



**FRIENDS  
FLIP FLOPS  
LEARNING  
FUN  
EXPLORE  
SUMMER  
PLAY RELAX GROW  
2017 PROGRAMS & EVENTS**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **DOWNTOWN YMCA**

**Summer Session 1:**

**June 19, 2017 – July 23, 2017**

**Summer Session 2:**

**July 24, 2017 – August 27, 2017**

**Member Registration Begins: May 1, 2017**

**Open Registration Begins: May 8, 2017**

## 2017 Annual Campaign MAKE A DONATION

At the Y no child, family or adult is ever turned away. We know that in order for communities to succeed, everyone must be given the opportunity to be healthy, confident connected and secure. At the Downtown YMCA the Annual campaign goes towards programs such as FootLights, Swim Programs, and Financial Assistance for all programs.

### OPTION II:

**Member: \$35 Program Member: \$70**

Classes will meet once a week for 5 weeks from

Summer One: June 19– July 23 NO CLASS  
JULY 4TH

Summer Two: July 24–August 27

### PARENT/CHILD SWIM LESSONS

*Water Discovery/ Exploration*

Saturdays 9:00 – 9:30 AM

### PRE-SCHOOL SWIM LESSONS (3 – 5 years)

*Water Acclimation*

Saturdays 9:35 AM

Saturdays 12:20 PM

*Water Movement*

Saturdays 10:10 AM

*Water Stamina*

Saturdays 10:40AM

### YOUTH SWIM LESSONS (6 -12 years)

*Water Acclimation*

Saturday 9:00 AM

*Water Movement*

Saturday 9:50 AM

*Water Stamina*

Saturday 10:40 AM

*Stroke Introduction*

Saturday 11:20 AM

*Stroke Development*

Saturday 9:00 AM

### Adult Swim Lessons

Adult Beginner

Tuesdays 11:45 AM

Saturday 11:30 AM

### Lessons Starting at \$25 per person

Want specialized swim instruction to meet your needs and goals

Try private lessons!!!

Single 30 minutes Lesson  
\$32

Single 60 minutes Lesson  
\$64

Great Value packages of 5  
(5)- 30 minutes \$128  
(5)- 60 minutes \$256



## FootLights Performing Arts

FootLights is a performing arts program that seeks to inspire youth to excel and discover their talents through the arts in a safe and fun environment.

FootLights focuses on both the artistic and the academic success of its participants. Under the guidance of private tutors, the participants have access to networked computers and complete their homework prior to or in between classes.

The classes are held during the school semesters. The classes are free for members and \$50 per semester for non-members.

For more information contact  
Debra Mauldin at  
860.595.3056  
Or  
Debra.Mauldin@ghymca.org

## PERSONAL TRAINING

Take your training to the next level and realize your wellness goals with the support and guidance of nationally certified trainers.

**TRY-A-PACK** three 30minute training sessions available in June for \$99. (First time purchase only)

## LIVESTRONG at the YMCA

Twelve-week, small group program for adult cancer survivors. Offers survivors guidance and support. Feel physically/ emotionally strong again. Works on goals such as building muscle mass/ strength, increasing flexibility and improving confidence.

For more information contact  
Tyler LaMontagne at  
860.522.4183  
Or  
Tyler.Lamontagne@ghymca.org

## Learn to Swim Program

The Downtown YMCA is offering free swim lessons to children ages 5-9 who are residents of Hartford.

The swim lessons are held in two different locations. On Monday and Tuesday the classes are held at the Learning Corridor, found on 43 Vernon Street, Hartford, CT. The classes Wednesday thru Saturday are held at the Downtown YMCA found at 90 Statehouse Square, Hartford, CT.

If Transportation is needed, we will provide two bus tickets for the child and one parent. If your child does not live in Hartford, we provide affordable swim lessons.

For more information contact  
Deirdre Brickhouse at  
860.522.4183  
Or  
Deirdre.Brickhouse@ghymca.org

# Aquatics

## NEW SWIM PROGRAM

### SAME COMMITMENT TO SAFETY

We will now be following the new swim lesson program in conjunction with Y of the USA.

Below is great guide to determine which class to register for .

#### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

#### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

\*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.



## \*NOTE SESSION LENGTHS\*

SUMMER SESSION I: JUNE 19–JULY 23 • SUMMER SESSION II: JULY 24–AUGUST 27  
MEMBER REGISTRATION: MAY 1, 2017 • OPEN REGISTRATION: MAY 8, 2017

# Aquatics continued

## SUMMER SESSION ONE & TWO

**Summer One: JUNE 19–JULY 23 NO CLASS**  
**TUESDAY 4th July**

**Summer Two: JULY 24–AUGUST 27**

**2 or 5 WEEK SESSION**  
**SEE OPTIONS FOR DETAILS**

### OPTION I:

**Member: \$42 Program Member: \$84**

Classes will be two weeks long and participants will have 4 classes on Mon, Tues, Wed, Thurs of each week. (Friday will be used as a make-up day in case of a cancellation by the Y.)

### CHOOSE YOUR WEEKS

June 19– June 30  
July 3– July 13  
July 17– July 27  
July 24 – August 3  
August 7– August 17

### CHOOSE YOUR AGE GROUP

#### PARENT/CHILD SWIM LESSONS

##### **Water Discovery/ Explorations (6 months to 3 years)**

Children, 6 months to 3 years, will enjoy the many water-readiness activities provided by our YMCA aquatics instructors. This is one of the most important skills every child should master - feeling safe in the water. Children progress from water adjustment to basic skills while working with parents. One adult must be in the water with his/her child at all times.

#### PRE-SCHOOL SWIM LESSONS (3 – 5 years)

##### **Water Acclimation**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water

##### **Water Movement**

In this class, children are taught skills that focus on buoyancy and movement in the water while also learning how to safely exit in the event of fall into a body of water  
Qualifications to be in this level: (1) able to go underwater and comfortably open eyes without goggles, (2) able to float on front and back with minimal assistance, (3) able to jump in the pool, submerge and return to the wall with assistance.

##### **Water Stamina**

In this class, children focus on swimming longer distances. In the event of falling into a body of water, children learn how to swim to safety.  
Qualifications to be in this level: (1) able to float on front and back unassisted, (2) able to push off wall on stomach with face above water.

## SUMMER SESSION ONE & TWO

### OPTION I Cont.:

#### PRE-SCHOOL SWIM LESSONS (3 – 5 years) cont.

##### **Stroke Introduction**

In this class, children continue to work on their swimming stroke technique and all the major competitive strokes are introduced. Qualifications to be in this level: (1) able to submerge and retrieve an object in chest deep water, (2) able to swim front crawl 15yds while taking a breath, (3) able to Swim-Float-Swim 15yds, (4) able to jump in and tread water for 30 seconds, (5) able to swim to wall and exit.

#### YOUTH SWIM LESSONS (6 – 12 years)

**Water Acclimation: *Same description as Pres-school***

**Water Movement: *Same description as Pre-school***

**Water Stamina : *Same description as Pre-school***

**Stroke Introduction: *Same description as Pres-school***

##### **Stroke Development**

In this class, children continue to work on their swimming stroke technique and all the major swim strokes are introduced. Qualifications to be in this level: (1) able to front crawl and back crawl 25yds, (2) able to swim breaststroke kick and dolphin kick 15yds, (3) able to tread water using multiple kicks for 1 minute.

##### **Stroke Mechanics**

In this class, children continue to work on their swimming stroke technique and all major competitive strokes are introduced. Qualifications to be in this level: (1) able to swim front crawl with bent arm recovery and rotary breathing for 25yds, (2) able to swim back crawl with stroke rotation for 25yds, (3) able to swim butterfly with overarm recovery, (4) able to swim Breaststroke for 25yds achieving stroke rhythm, (5) able to dive from a kneeling position.

##### **Adult Swim Lessons**

Adult Beginner or Intermediate

Adults learn the fundamentals of swimming and are introduced to the water in a safe, comfortable environment. Lessons are tailored to each individual's needs. We have two levels to choose from-Beginner and Intermediate.

Please check our website for an  
updated lesson schedule  
[www.downtownymca.org](http://www.downtownymca.org)

# SUMMER DAY CAMP 2017



This is going to be the  
**BEST SUMMER EVER!**

**REGISTER TODAY TO  
SECURE YOUR SPOT!**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **DOWNTOWN YMCA**

a branch of the YMCA of Metropolitan Hartford, Inc.  
90 State House Square  
Hartford, CT 06103

[ghYMCA.org](http://ghYMCA.org)

The YMCA, for **Youth Development**: nurturing the potential of every child and teen, for **Healthy Living**: improving the nation's health and well-being, for **Social Responsibility**: giving back and providing support to our neighbors. The YMCA of Greater Hartford is a non-profit, 501(c)(3) charitable organization, established in 1852, and is one of the nation's oldest YMCAs. The YMCA strives to serve all regardless of their ability to pay.