



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

WELCOME TO OUR FAMILY

Information Guide

Cumberland Cape Atlantic YMCA/ YMCA of Vineland



HERE FOR OUR COMMUNITY

Cumberland Cape Atlantic YMCA/YMCA of Vineland



OUR MISSION - We are a nonprofit charitable organization that is part of a worldwide association based on Christian principles, inclusive of all people, dedicated to fostering opportunities for all individuals, families, and communities through programs that build healthy spirit, mind, and body for all.

OUR VALUES - **Respect, Responsibility, Caring, Honesty:** Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.

AREAS OF FOCUS - At the Y, strengthening communities is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors.

Areas of focus programs

Youth Development - nurturing the potential of every child and teen



Swim Lessons/Team: We prevent drowning by offering youth swim lessons year round, providing an 8 week structured lesson based on the child's swim level. Our summer and winter swim teams help children develop swim skills, as well as learn to importance of teamwork, healthy living, dedication, and helps build confidence and social skills.

Youth Sports: Our Youth Sports program is a non-competitive, instructional league to develop children's skills and knowledge of sports; we encourage all children to play, promote teamwork, and help children lead a healthy lifestyle.

Childcare: Throughout the school year, our Y offers Before and After School programming in Vineland, Buena, and Mullica Township schools, serving over 780 kids daily; during the summer months, we offering day camps for children ages 3 to 17 years old offering educational and physical programs daily

Healthy Living - improving the nation's health and well-being



Group & Water Exercise: Our Y offers a variety of group and water exercise classes for all levels of fitness; classes range from "Deep Water Workout" held in our Kontes Pool to Hip Hop Fitness, a cardio dance workout.

Signature Y Programs: **LIVESTRONG at the YMCA** and the **YMCA Diabetes Prevention Program** are two signature programs designed by the YMCA of the USA. **LIVESTRONG** is designed to support cancer survivors as they reclaim their health, while **Diabetes Prevention Program** assists those at high risk for Diabetes adopt and maintain a healthy lifestyle. Our Y offers both programs, free of cost, to those that are eligible.



Health & Wellness Facilities & Pool: Our Y offers a Family Fitness Center, Free Weight Room, Health and Adventure Center, Milam Family Multipurpose Center, and a 6-lane indoor heated pool. At the Y, we offer a variety of ways to improve your health and well-being. Our Family Fitness and our Health & Adventure Centers offer opportunities for children to workout with their parents.

Social Responsibility - giving back and providing support for our neighbors



Volunteer: Togetherhood® is the Y's member-led volunteer service program to strengthen community. The program aims to deliver lasting social change by addressing the social isolation, disconnectedness and lack of civic engagement found in communities across the U.S.

Give Back: Every day, our YMCA gives our community the support it needs to learn, grow, and thrive. We make assistance available to you and your family through the "Y Cares" program and do not want anyone to be turned away due to the inability to pay. "Y Cares" is made possible through the generosity of our members and donors provided by the YMCA Annual Giving Campaign.

Make Change: The Live Healthy Vineland initiative is an extension of the New Jersey Partnership for Healthy Kids, partnering with several public and private organizations aiming to make Vineland a healthier place to live, work, and play! Visit the website at www.livehealthyvineland.org.

Thank you for your interest in the Y! Being a YMCA Member



Facility Membership Benefits

- **Family Fitness Center with cardio and strength training equipment**
 - ⇒ Over 55 pieces of equipment including treadmills, elliptical machines, stair master, and so much more
- **Free Weight Room**
 - ⇒ Free Weights, flat benches, and the Cybex Jungle Gym with multiple stations for pull ups, dips, seated row, bicep curls, and more!
- **Family Health & Adventure Center for children 8 and older to work out with a parent**
 - ⇒ Over 20 pieces of equipment including XBOX systems, tread wall, rock climbing wall, virtual reality bikes (Youth & Adult), cardio and strength equipment; family challenges included!
- **6 lane, heated, indoor pool**
 - ⇒ Open, family, and lap swim available; our pool is heated to 84 degrees
- **Milam Family Multipurpose Center with basketball courts and indoor walking lane**
 - ⇒ Open and family basketball times, indoor walking lane, youth sports, birthday parties, Pickleball, and more!
- **Complimentary Group/Water Exercise Class every session**
 - ⇒ Facility Members receive one free program (8 week session); pay \$25.00 per session to take as many classes as you'd like!
- **Adult locker rooms with whirlpool and steam room**
 - ⇒ 18 and older locker rooms with bathrooms, showers, whirlpool, steam room, private changing areas and more!
- **Family and Handicap accessible locker rooms**
 - ⇒ Locker rooms available for parents with children 6 years and older; handicap accessible locker rooms available on our Main Floor, near the Fitness Center, Pool and Multi-Purpose Center
- **ActivTrax Fitness & Nutrition System**
 - ⇒ See a Fitness Attendant to get set up on our FREE ActivTrax system; log in each time you visit for a customized workout!
- **Personal Training Options**
 - ⇒ One-on-one and group training options available!
- **Child Watch for only \$1.00 per hour**
 - ⇒ Available for children 6 weeks to 10 years old; morning and evening hours available for only \$1.00/hour/child!
- **Facility Member pricing for Youth Classes, Swim Lessons, and more**
 - ⇒ Facility Members receive a reduced rate on all youth classes; check out FREE classes such as "Superheroes In Training"
- **Signature programs such as LIVESTRONG at the YMCA and the YMCA Diabetes Prevention Program**
 - ⇒ Stop at the Member Service Desk, or visit our website, to find out details about our signature programs and how to get you on the path of wellness!
- **YMCA events throughout the year**
 - ⇒ Spooktacular (October); Swim with Santa (December); Healthy Kids Day (April); also keep an eye out for other fun events

YMCA Member Get A Member Program

Working out is always better together! Reduce your monthly membership rate by referring a friend! It's easy, bring a friend or family member into the Y to join, fill out our "MGAM" sheet, and your monthly membership cost goes down for both you and your friend!

As long as both members are current, your reduced monthly fee will stay in effect. If you or your friend leave, the current member will have 30 days to find a new "MGAM." The more members you refer, the longer your reduced monthly rate is secure!

Get started today!



Thank you for your interest in the Y!

General & Contact Information

Facility Hours

Monday-Friday	5:00am-10:00pm
Saturday	5:15am-6:00pm
Sunday	11:00am-6:00pm

Child Watch Hours

Monday-Friday	8:30am-1:30pm
Monday-Thursday	5:30pm-8:15pm
Saturday	8:30am-12:00pm

BASIC INFORMATION

Address: 1159 E. Landis Avenue, Vineland, NJ 08360

Phone: 856-691-0030

Fax: 856-696-0121

Website: www.ccaymca.org

Mobile App: Cumberland Cape Atlantic YMCA (search in your App store)

Y Newsletter: To be added, please email assist@ccaymca.org



Follow us on
Social Media!

Social Media Information:

Facebook - YMCA of Vineland

Twitter - @CCAYMCA

Instagram - CCAYMCA

Pinterest - YMCA of Vineland

