



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER NEW POSSIBILITIES

THE RANDOLPH YMCA

Fall 2016/Winter 2017 Program Guide

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 Director & 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.....	Business Systems Manager
Lynn Molitoris.....	Youth Services Director
Debbie Popek.....	Youth Services/Kaleidoscope Coordinator
Cindy Smith.....	Long Valley Camp/After School Care Director
Bonnie Snyder.....	Membership Director

2016 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	

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."

WE'RE ON SOCIAL MEDIA!



Randolph YMCA



TALrandolphY



@randolphymcanj



HOURS OF OPERATION

REGULAR HOURS

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

(Weekend hours vary during the summer)

HOLIDAY CLOSINGS

New Year's Day.....	January 1
Easter Sunday.....	April 16
Memorial Day.....	May 29
Independence Day.....	July 4
Labor Day.....	September 5
Thanksgiving Day.....	November 24
Christmas Day.....	December 25

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
THROUGH YOUR INSURANCE COMPANY!**

Call your carrier today!

IT PAYS TO BE FIT **HORIZON BLUE CROSS BLUE SHIELD**

As part of the new YMCA Gateway Family Membership Program every HBCBS NJ member is 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 picture ID, and the coupon to the Y.

UNITED HEALTHCARE **FITNESS REIMBURSEMENT PROGRAM**

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

"AT YOUR BEST"

AARP MEDICARE SUPPLEMENT INSURANCE PLAN

Through United Health Care Insurance Company members 65 & older pay half of the senior membership rate. Visit their website: joinatyourbest.com or call 1-866-275-5599

HORIZONBFIT

A new program offered to select BCBS NJ members. The program offers reimbursements of \$20 per month to members who enroll & visit the Randolph Y at least 12 times per month. Visit HorizonBFit.com to see if you are eligible to participate.

AETNA FITNESS REIMBURSEMENT PROGRAM

Get reimbursed for how you like to get fit! Visit www.aetna.com for more information.

MEMBERSHIP INFORMATION



MEMBERSHIP RATES 2016

Current rates effective January 1, 2014 to December 31, 2016
(Fees subject to change effective January 1, 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	\$70

▲ 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. (Proof Required)

**NO RATE
INCREASE!**

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.

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 the Membership Director at the Randolph YMCA to join as a part of a corporate group.

GUEST POLICY

Guests under age 14 MUST be accompanied by a full privileged adult.

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. Call Bonnie x11

MY Y. YOUR Y. RECIPROCITY

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

INCLUDED IN YOUR Y MEMBERSHIP

AQUATICS

MAIN POOL

6 lanes / 25 meters long, approx. 82 °

AQUA CUBE

Additional area of water in the Warm Water Pool that contains state of the art cardiovascular and 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, approx. 88 °

HOT TUB

Custom built, 12 person spa, approx. 102 °

STEAM ROOM

Custom built, 15 person seating area, approx. 118 °

SAUNA

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

TRACK AREA/WEIGHT ROOM

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



GROUP FITNESS

TWO GROUP FITNESS STUDIOS

All group fitness classes are included in your membership! 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.

GYMNASIUM

FULL SIZE 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)

FUNCTIONAL TRAINING AREA

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

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



Cardio Room



Group Fitness Studio



Warm Water Pool



The Playroom at the Program House



Indoor Track Area

Brand New 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 LFCconnect 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.

LFCCONNECT / LFCCONNECT APP

- Complimentary solution that allows exercisers to choose equipment settings and track workout results to meet their goals.
- LFCconnect 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



Minimum of 5 participants

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 held on Wednesday nights from **5:30-6:15 pm**. Sign up at the front desk today! Open to members & non-members. 5-week sessions. **\$75/session/person**

Session 1: **October 26 - November 23**

Session 2: **November 30 - December 28**

Session 3: **January 4 - February 1**

Session 4: **February 8 - March 8**

Contact Ish x27 for more information or questions.

STRONGER THAN YOU THINK

Boxing is held on Wednesday nights from **7:00-8:00 pm**. Sign up at the front desk today! Open to members & non-members. 5-week sessions. **\$100/session/person**

Session 1: **October 26 - November 23**

Session 2: **November 30 - December 28**

Session 3: **January 4 - February 1**

Session 4: **February 8 - March 8**

Contact Ish x27 for more information or questions.

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



Minimum of 5 participants

STRETCHING & TONING

An exciting way to build strength and endurance through gentle calisthenics, resistance weight training and low impact aerobics. Though designed for seniors, this class is a great way to start or end anyone's day.

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.

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.

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

STRETCH & YOGA

Deep stretching, relaxation and exploration of basic yoga poses, along with other gentle exercise techniques.

VINYASA FLOW YOGA NEW!

This class moves at a quick pace with creative sequences structured to build targeted strength of body & mind, while maintaining Ujjayi breathing techniques. This class is open to all levels offering modifications throughout the flow to make each pose accessible to every student.

NIA®

Nia® combines healing martial and dance arts with fantastic music. You will achieve whole body conditioning without complicated choreography or equipment. Suitable for all fitness levels.

TAI CHI / QIGONG

Class consists of simple movements of Tai Chi & Qigong. The practice has been proved to reduce stress, improve balance, coordination, sleep quality, lower blood pressure, improve cardiovascular fitness and improve everyday 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.

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.

POWER BALL ♥+

A powerful, cardio and core conditioning class that strengthens the entire body working through circuits using stability balls.

STEPS & REPS ♥+

Full body workout combining intervals of cardiovascular conditioning on the Step accompanied with strength training exercises.

INTERVALS PLUS ♥+

Flow through cardio and strength intervals for a complete and total body workout.

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.

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.

Y90 ♥+

Following along similar lines of a popular workout program, "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). This class is for the conditioned participant.

TABATA BOOTCAMP™ ‡

Participants will experience short intervals based on Tabata Bootcamp's training that delivers a calorie drenching workout and post metabolic boost...that means burning calories AFTER the workout! MAXIMIZE your results in minimum time!

♥ =CARDIO

+ =STRENGTH

‡ =HIGH INTENSITY

ADULT GROUP FITNESS CLASSES



H.I.I.T ‡ (High Intensity Interval Training)

H.I.I.T is a total body, heart pumping aerobic and strength-conditioning workout. This interval based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.

PLYOGA® ‡♥+ NEW!

A 4-segment fitness system using fundamental and accelerated yoga postures as an active rest and fluent recovery for intense plyometric intervals. Designed to challenge the fitness beginner to the perennial athlete.

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.

THE GROOVE METHOD™

Truly the simplest dance class you will ever take! We will unite in a rhythm while you move the way YOU move. ANYONE can do it!

ZUMBA® FITNESS

Zumba is a fusion of rumba & samba, using Latin and international dance music themes in a dynamic, exciting fitness format.

ZUMBA® GOLD FITNESS ♥

Zumba Gold is designed to make Zumba fitness easier to learn with low impact and intensity.

ZUMBA® TONING

Using Zumba toning sticks or light weight dumbbells, you'll work every muscle group while you groove to Latin-infused music.

FABU™-FABULOUS, FUN, FREEDOM... ♥

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.

SOCIAL DANCING ♥

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



SPINNING® ♥

The original indoor group cycling program. SPINNING® schedule separate from Group Fitness and may vary each month.

MAT 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!

YOGA/PILATES FUSION NEW!

Mindful, whole-body strengthening with emphasis placed on increasing core strength. All fitness abilities will benefit from this format as modifications will be provided to make the class either gentle & relaxing or vigorous & intense.

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. (Not recommended for beginners)

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.

BARRE ESSENTIALS+

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

♥ = **CARDIO**

+ = **STRENGTH**

‡ = **HIGH INTENSITY**



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

EXPLORE, CONNECT, MOVE!

The Program House 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.

at the Program House!

SPECIAL NEEDS GYMNASTICS & DOLPHIN SWIM PROGRAM PAGE 19

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

MOVE FOR BETTER BALANCE PAGE 16

Active Adult Fitness

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.

CHILDREN'S BIRTHDAY PARTIES PAGE 18

Choose from our pool, gymnasium, gymnastics. 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.

ROCK STEADY PARKINSON'S BOXING PAGE 16

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

MASSAGE PAGE 26

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!

MUSIC TOGETHER®

Bringing Harmony Home®

Since the 1980s, Music Together has been a developmental non-performance-oriented approach to music learning that honors children's learning styles and allows all children to participate at their own levels. 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.



FEATURING...

Rehabilitation, Reiki, nutrition, adult special needs fitness, seminars & lectures with guest speakers, line dancing, CPR, Lifeguard & First Aid Training, parent/child classes, one-on-one trainings, all offered in a private dedicated space plus more!

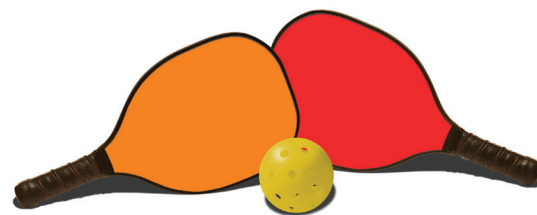
**YMCA MEMBERS RECEIVE A DISCOUNT
ON ALL PROGRAMS OFFERED AT THE
PROGRAM HOUSE**

Questions about the
Program House?

Contact Kathy Fisher
Program House
Operations Director
(973) 366-1120 x14



ZERO ZERO TWO



Pickleball Schedule effective Tuesday, September 6

Monday	9:30 – 11:30 am	Recreational
	11:30 am – 1:30 pm	Competitive
Tuesday	10:00 am – 12:00 pm	Recreational
	12:00 – 2:00 pm	Competitive
Wednesday	10:00 am – 12:00 pm	Recreational
	7:00-9:00 pm	Competitive
Thursday	9:30 am – 12:00 pm	Recreational
	12:00 – 2:00 pm	Competitive
Friday	10:30 am – 12:00 pm	Competitive
	12:00 – 1:30 pm	Recreational
	6:30 – 8:30 pm	Competitive
Saturday	2:00 – 4:30 pm	Competitive
Sunday	2:30 – 4:30 pm	Recreational

*Days & times subject to change

Pickleball Tournaments

Men's Tournament Saturday, Nov. 5th 2:00-6:00 pm

Women's Tournament Saturday, Dec. 3rd 2:00-6:00 pm

Men's Tournament Saturday, Feb. 4th 2:00-6:00 pm

Women's Tournament Saturday, Mar. 4th 2:00-6:00 pm

Tournaments are open to members & non-members

\$25 per person, per tournament

T-Shirt included with registration!

Registration forms will be available 30 days prior to tournament date.

BE OUR GUEST!

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

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.

IMPROVE YOUR GAME

3-week Pickleball Clinics!

Featuring a Ball Machine!

Court play with video followed by a video analysis of your game with the Pickleball Ambassador, Anthony Trongone. Fridays 11:00-12:30 pm (dates TBD)

MEMBERS: \$50 NON MEMBERS \$65

See front desk for more information & registration.

KEEP CALM & 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.

Randolph Y Members: **FREE**

Non-Members: **\$5**

Fridays
1:00-3:00 pm





AQUA FITNESS: CLASS DESCRIPTIONS

FALL SESSION

September 12 – December 9

(no classes 11/24 & 11/25)

WINTER SESSION

January 2 – March 10

SHALLOW WATER CLASSES

AQUATIC BOOTCAMP*

A highly intensive circuit combining strength and cardio. Participants must have a "very high level of physical fitness." Please note that the Bootcamp classes held in the main pool required intermediate swimming skills. Goggles and water shoes required.

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 NEW!

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

AI CHI

A water exercise and relaxation program performed using a combination of deep breathing and slow broad movements of the arms, legs, and torso in flowing continual patterns.

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 included.

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.

BOXING BOOT CAMP*

Train like a boxer! Get ready to feel the burn in this high intensity format.

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.

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!

ADULT 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.

UH2O 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!

COLLEEN'S CHOICE

Get ready to work out with different class formats. Our very creative Colleen will take you through a calorie burning fun workout. Bring your energy and your smile.

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.

WEIGHTS & WATER

This class is designed to sculpt and tone all muscles to improve overall strength followed by a workout in the Warm Water Pool.

SHALLOW & DEEP WATER CLASSES

(Intermediate swimming skills required)

AQUATIC DRILLS*

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

TABATA MIX*

This is a combination of shallow and deep water Tabata drills and aquatic interval training.

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.

QUAD PUMP

This is a high intensity, deep water class using special equipment to increase resistance. **WATER SHOES REQUIRED.** Limited to 15 participants.

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.

UNDERWATER BIKE CLASS

(Water shoes are required. Limited to 10 participants)

HYDROSPIN/AQUA RIDE*

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

***=High Intensity**



TRAINED TO SAVE



2 **FREE** Lifeguarding Courses offered throughout the year. Contact Kathy x14 for more information.

RED CROSS CPR/AED FOR PROFESSIONAL RESCUERS AND FIRST AID

	<u>Members</u>	<u>Non-Members</u>
Full CPR	\$90	\$110
CPR Recertification	\$75	\$90
Full First Aid Course	\$75	\$90
First Aid Recertification	\$65	\$75

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: \$325 **NON-MEMBER:** \$350

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

Let us train you!

Contact Kathy Fisher x14 for more information

See front desk for course days/times

SWIM FIT/PRE-TEAM (8-16 years)

This program is for the swimmer looking to improve their skills or just stay in shape. The focus will be on stroke technique, racing skills, endurance and fitness. Swimmers will be given the same instruction as our swim team, better preparing them for competition in the future, and offering the possibility to choose how many days per week they would like to participate. See page 23 for more information.

PREREQUISITE: Must have completed Flying Fish level or above.

Fall: September 13 – December 4 **Winter:** January 3 – March 12

Practice Days/Times: Tuesdays, Wednesdays & Thursdays: 4:00–5:00 pm & Sundays: 2:30–3:30 pm

Evaluations are held on Tuesdays from 4:00–4:40 pm. Registration forms can be downloaded from the website or are available at the front desk. **Program Information:** Rich Groel, Asst. Aquatic Director x25 or Hilary Collins, Head Swim Coach x34

RANDOLPH YMCA SHARKS COMPETITIVE SWIM TEAM

Interested in joining the Randolph YMCA Sharks Swim Team? The Randolph YMCA swim team is a competitive, year round program comprised of 180 swimmers ages 5–18. We compete in both YMCA and USA Swimming sponsored swim meets. Each year, the RANY Sharks qualify many swimmers to State, Regional & National Championship meets. We believe in supporting healthy kids & developing the process of competitive swimming.

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 Levels

PARENT/CHILD CLASSES

SHRIMP KIPPER (6-12 months) A love-filled water adjustment class for children 6-12 months. Basic swimming skills are introduced through games and songs, along with the usage of toys. Child **MUST** be accompanied by a caregiver in the water.

SILLY SEALS (1-2 years) A water adjustment class for children between the ages of 1-2. Parents will be guided through the basic of swimming skills (kicking, floating, and paddling) to help their child gain independence. Child **MUST** be accompanied by a caregiver in the water.

PIKE WITH PARENT (2-5 years) A water adjustment class for children not quite ready for instruction or separation from their caregiver. This class will focus on following directions, basic swimming skills (kicking, floating, and paddling) and swimming independently with flotation. Child must be accompanied by a caregiver in the water

BEGINNER SWIM LESSONS (3-14 years)

PIKE (3-5 years) A perfect swim class without caregiver. Floating and swimming on their front and back will be introduced in a gentle, caring and fun way. Flotation is used for the majority of the class.

POLLIWOG (6-14 years) A beginner class for those children not comfortable swimming in the deep end and/or immersing their face in the water. **GOALS:** floating, paddle stroke/crawl stroke, and elementary backstroke. Flotation is used for a good portion of the class.

INTERMEDIATE SWIM LESSONS (3-8 years)

EELS (3-7 years) Prerequisite: Swim 15 feet on front & back without flotation and comfortable putting face in the water. **GOALS:** paddle stroke with rhythmic breathing, swimming on back, beginning over-arm recovery (crawl stroke/freestyle)

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.

INTERMEDIATE SWIM LESSONS (6-14 years)

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 (six 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 (using flip turns) 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:** concentrating on proper technique of freestyle, backstroke, breaststroke and butterfly. Continued stroke work and endurance. Become familiar with our pre-school 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.

PRIVATE SWIM LESSONS

The Randolph YMCA offers private swim lessons for all ages.

Private swim lessons allow the participant to work at a personalized level to achieve swim goals. They are a good way to help swimmers focus on a particular skill, or to help overcome a fear of the water.

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

SWIM LESSON SCHEDULE FALL 2016/WINTER 2017



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
4:45-5:25 pm Guppy MP Minnow MP Flying Fish MP Shark MP	4:00-5:00 pm Swim Fit MP	4:00-5:00 pm Swim Fit MP	11-11:30 am Shrimp WWP	4:20-5:00 pm Minnow MP Fish MP Flying Fish MP Pike WWP Eels WWP Polliwog WWP	8:00-8:30 am Adult Beginner Adult Intermediate	2:30-3:30 pm Swim Fit MP
5:30-6:10 pm Rays MP Starfish MP Fish MP	4:45-5:25 pm Pike WWP Eels WWP Polliwog WWP	4:45-5:25 pm Pike WWP Eels WWP Polliwog WWP	11:30-12 pm Pike w/ Parent WWP	Pike WWP Eels WWP Polliwog WWP	8:30-9:00 am Adult Beginner Adult Intermediate	
	5:30-6:10 pm Pike WWP Eels WWP Polliwog WWP	5:30-6:10 pm Pike WWP Eels WWP Polliwog WWP	4:00-5:00 pm Swim Fit MP	5:05-5:45 pm Rays MP Starfish MP Guppy MP Pike WWP Eels WWP Polliwog WWP	9:10-9:50 am Rays MP Guppy MP Fish MP Pike w/ Parent WWP Pike WWP Polliwog WWP	
	6:15-6:55 pm Pike WWP Eels WWP Polliwog WWP	6:15-6:55 pm Pike WWP Eels WWP Polliwog WWP		5:50-6:30 pm Rays MP Guppy MP Shark MP Pike WWP Eels WWP Polliwog WWP	10-10:40 am Starfish MP Minnow MP Porpoise MP Silly Seals WWP Pike WWP Polliwog WWP	
				6:35-7:15 pm Pike WWP Eels WWP Polliwog WWP	10:50-11:30 am Rays MP Fish MP Shark MP Shrimp WWP Pike WWP Polliwog WWP	
					11:40-12:20 pm Starfish MP Minnow MP Flying Fish MP Pike w/ Parent WWP Eels WWP Polliwog WWP	

MP=Main Pool

WWP=Warm Water Pool

REGISTRATION INFORMATION

Winter Swim Lessons January 2 - March 12 (10-weeks)

Early Bird Registration: December 4 - 10

Full Member: \$150 Basic Member: \$190

Registration: December 11 - 17

Full Member: \$180 Basic Member: \$220

You may call after December 21 to confirm swim lesson

SWIM EVALUATIONS 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.

Classes require a minimum of 3 participants.

Swim Evaluations are every Tuesday from 4:00-4:40 pm or call Sara x31 to set up an appointment.

Video recording prohibited during swim lessons.

CREATING FAMILY MOMENTS

Parent/Child Classes

Starting September 12!



Nicole M. Spaldo, MSOTR/L

Nicole graduated from Scranton University with a Masters of Science in Occupational Therapy in 2009. She has worked in a private sensory gym, private & public school and early intervention with children ranging in age from 0-18 years old. Since having her own child in 2014, Nicole has developed a passion for educating and helping new parents and babies through the developmental process.

Rollie Pollies* (Newborn to crawling & their caregivers)

Tummy time is an integral part of your infants development and typically the least preferred position for newborns and their caregivers! Come explore new positions and fun ways to integrate this important part of the developmental sequence and support your child's ability to hold their head up, sit unsupported, roll over and start to play on their hands & knees. This class will be fun and educational, instructed by a licensed pediatric occupational therapist. We will use your own toys and positional equipment to make carryover strategies easy and familiar for your little ones.

Fall: Mondays Sept. 12 - Nov. 28: 10:00-10:45 am

Full Members: \$216 Basic/Non-Members: \$264

Winter: Mondays Jan. 2 - March 6: 10:00-10:45 am

Full Members: \$180 Basic/Non-Members: \$220

FUN YOU'LL FLIP OVER!

Youth Gymnastics



The Randolph YMCA has a gymnastics program you will flip for! We teach kids to tumble, run, jump and twist in our kid-friendly gymnastics room. Kids learn movement skills, fine motor skills, tumbling skills and advanced gymnastics elements. **Starting September 14!**

3-8 year olds: Wednesdays 6:00-6:40 pm

Fall: September 14 - November 30 (12 weeks)

Full Member: \$240 Basic/Non Member: \$420

Winter: January 4 - March 8 (10 weeks)

Full Member: \$200 Basic/Non Member: \$350

Creepin' Crawlies* (Crawling to walking & their caregivers)

Crawling is one of the most important phases of your baby's mobility and often the shortest and must rushed! Once your baby is on the move, it is important to encourage proper form and sitting positions as well as help them to develop strength and stability to build a foundation for future skills and coordination. Come play with your baby and learn new strategies to promote a safe and fun transition to walking. This class will run for 45 minutes and is facilitated by a licensed pediatric occupational therapist.

Fall: Mondays Sept. 12 - Nov. 28: 11:00-11:45 am

Full Members: \$216 Basic/Non-Members: \$264

Winter: Mondays Jan. 2 - March 6: 11:00-11:45 am

Full Members: \$180 Basic/Non-Members: \$220

Buzzin' Bees* Open Gym (Walking to 5 years old)

Come use the amazing gym facility with your toddler under the instruction and guidance of a licensed pediatric occupational therapist who can help to identify your child's strengths and focus on developmentally appropriate and fun activities.

Fridays starting September 16: 10:00 am - 12:00 pm

Members: \$10/class Basic/Non-Members: \$15/class

*Membership not required for these programs



The Playroom at the Program House



FAMILY & PARENT/CHILD ACTIVITIES



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 Swim times effective 9/7

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,

See pages 12 & 13 for parent/child swim lessons



FAMILY FUN NIGHTS!

Family Nights encourage families to play together and learn together. By participating in a variety of fun activities, you will be able to share, communicate and strengthen your relationships and meet other families! Family Night activities are geared toward families with preschool & elementary age children. This is free to Randolph Y full family members!

Swim with Santa!

Kids, jump in the pool and splash with the big guy himself... Santa! Sign up at the front desk by Monday, December 5th. Open to full members.

Friday, December 9th 7:30-8:30 pm

...in the Warm Water Pool!

Parents' Night Out! Ages 4-8

Enjoy a night out on the town while the kids enjoy the evening at the YMCA! This program is offered the **first Friday night of each month**. Children enjoy activities such as gymnastics, arts and crafts, ping-pong, games, dancing and more!

**6:30-8:30 pm at
the Program House!**

\$20/child

Full Members Only



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. This class is held at the Program House.



Session Dates:

Fall: September 14 - December 10 (12-weeks)

Wednesdays, Fridays & Saturdays **9:30 or 10:30** (Mixed age classes)

Winter: January 4 - March 11 (10-weeks)

Wednesdays, Fridays & Saturdays **9:30 or 10:30** (Mixed age classes)

10% discount for Randolph YMCA Full Members!

To register: info@merrymusicians.com or (973) 945-2828

Music Together Family Night

Calling all families with children from 0-7 years old. Here's your chance to sing, play some instruments and dance the night away with your child. Music Together by Merry Musicians will be your guide in leading you on a musical adventure! Come prepared to sing some songs you already know and learn some new songs to add to your repertoire and play a variety of instruments-no experience necessary. We will even make an easy instrument to take home. **Open & free to Randolph Y Full Members.**

Friday, November 18th 6:30-8:00 pm

Friday, January 20th 6:30-8:00 pm

Space is limited. Held at the Program House. Sign up required.

THRILLERWEEN

Saturday, October 29 6:00 pm

Join in the fun at our annual Thrillerween event! Come dressed as one of our zombies as we dance to Michael Jackson's Thriller along with the world or just bring the family for a fun afternoon! Costumes are welcome and face painting will be offered. All children will receive a pumpkin.



HELPING YOU FEEL STRONG STEADY & SAFE

Moving for Better Balance

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

B's BALANCE

A specially designed class that helps improve static and dynamic balance skills with a focus on strength, agility & flexibility.

Tuesdays & Thursdays 12:30-1:15 pm

Fall: September 13 - December 8 (12-weeks) NO CLASS ON 11/24

Full Member: **\$144** Non-Member/Silver Fox: **\$192**

Winter: January 3 - March 9 (10-weeks)

Full Member: **\$120** Non-Member/Silver Fox: **\$160**

WEIGHTS & WATER

This class is designed to sculpt and tone all muscles to improve overall strength followed by a workout in the warm water pool.

Fall: September 12 - November 30 (12-weeks)

Full Member: **FREE** Non-Member/Silver Fox: **\$192**

Winter: January 2 - March 8 (10-weeks)

Full Member: **FREE** Non-Member/Silver Fox: **\$160**

Mondays & Wednesdays

11:15-11:45 am **Weights** & 12:00-12:30 pm **Water**

BRAIN GAMES

Free to members & non-members!

Stimulate your memory & brain health!

Fall: September 13 - December 8 NO CLASS 11/24

Winter: January 3 - March 9

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

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. Free with a Randolph Y membership. See page 10 for all aquatic fitness classes.

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 x38

LET'S DANCE! Line Dancing

Dance yourself fit. Line dancing helps increase stamina, flexibility, balance and fitness. Dance to a variety of music, including popular and country. Open to members & non members.

Mondays: 2:00-3:00 pm

Fall: September 12 - November 28 (12-weeks)

Full Member: **\$72** Non-Member/Silver Fox: **\$120**

Winter: January 2 - March 6 (10-weeks)

Full Member: **\$60** Non-Member/Silver Fox: **\$100**

FIGHT PARKINSON'S!

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

Mondays 10:00-11:00 am (Program House)

Wednesdays 10:00-11:00 am (Warm Water Pool)

Fridays 10:00-11:00 am (Program House)

Fall: September 12 - December 9 (12-weeks) NO CLASS 11/25

Full Members: **\$288** Non Members/Silver Fox: **\$360**

Winter: January 2 - March 10 (10-weeks)

Full Members: **\$240** Non Members/Silver Fox: **\$300**

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 from September 16 - June 9** for an Aqua Fitness Class from 12:00-12:45 pm in the Warm Water Pool.

Fee: **\$125**

Brenda DeNure, *Active Adult Coordinator*
(973) 366-1120 x19

UH2O UNDERWATER GYM

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

Do your cardiovascular training on our X80 underwater treadmills or our HydrosSpin 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!

PERSONAL TRAINING AQUATIC REHAB

\$55 per session (30 minutes)

OR

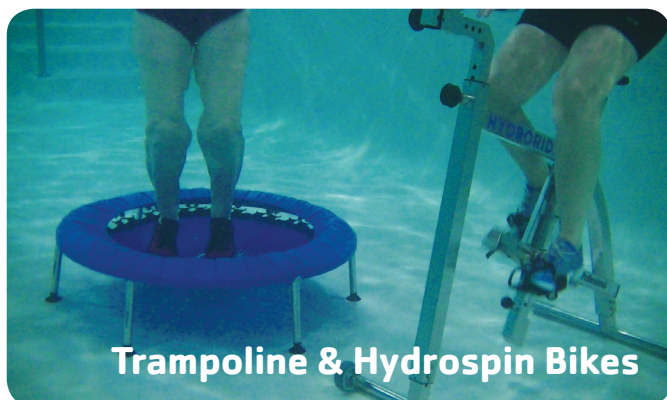
Buy 10 sessions and receive a 10% discount!

Flexible Scheduling!

Train on our newest Aquatic Equipment

- Hydroworx X80 Treadmills
- HydrosSpin Bikes (Aquatic Spinning)
- AQX System for Deep Water Running
- Plyometric Step
- Parallel Bar

We can create a program to fit your needs.
Contact Kathy Fisher (973) 366-1120 x14 or
kathy@randolphymca.org



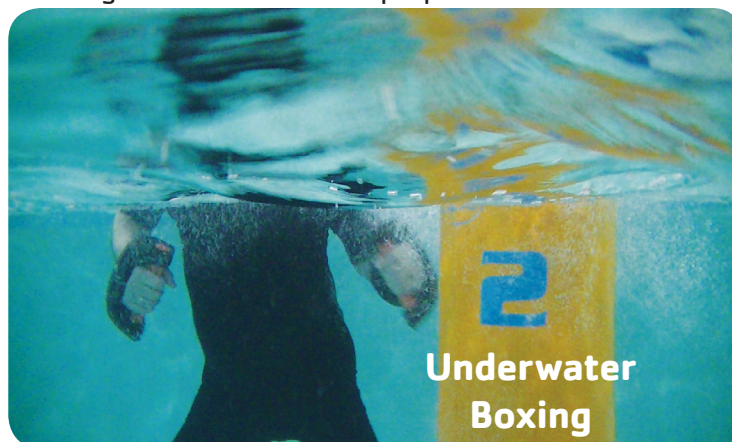
Trampoline & HydrosSpin Bikes



**Underwater
Treadmills**

UH2O 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!



**Underwater
Boxing**



Warm Water Pool

AQUA CUBE

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

CELEBRATE YOUR DAY!

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

LEVEL 1

Room Rental
90 minute limit

\$150: Full Members

\$200: Basic/Non-Members

LEVEL 2

Pool, Gymnasium, or Gymnastics
+ 1 hour party room

\$250: Full Members

\$350: Basic/Non-Members

Pool or Gymnastics Party: 2:30-3:30 pm
Party Room: 3:30-4:30 pm

A Gymnasium Party: 1:00-2:00 pm
Party Room: 2:00-3:00 pm

Contact Kathy Fisher x14 or kathy@randolphymca.org
to book your party!

Included in your family membership...

BABYSITTING

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 all other memberships (i.e. adult, senior, etc. except basic youth members) (maximum of 2 hours)

AGES: 3 months - 6 years

HOURS: Mon-Fri 9 am - 1 pm & 4 - 8 pm
Saturday 9 am - 1 pm
Sunday CLOSED

Contact Lynn at x16 for questions

ACTIVITY CENTER

Children can hang out in the activity center while their parents use the facility. Jump ropes, hula hoops, hopscotch, basketball, board games, & foosball.

FREE to family members or \$1.00 per half hour for all other memberships (i.e. adult, senior, etc. except basic youth members) (maximum of 2 hours)

AGES: 7 - 13 years **HOURS:** Mon-Fri 4 - 8 pm
Saturday 9 am - 1 pm
Sunday CLOSED

Contact Ismael Gonzalez at x27 for questions

SPECIAL NEEDS/INTEGRATED 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.

Fall: September 13 – December 10 (no class 11/24 or 11/26) 12-weeks

Full Members	Gymfit: \$240	Dolphin: \$240	Gym/Swim: \$432
Basic/Non-Members	Gymfit: \$420	Dolphin: \$420	Gym/Swim: \$756

Winter: January 3 – March 11 10-weeks

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

All new program participants must be evaluated for proper Gymfit or Dolphin placement. Evaluations are held on the 2nd Saturday of every month from 2:30-3:00 pm.

GymFit (40 minute classes)

Tuesdays: 5:00 or 6:00 pm

Thursdays: 6:00 or 7:00 pm

Saturdays: 10:30 am, 11:30 am or 12:30

Dolphin Swim (40 minute classes)

Thursdays: 5:00 pm

Saturdays: 1:30 pm

KALEIDOSCOPE Ages 5-17

For more than 30 years, the YMCA's Special Needs Kaleidoscope Program offers children ages 5-17 the opportunity to become more confident in the water through the teaching of basic swimming skills by trained volunteers.

Saturdays at 12:30 pm September 17 – June 10

If you would like to be a volunteer, please contact Debbie.

Program Coordinator: Deb Popek x13 or debbie@randolphymca.org

ADULT SPECIAL NEEDS Ages 14 & up

This 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. For more information, contact Brian x19 or brian@randolphymca.org

Fall: September 13 – December 8 NO CLASS 11/24

Tuesdays & Thursdays 4:00-4:40 pm

Winter: January 3 – March 9

Tuesdays & Thursdays 4:00-4:40 pm

GOTCHA "Get off the couch &..." HAVE FUN! Ages 12-16

The Roxbury PEC, Inc., in coordination with the Randolph Y, has started a pilot 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!

Tuesdays starting September 13!

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

To register, contact Jodi Cullen at 973-598-0848 or e-mail cullens@optonline.net



Parents' Night Out! Ages 4-8

Enjoy a night out on the town while the kids enjoy the evening at the YMCA! This program is offered the **first Friday night of each month**. Children enjoy activities such as gymnastics, arts and crafts, ping-pong, games, dancing and more!

6:30-8:30 pm at the Program House \$20/child
Full Members Only

Integrated Programs Offered...

Music Together®

Buzzin' Bees

Page 15

Page 14



BEFORE/AFTER SCHOOL PROGRAMS

High quality, low cost before/after school child care is available for children in grades K-8. Homework, crafts, games & snacks are part of your child's experience with our YMCA after school program. Program includes half day, full day and vacation weeks.

LOCATIONS

ROCKAWAY TOWNSHIP

- KDM
- Dwyer
- Stoneybrook
- DBO
- Birchwood

- Byram
- Wharton
- Allamuchy

Lynn Molitoris
Youth Services Director
(973) 366-1120 x16

LONG VALLEY

- Flocktown/Kossmann Elementary

Cindy Smith
Long Valley Camp/After
School Care Director
(908) 689-9312

***Before care offered at**
KDM, Byram, Dwyer
Stoneybrook, Allamuchy,
Birchwood & DBO

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

Randolph Middle School After Care Program

Every day after school until 6:00 pm!
Grades 6 - 8

Attention Randolph Middle Schoolers!

This **BRAND NEW** 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: **Zumba® Fitness, Aqua Volleyball & Basketball, Underwater Gym, Boot Camp, Boxing, SPINNING®, Dance, Tutors & Homework Help, and Yoga/Pilates.**

REGISTER TODAY! 2-5 days/week enrollment available!

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

Questions about program? kaitlyn@randolphymca.org
kathy@randolphymca.org
jpatrick28.jp@gmail.com



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! Look for lectures & seminars this fall & winter!



Saint Clare's
Health



Morristown
Medical Center
ATLANTIC HEALTH SYSTEM

RANDOLPH
PAIN RELIEF & WELLNESS CENTER

ALWAYS HERE FOR OUR COMMUNITY

Tea & Talk, hosted by **Morristown Medical Center**, is held on the **2nd Thursday of every month** beginning October 8th at **10:30 am** at the Program House. Topics will vary.

BLOOD DRIVE Open to the public!

The need is constant. The gratification is instant. We are asking you to help our community! Walk-ins are accepted but making an appointment will reduce wait time. Your donation of blood may save up to 3 lives. All participants will be entered in a raffle for a 1 month membership/extension on an existing membership. Each participant will also receive 2 guest passes. Donors over the age of 75 require a doctor's note.

To Schedule Your Appointment: Call 1-800-933-2566
www.tinyurl.com/randolphmcblooddrives or sign up at the front desk!

PLEASE REMEMBER TO EAT, DRINK & BRING ID!

January 6th 9:00 am – 3:00 pm
in the Community Room

THRILLERWEEN

Saturday, October 29 6:00 pm

Join in the fun at our annual Thrillerween event! Come dressed as one of our zombies as we dance to Michael Jackson's Thriller along with the world or just bring the family for a fun afternoon! Costumes are welcome and face painting will be offered. All children will receive a pumpkin. Open to the community!





YOUTH FITNESS AGES 5-12

Full Members: FREE

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

FALL: September 12 – December 8 (no class 11/23 & 11/24)
12-weeks

WINTER: January 2 – March 9
10-weeks

POWER HOUR (Ages 8-12) **Mondays: 4:30 – 5:15 pm**

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**

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 than 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** (no class 11/23)

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.

NEW! YOUTH PICKLEBALL (Ages 8-12) **Wednesdays: 5:00-6:00 pm** (no class 11/23)

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.

NEW! PLYOGA® FOR KIDS! (Ages 8-12) **Wednesdays 6:00-6:45 pm** (no class 11/23)

PLYOGA® is an exciting blend of full body explosive movements paired with simple Yoga poses to create a unique experience for your mind & body! Kids will jump, shuffle, hop & float their way through various high energy exercises and then recover briefly in basic Yoga postures like Tree or Chair.

TAE KWON DO (Ages 5-8) **Thursdays: 5:00 – 5:30 pm** (no class 11/24)

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!

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

Questions? Contact Kathy Lamia x43

SWIM FIT/PRE-TEAM Ages 8-16

This program is for the swimmer to improve their skills or just stay in shape. The focus will be on a stroke technique, racing skills, endurance and fitness. Swimmers will be given the same instruction as our swim team, better preparing them for competition in the future. **PREREQUISITE:** Must have completed Flying Fish level or above.

Tuesdays, Wednesdays & Thursdays: 4:00-5:00 pm

Sundays: 2:30-3:30 pm

FALL SESSION: September 13 - December 4 (no class 11/24) 12-weeks

<u>Full Member</u>	<u>Basic Member</u>
1 day: \$216	1 day: \$264
2 days: \$408	2 days: \$504
3 days: \$576	3 days: \$720
4 days: \$720	4 days: \$912

WINTER SESSION: January 3 - March 12 10-weeks

<u>Full Member</u>	<u>Basic Member</u>
1 day: \$180	1 day: \$220
2 days: \$340	2 days: \$420
3 days: \$480	3 days: \$600
4 days: \$600	4 days: \$760

Questions about Swim Fit? Contact Rich x25

JUNIOR LAP Children under the age of 14 with a full membership may lap swim during designated Junior Lap time. Swim test is required. Please check pool schedule for days/times.



YOUTH FITNESS & CONDITIONING

Fee: \$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.

YOUTH FLOOR HOCKEY Ages 6-12

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

Fridays 5:30-6:30 pm Register at the front desk

Winter: January 6 - March 10

Full Members: \$100 **Basic/Non-Members:** \$120

YOUTH VOLLEYBALL Ages 8-14

FREE to Randolph Y Full Members!

This recreational volleyball league emphasizes skill development and fun.. Children will learn the basics of setting, bumping and serving.

Thursdays 6:30-7:30 pm

Fall: September 15 - December 8 (no class 11/24)

Winter: January 5 - March 9

YOUTH BASKETBALL TEAM

Randolph Renegades

Team 1: 5th & 6th Grade

Team 2: 7th & 8th Grade

Contact Rich Groel for more information x25

BASKETBALL TRAINING 1-on-1 \$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 developing self-confidence. These 1-hour sessions can be scheduled by booking an appointment at least 1 week in advance.

Jim Chegidden 973 727 8605

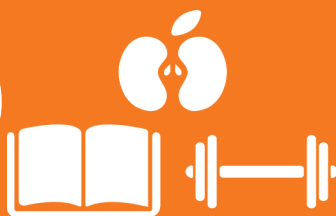
Brenda DeNure 973 366 1120 x19

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

Sign up at the front desk today!

For more information, contact Ismael x27

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. Randolph Y Members: **FREE** Non-Members: **\$5**
Starting September 16! Fridays 1:00–3:00 pm

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.

Starting September 15! 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**. See page 9 for days/times, tournament dates & 3-week clinics.

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. Page 5

BOXING

Circuit training with various exercises that focus on building endurance with increments of plyometrics. Page 5

NUTRITION SERVICES

Private Sessions:

FULL MEMBER: \$60/session

NON-MEMBER: \$90/session

See page 25 for more information

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

PRIVATE YOGA

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 x43

MASSAGE THERAPY

Massage therapy is an effective and safe addition to an individual's wellness plan. Open to members & non-members. See page 26 for more information.

REIKI

A holistic hands-touch healing technique that aids the body in releasing stress and tension by creating deep relaxation. Open to members & non-members. See page 26 for more information.

SEMINARS & LECTURES

We have partnered with Saint Clare's, Morristown Medical Center, Summit Medical Group & Randolph Pain Relief & Wellness Center! Look for lectures & seminars this fall & winter! See page 21.

JUST ADD WATER!

ADULT REHAB & PREHAB Page 17

We can create a program to fit your needs

Contact Kathy Fisher (973) 366-1120 x14 or

kathy@randolphymca.org

ADULT 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.

FREE to Randolph Y members! See schedule for days/times.

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.**

Do your cardiovascular training on our X80 underwater treadmills or our Hydrospro 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?

- Become familiar with what the Y has to offer and learn how to use the equipment
- Inexperienced and novice clients will be educated on the benefits of training and learn how to train properly
- Motivation to lead a healthy lifestyle
- Break a plateau; experienced exercisers will benefit by learning new exercises or new twists on existing routines
- Our trainers can design a time efficient and effective training program & help you reach your fitness goals

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 \$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."

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.

KNOW YOUR NUMBERS

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

Your body composition analysis will include:

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

BY APPOINTMENT ONLY.

\$20 per person per appointment

Questions about Personal Training? Ish x27

NUTRITION SERVICES Regina Rider, DTR

Regina is a registered nutritional specialist recognized by the Academy of Nutrition and Dietetics. Regina has 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.

FULL MEMBER: \$60/session • **NON-MEMBER:** \$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.

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.

30-minute: **MEMBER:** \$35 • **NON-MEMBER:** \$40

60-minute: **MEMBER:** \$65 • **NON-MEMBER:** \$75

90-minute: **MEMBER:** \$95 • **NON-MEMBER:** \$110

Please call to book your appointment.

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. 30-minute sessions include guided active stretching to further reduce tension.

15-minute: **MEMBER:** \$20 • **NON-MEMBER:** \$25

30-minute: **MEMBER:** \$30 • **NON-MEMBER:** \$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-Relaxing, Eucalyptus-Refreshing
Peppermint-Invigorating, Citrus-Energizing

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.

Full Members: \$25/session Non-Member: \$35/session

All sessions are 1 hour.

Massages/Reiki are in the Zen Den
at the Program House.

Book an appointment: Kaitlyn x24 or
kaitlyn@randolphmca.org

TOGETHER WE CAN DO SO MUCH MORE



**DONATE
ONLINE TODAY!**

GIVE A LITTLE... GET A LOT!



With a focus on youth development, healthy living and social responsibility, Y volunteers give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure.

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.

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

At our Y, it does not matter how you get involved, 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.

"You make a living by what you get.
You make a life by what you give."
- Winston Churchill

To learn more about volunteering
contact Kathy Fisher x14

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

Your donation can...

Build a safe & confident swimmer

Create summer camp memories that last a life time

Ignite a spark in every child in before & after school care

Grant memberships so everyone is welcome

For more information about the Annual Campaign:

Jordan DiEgidio, Development Director, x38

jordan@randolphymca.org

VOLUNTEERS OF THE RANDOLPH Y..

- Coach our sports teams and teach many of our classes
- Participate in opportunities to give back and support neighbors
- Extend a hand to help adults who want to do more, be more or live healthier
- Motivate and support youth in building character strengths, skills and relationships that lead to positive behaviors, better health, smart life choices, and the pursuit of higher education and goals
- Advocate for the Y's efforts to influence policies and initiatives that positively impact societal issues of importance to the nation, and your community
- Lead our Board of Directors and committees
- Raise funds to ensure the Y is accessible to all members of the community





YMCA POLICIES & INFORMATION

WEATHER RELATED CLOSINGS

Check the website, Facebook 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. 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.

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 photo I.D. Guests under age 14 must be accompanied by a full privilege adult 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.**

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. Video recording is prohibited during swim lessons.

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 • randolphymca.org

DISCOVER YOUR HEALTH!

**Randolph YMCA Membership Discount
or Reimbursement with select insurance
plans*!**



Several insurance companies participate in YMCA membership discount or reimbursement programs. Please contact your insurance provider to see if you are eligible. (We do not participate in Silver Sneakers)

aetnaSM

AARP | Medicare Plans
from **UnitedHealthcare**

**AARP Medicare Supplement Plan
insured by United Healthcare
Insurance**

 **UnitedHealthcare**

 **Horizon**SM

Horizon Blue Cross Blue Shield of New Jersey*

Making Healthcare Work[®]

HorizonbFit



*ONLY SELECT INSURANCE PLANS



RANDOLPH YMCA
14 Dover Chester Road
Randolph, NJ 07869

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Come see our
BRAND NEW
PROGRAM HOUSE!

• On the Hill at the Randolph YMCA! •



THE RANDOLPH YMCA

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