



Fall is just around the corner, the kids are back in school, and we're kicking off a new season of fitness, fun, and connection here at the Y! As the days get cooler and routines settle in, it's the perfect time to explore everything we have planned for you and your family.

Check out our upcoming programs, events, and classes below—we can't wait to see you this season!

Health and Wellness Updates

Barre is BACK!

Meet our newest instructor, Kara, at her class on Friday mornings at 9:15am. This class has already had RAVE reviews and we're excited about all Kara has to offer.

Beginning 10/2:

Thursday Morning 7:15 AM TRX class with Tony
Friday Morning 7:30 AM Boxing with Tony

Youth Fitness Program Classes

Looking for a healthy activity for your kids to join this Fall?

In our Youth classes kids learn how to:

- Properly and effectively strength train
- Improve coordination & motor development
- Increase full body strength

Mondays & Wednesdays 3:30 pm - 4:00 pm

Interested? Contact the Front Desk at 413-568-8631

American Classics Chorus

The YMCA American Classics Chorus meets weekly and brings together our community members who love to sing!

Meeting details:

- Wednesdays
- 10am - 11am
- St. Johns Lutheran Church
- 60 Broad Street
- Westfield, MA 01085

FREE for our Members and \$5 per rehearsal for Non-Members

**Questions? Contact Liam Barrett, barrettli@westfieldymca.org
or 413-568-8631.**



Lifeguard

Certification Course

Age Requirement: 15+

\$215

Financial Aid
Available



MUST ATTEND ALL SESSIONS

- MONDAY (10/13): 5:30-8:30 PM
- SUNDAY (10/19): 4-8:00 PM
- SUNDAY (10/26): 4-8:00 PM
- SUNDAY (11/2): 4-8:00 PM
- SUNDAY (11/9): 4-8:00 PM
- SUNDAY (11/16): 4- 8:00 PM

PREREQUISITE SWIMMING REQUIREMENTS

- **Swim-Tread-Swim Sequence:** 150 Yards, 2-Minute Tread, 50 Yards
- **Timed Event:** 20-Yard Swim, 10-Pound Object Retrieval From 7-10 Feet, 20-Yard Swim (With Object)

For More Information:

Erin Gawronski
egawronski@westfieldymca.org
413-568-8631

SCAN TO
REGISTER:



October Togetherhood Committee



TOGETHERHOOD COMMITTEE



MEET AT HALF
MILE FALLS
PARK

OCTOBER PROJECT: WESTFIELD RIVER CLEAN UP DAY

WE NEED
VOLUNTEERS!



JOIN US TO SPEND THE DAY CLEANING UP NEAR THE
WESTFIELD RIVER FOR OUR COMMUNITY TO ENJOY.

**SATURDAY, OCTOBER 4
12PM**

Ready to join? Contact the Front Desk or Ana Pascari at
413-568-8631 or apascari@westfieldymca.org

Register at the Front Desk.

Teen Leaders Club

Our Teen Leaders program focuses on community service, building a community for our teens and supporting a healthy body, mind and spirit!

**For more information contact Liam Barrett,
lbarrett@westfieldymca.org**



TEEN LEADERS PROGRAM INFORMATIONAL MEETING

Leaders is a teen empowerment program focusing on community service, youth voice, and aiding one another in building healthy spirit, mind, and body. This is a welcoming, judgement-free environment that emphasizes positive peer relationships, provides hands-on learning experiences, and personal growth.

Wednesday, September 17

6:00 – 8:00pm

Come learn about the club, what we do, meet the advisors and more!



For more information contact Liam Barrett,
lbarrett@westfieldymca.org
(413-568-8631)



YMCA of Greater Westfield 67 Court Street Westfield, MA 01085 www.westfieldymca.org

Upcoming CPR/First Aid Training



CPR/FIRST AID TRAINING

SATURDAY, OCTOBER 25

10 AM - 12PM

TRAINING INCLUDES:

- ✓ \$65 per person
- ✓ Certification is HSI Adult First Aid CPR|CPR AED ALL AGES
- ✓ Ages 16+
- ✓ Blended Learning (4 Hours Online Modules & 2 Hours In-Person)

REGISTER HERE



REGISTRATION CAN ALSO BE DONE IN
PERSON AT THE YMCA.



AMERICAN SAFETY & HEALTH INSTITUTE | MEDICINE | EMS | AVERT

QUESTIONS?

CONTACT MELISSA WHITNEY
MWHITNEY@WESTFIELDDYMCA.ORG

We're Hiring!

NOW HIRING

Evening Fitness Instructors

Looking for dynamic Fitness and Water Instructors to teach high intensity evening classes. Water classes can be taught from the deck or in the water.

Group Ex and CPR Certified



Contact Michelle Urbanski
murbanski@westfieldymca.org • 413-568-8631
YMCA of Greater Westfield • westfieldymca.org



Contact the Front Desk to learn more.

Childcare Programs at the Y

YMCA Before and After School Programs

- Before and After School programs include STEM activities, art activities and more.
- Before and After School programs take place at Westfield River, Highland Ave, Westfield Intermediate, Southampton Road, Munger Hill, and Paper Mill school sites
- 2-day, 3-day, and 5-day options available

Registration Information:

- Registration is required for all, including those returning
- Registration forms must be fully completed and dropped off at the YMCA including the first week's payment
- For more information contact Michelle Anamisis, manamisis@westfieldymca.org or 413-562-8631

More Information on Before and After School

SAVE THE DATE FOR UPCOMING EVENTS

Oct. 20 & 22

Fall 2 Program Registration

Monday, October 20 for Members and Wednesday, October 22 for Non-Members.

Offering swim lessons, pre-school/toddler gymnastics, sports stars.

Nov. 1

Cycle for a Cause

Join us for our annual cycle-a-thon to support the YMCA! Stay tuned for more information on how to join or support.



YMCA of Greater Westfield | 67 Court Street | Westfield, MA 01085 US

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