipment.

ZUMBA® FITNESS ♥
A fusion of rumba & samba, using Latin and international dance music themes in a dynamic, exciting fitness format.

ZUMBA® GOLD FITNESS ♥
This class is designed to make Zumba® fitness easier to learn with low impact and intensity.

ZUMBA® TONING
Zumba® Toning puts extra emphasis on toning & sculpting by adding light resistance all while enhancing your sense of rhythm and coordination.

NEW! STRONG by ZUMBA™ ♥+‡
STRONG by Zumba combines high-intensity Interval Training (HIIT) with the science of synced music motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster.

FABU™–FABULOUS & FUN ♥
Join in a fun, multi-level dance experience. Let the music guide you, strengthening the mind-body connection through the freedom of movement.

AEROBADANCE ♥
Full body workout with fun moves, fun music and fun dance steps of different styles where you can let loose and have fun exercising. Low to mid fitness levels.

BALLROOM DANCING ♥
Experience all forms of ballroom dancing; Waltz, Rumba, Salsa, Meringue, Swing. No partner necessary.

ADULT BALLET
Ballet-inspired workouts blast fat while focusing on both upper and lower body creating results such as arms, abs, butt and leg shaping.

COUNTRY FUSION™
Country Fusion™ is a country music-inspired dance fitness program offering an energetic, exhilarating and fun workout for all ages and fitness levels appealing to country music enthusiasts and beyond!

SPINNING®♥
A challenging and high-energy cardio workout using stationary bicycles. This class will get your heart and legs pumping. Our instructors will lead each class on a journey through mixed terrains (hills, flats, mountain peaks, and interval training) to the rhythm of high-energy music.

PILATES
Pilates focuses on strengthening your "core" muscles. Improved posture, coordination, balance, flexibility and strength are some of the benefits.

POWER PILATES
Maximize your traditional Pilates workout with this intense program. Integrates core strength, balance and flexibility by using props. This is a low impact workout with high impact results!

ONLY ABS
It's just that...only abs! A variety of intense abdominal and core exercises.

MARINE BOOT CAMP ‡+♥
True Marine Boot Camp Physical Training. A complete workout for the conditioned athlete using a sandbag for a total upper and lower body workout.
(Experience is recommended)

BARRE ESSENTIALS*+
This small group training class uses light weights, floor work and the ballet barre.

KETTLE BELLS*+
The ultimate in cutting edge training. Cast iron bells are used to develop the correct blend of strength with flexibility for maximum fat burning and muscular endurance.

♥ =CARDIO
+ =STRENGTH
‡ =HIGH INTENSITY

*Sign-ups outside studio doors required day of class

MUST BE AT LEAST 16 YEARS OLD TO PARTICIPATE IN A GROUP FITNESS OR SPINNING® CLASS

For questions or concerns regarding Group Fitness Classes, contact Kathy Lamia at x23 or kathylamia@randolphymca.org

EXPLORE, CONNECT, MOVE!

at the Program House!

The Program House, located on the hill at the Randolph Y, is a **brand new concept** developed by the Randolph YMCA to **meet community needs without the commitment of a Y membership.** It offers **quality classes** and services designed for **all ages** and many interests. Y members receive reduced participation fees.

MEMBERSHIP NOT REQUIRED!

SPECIAL NEEDS Gymnastics & Swim Program

Gymfit and Dolphin Swim Program classes are held in small groups. Activities are recreational in nature and are designed to improve balance, motor planning, and upper body strength and most importantly-confidence! Classes are taught in a FUN and nurturing atmosphere. Gymnastic equipment is scaled to size and swim classes are taught in our one of a kind Warm Water Pool. (Private sessions are available by appointment) Brian x19

Membership not required. See page 19 for prices.

SENIOR FITNESS: Brenda's Balance Class

These classes use a variety of equipment and techniques not only to improve static and dynamic balance but reactive balance as well. This specially designed class focuses on strength, agility and flexibility. **Membership not required. See page 16 for prices.**

ROCK STEADY BOXING AND "FIGHT BACK"

Fight Parkinson's at the Randolph YMCA! This program will have a strong emphasis on boxing (land & aquatic), overall fitness & strength training, cardio, and gross motor coordination.

Membership not required. Sessions are typically 10-12 weeks and must be paid in full. See page 14 for details.

Members: $8/class **Non-Members:** $10/class

BIRTHDAY PARTIES

Choose from our pool or gymnasium. We provide the space, table, chairs & staff. You supply the food and decorations. Let our specially trained staff deliver fun activities for your kids in safe and clean environment. **Membership not required. See page 18 for prices.**

MUSIC TOGETHER® Bringing Harmony Home®

Music Together program models are designed to support children in achieving basic music competence-the ability to "speak" the language of music. The pleasure of singing, dancing, moving, and playing instruments with other children.

Membership not required.

Pricing & registration & more information for Music Together: info@merrymusicians.com or call (973) 945-2828

BUZZIN' BEES: Open Gym Play (Walking to 5 years old)

Come use our amazing gymnastics facility with your little one! This parent/child class gives children the opportunity to jump, run & play and meet new friends! Drop-In fees apply.

Membership not required.

Tuesdays & Thursdays from 10:00-11:00 am ends June 1

Members	Basic/Non-Members
$10	$15

will not be held during the summer due to summer camp

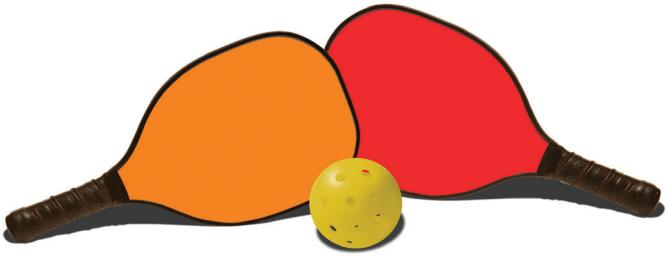
MASSAGE

Massage therapy is an effective and safe addition to an individual's wellness plan. Stress relief and relaxation of muscles are just some of the many benefits massage therapy can provide. Call Kaitlyn x24 to schedule your appointment today. **Membership not required. See page 26 for prices.**

Questions about the Program House? Contact Kathy Fisher, Program House Operations Director (973) 366-1120 x14

On the hill at the Randolph Y!

ZERO ZERO TWO Pickleball



What is Pickleball? Don't underestimate the importance of fun! Pickleball can be played by adults of all ages-even if you don't get around quite the way you used to. We have **3 regulation sized Indoor Pickleball Courts.** Pickleball is a racquet sport that combines elements of badminton, tennis, and ping-pong. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. Doubles play.
Age 18+

Pickleball Schedule

DAYS	TIMES	TYPE
Mondays	9:30-11:30 am	Recreational
Mondays	11:30-1:30 pm	Competitive
Tuesdays	10:00-12:00 pm	Recreational
Tuesdays	12:00-2:00 pm	Competitive
Wednesdays	10:00-12:00 pm	Recreational
Wednesdays	7:00-9:00 pm	Competitive
Thursdays	9:30 am - 12:00 pm	Recreational
Thursdays	12:00-2:00 pm	Competitive
Fridays	10:30-12:00 pm	Competitive
Fridays	12:00-1:30 pm	Recreational
Fridays	6:30-8:30 pm	Competitive
Saturdays	2:00-4:30 pm	Competitive
Sundays	2:30-4:30 pm	Recreational

Pickleball Schedule Subject to Change from 6/26-8/25

Pickleball Guest Policy

FREE to Randolph YMCA Members

Member of a YMCA in NJ	$5
Member from the Greater Morristown YMCA	$8
Member from an out of state YMCA	$8
Non-Member coming in as a guest	$15

KEEP CALM & PING PONG

Show off your ping pong skills! We have 2 ping pong tables at the Program House. Come during designated ping-pong times & have fun! Bring a friend! All levels welcome. Registration not required. Age 18+

Fridays 1:00-3:00 pm until June 9

Full Members	Non-Members
FREE	$5

AQUA FITNESS: CLASS DESCRIPTIONS

SESSION DATES:
Spring: **March 27–June 9**
Summer: **June 26–Aug 25**

SHALLOW WATER CLASSES

AQUA PILATES
This class promises to strengthen your lower back and abs and increase overall flexibility.

AQUA POWER
A cardio and resistance program designed to encourage weight loss and body sculpting.

AQUA BLAST
Cardio and toning aquatic format full of great combos, rhythms and energy.

ARTHRITIS FOUNDATION APPROVED
Shallow end exercises set to music, designed to aid in pain relief, improve flexibility, range of motion and muscle strength. Light cardio.

JUST MOVE IT
Whether you're a beginner or a veteran to water workouts, you'll be challenged with intervals, balance movement, strength & endurance training through a variety of activities.

HAPPY HOUR @ THE BARRE
A toning class fusing ballet barre technique, Pilates and weight training. High repetitions will create long lean muscles and improve posture.

HIGH-LOW
This class will take you through a series of changing intensities. Interval training at its best.

PILATES PLUS
Pilates training plus a little stabilization, a little strength and a little cardio. Appropriate for all fitness levels.

CHOICE & DECISION
Let the masters decide! Be prepared for them to "bring it" (Deborah or Colleen's Decision)

NEW! CIRCUIT CITY
Circuit class utilizing bikes, boxing bags, trampolines, etc! Fast paced cardio and great lower body workout!

RESTORATIVE YOGA
Warm water and flotation devices assist in a restorative yoga practice providing support to open and relax joints and lengthen the spine into alignment. Breathing and fluid movement will promote a meditative quality to the practice...candles & music too!

AQUA VOLLEYBALL
Who says kids have all the fun? Come join us in the Water Water Pool to play super soaked versions of volleyball. All skill levels welcome. Adults only.

WATER WONDERS
Class uses the ancient practices of Yoga & Tai Chi in soothing warm water environment. Relaxing stretches and gentle poses will improve balance and circulation-create flexibility and relieve stress.

AQUATIC BOOT CAMP*
A high intensity aquatic circuit that combines strength and cardio. Conditioned participants encouraged.

UH20 BOXING*
Train your body using underwater heavy bags for resistance in every plane of motion. This innovative format and equipment is straight from Italy and does not yet exist anywhere within the USA. Be first! Be strong! Intense format-Be prepared to sweat!

SPORTS TRAINING CAMP*
Sports specific training. Swing a baseball bat, golf club, tennis racquet, throw a football, shoot a basket & have fun in this intense workout.

WEATHER THE TETHER*
Do you like to sweat when you get wet? If so, let's see if you can Weather the Tether! This high octane swim class will take you places without even leaving the wall. It is a high intensity, endurance driven workout combination that will challenge even the fittest athlete. (Must have swim experience and be able to swim on both front and back. Goggles and caps for long hair recommended)

AQUATIC DRILLS*
This format combines strength and cardio in shallow and deep water. Intermediate swimming skills and goggles are required.

TURBO FIN*
It's finning kicked up a notch! A high intensity aerobic workout creating resistance by using swim fins.

DEEP WATER CLASSES
You don't need to be a swimmer, but must be comfortable in deep water

DEEP WATER RUNNING (DWR)*
Runners-why not subtract from all of that joint-pounding roadway mileage that you are accruing each week? Deep water running is the perfect runner's companion providing sports specific training with off loading of the joints. This class has NO choreography. Current scientific research supports DWR as an alternative training modality for runners-competitive and recreational.

ALL TIED UP DEEP*
A high intensity interval training workout. Participants will run, swim and stride while tethered to the pool wall. This is a great cardio and conditioning workout.

JOINT EFFORT DEEP*
A super cardio and resistance workout with special emphasis on maintaining joint integrity.

NEW! BEGIN TO SWIM
Do you long to be a lap swimmer? Learn the proper stroke, kick and breathing techniques necessary to bring you to the next level. Must be able to swim in deep water without the aid of a flotation device. Goggles & caps recommended. $3.00 per class, pay as you go at the front desk and receive band.

UNDERWATER BIKE CLASS
(Water shoes are required. Limited to 10 participants)

AQUA RIDE*
Moderate to high intensity. You select the level. **WATER SHOES ARE REQUIRED**.
Space is limited.

***=High Intensity**

TRAINED TO SAVE

Red Cross CPR/AED for Professional Rescuers & First Aid Age 15+

Class	Member	Non-Member
Full CPR	$90	$110
CPR Recertification	$75	$90
Full First Aid	$75	$90
First Aid Recertification	$65	$75

See website for course days & times & download registration packet

Lifeguard Training

32 hour course including Lifeguard, First Aid & CPR/AED certifications

PRE-REQUISITE:

- Minimum age 15
- Able to swim 300 yards of freestyle and breast stroke
- Timed dive

Member	Non-Member
$325	$350

For questions about our lifeguard training course, contact Bonnie O. at x35

DOES YOUR COMPANY NEED TO BE CPR/FIRST AID CERTIFIED?

Let us train you!

Contact Kathy Fisher x14 for more information

RANDOLPH YMCA SHARKS COMPETITIVE SWIM TEAM

The RANY Sharks Swim Team offers a Spring Program that runs from April 23 - June 16. This program is a continuation of our Fall/Winter Program which focuses on stroke development, maintaining swimmer's conditioning, and progress towards long term goals. During this time, we will accept new swimmers to the team and offer Long Course Meet opportunities.

Our Summer Program runs from mid-June until the first week in August. The Summer Program is held at Lake Mohawk Pool, a 50m Long Course Pool in Sparta. This program is highly encouraged for swimmers 11 & over. We also compete in Long Course Meets during the Summer Program. We accept non-team members to participate in our Long Course Program based on availability.

For more information about the RANY Sharks Swim Team, please check out our website www.ranysharks.com
Questions? Contact Head Coach Hilary Collins at x34 or at hilary@randolphymca.org.

SWIM LESSON DESCRIPTIONS

Safety Around Water is a program designed to **reduce children's risk of drowning** by teaching them **basic water safety skills**. Piloted and tested by Y's for the last 3 years, the Randolph YMCA has started to implement this new structure and you will see changes being made to our swim lesson curriculum.

SWIM STARTERS

Parent* & Child Lessons

A
Water Discovery

Introduces infants & toddlers to the aquatic environment.
(Previously Shrimp & Silly Seals)
Ages 6 months - 2 years

B
Water Exploration

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.
(Previously Pike with Parent)
Ages 2 - 5 years

Outcomes: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

*Includes all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM BASICS

(Safety Around Water)

Recommended skills for all to have around water

1
Water Acclimation

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. (Previously Pike)
Ages 3 - 5 years

2
Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently. (Previously Eels)
Ages 4 - 6 years

3
Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages. (Previously Polliwog)
Ages 6 - 12 years

Outcomes: Students lean personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim-sequencing front glide, roll, back float, roll, front glide, & exit
- Jump, push, turn, grab

STRONG SWIMMERS CONFIDENT KIDS

If you have been out of lessons for 1 or more sessions or are new to our swim program, you will need to have your child evaluated for proper swim class placement. **Call Sara at x31 to schedule your swim evaluation.**

INTERMEDIATE SWIM LESSONS
Ages 4-14

Rays (4-7 years) Prerequisite: Swim 15 feet crawl stroke/freestyle with rhythmic breathing, 15 feet elementary backstroke and sitting dives.

Starfish (5-8 years) Prerequisite: Swim 20 feet freestyle with rotary breathing, 20 feet backstroke, minimal knowledge of breaststroke, and surface dive. **GOALS**: concentrating on proper technique of all strokes including freestyle, backstroke, breaststroke and focusing on endurance.

Guppy (6-14 years) Prerequisite: Swim 40 feet crawl stroke & freestyle rhythmic/rotary breathing, 40 feet elementary backstroke, minimal knowledge of backstroke. **GOALS**: freestyle with rotary breathing, backstroke, introduction to breaststroke, surface dive and endurance.

Minnow (6-14 years) Prerequisite: Must be able to swim 50 meters (two pool lengths) continuously freestyle with rotary breathing and backstroke. Also, minimal knowledge of breaststroke. **GOALS**: concentrating on proper technique of freestyle and backstroke with an emphasis placed on breaststroke and the glide; endurance; standing dives into freestyle.

Fish (6-14 years) Prerequisite: Must be able to swim 75 meters (three pool lengths) continuously freestyle with rotary breathing, backstroke and breaststroke with glide. **GOALS**: concentrating on proper technique of freestyle, backstroke and breaststroke introduction to butterfly; endurance; standing dives into freestyle and breaststroke.

ADVANCED SWIM LESSONS 8-14 years

Flying Fish (8-14 years) Prerequisite: Must be able to swim 150 (6 pool lengths) continuously freestyle, backstroke and breaststroke; 15 meters butterfly. **GOALS**: concentrating on proper technique of freestyle, backstroke, breaststroke and butterfly; endurance; introducing freestyle/breaststroke flip turns.

Shark (8-14 years) Prerequisite: Must be able to swim 300 meters (12 pool lengths) continuously freestyle (using flip turns), backstroke and breaststroke; 25 meters butterfly. **GOALS**: concentrating on proper technique of freestyle, backstroke, breaststroke and butterfly. Continued work on competitive starts, turns and pullouts and build endurance.

Porpoise (12-14 years) Prerequisite: Must have completed the Shark level. **GOALS**: concentrate on proper technique of freestyle, backstroke, breaststroke and butterfly. Continued stroke work and endurance. Become familiar with our preschool aquatic program; given a volunteer assignment to assist a swim class.

ADULT SWIM LESSONS 15+

Adults learn the fundamentals of swimming and are introduced to the water in a safe, comfortable environment. As you progress to the next level, technique and endurance are focused upon. Lessons are tailored to fit each individual's needs. Maximum of 3 adults per class.

Beginner Learn to feel comfortable in the water. Skills introduced include front float, front paddle stroke, back float, treading and elementary backstroke.

Intermediate This class introduces rotary breathing, overarm backstroke and elementary backstroke.

Advanced Beginner While continuing to perfect skills learned in beginner, you will learn rhythmic breathing and elementary backstroke.

REGISTRATION INFORMATION

Summer: June 27 - August 22 (8-week session)
(no class 7/4) Tuesdays, Thursdays or Sundays ONLY
Early Bird Fees: Effective **May 30 - June 12**

Full Members	Basic Members
$120	$152

Regular Registration Fees: Effective **June 13**

Full Members	Basic Members
$144	$176

Fall: September 10 - November 18 (10-week session)
Early Bird Fees: Effective **August 14-28**

Full Members	Basic Members
$150	$190

Regular Registration Fees: Effective **August 29**

Full Members	Basic Members
$180	$220

PRIVATE SWIM LESSONS

Private swim lessons available for all ages. By appointment only. If you are interested, contact Sara Mabb at x31 or sara@randolphymca.org

FIGHT BACK AGAINST PARKINSON'S!

Rock Steady Boxing

We are learning every day that there are ways in which people with Parkinson's disease can **enhance their daily quality of life** and even **build impressive power**, **strength**, **flexibility** and **speed**! By exercising with Coaches who know the ropes, you can fight your way our of the corner and start to feel and function better. In a University of Indianapolis study involving boxing training for people with Parkinson's disease, they discovered that patients showed short and long term improvements including balance, gait, activities of daily living and quality of life.

DAYS	TIMES	DATES
Mondays	9:00 am & 10:00 am	March 27-June 5 (no class 5/29)
Wednesdays	6:00 pm	March 29-May 31
Fridays	9:00 am & 10:00 am	March 31-June 9 (no class 5/26)

"Fight Back" – UH20 Boxing

Our YMCA is the only facility in the United States to offer aquatic boxing.

Members: $8/class
Non-Members: $10/class
Sessions are typically 10-12 weeks and must be paid in full.

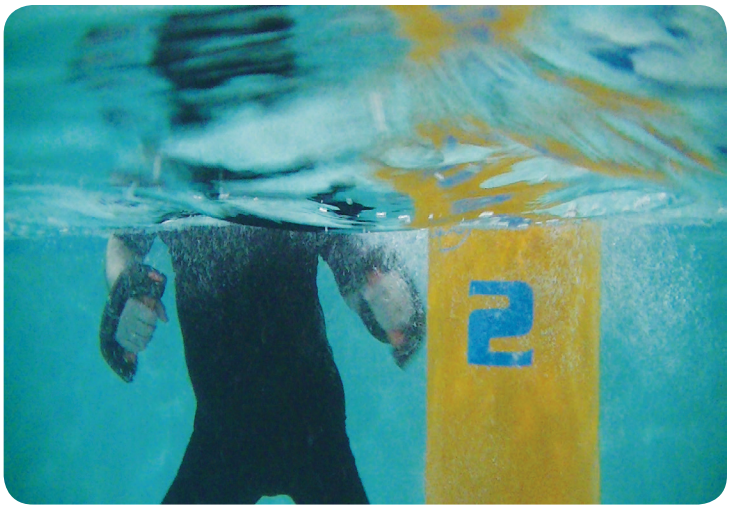
Aquatic boxing can help:

- Dramatically improve flexibility, range of motion, strength & balance
- It is an ideal environment for balance training
- Participants are able to work on balance and gait training without the fear of falling or injury-"Let's face it, the worst that can happen is you'll get wet."
- UH20 is part of our Fight Back Against Parkinson's Program and is held exclusively in our Warm Water Pool.

DAY	TIME	DATE
Wednesdays	10:00 am	March 29-May 31

For more information about Rock Steady Boxing or "Fight Back", contact Coach Kathy Fisher at (973) 366-1120 x14 or kathy@randolphymca.org

"EXERCISE IS MEDICINE"



SUMMER CAMP 2017

The Randolph YMCA Summer Day Camp offers campers the chance for **new experiences**, **skill building**, a sense of **community** and lasting **friendships**. Kids become a community as they learn both how to be more **independent** and how to contribute to a group as they engage in **physical**, **social** and **educational** activities.

WEEKLY SESSIONS FOR PRESCHOOLERS TO TEENS!

June 26 – August 25

10% discount for additional siblings!

Randolph YMCA & Long Valley Camp Locations

BEST SUMMER EVER

SPECIALTY CAMPS! Basketball, Floor Hockey, Swim Fit, Jr. Lifeguarding, & Soccer
See page 23. Sign up at the front desk! Contact Rich at x25 for more information.

Download Registration Form at www.randolphymca.org

or pick one up at the front desk!

For more information about **Randolph YMCA** Summer Camp, contact Lynn Molitoris at **x16** or **lynn@randolphymca.org**
For more information about **Youth Adventure Camp 5th-9th grade** contact Jen Patrick **x18 or yadvcamp@randolphymca.org**
For more information about our **Long Valley** location, please contact Cindy Smith at **908 689 9312** or **cindy@randolphymca.org**

HELPING YOU FEEL STRONG STEADY & SAFE

Moving for Better Balance

Aquatic fitness classes, agility & flexibility fitness, brain games, ping-pong, luncheons & more!

Brenda's Balance

Tuesdays & Thursdays March 28-June 1

This class includes toning with weights, balance exercises and challenging abdominal and leg work, focusing on core and leg strength. **12:30-1:15 pm**

Full Members	Silver Fox/Non-Members
$60	$80

Brain Games **FREE!** Membership not required!

Stimulate your memory & brain health!

Tuesdays & Thursdays 11:00 am - 12:30 pm

at the Program House

Brenda DeNure, Senior Program Coordinator x19

Silver Fox

Join the Y's fun-loving Silver Fox Group! All individuals "55 years young" are welcomed into the Fox's Den! The group meets every **Friday until June 9, 2017** for an Aqua Fitness Class from 12:00-12:45 pm in the Warm Water Pool.

Our next session of Silver Fox begins Friday, September 15, 2017

Fee: **$125**

(September thru June, fee will be prorated for late registrants)

Aged To Perfection!

Our senior citizen population is very important to the YMCA and we celebrate your gift to us every day! In appreciation, all seniors 80 beautiful years & older are cordially invited to attend our monthly birthday party honoring your special day. You will be treated like a King or Queen with singing, lunch, cake & surprises!

Contact Jordan 973 366 1120 x38

Here are a few of the many aqua fitness classes included in your membership!

See all classes on page 10.

Water Wonders

Ancient practices of Yoga & Tai Chi in a soothing warm water environment. Relaxing stretches and gentle poses will improve balance and circulation-create flexibility and relieve stress.

Arthritis Foundation Approved

Shallow end exercises set to music, designed to aid in pain relief, improve flexibility, range of motion and muscle strength. Light cardio.

Restorative Yoga

Warm water and flotation devices assist in a restorative yoga practice providing support to open and relax joints and lengthen the spine into alignment. Breathing and fluid movement will promote a meditative quality to the practice...candles & music too!

Why Choose WATER for Rehabilitation?

Water provides a soothing environment where clients are able to exercise safely & effectively.
The properties of water provide benefits not easily achieved on land such as:

- **Greater Range of Motion**
- **Greater Flexibility**
- **Decreased Inflammation**
- **Increased Circulation**
- **Decreased Blood Pressure**
- **Lower Heart Rate**
- **Less Joint Impact**
- **Improved Toning**
- **Greater Caloric Expenditure**

If you have any of the following, **WE CAN HELP!**

- Parkinson's
- Joint Replacement
- Post Surgical Rehabilitation
- Prehab for Upcoming Surgery
- Weight Loss
- Musculoskeletal Problems
- Arthritis
- Stroke Recovery
- Cancer Care
- CP, MS, RSD, Fibromyalgia
- Personal Training, Strength, Cardio & Flexibility
- Sports Specific Training
- Injury Prevention

Our Warm Water Pool is maintained at 88°, 3.5'-5.0' feet in depth with easy entry steps, parallel and ballet bars, underwater bikes & treadmills. Both of our pools have a chair-lift for independent accessibility.

Our highly trained staff carry certifications in Aquatic & Land Fitness. All of our staff members are AEA & ATRI certified and have over 40 years of industry experience combined.

State of the Art Facility

All of our rehabilitation programs are designed with personalized goals in mind. In combination with our state-of-the-art equipment, a warm water pool, therapeutic modalities, and dedicated Aqua Rehab Specialists, we can get you on the right path for a healthy lifestyle.

Aqua Cube

The Aqua Cube is part of our Warm Water Pool featuring underwater strength training & flexibility equipment. In addition to swim lessons and aqua fitness classes, the focus of this area is aquatic rehab & personal training.

Contact Kathy Fisher at kathy@randolphymca.org or 973 366 1120 x14

CELEBRATE YOUR DAY!

LEVEL 1

Room Rental 90 minute limit

Members	Basic/Non-Members
$150*	$200*

LEVEL 2

Pool or Gymnasium Party + 1 hour party room

Members	Basic/Non-Members
$250*	$350*

***Birthday parties are priced up to 10 children, there is an additional fee of $10 per child up to 20 children total.**

Have your child's birthday party at the YMCA! Choose from either a pool or gymnasium party plus a party room for cake & presents!
Tables, chairs, room & activity are provided. You provide decorations, food & drinks.

Birthday parties are held on Saturdays.

Pool Party: 2:30–3:30 pm
Party Room: 3:30–4:30 pm

Gymnasium Party: 1:00–2:00 pm
Party Room: 2:00–3:00 pm

Contact Kathy Fisher at kathy@randolphymca.org or x14 if you would like to book a birthday party.

$100 non-refundable deposit due to reserve date.

Included in your family membership...

Babysitting 3 months - 6 years old

Babysitting is available for members' children while parents or guardians utilize the Y facility. The parent must not leave the building. We reserve the right to refuse a child admittance to babysitting based on illness. FREE to family members or $1.00 per half hour for non-family members. Maximum of 2 hours. Contact Lynn at x16 for questions

Monday-Friday	Saturday	Sunday
9:00 am - 1:00 pm & 4:00-8:00 pm	9:00 am - 1:00 pm	CLOSED

Activity Center Ages 7-13

Children can hang out in the activity center while their parents work out. Jump ropes, board games, puzzles, chalkboard wall & foosball. FREE to family members or $1.00 per half hour for non-family members. Maximum of 2 hours. Contact Ismael at x27 for questions.

Monday-Friday	Saturday	Sunday
4:00 - 8:00 pm	9:00 am - 1:00 pm	CLOSED

SPECIAL NEEDS PROGRAMS

The Randolph YMCA is a qualified provider for DDD's Self-Directed Services/Real Life Choices and Circle of Care.

Special Needs

Gymnastics & Swim Program Ages 3-13

Gymfit and Dolphin Swim Program classes are held in small groups. Activities are recreational in nature and are designed to improve balance, motor planning, and upper body strength and most importantly-confidence! Classes are taught in a fun & nurturing atmosphere. Gymnastic equipment is scaled to size and swim classes are taught in our one of a kind Warm Water Pool.
Contact Brian x19 or Kaitlyn x24 for more information.

March 28 – June 17 (no class 4/29 or 5/27)

Dolphin Swim (40-min classes)	Gymfit (40-min classes)
Thursdays at 5:00 pm	**Tuesdays** at 5:00 pm
Saturdays at 1:30 pm	**Saturdays** 11:30 or 12:30

Tuesday Classes: March 28 - May 30
Thursday Classes: March 30 - June 1
Saturday Classes: April 1 - June 17 (no class 4/29 or 5/27)

Full Members	Basic/Non-Members
Gymfit: $200	**Gymfit:** $350
Dolphin: $200	**Dolphin:** $350
Gym/Swim: $360	**Gym/Swim:** $630

All new Gymfit or Dolphin program participants must be evaluated for proper Gymfit or Dolphin placement. Call Brian at x19 or email at brianc@randolphymca.org to schedule an evaluation.

ADULT SPECIAL NEEDS Ages 14 & up

This one-on-one program will teach participants how to operate fitness equipment. Generalizing these skills to a typical exercise facility is the goal of the program; fitness goals include improving core strength, cardio, and agility all while building self-esteem. Adult Special Needs runs as private lessons.

Members	Non-Members
$50/session	$60/session

KALEIDOSCOPE Ages 5-17

For more than 30 years, the YMCA's Special Needs Kaleidoscope Program offers children the opportunity to become more confident in the water through the teaching of basic swimming skills by trained volunteers.

If you would like to be a volunteer, contact Deb at x13 or debbie@randolphymca.org

Saturdays at 12:30 pm LAST CLASS IS May 20

GOTCHA "Get off the couch &..." HAVE FUN!

Ages 12-16

The Roxbury PEC, Inc., in coordination with the Randolph Y, has started a program for young teens with special needs. It includes social interaction as well as a variety of recreational & fitness activities which will include gymnastics, fitness machines, stretching, music & FUN!

For pricing & registration information, contact Jodi Cullen at (973) 598-0848 or cullens@optonline.net

Tuesdays 6:45-7:45 pm at the Program House.

With a focus on safety, health, social growth and academic enhancement, our before & after school program serve children in grades K-8 with a variety of programmatic and activity options to explore and develop their interests and talents. Program includes half day, full day and vacation weeks.

Registration forms can be downloaded on our website.
For accounting or billing questions or a child care tax receipt, please contact Debbie Popek at x13 or debbie@randolphymca.org

Flocktown-Kossman Elementary School Long Valley, NJ

For more information on the after school program at Flocktown-Kossman Elementary School, please contact Cindy Smith, Long Valley Camp/After School Care Director (908) 689-9312

THE PLACE TO BE AFTER SCHOOL!

Every day after school until 6:00 pm!

Grades 6 - 8 (Randolph Middle Schoolers Only)

This program is designed for students to learn, exercise, play and have fun with new and old friends every day after school until 6:00 pm, all in a supervised environment. A designated bus will drop the children off at the YMCA every day for activities focusing on socialization, fitness & dedicated homework & tutor time. Activities will include: **Activities in the Main & Warm Water Pools, Circuit Class, SPINNING®, Homework Help & Pickleball**

Katharine D. Malone Elementary School*	Rockaway, NJ
Catherine A. Dwyer Elementary School*	Rockaway, NJ
Stony Brook Elementary School*	Rockaway, NJ
Dennis B. O'Brien Elementary School*	Rockaway, NJ
Birchwood Elementary School*	Rockaway, NJ
Byram Lakes Elementary School*	Byram, NJ
Marie V. Duffy Elementary School	Wharton, NJ
Allamuchy Twp. Elementaty School*	Allamuchy, NJ

Fall Registration begins July 15, 2017

***Before care offered at** KDM, Byram, Dwyer, Stony Brook, Allamuchy, Birchwood & DBO (All before care starts at 7:00 am with the exception of Byram, it begins at 6:45 am)

For more information on the above schools, please contact Lynn Molitoris, Youth Services Director, (973) 366-1120 x16 or lynn@randolphymca.org

5 days/week: **$165**/month
4 days/week: **$130**/month
3 days/week: **$105**/month
2 days/week: **$75**/month

Ends on the last day of school
Questions about program?
randolphyaftercare@gmail.com
kaitlyn@randolphymca.org or kathy@randolphymca.org

Working for a Drug Free Community
Randolph
Municipal Alliance Committee

Funding for this program is provided by Randolph MAC.

We have partnered with Saint Clare's, Morristown Medical Center, Summit Medical Group & Randolph Pain Relief & Wellness Center!

Tea & Talk, hosted by **Morristown Medical Center**, is held on the **2nd Thursday of every month** at **10:30 am** at the Program House. Topics will vary.

NON-MEMBERS WELCOME!

Monthly Screenings hosted by **Morristown Medical Center** will be in the main lobby of the YMCA on the **3rd Wednesday of every month** from **9:30–11:30 am.**

HEALTHY KIDS DAY!

Saturday, April 29 from 10:00 am – 1:00 pm

Summer is the time for kids to get up, get out and grow. But for some kids, exposure to activities that stimulate the body and mind ends with the school year. In fact, research shows that kids are prone to gain weight and fall behind in studies. On April 29th, the Y will celebrate Healthy Kids Day®, our national initiative to improve the health and well-being of kids.

Some of the activities will include:

Randolph **Fire**, **Rescue** Squad, & **Police** Department
Open Gym Play in the Gymnastics Room
Face Painting & **Balloon Animals**
Shoprite **Nutritionist** & **Healthy Snacks**
Summer Camp 2017 In-Person Registration
& SO MUCH MORE!

HEALTHY KIDS DAY®
A YMCA Initiative

YOUTH FITNESS CLASSES Ages 5-12

Full Members: FREE **Basic Members: $6/class x session length** (register at the front desk)

March 27 – June 5 (no class 5/29)

No Youth Fitness Classes during the summer.

FAB 45 (Ages 8-12) **Mondays: 4:30 – 5:15 pm (Ends June 5)** No class 5/29
Kids will be engaged in a different workout each week designed to teach them new exercises along with ways to stay active. Calisthenics & body weight exercises will be paired with fun games and team building activities to keep everyone moving and having fun!

THE GROOVE METHOD™ for kids (Ages 5-8) **Mondays: 5:00 – 5:30 pm** No class 5/29
Kids LOVE to DANCE! Groove is a revolutionary way to get kids dancing and moving with focus on simplicity, creativity and FUN all while using GROOVE concepts. Kids explore dance styles and music from around the world while experiencing success, inclusion, community, and their ability to be their amazing unique selves.

FITNESS FUNDAMENTALS (Ages 5-7) **Tuesdays: 5:00 – 5:30 pm**
This class focuses on the fundamentals of fitness and body awareness. Body weight exercises will be used to gain strength, balance and agility. All activities will foster movements that will prepare them for future endeavors in sports and/or fitness activities.

J.I.F.–JUMP INTO FITNESS **Tuesdays: 5:30 – 6:00 pm** (Ages 5-7) **Tuesdays: 6:00–6:30 pm** (Ages 8-12)
What could be more fun that jumping rope? Join our experienced jump roping instructor as he teaches how jumping rope can improve cardio endurance, build core strength, improve hand-eye-leg coordination and create a full body workout.

BEGINNER BALLET (Ages 5-8) **Wednesdays: 4:45 – 5:15 pm**
Children will be introduced to the elementary positions of classical ballet. Classes are slowly paced and thorough to ensure proper alignment and understanding. The focus of each class will be on coordination and musicality, with an emphasis on body conditioning for pre-ballet groups.

YOUTH PICKLEBALL (Ages 8-12) **Wednesdays: 5:00–6:00 pm**
Come try out one of the fastest growing paddle sports in the U.S! Pickleball is a cross between badminton, tennis and ping-pong. Rules & basic fundamentals will be covered in a kid friendly environment. Players will get the chance to work with Adult Pickleball enthusiasts and play other kids. All equipment will be provided.

TAE KWON DO (Ages 5-8) **Thursdays: 5:00 – 5:30 pm**
Martial Arts training is a great way to increase your flexibility, agility and endurance. Tae Kwon Do helps children to focus, build self-esteem and confidence. It is a fun and exciting way to stay in shape.

Monday Classes	**March 27 – June 5** (no class 5/29)
Tuesday Classes	**March 28 – May 30**
Wednesday Classes	**March 29 – May 31**
Thursday Classes	**March 30 – June 1**

PARENTS WITH CHILDREN UNDER THE AGE OF 12 MUST REMAIN IN THE BUILDING.

Questions? Contact Kathy Lamia x23

YOUTH SPECIALTY CAMPS

Junior Lap Ages 13 & under

Children under the age of 13 with a full membership may lap swim during designated Junior Lap time. Swim test is required. Please check pool schedule for days/times.

Family Swim

Family swim is the perfect opportunity for parents and children to have fun in the pool. All children under the age of 12 must have a parent/guardian in the pool within arm's reach at all times. All children under the age of 14 must pass a swim test and wear appropriate wrist band during family swim times. Family Membership required.

Wednesdays: 7:00-8:00 pm
Fridays: 7:30-8:30 pm
Saturdays: 12:30-1:30 pm
Sundays: 11:30-12:30 & 1:00-2:00 pm

Times subject to change

1-on-1 Basketball Training $60/session

The primary goal of this individual development training is to increase accuracy in shooting skills, ball handling, passing and developing a personal practice plan with an emphasis on gaining self-confidence. These 1-hour sessions can be scheduled by booking an appointment at least 1 week in advance.

Jim Chegwidden (973) 727-8605

Brenda DeNure (973) 366-1120 x19

Music Together® Ages 0-7

Kids will sing, dance, move, and play instruments with other children. This class is held at the Program House. **Membership not required.** 10% discount for Randolph YMCA Full Members!
For pricing & registration information, contact info@merrymusicians.com or (973) 945-2828

Youth Fitness & Conditioning Ages 12 & 13+

$35 per phase

Phase 1: Required for 12-13 year olds. Basic fitness principles, proper exercise form, sequence & duration. Upon completion of this program, your child will be certified to utilize the cardio room and track area on their own.

Phase 2: Ages 13+. This is a step up and will consist of strength training, using stability balls, medicine balls and resistance bands.

For more information about our Youth Fitness & Conditioning Program, contact Ismael at x27

Youth Summer Specialty Camps

Membership not required.

Swim Fit Ages 8-16

July 10-14
9:00-10:00 am
$85/person

The focus will be on a stroke technique, racing skills, endurance and fitness. Swimmers will be given the same instruction as our swim team, to prepare them for competition in the future.

Youth Soccer Ages 7-11

July 17-21
9:00 am - 12:00 pm
$120/person

Children will learn the fundamentals of soccer and engage in small scrimmages in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship.

Jr. Lifeguarding Ages 11-14

July 24-28
9:00 - 11:00 am
$95/person

Interested in becoming a lifeguard? Learn what it takes to become a certified American Red Cross Lifeguard in and out of the pool.

Youth Floor Hockey Ages 6-12

July 31 - August 4
11:00 am - 12:30 pm
$95/person

Come learn the exciting game of hockey! We will teach you stick handling, passing, shooting & scoring! Children will go through drills and play games.

Basketball Ages 8-14

August 7-11
9:00 am - 12:00 pm
$120/person

Children will learn the fundamentals of basketball and engage in small games in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship.

IT'S NOT JUST KID STUFF

ADULT PING PONG

Show off your ping pong skills! We have 2 ping pong tables in the Rec Room at the Program House. Come during designated ping-pong times & have fun! Bring a friend! Registration not required.

Fridays 1:00-3:00 pm until June 9

Members	Non-Members
FREE	$5

ADULT VOLLEYBALL

This adult co-ed league held at the Y is a great way to stay active, in shape and connected. Participate in an organized team sport while having fun, meeting friends and getting fit. You will gain new skills and improve your game in a league that emphasizes fair play and good sportsmanship.

Thursdays: 7:30-9:45 pm

ADULT PICKLEBALL

Pickleball can be played by adults of all ages-even if you don't get around quite the way you used to. We have **3 regulation sized indoor Pickleball courts.**

TRX

TRX Training leverages gravity and the use of the user's body weight. Build power, strength, flexibility and balance all at the intensity you choose.

BOXING

Circuit training with various exercises that focus on building endurance with increments of plyometrics.

NUTRITION SERVICES

Private Sessions

Members	Non-Members
$60/hour	$90/hour

If you are interested in scheduling a session, please contact rmrider@optonline.net

PRIVATE YOGA $50/session

Our certified Yoga instructors will design a program for your specific needs. Back pain, PMS, menopause, weight loss, deep stretches & more. For more information, contact Kathy Lamia x23

MASSAGE THERAPY

Massage therapy is an effective and safe addition to an individual's wellness plan. Membership not required! See page 26 for prices.

REIKI

A holistic hands-touch healing technique that aids the body in releasing stress and tension by creating deep relaxation. Membership not required! See page 26 for prices.

SEMINARS & LECTURES

We have partnered with Saint Clare's, Morristown Medical Center, Summit Medical Group & Randolph Pain Relief & Wellness Center!

JUST ADD WATER!

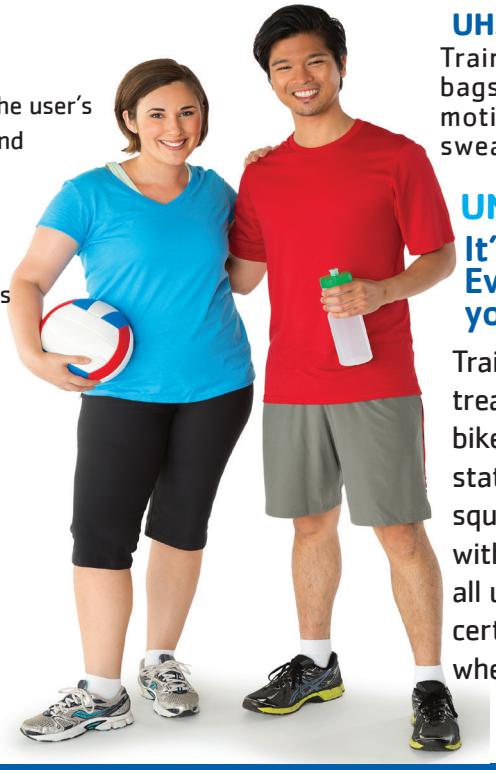
REHABILITATION & PREHABILITATION

We can create a program to fit your needs

Contact Kathy Fisher (973) 366-1120 x14
or kathy@randolphymca.org

AQUA VOLLEYBALL

Who says kids have all the fun? Come join us in the Warm Water Pool to play super soaked versions of volleyball. All skill levels welcome. **FREE** to Randolph Y members!



UH2O BOXING

Train your body using underwater heavy bags for resistance in every plane of motion. Intense format-be prepared to sweat! See schedule for days/times.

UNDERWATER GYM

It's time to rethink your workout! Everything you can do on land, you can do in the water.

Training on our X80 underwater treadmills or our Hydrospin stationary bikes. Strength train on the Aquatrend station: pull-ups, push-ups, crunches, and squats. Work each individual body part with our full array of aquatic equipment, all under the watchful eye of our aquatic certified trainers. No stress on your joints when training in our Warm Water Pool!

MOTIVATE EMPOWER SUCCEED

Why Hire a Personal Trainer?

- Provide guidance & motivation
- Cater to YOUR goals
- Reduce your risk for injury

PROGRAMS AVAILABLE

Personal Training **$50/session**
One-on-one, 1-hour sessions, with a personal trainer. Three sessions are recommended for new clients. Personal training inquiry forms available at the front desk.

Semi-Private Training **$60/session**
Train with up to 3 people. Excellent value with close instructor supervision.

Team Training **$150/15 people**
Excellent for pre-season strength and conditioning. As the saying goes, "Get in shape to play, don't play to get in shape."

KNOW YOUR NUMBERS

Meet with one of our personal trainers that will calculate your body composition analysis! Please see front desk to sign up.

$20 per person By Appointment Only

Your body composition analysis will include:

- Weight
- Fat Mass
- Lean Muscle
- Body Fat Percentage

TYPES OF TRAINING AVAILABLE

Body Weight Training
Build strength, flexibility, and mobility with one's own body; the ultimate core workout.

Machine Training
Selectorized or plate loaded. Great for people new to resistance training and for increasing muscle size.

Free Weight Training
The ultimate way to exercise. Build muscle, core strength & flexibility.

Circuit Training
Build strength, endurance and improve your cardio with this fun form of training. This is the ultimate efficient workout.

Plyometrics/Power Training
Great for increasing power. Compliments a good weight training program.

Metabolic Training
High-intensity training. Great for conditioning and shedding pounds. Combines Olympic lifting derivatives, medicine balls and anaerobic conditioning (sprints).

Speed & Agility
Great for athletes or just to add a different flavor to any workout.

TRX Suspension Training
Use your own body weight to build power, strength, flexibility and balance!

Boxing
Circuit training with various exercises that focus on building endurance with increments of plyometrics.

Questions about Personal Training? Ish x27

NUTRITION SERVICES Regina Rider, DTR

Regina is a Registered Nutritional Specialist and carries a certification in Child and Adolescent Weight Management. Her philosophy is to promote an understanding of how nutrition impacts overall health & wellness. Using techniques, such as goal setting, positive behavioral modification and counseling her goal is to empower people with the knowledge and resources they need to reach their own objectives and lead a healthy and fulfilling life. Regina offers individual,children and family sessions.

Members	Non-Members
$60/session	$90/session

If you are interested in scheduling a session with Regina, please contact x14 or rmrider@optonline.net

FEEL AT EASE IN MIND & BODY

Massage/Massage Therapy

What is Massage Therapy?

Massage therapy is an effective and safe addition to an individual's wellness plan. Stress relief and relaxation of muscles are just some of the many benefits massage therapy can provide.

Chelsea McCluskey, RYT, LMT

Chelsea has completed over 200 hours of study to become a Registered Yoga Teacher and is currently furthering study to become a Certified Yoga Therapist and a Certified Personal Trainer. She attended school for massage at the Institute for Therapeutic Massage and received the title of a Licensed Massage Therapist. Her intention is to provide education in self-care and inspiration to become more self-aware.

UNIVERSAL LIFE ENERGY

Reiki

A holistic hands-touch healing technique that aids the body in releasing stress and tension by creating deep relaxation. It helps the body accelerate natural healing, stimulate the immune system, relieve muscle spasms, cleanse toxins, release emotional blockage. Reiki also can be effective ancillary treatment of chronic and acute illness or injury. Reiki is sometimes referred to as a "Relaxation Technique", and promotes the ability of the body to heal itself.

Individualized Therapy

Each massage therapy session will be customized to fit the needs of each individual. A unique blend of techniques are excellent for increasing circulation and decreasing stress. Myofascial release includes gentle, mindful stretching and long-holding compressions to release deep tension. Stretches will be demonstrated, instructed and recommended for on-going self-care.

Members	Non-Members
30-min: $35	**30-min:** $40
60-min: $65	**60-min:** $75
90-min: $95	**90-min:** $110

Chair Massage

Relieve tension quickly and effectively. Focuses on back, neck, shoulders & arms. The massage is performed over clothing and does not require massage oil. Thirty minute sessions include guided active stretching to further reduce tension.

Members	Non-Members
15-min: $20	**15-min:** $30
30-min: $25	**30-min:** $35

Aromatherapy

Safe, natural, and effective for improving mood & wellness. Essential oils will be utilized through an aromatherapy diffuser, providing a pleasant smelling mist in the room. Oils will be applied topically during massage to add a spa-like effect to your massage.

Essential Oils: Lavender • Eucalyptus • Peppermint • Citrus

Member	Non-Member
$25/session	$35/session

Please call Kaitlyn to book your massage or Reiki appointment 973 366 1120 x24

TOGETHER WE CAN DO SO MUCH MORE

The Randolph YMCA believes in making our services available to everyone in our community. **Your donation makes this possible.**

For more information about the Annual Campaign:
Jordan DiEgidio 973 366 1120 x38 or jordan@randolphymca.org

Your donation can...

Build a safe & confident swimmer
Create memories at summer camp
Inspire kids before & after school
Grant memberships to the YMCA

> **"You make a living by what you get. You make a life by what you give."**
> – Winston Churchill

CHANGING LIVES STARTS WITH YOU

Volunteers are **vital** to our Y, and by **opening up your heart** and **extending your hand** to our Y community, you will be **changing the lives** of so many.

Volunteers of the Randolph Y:

- **Coach** our sports teams and teach many of our classes
- **Participate** in opportunities to give back and support neighbors
- **Motivate** and support youth in building character strengths, skills and relationships that lead to positive behaviors, better health, & smart life choices
- **Advocate** for the Y's efforts to influence policies and initiatives that positively impact societal issues of importance to the nation, and your community

GET INVOLVED! The Y is a nonprofit like no other. Take an active role in strengthening your community.

At our Y, we have so many opportunities for you to help; whether it's once a year or every week; for an internship or community service. We are here to provide those positive experiences for you. All of our volunteers share an equal passion for the Y's work to strengthen our community.

If you are interested in becoming a volunteer, please contact Bill Lamia, 973 366 1120 x15 or bill@randolphymca.org

YMCA POLICIES & INFORMATION

WEATHER RELATED CLOSINGS

Check the website, Facebook, Twitter or Instagram or call the Y for weather-related delayed openings, early closings or full-day closings. Please note that if there are widespread power outages, it may be impossible to update the website or phone.

NON-DISCRIMINATION POLICY

The Randolph YMCA, in keeping with its mission to help all people realize their fullest potential, encourages and supports the participation of all in YMCA programs. We serve all children, families and adults regardless of gender, race, color, nationality, religion, ethnicity, disability or language.

VALUABLES

The YMCA is not responsible for lost or stolen articles in the locker room, gym, pool, etc. Bring a lock to secure your locker while you are in the building. Locks must be removed after each use to allow other members use of the locker.

CLASS REFUND POLICY

The YMCA reserves the right to cancel any class or program if attendance or registration does not meet class quota. The full program fee will be returned to those who have paid. A refund will not be given unless the class is canceled by the YMCA. A credit minus a $10 processing charge will be given if written notification is received prior to the first class meeting.

FINANCIAL ASSISTANCE

The YMCA believes in making our services accessible to everyone in our community. Applications for financial assistance are available at the front desk & on our website. Applicants must live in our service area.

MAKE-UP POLICY

No make-ups, credits or refunds will be given to individuals missing classes due to illness, vacation or personal reasons.

MEMBERSHIP POLICY

Memberships are neither refundable nor transferable. If you wish to transfer from another YMCA, outside of the Morris County area, you must take out a full privilege membership. The Randolph YMCA will honor a portion of the unexpired time on this full privilege membership. Memberships will not be extended nor will any refunds be given due to lack of use or reasons such as illness, pregnancy, business travel, etc.

USAGE/MONTHLY MEMBERSHIP POLICY

Monthly memberships are valid for one month from date of purchase. If the monthly withdrawal contract is not signed and you pay at the desk monthly, your membership expiration date may be subject to backdating based on facility usage.

MY Y. YOUR Y. RECIPROCITY POLICY

The Randolph YMCA has teamed up with other YMCA's in New Jersey to add more value to your membership. You can now visit participating YMCA's in New Jersey at no cost. Restrictions may apply.

GUEST POLICY

Members may bring a guest to try the YMCA.
Fees: 13 & under=$12 • 14 & older=$15
Guests 14 and older MUST present a valid photo I.D. Guest ages 13 & under must be accompanied by a full privilege adult (18+) member.

LOCKER ROOM POLICY

PLEASE NOTE: Children under the age of 18 are **NOT PERMITTED** in the men's & women's locker rooms. If you are bringing a child for swimming, you must use the boy's or girl's locker rooms. There is a family changing stall available on the Main Pool deck and the Warm Water Pool deck, which can be accessed through the boy's and girl's locker rooms. **CELL PHONES ARE PROHIBITED IN ALL LOCKER ROOMS. VIDEO & PHOTOGRAPHY ARE PROHIBITED IN THE ENTIRE AQUATIC CENTER AT ALL TIMES.**

FAMILY SWIM RULES

All children under the age of 12 must have a parent/guardian in the pool within arm's reach at all times. All children under the age of 14 must pass a swim test and wear appropriate wrist band during family swim times. No video or photography allowed in the aquatic center at all times.

CODE OF CONDUCT

All participants should recognize that the Randolph YMCA is dedicated to the welfare of all participants. In order to maintain a consistent and cooperative environment, the management of the YMCA asks that all of the participants at this facility:

- Refrain from the use of foul language, abusive actions or inappropriate behavior
- Recognize that sportsmanlike conduct, fair play and a cooperative attitude govern behavior at all times.

The Y reserves the right to suspend membership privileges, without refund, of any member who:

- Aids in the unauthorized entrance of non-members
- Becomes physically or verbally abusive to other members or staff
- Disregards posted rules and regulations

WE ARE A GLASS FREE FACILITY.

THE RANDOLPH YMCA
14 Dover Chester Road Randolph, NJ 07869
973.366.1120 • www.randolphymca.org

DISCOVER YOUR HEALTH!

Your insurance carrier* may be eligible for membership discounts or reimbursements!

WE DO NOT PARTICIPATE IN SILVER SNEAKERS.

Horizon Blue Cross Blue Shield

As part of the new YMCA Gateway Family Membership Program, HBCBS NJ members* are eligible to receive a complimentary one-month membership at participating YMCA's throughout NJ. Families who are not, or have not been a YMCA member in the past year qualify to receive the one-month membership. To redeem your free membership, bring your HBCBS NJ ID Card, a photo ID, and the coupon to the YMCA. *Restrictions may apply

United Health Care

Members who qualify will receive a $20 reimbursement from United Healthcare based on 12 visits per month. For more information, call 1-888-294-1141 or visit www.uhctogether.com/uhwellness

AARP "At Your Best" Medicare Supplement Insurance Plan

Through United Health Care Insurance Company, members 65 & older pay half of the senior membership rate. Visit their website www.joinatyourbest.com or call 1-866-275-5599 to see if you qualify.

Horizon B Fit

Members who qualify will receive a $20 reimbursement from Horizon Blue Cross Blue Shield based on 12 visits per month. For more information visit www.horizonBfit.com

Aetna

Get reimbursed for how you like to get fit! Visit www.aetna.com or contact your employer to see if you are eligible.

Optum Fitness Advantage through United Health Care

The Randolph YMCA is participating in this program that is available to NJ residents who are insured members covered under AARP Medicare Supplement Insurance Plan insured by United Health Care. To see if you qualify, call United Health Care at 1-800-523-5800.

MY Y IS NOW EVERY Y IN NEW JERSEY

Membership Reciprocity

No matter where you are in the Garden State, you're welcome at the Y! We've teamed up with other YMCA's in New Jersey to add more value to your membership and make it easier for you to access the resources you need to lead a healthy life. As a full member of the Randolph YMCA, you have access to nearly 50 YMCA locations throughout the state at no additional cost. More locations mean more opportunities to leverage your Y membership to the fullest. Simply bring your Y membership card and valid photo ID to the Front Desk at the Y you are visiting. There is no limit to the use of other Y's as long as you are using your home Y (where your membership is billed) more frequently.

Some restrictions may vary among the Y's so please call prior to your visit for details.

Scan QR Code to see participating YMCA's

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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