



## RIDGEWOOD YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**REGISTRATION OPENS MONDAY, APRIL 17!**  
**[WWW.RIDGEWOODYMCA.ORG](http://WWW.RIDGEWOODYMCA.ORG)**

April 24 - June 18

112 Oak Street, Ridgewood, NJ 07450 / Phone: 201-444-5600

# YOUTH DEVELOPMENT

# HEALTHY LIVING

## Aquatics:

Parent/Child Swim	6-36 months
Pike with Parent	3-4 years
Preschool Swim Lessons	3-5 years
Youth Swim Lessons	6-12 years
Advanced Swim Lessons	11-14 years
Aquatic Leaders Club	13-15 years
Private Lessons	All Ages

## Sports:

Tiny Tot Soccer	3-4 years
Sportacular	3-5 years
Karate	4-10 years
T-Ball	4-6 years
Soccer	5-6 years
Basketball 1	5-8 years
Beginner Tennis	6-18 years
Baton Twirling	6-18 years
Floor Hockey	8-12 years
Basketball 2	9-18 years
Leaders Club	12-18 years
Super Sports Sampler <b>NEW</b>	11-14 years

## Fitness:

Squeaky Sneakers <b>NEW</b>	3-5 years
Fit Kids <b>NEW</b>	6-10 years
YFIT	10-16 years

## Birthday Parties:

Super Sports	5 years & Up
Crafty Kids	5 years & Up
Pool	7 years & Up

## Summer Camps:

Y's Kidz	3-6 years
Camp Pamacka	6-12 years
Teen Trip	12-14 years
C.I.T. Program	13-15 years
Backyard Pool	3-16 years

## Aquatics:

Beginner Swim Lessons	Adult
Intermediate Swim Lessons	Adult
Aquacise	Adult
AquaFit	Adult
Aqua Jogging	Adult
Lap Swimming	13 & Up

## Fitness:

Intro to Strength Training	Adult
Staying Strong	Adult
Pickleball	Adult
Yoga (basic, Vinyasa, Hatha & Insight)	Adult
JOY Cardio Dance Fusion	Adult
P90X	Adult
Pilates	Adult
Spin/Group Cycling	Adult
Stretch & Tone	Adult
Tai Chi	Adult
Wake Up Workout	Adult
Yoga Pilates Fusion	Adult
Zumba	Adult
Boot Camp	Adult

## Basketball:

Open Gym	Adult
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## Offsite Programs:

Fitness Programs in Pascack & Northern Valley



# SOCIAL RESPONSIBILITY

**Living Strong, Living Well**  
Free fitness program for cancer patients & survivors

Adults

**Delay the Disease**  
YMCA Parkinson's Wellness Program

Adult

**Yoga for Veterans**

Adult

**Specialized Water Interest Movement**  
For adults with mobility impairments

Adult

**Rainbows**  
A peer support program for children experiencing a loss

4 years & Up

**Senior Fellowship**

Adult

**Supported Employment for Special Needs Students**

**Scholarships for Membership & Summer Camp**

**Scholarships for Families of Deployed Military Personnel**

**World Service**



**RIDGEWOOD YMCA**



**For all class descriptions and schedules,  
please visit our website:**

**[WWW.RidgewoodYMCA.org](http://WWW.RidgewoodYMCA.org)**

# MEMBERSHIP INFORMATION

## MEMBERSHIP FEES

### PROGRAM MEMBERSHIP

Membership is required to enroll in YMCA classes and programs and must remain current for the duration of the class or program.

Annual Individual Membership (ages 3 and older) - \$50

### SWIM MEMBERSHIP

Includes Program Membership plus Lap and Family Swimming, Whirlpool and Locker Rooms.

	Annual	Monthly Draft†
Family	\$556	\$47
Adult	\$410	\$35
Senior (62+)/Clergy	\$255	\$23
Teen (ages 13-21)	\$245	\$22

### TRIANGLE MEMBERSHIP

Includes Program and Swim Memberships plus YMCA Strength and Conditioning Gym, Basketball and Open Gym, free fitness classes, reduced class fees and access to other YMCAs that participate in the NJ Reciprocity Program and AWAY-national Y member program.

One Month Triangle Membership for Adult/Senior/Teen - \$70

	Annual	Monthly Draft†
Family	\$730	\$61
Adult	\$505	\$42
Senior (62+)/Clergy	\$335	\$28
Teen (ages 13-21)	\$330	\$28
Youth (ages 3-12)	\$255	\$22

### BOLGER FITNESS CENTER (BFC)

A Program of the Ridgewood YMCA and YWCA of Bergen County.

	Annual*	Monthly Draft†
Adult	\$724	\$66
Student/Senior (over 62+)	\$654	\$61

\*Deduct \$100 from the BFC annual fee for each additional family/household member when joining at the same time. †Convenient monthly ongoing membership drafted from your credit card. Minimum four month commitment.

## MEMBERSHIP/PROGRAM COMPARISON

	Program	Swim	Triangle	BFC
Registration for Classes	•	•	•	•
YMCA Strength and Conditioning Gym			•	•
Basketball and Open Gym			•	•
Bolger Fitness Center				•
Lap and Family Swim		•	•	•
Free Fitness Classes			•	•
Whirlpool		•	•	•
Steam and Sauna				•
Reduced Class Fees			•	•
Locker Rooms	•	•	•	•
Credit Towards Membership Upgrade	•	•	•	

## ANNUAL MEMBERSHIPS

Annual memberships may be renewed via cash, check, or credit card (VISA, MC, Amex or Discover).

## MONTHLY DRAFT

The monthly draft is a continuous membership with payments made through convenient automatic bank draft. Drafts may not be cancelled within first 4 months of membership. To cancel, a draft cancellation form must be completed and returned to the YMCA by the first of the month of the next scheduled draft. Cancellations may also be submitted online at [www.ridgewoodymca.org/draft](http://www.ridgewoodymca.org/draft).

## FAMILY MEMBERSHIPS

Family memberships may include up to two adults and any dependent children through the age of 18 and full or part-time college students through the age of 22, all residing in the same household. Proof of residence and school schedule will be required.

**The YMCA's Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

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