



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**STRETCH YOURSELF
IN MORE WAYS THAN ONE.**

**THE GATEWAY FAMILY YMCA
– ELIZABETH BRANCH**

Fall 2017 Brochure
Proudly Serving: Elizabeth
Strengthening the Foundations of Community

INFORMACIÓN EN ESPAÑOL

MEMBER REWARDS

HELP US CREATE A HEALTHIER COMMUNITY



Refer a member,
Save 20%*

tgfymca.org/referral-program

*See details online



YMCA Fundraising Raffle

to benefit
Financial Assistance

Visit any branch or
tgfymca.org for details



Join
Online
Today

tgfymca.org/register

TOGETHER WE CAN BUILD A BETTER US

From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive.
Give for a better us.

The Y.™ For a better us.™

THE GATEWAY FAMILY YMCA
tgfymca.org

Annual Campaign

41188 9/19

STRETCH YOURSELF IN MORE WAYS THAN ONE

OUR MISSION The Gateway Family YMCA is a community-based organization rooted in Christian principles and committed to building healthy lives through programs that strengthen the spirits, minds and bodies for people of all ages, religions and cultures.

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MEMBERSHIP

ADDITIONAL MEMBER SERVICES WE PARTICIPATE IN:

- 7th Grade
- Military
- NJ State
- Gateway
- Horizonbfit
- Healthy Contributions
- State Employees
- Away And Reciprocity

7TH GRADE INITIATIVE

Free full membership for all 7th graders. Full access to the facility is based on availability and subject to varied scheduled times.

Association Office Leadership Team 908-249-4800

Krystal R. Canady
Chief Executive Officer

Melynda A. Mileski
Executive Vice President, Chief Operating Officer

Dennis J. McNany
Senior Vice President, Chief Financial Officer

Marilyn D. Phinn
Vice President, Chief Human Resource Officer

Elizabeth Branch Team 908-355-9622

Danielle Cioffi
District Executive Director

Laura Margeotes
Associate Branch Executive

Dante Burgess
SACC & Camp Director

Rafael Cano
Director of Healthy Living

Leonardo Gonzalez
Membership Engagement Director

Alejandra Johnson
Director of Branch Administration

Shinique Jones
Director of Financial Administration

John Toczynski
Property Manager

Jeri McQueen
Sr. Housing Director

MILITARY MEMBERSHIPS—Membership for a spouse and children of an active duty individual.

Gateway Memberships—1 month free trial for Horizon BC/BS participants

AWAY GUEST PROGRAM—6 free guest passes per year for a member of another YMCA within a 50 mile radius. Additional visits are \$5 each.

NJ ALLIANCE MEMBERSHIP RECIPROcity PROGRAM—If you're a member of a NJ participating YMCA, visit another participating NJ YMCA free of charge.

DIVERSITY AND INCLUSION
The Gateway Family YMCA is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure everyone, regardless of gender, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest. We share the values of caring, honesty, respect and responsibility - everything we do stems from it.

PROGRAMS & SERVICES – AT A GLANCE

Membership provides access to branches in Union and Rahway.

Hours of Operation

Monday - Friday 5:30AM - 9:00PM
Saturday-Sunday 9:00AM - 5:00PM

FALL REGISTRATION NOW OPEN

Childwatch:

Child watch is a free amenity to full members! Your child can safely play while you workout or take your favorite fitness classes. Child watch is available for youth ages 2-12.

Days: Monday - Thursday
Time: 6:00-8:30pm

MEMBER APPRECIATION DAYS

Y Members are important!
10/19, 11/16, 12/21

FINANCIAL ASSISTANCE

The Gateway Family YMCA is a 501(c) (3) nonprofit, health and community service organization providing quality services to people of all ages, races, faiths or incomes. Financial Assistance applications are available at the Welcome Center. For more information, please contact the Welcome Center.

CORPORATE - Corporate memberships are available for businesses of all sizes. Call Leonardo Gonzalez for more information at 908-355-9622 or lgonzalez@tgfymca.org.

CODE OF CONDUCT—The Gateway Family YMCA wants to deliver the highest level of member service. All members will be treated with respect, responsibility, caring and honesty by the staff, members and guests that participate at our facility. In order to ensure that this occurs, all members, guests and staff must abide by our member code of conduct.

Holiday Schedule:

Labor Day, September 4th: Closed
Thanksgiving, November 23rd: Closed

Registration Dates:

Fall I Full Members: 8/21
Fall I Basic: 8/28
Session Dates: 9/5 - 10/29

Fall II Full Members: 10/16
Fall II Basic: 10/23
Session: 10/30 - 12/22

GYM AND ROOM RENTALS Need to host a meeting sporting event, or birthday party? Why not contact the Elizabeth Branch to tour our newly renovated building and choose from for different rooms that suit your event. Please contact Rafael Cano at 908-355-9622 ex. 1225 or email him at rcano@tgfymca.org

STRETCH YOURSELF IN MORE WAYS THAN ONE

We impact the lives of our members and the community through welcoming and connecting diverse populations. We are part of a cause driven organization that is committed to nurturing the potential of kids, supporting changes to develop healthy lifestyles for all and giving back to the community so that all have the opportunity to learn, grow and thrive.

MEMBERSHIP

Facility Memberships	Ages	Monthly Fee	Member Rewards	Joiner's Fee
All Inclusive – Access to 4 Branches (Elizabeth, Five Points, Rahway & Wellness Center)				
Youth	12 and under	\$10		\$25
Teen	13-19 yrs	\$10	\$8	\$25
Young Adult	20-29 yrs	\$31	\$24.80	\$35
Adult	30-61 yrs	\$37	\$29.60	\$35
Senior Couple	2 adults age 62+	\$48		\$50
Senior	62 yrs +	\$32	\$31.20	\$35
Single Parent Family*		\$39	\$31.20	\$50
Family*	2 adults, children	\$59	\$47.20	\$50
Basic/Program (Youth)		\$41		N/A

MEMBERSHIPS ARE NOT REFUNDABLE OR TRANSFERABLE

*Children residing in the household under the age of 27.

**2 adults age 62+ residing in the same household with no children on the membership

MEMBER REWARDS MEMBERSHIP BENEFIT

We recognize that our members are our biggest advocates, and partners in creating a healthier community. Member Rewards allows members to share a 20% savings with their friends they refer as new members, while enjoying full YMCA benefits. Simply refer a member online, and we will take care of the rest for you!*

*Visit tgfymca.org/referral-program for details.

MEMBERSHIP DESCRIPTIONS

FULL MEMBERSHIP

Full Members over 18 will benefit from our entire member experience by having full use of the facility. Full members are entitled to advance registration and reduced fees for specialty classes.

under direct supervision and may not be left unattended at any time, including on the pool deck.

Enjoy the benefits of membership at all 4 of our locations-Elizabeth, Rahway, and 2 locations in Union.

JOINER'S FEE

Each membership category has a Joiner's Fee (applicable on all new memberships and memberships that have expired for more than 30 days) which supports our financial assistance program and facility improvements. The fee is non-refundable or transferable.

PAYMENT OPTIONS

Payment in Full

Members may opt to pay in full for an entire year of membership.

*Please note that memberships set to expire during a program session must be renewed before class registration may occur.

MONTHLY DRAFT PAYMENT

A membership can be paid monthly using our monthly draft payment. Monthly payment is deducted from the member's bank account or credit card on the 5th of each month.

Membership is continuous each month unless the member requests a cancellation in writing for the draft to discontinue. 30 days notice is required.

BASIC/PROGRAM MEMBERSHIP

An annual basic/program membership entitles members to register for programs, child care and summer camp at program rates.

In order to benefit from all the Y has to offer, a Full Membership is required.

GUEST POLICY & FEE

Guests must bring ID, be accompanied by a member, and complete a guest waiver. Members receive 3 free guest passes per year. Parent/guardian must sign the waiver for guests under the age of 18.

Adults: \$10, Children: \$5

CREDIT/VOUCHER POLICY

Credits can only be offered for a program or membership due to an extended illness or emergency. A doctor's note and request in writing is required. Credits expire at the end of one year. Refunds cannot be given for programs or membership. All credit requests will be subject to a \$10 processing fee.

Membership Privileges – Full

- Access to main facility including free weight room, cardio room, strength training room.
- Access to men's & women's locker rooms. (sauna, steam room, whirlpool in men's locker)
- Fee reduction on classes & programs
- Priority program registration
- 1-hour orientation with a Y Health & Wellness staff member. Register at the Welcome Center.

Youth and Teen Full Members

Will benefit from an array of activities, programs, recreational activities (branch specific), and membership benefits of early registration. Full access to the facility is based on availability and subject to varied scheduled times. Youth 12 and under must be

For the safety of our members, the YMCA conducts periodical emergency drills. Your cooperation is expected and appreciated.

All Inclusive Access to all 4 locations

Elizabeth Branch
135 Madison Avenue
Elizabeth, NJ 07201
908-355-9622

Rahway Branch
1564 Irving Street
Rahway, NJ 07065
732-388-0057

Five Points Branch
201 Tucker Avenue
Union, NJ 07083
908-688-9622

Wellness Center Branch
1000 Galloping Hill Road
Union, NJ 07083
908-349-9622



Remember your "Home Branch" is where you registered and must use 90% of the time. Please follow the individual branch schedule for classes.

CONTACT: Membership Engagement Director, Leonardo Gonzalez at 908-355-9622 or lgonzalez@tgfymca.org

ESTE BIEN. SEA FUERTE. UNACE.

Nosotros impactamos las vidas de nuestros miembros y de la comunidad a través de la conexión de personas de diferentes grupos étnicos. Nosotros somos parte de una organización dedicada a fortalecer la potencialidad de los niños, apoyar cambios para desarrollar estilos de vida saludables para todos, y dar a la comunidad las herramientas necesarias para que todos tengan la oportunidad de aprender, crecer, y prosperar.

MEMBRESÍA

Tipo De Membresía	Edades	Mensualidad	Member Rewards	Pago De Inicio
Todo Incluido—Acceso a las 4 localidades (Elizabeth, Rahway, Five Points y Wellness Center Branch)				
Niños	6 semanas-12 años	\$10		\$25
Adolescente	13-19 años	\$10	\$8	\$25
Jóvenes	20-29 años	\$31	\$24.80	\$35
Adulto	30-61 años+	\$37	\$29.60	\$35
Adulto Mayor	62 años+	\$32	\$25.60	\$35
Pareja de Adultos Mayores	62 + sin niños	\$48		\$50
Padre Soltero*		\$39	\$31.20	\$50
Familia	2 adultos, niños*	\$59	\$47.20	\$50
Básico (juventud)		\$41		N/A

LAS MEMBRESÍAS NO TIENEN REEMBOLSO Y NO SE PUEDEN TRANSFERIR

*Niños en las residencias menores de la edad de 27.

PROGRAMA DE "MEMBER REWARDS"

Nosotros reconocemos que nuestro son grandes proponentes y compañeros en nuestra meta de crear una comunidad más saludable.

"Member Rewards" permite que miembros y sus amigos que refieren a ingresar a la YMCA recibirán un descuento de 20% del pago mensual de sus membresías. Para recibir el descuento, visite la página web y nosotros haremos el resto!

*Página Web:
tgfymca.org/referral-program

DESCRIPCION DE LAS MEMBRESÍAS

MEMBRESÍA COMPLETA

Los miembros mayores de 18 años pueden beneficiarse de la membresía completa con acceso ilimitado a nuestras instalaciones. Estos miembros tienen prioridad para registrarse y precios reducidos para las clases.

Privilegios del Miembro - Completo

- Acceso a la instalación entera: Peso libre, maquinas de cardio, y área de entrenamiento.
- Acceso a los vestidores (Sauna, cuarto de vapor y jacuzzi en el vestidor de hombres)
- Precios reducidos para clases y programas
- Prioridad de registración a clases
- Una orientación GRATIS de una hora con un instructor de la YMCA

Membresías de niños y Adolescentes

Estos miembros pueden beneficiarse de una variedad de programas, actividades recreacionales (especifico en su localidad), y beneficios de membresía completa con prioridad de registración.

El acceso completo a las instalaciones depende de la disponibilidad y las variaciones en los horarios. Niños menores de 12 años de edad

deben ser supervisados y no se pueden dejar desatendidos.

PAGO DE INICIO

Cada categoría de membresía tiene un cobro de inicio. (Aplica a membresías nuevas y las que han vencido por más de 30 días) Este cobro contribuye a nuestro programa de ayuda financiera y proyectos para mejorar las facilidades. Este cobro no tiene reembolso y no se puede transferir.

OPCIONES DE PAGO

PAGO DEL AÑO COMPLETO

Los miembros pueden optar por pagar su membresía por el año completo

* Por favor note que las membresías a punto de expirar durante la sesión de un programa deben ser renovadas antes de poder registrarse a una clase.

PAGO MENSUAL

Una membresía puede ser pagada usando nuestro plan de pago mensual. El pago mensual es descontado de la cuenta bancaria o tarjeta de crédito del miembro **el 5 de cada mes**. La mensualidad será descontada hasta que el miembro pida una cancelación al llenar nuestro formulario con 30 días de anticipación al próximo pago mensual.

PROGRAMA BASICO

El programa básico requiere un pago anual para tener acceso a las registraciones de los programas de deportes, cuidado de niños, y campamento de verano a los precios designados

Para tener acceso a los beneficios y el uso de las instalaciones, es requerida una membresía completa.

POLIZA DE INVITADOS Y CUOTA

Los Invitados tienen que presentar una tarjeta de identificación, estar junto al miembro que los invito, y llenar un formulario de exención. Los miembros tienen derecho a traer un invitado gratis 3 veces al año y hasta dos invitados por visita. **Adultos: \$10, Niños: \$5**

POLITICA DE CREDITO/CUPONES

Los créditos para una membresía o programa se ofrecen solo en el caso de una enfermedad grave o una emergencia. Una nota del doctor es necesaria junto a una carta escrita por el miembro. Los créditos expiran en un año. No se puede dar reembolso por una membresía o un programa. Todas las solicitudes de crédito están sujetas a una cuota de procesamiento de \$10.

Por el bienestar de nuestros miembros, la YMCA conduce practicas en caso de emergencia periódicamente. Agradecemos de antemano su cooperación en este asunto.

All Inclusive Access to all 4 locations

Elizabeth Branch
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Elizabeth, NJ 07201
908-355-9622

Rahway Branch
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732-388-0057

Five Points Branch
201 Tucker Avenue
Union, NJ 07083
908-688-9622

Wellness Center Branch
1000 Galloping Hill Road
Union, NJ 07083
908-349-9622



Recuerde que su gimnasio principal es donde se se registro y debe ser usado 90% del tiempo. Por favor pregunte a su locación específica para los horarios de clases de grupo.

CONTACTO: Director de Membresía, Leonardo Gonzalez, Teléfono: 908-355-9622 o lgonzalez@tgfymca.org

OUR BRIGHT STARS

We impact families and our community by providing an environment that maximizes the potential of every child to learn and play together; nurturing and developing healthy habits in children in an atmosphere that feels like home and is kind and supportive.

EARLY CHILDHOOD DEVELOPMENT CENTER



Healthy U is a behavior change program that helps prevent obesity in children by offering nutritional education and physical activity. Healthy U utilizes the CATCH (Coordinated Approach to Child Health) curriculum, which emphasizes the importance of lifestyle changes and helps youth learn positive behaviors that can last a lifetime.

Our Curriculum:

The High Scope curriculum is implemented in all six of our classrooms and extends to the Y's core values: Caring, Honesty, Respect, and Responsibility. The curriculum is applied to our young children through age-appropriate activities, lessons, and daily routines.

- Classrooms are fully equipped with learning materials that promote child-centered learning, critical thinking, as well as positive and effective social relations.
- Daily routines include; 60 minutes of gross motor play, 50 minutes of cognitive/social play, 20-30 minute instructional interactive lessons in multiple development areas.
- We coach and encourage the use of problem solving techniques and support our children to make use of their creative form of thought.
- Ongoing curriculum training and childhood professional training are administered to ensure staff is highly knowledgeable of all child care aspects.
- All child care staff are required to undergo CPR and First Aid certification
- Lead Teachers are credentialed with (CDA) Child Development Associates Certification
- Free Family Membership for all full time students!
- We offer center events, and real life experiences that enhance a child's natural way of skill building in an educational setting.



Monthly Cost Full Time:

6 Weeks-14 Months: \$800
15-29 Months: \$757.00
30 Months to 5 Years: \$643.00

Monthly Cost Part Time:

You choose the days,
minimum three days a week
15-29 Months: \$485.00
30 Months to 5 years: \$465.00

****4C's Vouchers Accepted****

We are open most holidays!

Hours of operation: 7:30am-5:30pm

Meals offered:

Breakfast • Lunch • Snacks

Extended day option: 5:30-6:00pm
\$80 per month

Stop By For A Tour

The Gateway Family YMCA Josephine and John Jacobson Child Development Center

Located at 16-20 Jefferson Avenue
Elizabeth, NJ 07201
(908)355-3061 (Phone)
(908)436-3769 (Fax)
Lisa Yanez,
Sr. Director of Child Development



"Like" us on
facebook

NEW! Preschool Sports Classes at The Gateway Family YMCA Josephine and John Jacobson Child Development Center: Ages 3-5

Beginner Dance Tuesday 10am

Learn the basics. Children will experience elements of ballet, tap and jazz through fun and exciting activities. Develop motor skills and understanding of dance terminology.

Sports Bugs Wednesday 4pm

An introduction to sports. This class helps build children's motor skills and hand eye coordination. Sports include: Tee Ball, Basketball Soccer and other age appropriate sports.

All preschool programs are \$35 per session and open to children ages 3-5 years old. Registration is now open!

We provide the highest quality of developmentally appropriate practices in teaching young children. (Proporcionamos el más de alta calidad de prácticas de desarrollo apropiadas en la enseñanza de niños jóvenes.)

OUR BRIGHT STARS

We impact families and our community by providing an environment that maximizes the potential of every child to learn and play together; nurturing and developing healthy habits in children in an atmosphere that feels like home and is kind and supportive.

SCHOOL AGE CHILD CARE

Healthy U... Healthy U...

Healthy U is a behavior change program that will help reduce childhood obesity through education on proper nutrition, increased physical activity and parental engagement. Healthy U utilizes the CATCH (Coordinated Approach To Child Health) curriculum, which teaches children that both healthy eating and physical activity is fun. CATCH will create healthy habits in childhood that can last a lifetime! The Healthy U Program is now incorporated within our pre-school setting.

Children enrolled in the After School Program receive a healthy snack. Save time and money by enrolling in our After School Program with complimentary snacks served 3:30pm daily.

In accordance with the Federal Law and USDA regulations, this institution is an equal opportunity provider & employer.

Program Sites

Winfield Scott School #2
Joseph Battin School #4
Mabel G. Holmes School #5
Toussaint Lafayette School #6
Elmora School #12
Abraham Lincoln School #14
Madison Monroe School #16
Robert Morris School #18
Woodrow Wilson School #19
Antonia Pantoja School #27

After School Childcare Options:

Bank Draft	Regular Memberships
5 Days: \$260	5 Days: \$285
3 Days: \$190	3 Days: \$205

30-Day Notice of Withdrawal

Written notification of withdrawal from the program is due 30 days in advance to the School Age Childcare Director.

4C's Financial Assistance Procedure

Call the Y to set up appointment.

Be sure to bring the following:

- Current proof of income– if applying for subsidy
- Child's Birth Certificate
- Child's Shot Records
- Child's Social Security Card
- Insurance Card

Required Fees

- \$41 Annual Membership Fee
- \$25 Registration Fee is now going to be a one-time registration fee if the child has participated in SACC or camp within the last year. See below...

Registration Information

Initial Registration Fee is required for first time registrants or those who have not participated in the program in the last year. Membership, Initial Registration Fee (one per family) and first month's tuition & completed SACC registration packet are due at time of registration.

This institution is an equal opportunity provider & employer.

Vacation Days

The Elizabeth Branch will offer "Vacation Day" on most days that school is closed due to holidays and/or teacher workshops. There is an additional fee for Vacation Club of \$25 for aftercare participants. Days are schedule in accordance with the City of Elizabeth. This program is held at the Elizabeth Y, children must be dropped off and picked up at this location. Children will participate in games, arts and crafts, CATCH, and a "special activity" depending on the holiday. **Hours: 7:30am-6:30pm.**

* Please register early, a minimum enrollment of 8 children is required.

Half Days

There will be no After Care at the school sites when there is an early dismissal. The Elizabeth Branch will offer Half Day Vacation Day at the Y, however children must be dropped off at Elizabeth Branch. **No transportation is provided. Half Day Vacation Club Hours: School Dismissal-6:30pm.**

* Please register early, a minimum enrollment of 8 children is required.

If you are interested in the SACC Program, please contact Dante Burgess at 908-355-9622, dburgess@tgfymca.org



LEARN. PLAY. GROW

We impact our community through programs that are focused on character building and encourage children to try new things and learn life skills that will be transformative and amazing. We provide opportunities for families to improve their health and strengthen their bond.

IT'S PLAY TIME – YOUTH AND TEEN PROGRAMS

Youth Sports and Recreation: Ages 5-10

Children engage in youth group exercise and sports activity while socializing and maintaining physically active while learning the benefits of healthy eating and the importance of being fit.

Saturdays 12pm—1pm
Program: SPORTS&REC
Registration Fees: Free (Full Members)
\$25 (Basic Members)

Youth Dance: Ages 7-11

Mix of all dance styles such as ballet, jazz, hip hop, modern to create fun free flowing dances.

Tuesday/Friday 7:15-8:15pm
Program: YOUTHDANCE
Registration Fees: \$42 (Full Members)
\$55 (Basic Members)

Sports Combo Both Basketball & Soccer: Ages 5-10

Children will engage in learning basic dribbling, passing, and shooting drills necessary to play both Soccer and Basketball all while learning to be both socially and physically active. All children must wear proper attire (sweat pants, shorts, Sneakers no exceptions).

Monday/Wednesday Basketball:6pm-7pm
Soccer:7:30-8:30pm
Program: SPORTSCOMBO
Registration Fees: \$42 (Full Members)
\$55 (Basic Members)

Youth Basketball: Ages 5-10

Children will engage in learning basic dribbling, passing, and shooting drills necessary to play both soccer and basketball all while learning to be both socially and physically active.

Monday / Wednesday 6pm—7pm
Program: BIDDYBB
Registration Fees: \$35 (Full Members)
\$42 (Basic Members)

Teen Soccer: Ages 10-12

Tuesdays & Thursdays 5pm—6:30pm
Program: TEENSOCGER
Registration Fees: \$35 (Full Members)
\$42 (Basic Members)

Youth Soccer: Ages 5-10

Children will engage in learning basic dribbling, passing, and shooting drills necessary to play both soccer and basketball all while learning to be both socially and physically active.

Monday/Wednesday 7:30pm—8:30pm
Program: YOUTHSOCGER
Registration Fees: \$35 (Full Members)
\$42 (Basic Members)



Preschool Youth Classes: 3-4 years old

Soccer and Basketball: Ages 3-5

Soccer Bugs	Monday	5pm to 5:45pm
Basketball Bugs	Wednesday	5pm to 5:45pm

An introduction to sports. This class helps build children's motor skills and hand eye coordination. Sports include: Tee ball, Soccer, Basketball and other age appropriate sports. Games will be modified to suit children's age as well as athletic and physical ability.

Registration Fees: \$35 (Full Members)
\$42 (Basic Members)

Located at The Gateway Family YMCA
Elizabeth Branch 135 Madison Ave. Elizabeth, NJ 07201

YOUTH STRENGTH CHAMPIONS

Children Benefit from Safe Strength Training & Cardio

Youth Strength Champions is a program designed to teach youth members the basic principles of exercise, focusing on the proper usage of fitness equipment and safety. For your child to gain access to our Wellness Center, the child must complete two group classes to graduate from this program.

Youth members ages 10 to 14 years old, must complete this program

- Program Session: (register at the Welcome Center)
- Friday: 5pm-6pm • Free for members

Youth members that do not complete the program will not be allowed in the Wellness Center area.

Refer A Friend

We are proud to announce our new Refer a Friend program. A credit of \$10* will be applied to your account each time you recommend a friend to either our Elizabeth Branch or JJC Youth Sports Programs.

*Referred friend must sign up for a Youth or JJC Program in order to receive credit.

CONTACT: Director of Health & Wellness, Rafael Cano at 908-355-9622 or rcano@tgfymca.org

SALUDABLES, JUNTOS Y FELICES

Nosotros impactamos nuestra comunidad por medio de programas enfocados en el desarrollo del carácter de los niños e incentivos para que traten experiencias nuevas y aprendan habilidades nuevas. Nosotros damos la oportunidad para que familias mejoren su salud y fortalezcan su conexión.

CLASES DE GRUPO PARA NIÑOS

Sesión de Verano: 6/20-9/4

Para registrar por favor visite el centro de bienvenida *Niños deben tener una membresía para poder participar En nuestros programas.

Deportes Para Adolescente y Recreación: Edades 5-10

Participantes seguirán una rutina de ejercicio con el instructor y Serán motivados a adaptar hábitos de comer más saludables.

Horario: sábados de 12pm—1pm

Program: SPORTS&REC

Pago de Registración:

Gratis (Miembros con la membresía completa)

\$25 (Miembros con la membresía básica)

Clase de baile: Edades 7-11

Niños aprenderán los fundamentales de diferentes formas de baile y Podrán practicar métodos técnicos en su forma de baile

Horario: martes/viernes 7:15pm-8:15pm

Program: YOUTHDANCE

Pago de Registración:

\$42 (Miembros con la membresía completa)

\$55 (Miembros con la membresía básica)

Basketball Para niños: Edades 5-10

Horario: lunes/miércoles 6pm—7pm

Program: BIDDYBB

Pago de Registración:

\$35 (Miembros con la membresía completa)

\$42 (Miembros con la membresía básica)

Soccer para niños: Edades 5-10

Horario: lunes/miércoles 7:30-8:30pm

Program: YOUTHSOCCER

Pago de Registración:

\$35 (Miembros con la membresía completa)

\$42 (Miembros con la membresía básica)

Combinación de baloncesto y futbol:

Niños de edad 5-10 años

Niños practican la técnica para pasar y tirar la pelota en los deportes de baloncesto y futbol mientras aprenden comunicarse uno al otro y se mantienen físicamente activos. Todos los niños participando en la clase deben vestirse con la ropa adecuada para hacer actividad física (pantalones deportivos, pantalones cortos, y zapatos deportivos) *No hay excepciones

Lunes y miércoles 6-8:30pm

baloncesto: 6pm-7pm

futbol: 7:30-8:30pm

Program: SPORTSCOMBO

Registración:

\$42 (Con membresía toda incluso)

\$55 (Con membresía básica)



¡Cuidado de niños disponible para nuestros miembros!

Este servicio es un beneficio para los miembros que tienen niños que necesitan cuidado mientras visitan nuestra YMCA. Este servicio es gratis.

Edades: 2 – 12 años

lunes y jueves 6pm – 8:30pm

Early Learning Readiness Program (ELR)

La meta de ELR es ayudar a su hijo preparar para comenzar la escuela. Como el primer maestro de su hijo, usted aprenderá el rol suyo en el desarrollo del niño.

El programa es disponible a la comunidad. **Este programa es 0-5 años de edad.**

Horarios: lunes/miércoles o martes/jueves 10am-12pm

Registros se aceptan continuamente

Para más información comuníquese con Lisa Yanez al 908-688-9622 o lyanez@tgfymca.org

Clases Preescolar: Edades 3-5

Insectos deportivos:

insectos de futbol lunes 5pm to 5:45pm

insectos de baloncesto miércoles 5pm to 5:45pm

Niños son introducidos a varios deportes para ayudar con coordinación y como balancearse. Deportes incluyen: Futbol, baloncesto, y otros deportes apropiados para sus edades. Juegos y actividades serán modificados a las habilidades físicas de los niños.

Pago de Registración:

\$35 (Miembros con la membresía completa)

\$42 (Miembros con la membresía básica)

Localización: The Gateway Family YMCA

Elizabeth Branch 135 Madison Ave. Elizabeth, NJ 07201

Para más información comuníquese con Rafael Cano al 908-355-9622 o rcano@tgfymca.org

CONTACTO: Director de Membresía, Leonardo Gonzalez, Teléfono: 908-355-9622 o lgonzalez@tgfymca.org

GROUP EXERCISE SCHEDULE & CLASS DESCRIPTIONS

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am to 10:45am Chair YOGA (Small Gym)	8:30am to 9am Strength Circuit Orientation (Upstairs Lifefitness Circuit)	8:30am to 9am Strength Circuit Orientation (Upstairs Lifefitness Circuit)	8:30am to 9am Strength Circuit Orientation (Upstairs Lifefitness Circuit)	8:30am to 9am Strength Circuit Orientation (Upstairs Lifefitness Circuit)	9:30am to 10:15am GLUTES CLASS with Didi
12:30 to 1pm Active Adults Class (Upstairs Circuit)	10am to 11am Enhance Fitness Class Don't Let Arthritis Stop you	10am to 10:45am Chair YOGA (Small Gym)	10am to 11am Enhance Fitness Class Don't Let Arthritis Stop you		10am to 11am Enhance Fitness Don't Let Arthritis Stop you
5:30pm to 6:15pm GLUTES CLASS with DiDi	4:30pm to 5:30pm Group Equipment Orientation (Ages 15 and up) We Speak Spanish	6:30pm to 7:15pm ZUMBA (studio) Lights out	5:30pm to 6:15pm ZUMBA with Damaris	5pm to 6pm Youth Strength Champions (Equipment orientation for youth AGES 10—14)	10:15am to 11am YOGA (YOGA Room)
6:30pm to 7:15pm ZUMBA (studio) Lights out	5:30pm to 6:15pm ZUMBA with Damaris	7:15pm to 8pm YOGA (YOGA Room)	6:30pm to 7:15pm ZUMBA (studio) Lights out	7:15pm to 8:15pm Youth Dance Ages 7 to 11 This class has a fee	11am to 11:45am Cycling (studio)
7:15pm to 8pm BOXING CARDIO (SMALL GYM)	6:30pm to 7:15pm ZUMBA (studio) Lights out	7:15pm to 8pm BOXING CARDIO (SMALL GYM)	7:15pm to 8pm Cynthia's CAMP (small gym)		11:15am to 12:pm Group Equipment Orientation (Ages 15 and up) We Speak Spanish
7:25pm to 8:10pm Spin (studio)	7:15pm to 8pm Cynthia's CAMP (small gym)	7:25pm to 8:10pm Spin (studio)			
8:15pm to 8:45pm BLT Class (Butt, Legs & Tummy)	7:15pm to 8:15pm Youth Dance Ages 7 to 11 This class has a fee	8:15pm to 8:45pm BLT Class (Butt, Legs & Tummy)			

• Class schedule is subject to change at any time • Class cancellations or substitutions can occur • Children are not allowed to seat and wait in any class room
 • Zumba has a max of 30 participants • Cycling has a max of 17 participants • Registration is at the front desk for Cycling and Zumba 15 minutes before the start time
 of each class • Youth ages 10 to 14 can only participate with the approval of the instructor, we do this to ensure the safety of our youth members., youth ages 10
 and 11 must be with a parent or legal guardian. Instructors have the right to dismiss participants from the classes for violating our rules and member code of conduct.
 We have a variety of youth programs available, visit our welcome center to learn about our sports, dance and fitness programs for youth members.

Updated on 6/15/17



BUILD CONFIDENCE

We support individuals, families and the community for healthy living by promoting well-being, reducing risk of developing chronic disease and assisting people to reclaim their health through dedicated trained staff and intentionally designed programs in a safe environment engineered for personal success.

ADULT WELLNESS PROGRAMS

HEALTH & WELL-BEING

Free Fitness Orientations

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

Free Micro Fit Assessments

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

Individual fitness orientations or refresher orientations are available and can be scheduled at any time at our Welcome Center.

A TRAINER, A FRIEND

Personal Training with a Personal Coach

Achieve your personal fitness goals with a Certified Personal Trainer, known at the YMCA as a Certified Personal Coach. Your Coach is here to help support your goals & achieve greater health & well being for you spirit, mind and body.

One on One Coaching:

Work individually with a Personal Trainer with a program designed to fit your needs. Our certified Personal Trainer will create an exercise plan that fits your needs and goals, through experience support and motivation.

Individual Training:

- (1) 60 minutes session: \$ 24.00
- (6) 60 minute sessions: \$ 110.00 "Savings-\$10"

Duo Training:

- (1) 60 minutes session: \$40.00
- (6) 60 minute sessions: \$200.00 "Double the savings-\$20"

NEW! Now we are offering 30 minutes sessions to fit your busy schedule.

- (8) 30 minute sessions: \$ 120

To schedule a personal training session contact Rafael Cano, Health & Well Being Coordinator at the Health and Well-Being Center, at 908-355-9622 ext 1225. For more information please contact Rafael Cano at 908-355-9622.

GET FIT

Get an Exercise Program Just for YOU

Cost: \$50 (one time for 8 weeks)

The **Get FIT** program is an **8 week** personalized fitness plan for new exercisers. The program is designed to lead you to a more physically active lifestyle. The Program offers guidance, motivation and structure in order to start and stick to a fitness routine.

What does the **Get FIT** Program consist of?

PERSONAL ATTENTION

You'll meet with a YMCA Fitness Coach **4 times** (once every 2 weeks) during your **8-week** program to help plan your exercise strategy, answer questions and keep you motivated.

You will also receive 2 Health Assessments through our Microfit Program. The assessments include Weight, BMI, Fat % analysis, muscular assessments and Blood pressure readings. This will help us keep track of your progress.

PERSONAL SCHEDULE

In the morning, over your lunch hour or while the kids are in school – you choose! The goal is to work out three times a week for 8 weeks.

PERSONAL PLAN

Your Personal Fitness Plan will be designed for you – based on your exercise history, personal goals and aspirations.

To register for the program, please contact Rafael Cano at **908-355-9622** or via email at Rcano@tgfymca.org.

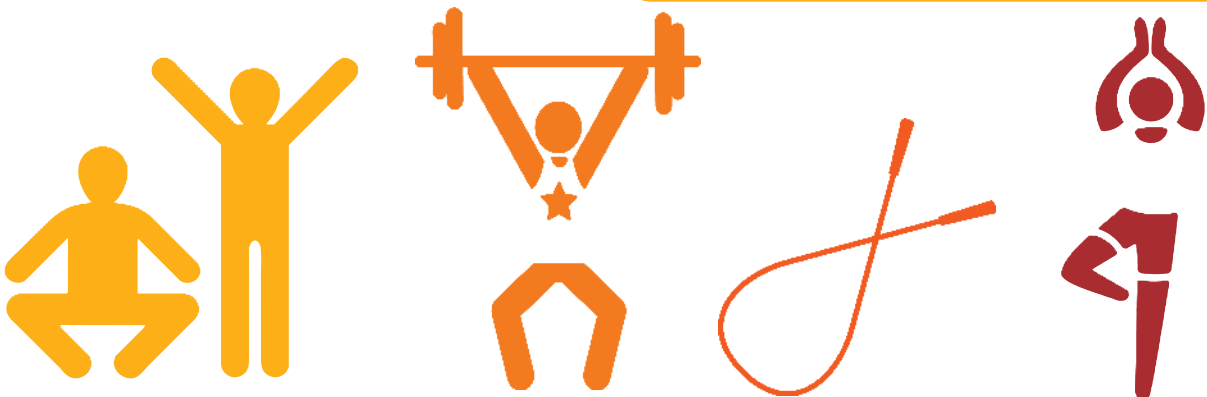
BUILD ME A FITNESS PROGRAM

Boost up your workout! A certified trainer will customized an exercise program to fit your needs and goals. If you want to lose weight, tone your legs and gluts or just work on your six pack, we can create a routine for you to follow for 4 weeks.

First, the trainer will meet you and discuss your goals, second, the trainer will create the workout plan and last, the trainer will teach you each exercise. Its that simple!

Program Cost is \$30. Appointments are required

For further information, please contact Rafael Cano via email at rcano@tgfymca.org or call at 908-355-9622



BUILD CONFIDENCE

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FREE GROUP FITNESS EQUIPMENT ORIENTATIONS

Every Saturday From 11:15am to 12:30pm

Join one of our trainers every Saturday and learn the functionality of our fitness equipment, proper technique of movements and exercise recommendations. The trainer will tour the equipment with the group while demonstrating the usage of each machine. Its also a great opportunity to answer questions. This is a great opportunity to meet other members who may share similar fitness goals. The purpose of this group orientation is to help you get started as soon as possible, so you can see the results you want.

Our trainer will tour the following areas:

- Cardio Equipment located in the main level
- Pin selecting machines located next to fire place of main level
- Circuit strength area located in main level
- Strive equipment Located at the lower level.

Requirements:

- Registration at the welcome center is required in advance
- Members ages 15 and over can sign up for an orientation
- For children ages 10—14 we have a similar program called the Youth Strength Champion Every Saturday from 5pm to 6pm. For further information, please contact Rafael Cano at 908-986-7658 or via email atrcano@tgfymca.org
- Only 10 people per session

FINANCIAL ASSISTANCE –

All Welcome No One Turned Away

At the Elizabeth Branch Y, you can improve your health, enrich your family's life, and feel more connected to the community. We believe in servicing the needs of all members of our community including those who may be unable to pay the full cost of membership or programs.

Our goal is to help as many people in need as possible. A financial assistance application is available at the Welcome Center or at www.tgfymca.org

Everyone is welcome at the Y.

AYUDA FINANCIERA –

Todos pueden aplicar por ayuda financiera

En la YMCA de Elizabeth, usted puede mejorar su salud, enriquecer la vida de su familia, y sentirse más conectado a la comunidad. Nosotros creemos que podemos cubrir las necesidades de todos los miembros de nuestra comunidad, incluso de los que no pueden pagar el gasto entero de una membrecía o de los programas que ofrecemos.

Nuestra meta es ayudar la mayor cantidad de personas en necesidad de ayuda financiera para participar en la YMCA. La aplicación de ayuda financiera está disponible en el centro de bienvenida de la YMCA o al: www.tgfymca.org

Todos son bienvenidos al YMCA.

LIVESTRONG® AT THE YMCA

The Y and LIVESTRONG joined together to create LIVESTRONG® at the YMCA, a 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities at no cost.

Survivors work with YMCA certified instructors to build muscle mass, strength, flexibility and endurance while improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG® at the YMCA focuses on the emotional well-being of survivors by providing a supportive community for people impacted by cancer.

By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA helps people rebuild spirit, mind and body.

To learn more about this life changing program contact us at LiveSTRONG@tgfymca.org or Paul Mickiewicz at the Wellness Center Branch, 908-349-9622, or Michael Johnson at the Association Office at 908-249-4809.



Visit us online

MAKING A DIFFERENCE

ALWAYS HERE FOR THE COMMUNITY

The Gateway Family YMCA Elizabeth Branch offers an extensive housing and social service program to support individuals and families in need of a safe environment with opportunities to restructure their lives. We provide transitional housing to single men, single women and women with children and men with children. Additionally, we provide transitional, supportive and permanent affordable housing opportunities, along with wraparound social services focusing on employment preparation, life skills and case management. Our goal is to provide a continuum of care that provides the assistance necessary to transition from homelessness to self-sufficiency; from shelter to permanent housing.

We also offer two specialized programs: Project Sustain – a 6-month Mommy and Me, residential program for pregnant women and women and children who are in recovery from addiction and a Supportive Housing Program for individuals and families who are homeless and disabled.

TRANSITIONAL

- Project Sustain
- Madison House
- The Step up Transitional Housing Program
- Supportive Housing Program
- Men's Dormitory

PERMANENT HOUSING

- Sierra Gardens

The Y takes pride in giving back and providing on-going support to its community. Our commitment and dedication provides our members with a safe environment and opportunities to better themselves and their loved ones. We proudly work hard to make sure every child, adult and family are put in the right path to achieve a better life.

For additional information please contact:

Men's Housing P 908.355.9622
Women and Family Housing P 908.352.4560

Referral Required for All Social Services.



WE CARE LIKE YOU DO THE GATEWAY FAMILY YMCA WISE ADULT DAY SERVICES

(Wellness, Independence and Socialization for our Elders) helps older adults maintain their independence and improve their quality of life through dementia-specific programming and adaptations to help them meet their needs. The program also offers support to alone caregivers through support groups and respite program.

For additional information please contact:

Susan Butler, WISE Center Director,
908-687-2995, 2095, Berwyn Street, Union, NJ 07083

EARLY LEARNING READINESS PROGRAM (ELR)

The overall goal of ELR is to help your child develop the cognitive, physical and social skills needed to be school ready. As the child's first teacher, each Caregiver is provided the skills of understanding their role in each child development, skill enhancement, brain development and school readiness. **ELR is for both the Caregiver and their youth age 0-5 years.**

Classes are held at the following locations:

**The Gateway Family YMCA – Elizabeth Branch,
135 Madison Avenue, Elizabeth, NJ**

Monday/Wednesday (Bilingual) 10am - 12pm or
Tuesday/Thursday (Bilingual) from 10am - 12pm.

For more information, contact

Lisa Yanez at lyanez@tgfymca.org or 908-355-3061.

**The First Presbyterian Church,
1731 Church Street, Rahway, NJ**

Monday/Wednesday (English) 10am - 12pm or
Tuesday/Thursday (English) from 10am - 12pm.

For more information, contact Shannon Frank at
sfrank@tgfymca.org or 732-388-0057.

Healthy snacks are provided. Classes will begin September 2017 and continues through June 2018.



MAKING A DIFFERENCE

YMCA DIABETES PREVENTION PROGRAM

DID YOU KNOW?

- About 86 million American adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease.

THE GOOD NEWS...

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk.

Currently, there is no fee for Medicaid Recipients and many versions of UnitedHealth Care Insurance.

For more information contact:
Michael Johnson 908-249-4809
or mjohnson@tgfymca.org



REDUZCA SU RIESGO DE TENER DIABETES TIPO 2

El Programa de Prevención de la Diabetes de la YMCA es un programa comunitario diseñado para mejorar el estilo de vida de los adultos que tienen prediabetes. Su objetivo es ayudar a las personas adultas a realizar cambios duraderos en su estilo de vida que mejoren su estado de salud general y reduzcan su probabilidad de desarrollar diabetes tipo 2.

En la actualidad, casi 26 millones de personas tienen diabetes. Otros 86 millones tienen prediabetes y corren el riesgo de desarrollar diabetes, pero sólo el 11 por ciento es conciente de ello. Las investigaciones de los Institutos Nacionales de la Salud han demostrado que programas como el Programa de Prevención de la Diabetes de la YMCA pueden reducir la cantidad de casos nuevos de diabetes en un 58% en la población general y en un 71% en individuos mayores de 60 años.

908-249-4817

HEALTHY CONNECTED COMMUNITIES

Shaping Elizabeth (CHI) is a team composed of like minded community leaders committed to improving the health and well-being of the residents of the City of Elizabeth by creating sustainable change to policies, environment and strategies that support improved health, nutrition and physical activity for all.

To date, Shaping Elizabeth (CHI) has accomplished the following:

- With **Groundwork Elizabeth** created a Community Garden for the summer camp youth and housing residents.
- With the **City of Elizabeth** provided five Play Street Activities during 2016 in Wards 1, 2, 3, 4 and 5.
- Partnered with **Trinitas Regional Medical Center** to provide Nutrition Education classes to the Building Future Leaders Program and the YMCA Preschool Child Care Center.
- Beginning in March 2016, and with the **Community Food Bank of Hillside** created a Mobile Food Pantry and began delivering healthy foods monthly to a low-income housing development.
- Led by the **Access to Healthy Foods Work Group**, is working with various corner stores to provide healthy alternatives, fruits and vegetables and providing leadership with store layouts, storage and display..

Shaping Elizabeth, CHI welcomes any non-profit community or government agency with a vision and mission which matches our purpose and interested in collaborating. If you are interested in becoming a member contact Alane McCahey, amccahey@tgfymca.org or 908.249.4806.

FOR A BETTER YOU. FOR A BETTER COMMUNITY.

BUILDING FUTURE LEADERS PROGRAM

B.F.L. is an after school program supervised and coordinated by The City of Elizabeth Department of Health and Human Services, Office on Youth. B.F.L. raises community awareness and builds leadership skills.

Program Goals:

To foster leadership amongst Elizabeth High School students ages 13-18, strengthen morale; encourage overall life and social skills. In doing so, this will be a platform to create a better environment where students from different ethnic backgrounds, race, religion and gender can bridge their differences and grow communally.

When: The Program meets from Monday through Friday from 3pm to 7pm at The Gateway Family YMCA 135 Madison Avenue in Elizabeth, NJ. For additional information contact, Eric Munoz Jr. Program Coordinator, Building Future Leaders - Office of Youth Services (908) 820-4055 or emunoz@elizabethnj.org.

10/19 Member Social:

Halloween Treats & Movie Night

10/27 Family Night Out

10/28 Family Trunk or Treat

Halloween Bash & Costume Parade

11/16 Member Social:

Thanksgiving Pot Luck

12/16 Family Cocoa with Santa

12/21 Member Social:

Cocoa and Candy Canes

12/22 Parents Night Out

ADMIT ONE

HEALTHY CONNECTED KIDS

7TH GRADE INITIATIVE MEMBERSHIP

Calling all 7th Graders - FREE Membership

The Elizabeth YMCA wants to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.



The 7th Grade Initiative program provides opportunities for fitness and sports, as well as an opportunity to socialize with peers in a safe, supervised and conveniently located environment. This special free membership available only to 7th graders demonstrates our commitment and philosophy for a well-rounded approach to the healthy development of the whole person.

Get started!

If you are a 7th grade student in or near the surrounding communities of Elizabeth, Rahway or Union, NJ, you qualify for a FREE 7th Grade membership The Gateway Family YMCA. To activate your membership, bring your school ID, roster or report card and a parent or guardian with you to any branch. Complete a few quick forms and begin using the membership right away.

What You Get!

Use of the YMCA facilities (fitness room, free weight room and strength training room), access to group exercise classes, teen nights, open gym times, workshops and more!

(Activities vary by YMCA)

ADMIT ONE

THE GATEWAY FAMILY YMCA

ELIZABETH BRANCH

135 Madison Avenue

Elizabeth, NJ 07201

www.tgfymca.org

Non-Profit
organization
US Postage
PAID
Permit 58
Elizabeth, NJ

STRETCH YOURSELF IN MORE WAYS THAN ONE.

Fall Membership Special

\$25 Joiner Fee on ALL Memberships September 1 – 17

**Family Fun &
Fitness Day**
September 23

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

For more than a workout. For a better us.

**#GIVING
TUESDAY**
November 28