



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE PATH TO SUCCESS

YMCA OF NEWARK AND VICINITY
Youth Development Program Guide



About the Y

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About the Y

Message from the CEO

Dear Friends,

The YMCA of Newark and Vicinity is a thriving community joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. This year, 8,000 people – nearly half of them kids – will come to the Newark Y to learn, grow and thrive. We hope you'll be among them!

Our commitment to **Youth Development** means that we believe that all kids deserve the chance to discover who they are and what they can achieve. All of our programs, from camp to swimming lessons, help kids develop the values, skills and relationships they need to succeed in school and in life.

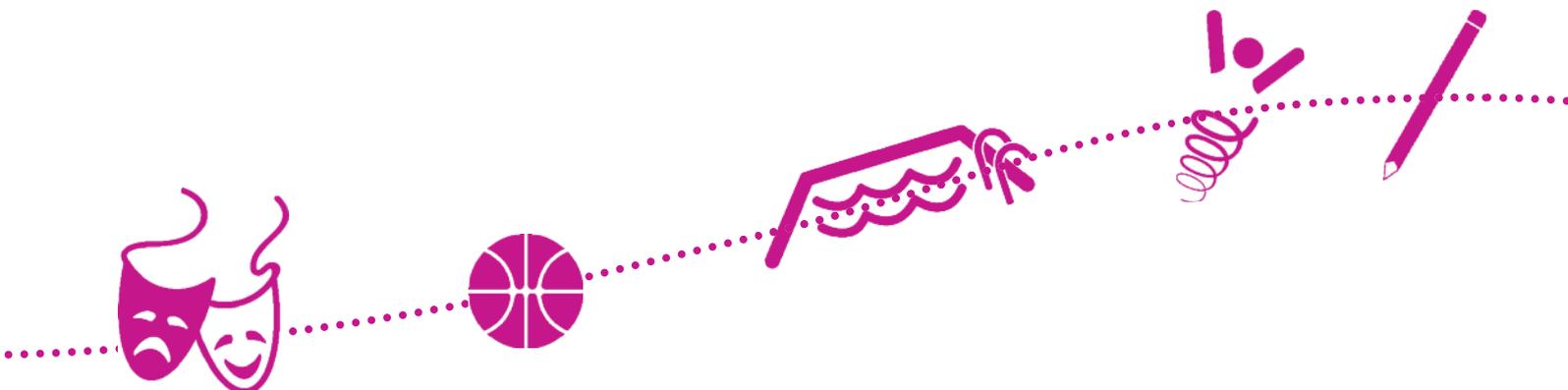
Our focus on **Healthy Living** means that we bring families together and give them the resources they need to achieve greater health and well-being. From family swim time to weekends at our Sussex County camp, we create a place for families to get healthy together.

Our dedication to **Social Responsibility** is clear in the way we respond to the most pressing needs in our community, from homelessness to childhood obesity. We work each day to ensure that all in our community are treated with dignity and respect.

We hope you'll join us. You'll find information about our many programs and services in these pages. Better yet – come in and visit. See the faces of the children learning to swim in our pool. Check out the teens finding direction and purpose in our programs. Get engaged at the Newark Y. We're here for you and your family.

Best wishes,

Michael C. Bright
President and CEO



About the Newark Y Social Media

WE'RE HERE FOR YOU!

Visit the Newark Y on the web at:

<http://www.newarkymca.org/>

Find us on Facebook:

<https://www.facebook.com/pages/Newark-YMCA/201178781772>

Follow us on twitter:

<https://twitter.com/NewarkYMCA>

Join us on instagram:

<http://instagram.com/newarkymca?ref=badge>

Families: stay in the loop! Follow the fun with:

LITTLE LOOPERS YOUTH BLOG

Little Loopers

Youth development starts here! Little Loopers brings you news, updates and photos of our youth participants in YMCA Youth Programs. For information or to send a photo, contact youth@newarkymca.org.

LITTLE LOOPERS YOUTH BLOG

<http://www.newarkymca.org/polBlogs.cfm>

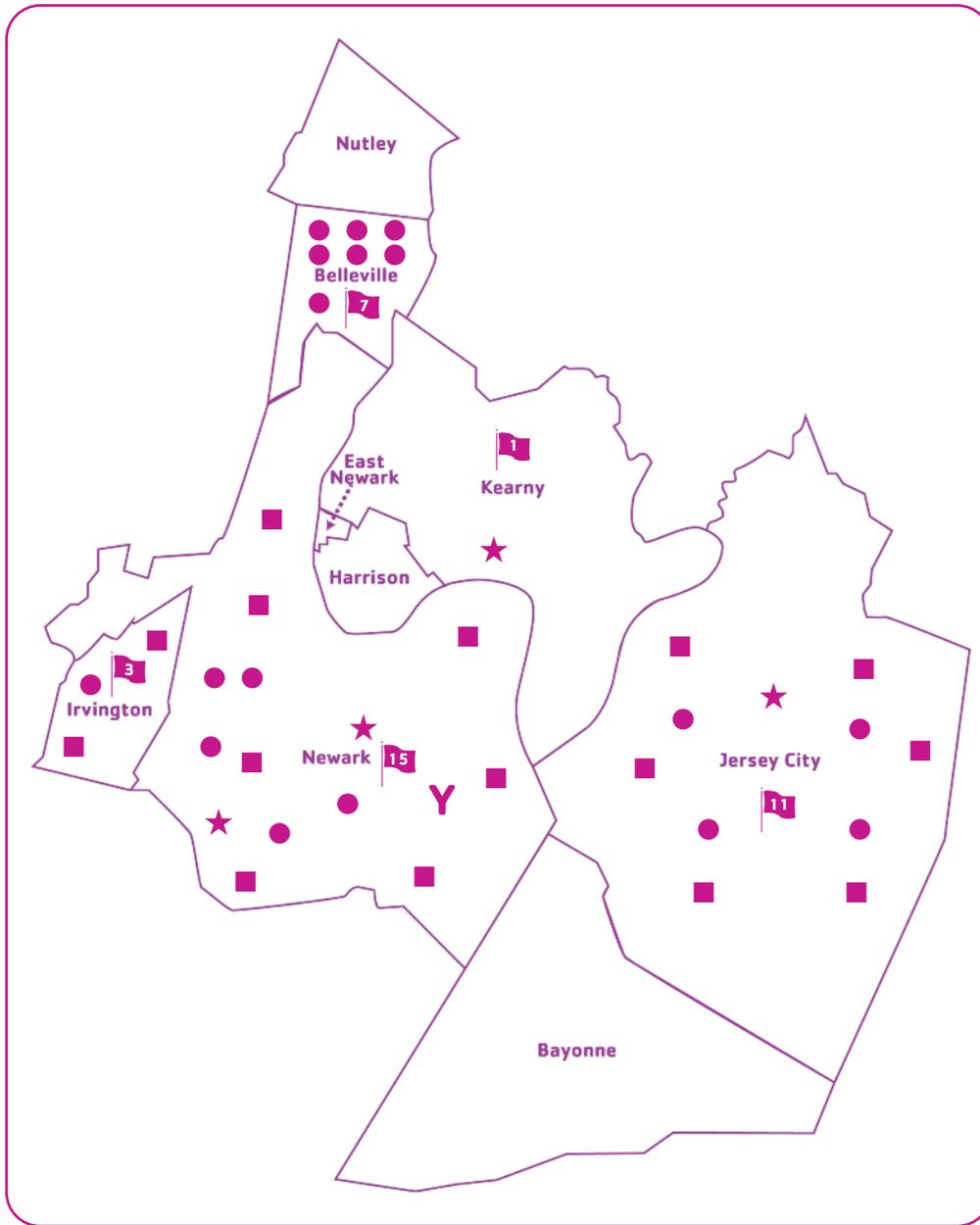
Contact our Youth Development Team to discuss your needs today.

youth@newarkymca.org
Vice President of Youth Development
973-624-8900 x6841



About the Y

Service Area and Map



-  = # of Programs
-  = YMCA Facility
-  = Child Care Site (After/Before School/Camp)
-  = Aquatics Center
-  = Other Youth Program

Programs

Early Childhood

LEARN
GROW
THRIVE

For Schools

School based options include a variety of specialists who can enhance your pre-school and early childhood classrooms through programs at the Y or at your location. Program packages include science, art, nutrition, fitness and music.

We believe the values and skills learned early on are vital building blocks for quality of life and future success. At the Newark YMCA's Early Childhood programs, pre-schoolers develop trust and security, early literacy and learn and experience a whole new world.



Programs

Early Childhood

Baby and Me Swim - This early learners swimming program helps children under 2 ½ years feel comfortable in the water and begin to develop the skills they need for water safety. Parents and adult caregivers learn how they can help their children build safe water habits.

Biddy Sports - Biddy Sports focuses on one sport (soccer, basketball, etc.) and should be taken after children have had a general introduction to the sport (i.e through Sports Bugs). Biddy sports allows young children to start general precursory skills to begin advancement in a new sport of choice. Children will practice with other children their age and engage in sports clinics designed to meet their age group. Biddy tournaments will be held twice a year for each sport.

Healthy U - This early learner program helps children 6 months-4 years old learn socialization skills and motor development with a focus on a coordinated health approach using the Coordinated Approach to Child Health (CATCH) Curriculum.

Little Bridges - It's never too early to develop a child's love of learning. The YMCA's Early Learning

program provides a stimulating environment to help children, ages 2 to 5, develop the physical, verbal, and social skills they'll need to be school-ready. Caregivers learn how children develop and how to encourage learning at home. Little Bridges focuses on supporting brain development, early literacy, healthy habits, and strong parenting skills. Through Little Bridges, the Y helps lay the foundation for future achievement and success.

My Grown Up and Me - This early-learner program helps children 6 months to 4 years learn socialization skills and motor development with a focus on various enrichment topics such as cooking, art, science and music.

Sports Bugs - Sports Bugs is a class designed to introduce young children to sports movement and games. Each week children will play a different sport with instruction, simulated game play, and free play.

Y M.A.P.S. Enrichment Programs (Music, Art, Play & Story) - Together families will enjoy exploring and creating art projects with various art mediums. Following each project will be an interactive fun music time, a story and snack.



Programs

School Age

The Y works with caregivers, students and schools to provide evidence-based programs designed to improve students' educational readiness, engagement and outcomes, while helping them grow emotionally and physically.



We offer:



Programs

School Age Child Care

Afterschool Programs - The Y Academy Afterschool Program offers a full range of exciting arts, sports and enrichment activities to spark each child's interest and provide the tools they need for academic success. Our program supports Common Core Standards, with a focus on these components:

- Physical Fitness and Nutrition/Wellness;
- Academic Content;
- 21st Century skills; (project based learning, Science, Technology, Engineering and Math (S.T.E.M), collaborative problem solving and media literacy);
- College and Career Exploration;
- Leadership Development;
- Service-Learning;
- Arts Education;
- Global Learning;
- Parent & Caregiver Engagement.

Before School Program

The Y provides a safe, structured environment where children can begin their school day in a productive way. Children engage in homework help, group activities, board games, arts and crafts and reading.

Holiday Camps

When schools are closed, the Y has camp! Our experienced staff will create a fun and enriching day, through sports, arts and crafts, drama and games.

Summer Day Camps

To succeed in school and life, children need ongoing opportunities to learn and practice essential skills. This is especially true during the summer months, when children begin to lose some of what they learn during the school year. Through fun, themed-curriculum, children practice and further their academic skills, plan and create projects, learn teamwork and develop new skills.

Children learn to swim, explore the woods, build a model in our STEM Lab – all while practicing the YMCA's core values: caring, honesty, respect and responsibility.

For Schools Camping

The YMCA's Camp Linwood MacDonald is a 200-acre camp located adjacent to Stokes State Forest in Sussex County. Children can hike through miles of lush, wooded trails, try out our zip line or experience the excitement of horseback riding. Camp Linwood MacDonald has a 10-acre lake for swimming, kayaking, and other water sports.

The Camp's forest, ponds and streams provide a perfect setting for environmental education. And Camp Linwood MacDonald recently added Rooke Lodge, a 9,500 square foot, 48-person cabin for the comfort of overnight campers.

To learn more about how the YMCA can bring our School Age Child Care services to your school, Call our Youth Development Team at 973-624-8900 ext. 6871 or send an email to youth@newarkymca.org.



Programs

Middle & High School

How to engage a middle and high schooler? Through healthy competition, that's how!

Tweens and teens will build skills, have fun and be a part of a team. Here are some of the fun ways to help your tween and teen thrive:

For Schools

The YMCA offers a variety of middle & high school clubs that can be taught during recess, after school & for short term sessions.



Programs

Middle School

Middie Arts

Our Middie Arts programs promote creativity through dance, drawing, drama, music and more. Our arts programs are club-based so students can sign up for one or as many clubs as they want. Come explore the world of arts at the Y.

Middie Tech

Our Middle Tech program offers a variety of technology clubs designed to prepare middle schoolers with 21st century skills. Tweens can learn media literacy, media arts, web-based programming, graphic arts, coding and more. Advanced Tech groups can join clubs that are project-based and work on specific activities such as robotics, engineering, set design and photography/videography.

Middie Sports

Akido Kids will learn this traditional Japanese martial art while getting a great workout!

Basketball (3rd grade and up) - The Junior Slam League is an instructional basketball league program designed for boys and girls who are new to the sport of basketball as well as those who want to brush up on skills.

The YMCA Traveling Basketball Program is for highly skilled players who have an interest in competitive basketball. The YMCA participates in the 10 & 12 and 13 & 14 age divisions of the NJ YMCA Youth Basketball League.

Flag Football (3rd grade and up) – Football skill building and games. This fun, action-packed sport will keep your kids moving! Kids build skills with fun games, skill challenges and game play.

Golf (4th grade and up) – The YMCA Golf program introduces the sport of golf to youth through drills and practice.

Street Squash Launched in 2012, StreetSquash Newark is the first after school youth enrichment program in New Jersey that combines intensive academic support with squash instruction, one-on-one mentoring, service learning, college access and preparation, and professional development for young people from adolescence through college graduation. StreetSquash Newark's mission is to provide consistent,

long-term and reliable support to the children, families and schools in Newark. By exposing these children to a broad range of experiences and by maintaining the highest standards, StreetSquash Newark aims to help each child realize his or her academic and personal potential.

Soccer (all ages) – Children develop soccer skills, self-confidence, and teamwork in a fun environment. Learn the fundamentals of soccer, have fun with friends, develop skills, and challenge your competitive spirit.

Street Hockey (3rd grade and up) – This program for boys and girls emphasizes the fundamentals of street hockey as well as fair play, sportsmanship and FUN.

Volleyball (3rd grade and up)– Coed clinics and leagues for beginners through skilled players. Learn fundamentals of volleyball and rules of play.

And of course, **Healthy U** is essential for middle school kids. This engaging approach to preventing childhood obesity through improved nutrition, increased physical activity, and parental involvement is an integral part of our work with tweens.

Middie Leaders

Counselor in Training – The Counselor in Training (CIT) Program teaches youth the general skills of leadership that can be used at school, home and in the community. The camp/ afterschool environment provides a unique opportunity for youth to build leadership skills and experience challenges that build their confidence and capacity for working with people of all ages.

Jr. Leaders Club – At the YMCA, Jr. Leaders Clubs help develop youth ages 9 to 13 as jr. leaders while fostering a culture of service. With adult advisors, teens have role models and mentors and participate in college & career prep, job readiness, life skills and mini rallies.

Programs

High School

Teen Clubs

Counselor in Training – The Counselor in Training Program teaches youth the general skills of leadership that can be used at school, home and in the community (not just at camp.) The camp/afterschool environment provides a unique opportunity for youth to build leadership & job readiness skills, particularly in assisting counselors with younger campers. This program gives kids age-appropriate challenges that build their skills, confidence and capacity for working with people of all ages.

Healthy U – This engaging approach to preventing childhood obesity through improved nutrition, increased physical activity, and parental involvement is an integral part of our work with teens. Healthy U implements the Coordinated Approach To Child Health (CATCH) program, an evidence-based, award-winning curriculum.

Leaders Clubs – At the YMCA, Leaders Clubs help develop youth ages 12 to 18 as leaders while fostering a culture of service. With adult advisors, teens have role models and mentors and participate in college & career prep, job readiness, life skills and teen rallies.

Model United Nations – The YMCA Model United Nations Program is designed to introduce students to the operation and structure of the United Nations while providing them with an opportunity to actively learn about world cultures and debate issues of international importance. Students will actively participate in conflict resolution, public speaking, and coalition building, in addition to making new friends and being exposed to new ideas. The program promotes leadership through character development, while introducing students to a vast array of ideas.

Global Leaders Program – aims to empower and inspire the next generation of global leaders, humanitarians and entrepreneurs. Developed under the inspiration of the late United States Congressman Donald Payne, Sr., the Global Leaders Program challenges young people step out of their city – allowing them to experience that there is more to the world than what they see on a daily basis. At its core, YMCA Global Leaders engages youth in grades 10 to 11 in a short-term cultural exchange and year-long global education program. During

their travel experience students are sponsored by a YMCA within another state or country. During travel, students follow a well-planned itinerary and are supervised at all times by a trained International YMCA group leader and YMCA teen staff.

Reach and Rise™ – The Y recruits and trains adult volunteer mentors to create safe, healthy and meaningful relationships with youth. Mentors and mentees participate in service projects, field trips and other engaging activities.

Teen Parties – As part of the City of Newark's Safe Streets initiative, the Newark YMCA hosts exciting teen parties and Midnight Basketball events throughout the year. Teens can play, dance and have fun in a safe and structured setting at the Y!

Teen Sports – The Y offers a variety of sports leagues and clinics for teens. Teens can engage in volleyball, basketball, traveling basketball and soccer in a safe, structured and skill-based environment.

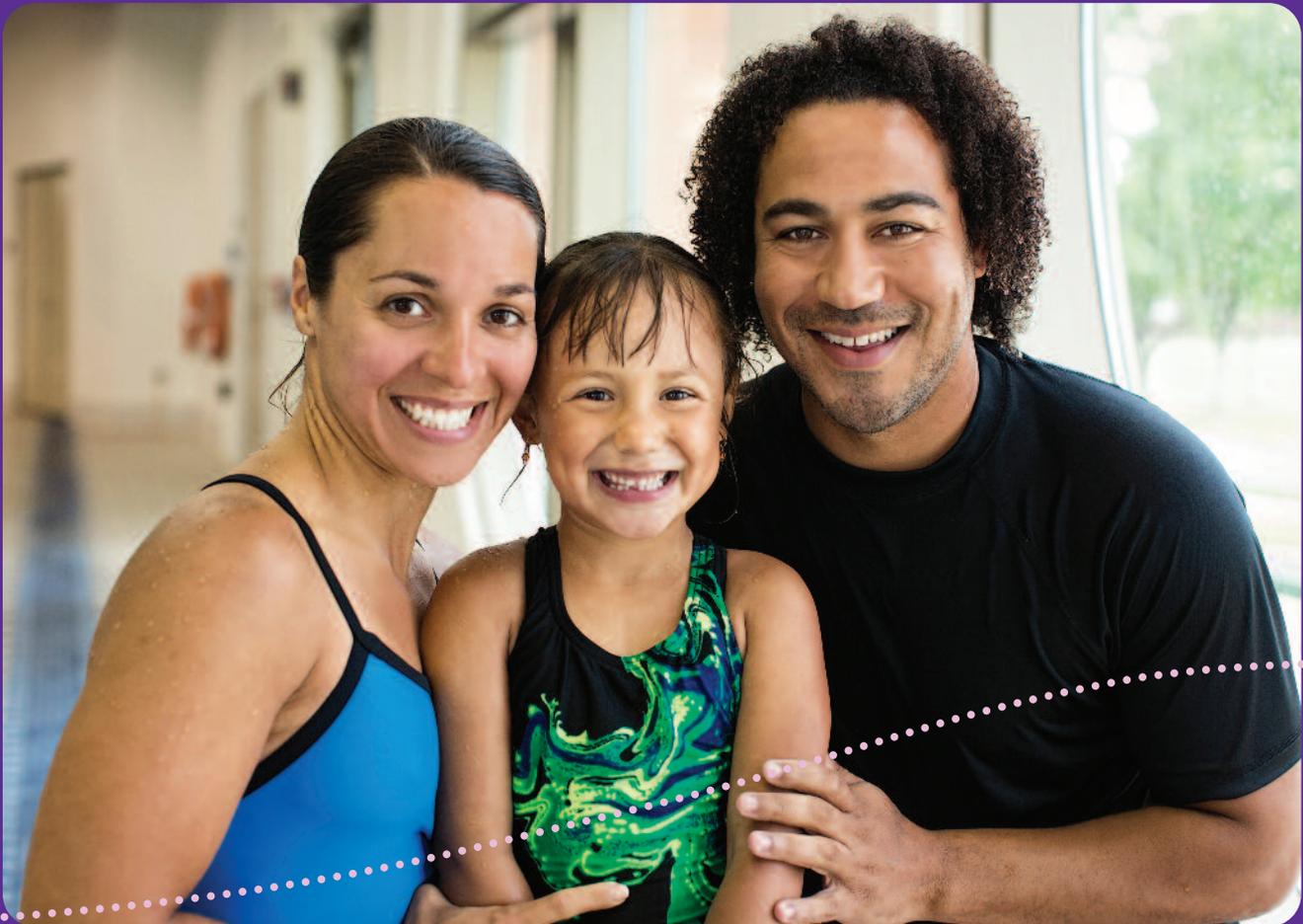
Youth and Government™ – This national YMCA program involves teens in state-organized, model-government programs. Students immerse themselves in experiential civic engagement and practice democracy. Teens debate issues that affect citizens of their state and propose legislation. The program culminates with teens serving as delegates at their state conference and debating bills on the floor of the legislature.



Specialty Programs

Aquatics

Swimming is a critical life skill, terrific exercise and a challenging sport. The YMCA offers swim lessons for all ages, family swim programs, and a competitive swim team. We follow YMCA of the USA standards for teaching and all classes incorporate these five components: Personal Safety, Personal Growth, Water Sport & Games, Stroke Development, and Rescue. Participants learn basic skills through group instruction, utilizing games, songs and other activities.



Specialty Programs

Aquatics

Class Descriptions

Baby and Me Swim -

Ages 6 to 36 months; 1:12 ratio

This class is a water enrichment class providing opportunities for the parent and child to socialize, interact with others and be introduced to basic water skills. An instructor provides guidance, proper water entry, holding positions, water skills, and safety. Circle time, consisting of songs and games, occurs at the end of each class.

Pike: Beginner -

Ages 3 to 5 years old; 1:6 ratio

Non-swimmer & beginner. The focus is on helping children adjust and develop independent movement in the water. Water orientation and adjustment to the water are introduced; proper water entry, front kick, under water exploration, back float, jumping, intro to diving, and emphasis on the paddle stroke.

Eel/Ray: Intermediate/Advanced -

Ages 3 to 5 years old; 1:6 ratio

This lesson is a combination class of intermediate and advanced swimmers who are comfortable with the water and can swim the width of our pool unassisted. Stroke development is started and refined for front crawl, flutter kick, elementary backstroke, sidestroke, and backstroke. Rotary breathing is introduced; diving skills are reviewed and refined, along with back and front floats.

Polliwog: Beginner-

Ages 6+ years old; 1:6 ratio

Introduces basic water skills for the non-swimmer and beginner to build self-confidence. Skills taught are front and back paddle stroke, side paddle stroke, elementary backstroke, and learning to swim independently for 20 feet utilizing two of the four strokes.

For Schools

The Y aquatics program can come to your school. We offer swim classes, swim coaching, aquatics games, lifeguard training on site classes & pool maintenance.

Guppy: Intermediate-

Ages 6+ years old; 1:7 ratio

Child must be able to swim 25 yards paddle stroke front and back with no assistance from an instructor. Skills learned include stroke development for front crawl, sidestroke, backstroke, elementary backstroke, and introduction of rotary breathing. Learn front and back somersaults, jumping from a swim block, and kneeling dives.

Minnow: Intermediate/Advanced-

Ages 6+ years old; 1:7 ratio

Child must be able to swim 25 yards front crawl stroke with rotary breathing. Skills advance to scissor kick sidestroke, backstroke alternating arms, breaststroke, elementary backstroke, breaststroke, and alternating crawl stroke. Learn synchronized swimming skills, diving, boating safety, and basic water games.

Fish/Competitive Swim: Advanced-

Ages 6+ years old; 1:7 ratio

Child must be able to swim 100 yards (4 lengths of the pool) sidestroke, 50 yards (2 lengths of the pool) crawl stroke with rotary breathing, and 50 yards (2 lengths of the pool) of backstroke. The lesson refines breaststroke and butterfly techniques. Learn proper open flip turns and diving skills off of the swim blocks. Progresses child's advanced level to a competitive level of swimming with strength training and refining all four strokes.



Specialty Programs

Aquatics

Private & Semi-Private Swim Lessons: All Ages

If you or your child needs more personal attention than large group lessons, we offer private and semi-private options for the whole family. Private instruction is one on one swim instruction. Semi private instruction can be coordinated with a friend, colleague, or with others looking to join up in a semi private class. Semi private classes range from 2 to 4 participants in the same age and swim ability range.

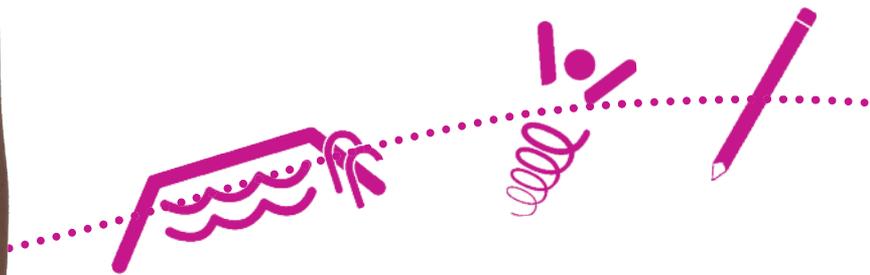
We schedule private and semi-private options to work with your busy schedule based on pool and instructor availability. Classes are sold in sets of 4. If you would like to continue lessons you can purchase more and schedule them with your instructor.

Adult Private Swim Lessons: Ages 14 years old to Adult

Lessons are for the beginner and non-swimmers. Conquer your anxiety and learn a life skill, swimming. Our goal is to make you feel comfortable, confident, and safe in and around the water. Basic water skills are introduced for the adult non-swimmer and beginner in a relaxed environment with an instructor.

Swim Team

The Newark YMCA Storm Swim Team is a COED team that competes against other YMCA teams in the COED Division of the NJ YMCA Swim League. We have four age groups: 8 and under, 9/10, 11/12 and 13/14. We provide a safe and fun atmosphere, promoting the core values of the YMCA: Honesty, Caring, Respect, and Responsibility. Our goal is for the kids to have FUN in a friendly, competitive environment while further developing their technique and physical health. Competitive team members must be able to swim 100 yards freestyle, backstroke and breaststroke, and at least 25 yards butterfly. The YMCA Competitive Swim Team practices 3 to 4 times a week, with a minimum requirement of three practices per week.



Specialty Programs

Youth Sports and Recreation

The Y is the place where kids learn to be physically active and develop healthy habits to carry through their lives. What makes us special is our emphasis on the values, skills and relationships that lead to positive behaviors, better health and higher educational achievement. Here are some of our programs:



Specialty Programs

Youth Sports and Recreation

Youth Sports

Aikido (all ages) - Learn this traditional Japanese martial art while getting a great workout!

Basketball (3rd grade and up) - The Junior Slam League is an instructional basketball league program designed for boys and girls who are new to the sport of basketball as well as those who want to brush up on skills. Jr. Slam Traveling Basketball League.

Biddy Sports - Biddy Sports focuses on one sport (soccer, basketball, etc.) and should be taken after children have had a general introduction to the sport (i.e through Sports Bugs). Biddy sports allows young children to start general precursory skills to begin advancement in a new sport of choice. Children will practice with other children their age and engage in sports clinics designed to meet their age group. Biddy tournaments will be held twice a year for each sport.

Flag Football (3rd grade and up) - Football skill building and games. This fun, action-packed sport will keep your kids moving! Kids build skills with fun games, skill challenges and game play.



For Schools

The YMCA can set up, coordinate & manage all your school sport & recreation needs & leagues. We also offer sports clinics, workshops and fitness classes that support sport endurance. Contact us today.

Golf (4th grade and up) - The YMCA Golf program introduces the sport of golf to youth through drills and practice.

Soccer (all ages) - Children develop soccer skills, self-confidence, and teamwork in a fun environment. Learn the fundamentals of soccer, have fun with friends, develop skills, and challenge your competitive spirit.

Sports Bugs - Sports Bugs is a class designed to introduce young children to sports movement and games. Each week children will play a different sport with instruction, simulated game play, and free play.

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Volleyball (3rd grade and up)- Coed clinics and leagues for beginners through skilled players. Learn fundamentals of volleyball and rules of play.

Specialty Programs

Youth Sports and Recreation

Youth Recreation

At the Newark Y, we know that kids just want to have fun! We love providing a place and programs where kids can be kids in a safe and fun environment. Through our Youth Recreation programs, kids are able to spend time with other kids while they find new ways to have fun!

Here's a sample of our Youth Recreation activities:

- Dance (all ages)
- Ping Pong (4th to 12th grade)
- Backgammon (4th grade and up)
- Bouncy House (Pre K and up)
- Street Chess (3rd grade and up)
- Bowling (pre K and up)
- Hula Hoops (all ages)
- Jump Ropes (all ages)
- Skooters (all ages)
- Spring Balls (all ages)
- Archery (2nd grade and up)
- Ring Toss (all ages)
- Parachute (pre K to 5th grade)
- Obstacle Course (all ages)
- Overnight Camping Trips (all ages)

For Schools

Did you know our Camp Linwood MacDonald is just the place to meet your recreation needs? With a 10-acre lake, zipline and sports field, we can accommodate any group and host a variety of sport & recreation activities.



Specialty Programs

Youth Sports and Recreation

Camp Lindwood Macdonald

Camping - The Newark YMCA's Camp Linwood MacDonald is a 200-acre camp next to Stokes State Forest in Sussex County. Children can hike through miles of wooded trails, try out our zip line or experience the excitement of horseback riding. Team building activities abound: our low-ropes course and climbing wall add to the fun. Camp Linwood has a 10-acre lake for swimming, kayaking, and other water sports. And Camp Linwood MacDonald recently added Rooke Lodge, a 9,500 square foot, 48-person cabin for the comfort of overnight campers.

The Camp's forest, ponds and streams provide a perfect setting for environmental education and are aligned with New Jersey State Curriculum Content Standards. Topics include:

- **Fish Ecology:** Students will learn about the anatomy and physiology of fish, as well as their ecological importance. They will catch and handling fish, weigh and measure them, create a fish print, and listen to a Native American Story.
- **Forest Ecology:** Students role-play tree anatomy, look for signs of wildlife in the forest, discover forest values by making metaphors, and compete in the energy flow relay to understand how forest plants and animals interact. A focus on the Northern Red Oak, New Jersey's state tree, is included.
- **Water Ecology:** Students will use dip-nets to search for invertebrates in the pond, then sort the invertebrates according to distinguishing physical features, or adaptations. Older students will then identify their organisms and evaluate the health of the water ecosystem according to what is found.
- **Wildlife Ecology:** Through animal tracking and two stimulation games, students will become familiar with local wildlife and their relationship with humans.



A range of activities help students learn about nature while having fun. These include:

- **Habitat Hunt:** students explore natural habitats throughout camp.
- **Pond and Stream Study:** Students get down and dirty with our nets exploring one of our three ponds.
- **Orienteering:** Students learn basic orienteering skills then follow a set course throughout our camp. A great camping/life skill to learn.

Contact us today at:
 Linwood MacDonald, 973-948-7090
 1 Flatbrook Rd., Sandyston, NJ 07826



Specialty Programs

Additional Services to schools

Healthy U

Our approach begins with Healthy U – a dynamic approach to preventing childhood obesity through improved nutrition, increased physical activity, and parental involvement. Healthy U implements the Coordinated Approach To Child Health (CATCH) program, an evidence-based, award-winning curriculum.

Recess Support

Need organized recess support? The Y is here for you! We can send trained Y staff members into your school during recess hours to provide organized games, structured activities and nutritional programming.

Y Wellness

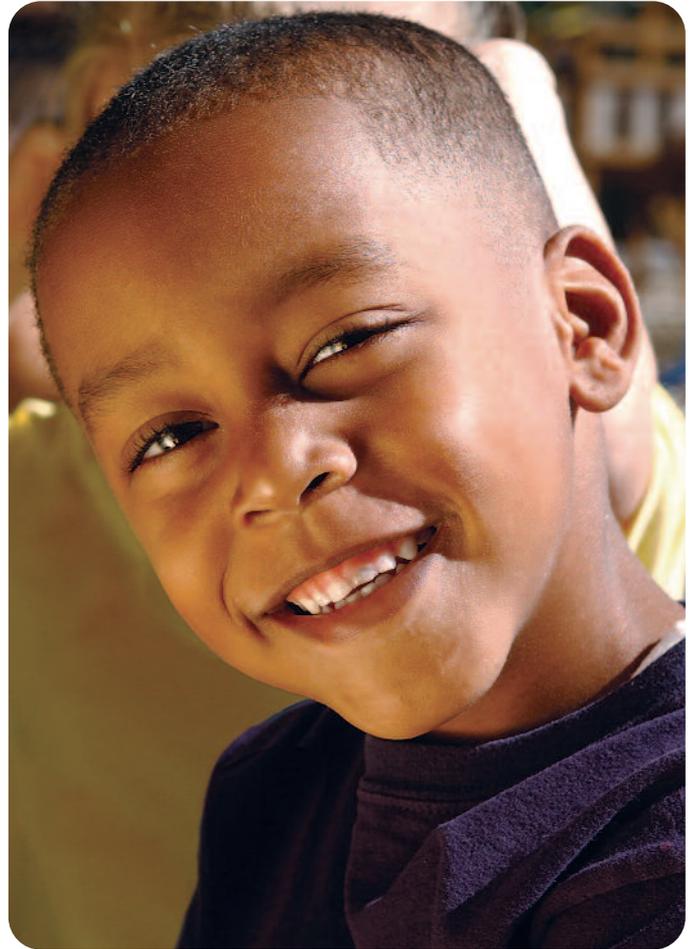
Our Y Wellness Program is a short-term workshop based program designed to offer 1-4 days of activities on a variety of wellness topics in your school, outreach event or community fair.

Topics offered:

- Nutrition Class (all ages)
- Youth Yoga (all ages)
- Dance (all ages)
- Youth Kickboxing (all ages)
- Youth Cardio Aerobic Workout (all ages)
- Zumbatonics (all ages)
- Early Childhood Activities (4+under)

Project Doorstep

Project Doorstep was designed to “take the Y to the people.” This unique outreach program brings the Y literally to your ‘Doorsteps’. Most programming at the Y can be booked for your outreach event, fair, community or school. Please contact us today to arrange a booking.



Specialty Programs

Family Programming

At the Newark YMCA, we provide a place for families with children to learn, grow and play together. Here are some of the things we have to offer:



Specialty Programs

Family Programming

Family Planning

Family Nutrition

The Y is now offering Nutrition Services to families. Through personal or small group consultations, nutrition education classes, and more, we want to help you simplify the confusion that plagues your plate and help you get a real taste of success. If you are looking for advice on how to help manage your weight, improve athletic performance, or establish healthy eating habits, seeing a Nutritionist might be just what you or your family needs! Fun Recipes and cooking/shopping tips will be given out during the sessions.

Prenatal Classes

The YMCA wants to help you give your baby a healthy start for life. We offer a host of prenatal classes, support classes and post pregnancy classes for new moms. Even if you don't exercise on a regular basis join today. Not only do you and your baby reap benefits throughout your pregnancy, you also increase your chances of having an easier labor and delivery, as well as a quicker post-partum recovery.

Classes include Nutritional education, Prenatal massage, Prenatal Yoga, Prenatal Water Exercise, Parenting Classes, and early learning classes for parents/caregivers with children 0-5.



Specialty Programs

Family Programming

Family Education

Parent and Caregiver Workshops

At the Y, we are committed to helping families find all the resources they need to help them navigate the challenges of raising children. Our workshops span a variety of topics including: parenting skills, homework help strategies, and behavior management.

Family Events

The YMCA offers regular community-wide family events throughout the year, including Healthy Kids Day, Lights on After-School, Camp Spirit Day, After-School Expo, and Health-O-Ween. All are welcome!

Early Learner Advisory Board

Our Early Learning Readiness Programs are strengthened by collaboration with community partners. The YMCA has created an Early Learner Advisory Board to identify and meet specific needs of the families in our program. Our partners range from service providers to parents themselves.

Family Supportive Services

At the Y, we offer an array of free and/or affordable family supportive services including, counseling services, housing, referrals and family activities.



Specialty Programs

Family Programming

Family Enrichment Classes

What could be more fun than playing together as a family? Check out our range of fun family activities and classes:

- Family Bowling
- Family Hula Hoops
- Family Jump Ropes
- Family Archery
- Ring Toss
- Parachute
- Family Obstacle Course
- Family Yoga
- Family Games
- Family Swim
- Family Art
- Pre-natal Yoga
- Family Zumba
- Family Dance
- Sibling Ping Pong
- Family Street Chess
- Y S.E.E.D.S.
- Little Bridges



For Schools

Our trained Family Engagement Specialist can help your school community develop plan, organize parent events, workshops, and supportive services.

Family Respite

Parent's Night Out

Your children can be left in our care for a night of fun, games and pizza. We will keep them entertained while you have a night out. {programming runs for 4 hours maximum}

Parent's Night In

Join our Y Youth Programs and spend some quality time with your child. You will get a feel for the projects your child participates in while in our care.

A part of a girl/boy scout troop?
Find out how you can earn scout badges during adventure sleepovers at the Y.

Youth Out All Night (Y Sleepovers)

Kids, grab a sleeping bag and join us for theme based sleepover at the YMCA!

The festivities include themed games, swimming, pizza, Adventure Center, gym time, breakfast and more. Children are supervised at all times by YMCA staff.



Specialty Programs

Family Programming

Birthday Parties

Newark YMCA program staff hosts three-hour birthday parties for children, ages 3 to 12. Choose from our Basic, Pool or Sports Party packages listed below.

PARTY PACKAGES AVAILABLE:

Basic Party Package | ages 3 to 12

Includes use of room and activity specialist.

Sports Party | ages 3 to 12

Includes use of room, gymnasium and activity specialist. Sports-themed parties can be designed in soccer, basketball, volleyball, floor hockey, T-ball or a combo of your choice.

Pool Party | ages 3 to 12

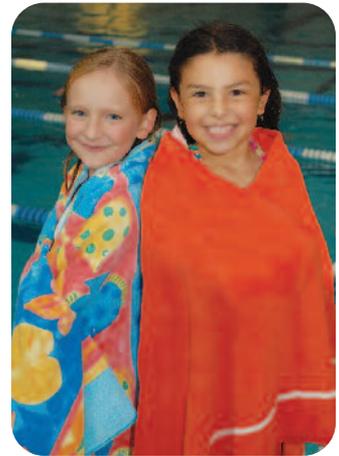
Includes use of room, pool and activity specialist. Participants must wear swim suit and cap.

Customized Party | ages 3 to 12

Includes use of room and activity specialist. Customized parties can be designed with a range of themes and include decoration, cake and pizza for children.

ROOM RENTALS

- We also offer Combo Party options where more than one space can be booked for your party. Please email us for more information at Rentals@newarkymca.org or youth@newarkymca.org
- At the Y, we offer a variety of space rentals to suit your needs. Choose from our gym, racquetball courts, squash courts, pool, child care room, teen cardio room, aerobic studio and general assembly room.



Specialty Programs

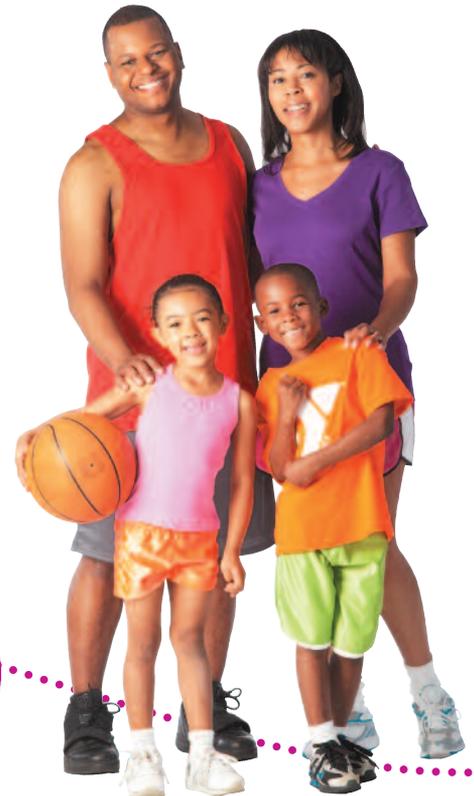
Family Membership

Family Membership at the YMCA is a terrific way to get healthy together as a family! Check out some of the key benefits to membership:

- Heated 4-lane, 25-yard pool
- Full-court gymnasium
- Spinning classes
- Racquetball courts
- Squash court
- Child Watch Center (babysitting services for members)
- Family Workout Center
- Fitness orientations and assessments
- Fitness classes
- Treadmills
- Stationary bikes
- Elliptical machines
- Stair climbers
- Concept rowers
- Strength training equipment
- Free weight room
- Punching bag room
- Sauna and Steam (gold membership)
- Towel service (gold membership)

For Schools

At the Y, we waive the membership joiner's fee for all school teachers. Our adult fitness class can be brought to your school for group sessions.



Get Involved

Financial Assistance

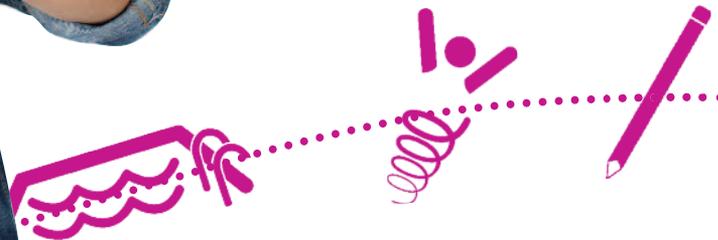
At the Y, we believe that everyone should have the opportunity to take part in our programs. Financial assistance is available to those who are unable to pay the full membership or program fees.

Volunteer

The YMCA welcomes volunteers and interns and we have opportunities in all programs. Volunteers and interns must go through background checks before working with children. To find out more, please email us at youth@newarkymca.org.

We Want to Hear from You

Have an idea, don't see a program you are interested in, or are you ready to book a service? New and existing classes can be scheduled with as little as 6 participants to start so call your friends and contact us today! Email us at youth@newarkymca.org or 973-624-8900 ext. 6871





NEWARK YMCA
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