



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TO: ALL LOCAL NEWSPAPERS
FROM: Nichelle K. Norris
RE: Winter Brochure Available Online
DATE: November 7, 2011

FOR IMMEDIATE RELEASE

Winter Brochure Available Online

Meadowlands Area YMCA Winter Brochure is now available online for download and early registration for our great Aquatics, Healthy Living and Training programs. Our brochure offers classes for all ages. A lifetime of healthy play can be found in our brochure with classes that are sure to excite and stimulate mind and body for all ages.

Pre-registration is now available for our programs. Our winter session begins as early as January 2, 2012. Sign up today and reserve your space in our classes. For more information for times and schedules, call 201-955-5300 for a free copy of our brochure to be mailed directly to your home or check out our website at www.ymcainfo.org

YOUTH DEVELOPMENT - Nurturing the potential of every child and teen

- Swim Lesson - Group, Semi-Private and Private
- Star Fish Program for children of all ages with social challenges
- Pre-School Childcare and Enrichment
- Competitive Swim Programs, Swim Training For The Competitive Swimmer , Pre-Swim Team
- Pre-School and Youth activity classes
- Theatre Classes

HEALTHY LIVING - Improving the nation's health and well-being

- Adult Swim Lessons, Aquacize, Deep H2O, Aqua Zumba
- Prenatal Aquacize, Mom and Baby Fit
- Adult Swim, Lap Swim, Master Swim Team, Family Swim, Senior Aqua Exercise, Senior Swim
- Zumba, Floor, Core and More, Yoga, Pilates, Tai Chi, Kickboxing, Family Yoga, Let's Get Fit Now
- Small Group Personal Training, Toned Body
- Performance Nutrition, Boot Camp For Teens and Adults
- Stretch and Flex, Armchair Exercise and Custom Fitness, Zumba Gold for Active Older Adults

SOCIAL RESPONSIBILITY - Giving back and providing support to our neighbors

- Lifeguard Training, Lifeguard Challenge, Water Safety Instructor, Babysitter's Training, Blood-Borne Pathogens Training
- CPR, First Aid, Adult and Child CPR, Child and Infant CPR

Meadowlands Area YMCA

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