



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA Winter/Spring Program Guide 2017-18

Winter Session: January 8, 2018 to February 25, 2018
Spring Session: February 26, 2018 to April 22, 2018
Member Registration Begins: December 4, 2017
Open Registration Begins: December 11, 2017



OUR CAUSE: STRENGTHENING OUR COMMUNITY

Dear friends,

As we enter the season of giving thanks and being thankful, we'd like to acknowledge our donors, volunteers and staff for all the generous contributions we received in 2017. Your time and gifts made it possible for the Downtown YMCA to make a difference in the lives of children and families all over the valley. Your generosity has strengthened our cause.

As we enter into 2018, our community campaign appeal will begin, allowing us to positively affect our friends and neighbors. Your charitable contribution truly changes lives.

Your generosity allows us to provide our **LIVESTRONG** at the Y program, which is free for cancer survivors; summer day camp; swim lessons; membership to those with health concerns; and child care for working families. The scholarships we give change the lives of families, like Robbie's, whose mother relayed this story:

"Having the Y provide financial assistance for my son to attend camp has given me peace of mind, knowing that he is safe and happy while I am at work. Robbie is not the most social child and he has trouble integrating. The camp staff has made him feel welcome, and at camp he feels like every other kid while he laughs, plays, swims. Seeing him come home tired and dirty is such a relief for me as a parent. I know he is where he needs to be."

Please keep the Y in your thoughts this season as we continue to help members like Robbie as we provide a safe and engaging environment for him while his mom work to support their family.

Have a happy, fun and safe holiday season and New Year; and remember to help us spread the word about what the Y does to change lives in our community!

With sincere appreciation,

Rick Hersom,
Downtown YMCA Executive Director

ADULT PROGRAMMING



DIABETES PREVENTION PROGRAM

Are you are 18+ years old, overweight and at high risk of developing type 2 diabetes? We can help!

During this year-long program, participants meet for 1-hour per week in a small group class with a trained lifestyle coach. The coach provides participants tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.

**Program Fee: \$429 for one year
(Includes free family membership)**

Contact: Rebecca Boisvert at
860-595-3026 or Rebecca.Boisvert@ghymca.org or visit
ghymca.org/diabetes for more information.

LIVESTRONG® AT THE YMCA

A 12-week program for adult cancer survivors at any point in their cancer journey. Groups meet twice per week for 90 minutes with certified trainers to work on cardiovascular endurance, muscular strength and endurance, balance, flexibility, and mind-body-spirit.

This program is **FREE** for you and your family!

Contact: Call 860-522-4183 for more information.

ANNUAL CAMPAIGN: At the Y, no child, adult or family is ever turned away. We know that for communities to succeed, everyone must be given the opportunity to be healthy, connected and secure. At the Downtown YMCA, our Annual Campaign goes to programs including FootLights, Learn to Swim, LiveSTRONG, and financial assistance for members and programs.



HEALTH & WELLNESS

1-ON-1 & GROUP PERSONAL TRAINING

Our trainers are committed to helping each member achieve their goals. We modify and structure workouts for YOU!

We offer a variety of packages and payment plans to make your health goals become a reality.

Contact Rick Hersom at Rick.Hersom@ghymca.org or 860.522.4183 for rates and package offers!



GROUP FITNESS CLASSES

FREE with your membership! A current group exercise schedule can be found at downtownhartfordymca.org

Over **50 classes** to meet YOUR workout needs. Choose from classes like Zumba, strength training, yoga and cycling.



For all inquiries regarding Health & Wellness programs, contact Rick Hersom at Rick.Hersom@ghymca.org or 860-315-9622.

MASSAGE THERAPY & FACIALS

Bioelements Facial: Customized skincare products are used to improve the look & feel of any type of skin—dry, normal, oily, prone to acne.

30 min: Members: \$50 | Non-members: \$60

60 min: Members: \$85 | Non-members: \$95

Deep Tissue Massage: Body work with firm pressure for relief from tension and chronic areas of discomfort. Utilizes heavy pressure and slow, deep strokes to reach deeper levels of muscles.

30 min: Members: \$45 | Non-members: \$55

60 min: Members: \$75 | Non-members: \$85

90 min: Members: \$110 | Non-Members: \$125

Hot Stone Massage: Heated smooth stones are placed in key spots and massaged into muscles.

60 min: Members: \$90 | Non-members: \$105

90 min: Members: \$130 | Non-Members: \$145

Swedish Massage: Full-body, meditative massage to restore, release & renew the mind, body & spirit.

30 min: Members: \$45 | Non-members: \$55

60 min: Members: \$75 | Non-members: \$85

90 min: Members: \$110 | Non-Members: \$125

Fast Results Peel:

30 min: Members: \$45 | Non-members: \$55

FITPATH

A one time, one-on-one consultation to familiarize members with our Wellness Center and health & wellness programs and facilities.

YOUTH FITPATH

A one time, one-on-one intro to exercise in a safe and supervised environment. Youth who successfully complete the course may use the Wellness Center without supervision (must be 60 inches tall).

(FitPath & Youth FitPath are free for members)

BACK BY POPULAR DEMAND!

THE GREATER HARTFORD SLIM DOWN Join us for the biggest weight loss challenge in the Hartford area! Teams of 4 compete for 10 weeks to lose the most weight by percentage! The contest includes weekly weigh ins, workouts and challenges to get you moving and keep you motivated!

Members: \$55 | Program Members: \$75 - 10-week memberships are available for additional cost. The challenge begins in February!



LEARN TO SWIM (free swim lessons)

We offer group free swim to children ages 5-9 who can prove Hartford residency.

If transportation is needed, we will provide bus tickets for 1 adult and the child.

Contact Deirdre Brickhouse for more info at Deirdre.Brickhouse@ghymca.org or 860-522-4183.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Looking for individualized instruction? Private and semi-private swim lessons are available by appointment. Semi-private lessons are for two people who want an instructor together.

We offer 30 minute lessons and 1 hour lessons for people of all ages.

Contact Deirdre Brickhouse for more info at Deirdre.Brickhouse@ghymca.org or 860-522-4183.

Winter 1: January 8-February 25

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Open registration: December 11

No classes April 9-April 15

Closed on Easter

PRESCHOOL, YOUTH, TEEN & ADULT GROUP SWIM LESSONS

We offer group swim lessons starting at 6 months with parent-and-me classes, going all the way up through adulthood. Classes are broken up based on age and swim level"

6 months-3 years — Parent & child lessons

Members: \$40 | Program Members: \$80

Water Discovery
Water Exploration

3 years-5 years — Preschool swim lessons

Members: \$40 | Program Members: \$80

Water Acclimation
Water Movement
Water Stamina
Stroke Introduction

6 years-12 years — Youth swim lessons

Members: \$40 | Program Members: \$80

Water Acclimation
Water Movement
Water Stamina
Stroke Introduction
Stroke Development
Stroke Mechanics

13+ years — Teen & adult lessons

Members: \$40 | Program Members: \$80

Beginner
Intermediate

Visit ghymca.org/swimlessons for up-to-date info on times and schedules for group lessons.

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months-3 years	3 years-5 years	5 years-12 years	13+ years
PARENT & CHILD: STAGES A-B	PRESCHOOL: STAGES 1-4	SCHOOL AGE: STAGES 1-6	TEEN & ADULT: STAGES 1-6

All age groups are taught the same skills, but are divided according to 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 under water 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 breast stroke across the pool?

NOT YET

**5 / STROKE
DEVELOPMENT**

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

NOT YET

**6 / STROKE
MECHANICS**

PROGRAM REFUND POLICY Unless otherwise noted, classes run for 7 weeks. You pay for 6 and the 7th week is a free bonus or serves as a make-up. If the YMCA cancels a program, a credit/refund of the program fee will be issued to you. Withdrawal from programs for a full refund/credit must be submitted in writing prior to the second class. After the second class of a program, refunds/credits are only provided for medical reasons with a doctor's note. Withdrawal of membership or programs due to medical reasons: full credit/refund for the unused portion with a doctor's note required. All deposits for the purpose of securing a spot in a program are non-refundable.



YOUTH DEVELOPMENT

FootLights Performing Arts and Education Program

Ages 5-17

FootLights is a performing arts program that seeks to inspire youth to excel and discover their talents in a safe and fun environment. Founded by Michele Colletti, the program focuses on both the artistic and the academic success of its participants. Classes are taught in dance, voice/choir, art, drama, poetry, martial arts and African drumming, and a performance is held at the end of each semester.

In addition, students receive academic assistance under the guidance of private tutors. The children have access internet and computers to help them complete their homework prior to or in between art classes. Participants will also go on field trips, attend workshops, and do community service and fundraising in the community.

Classes are held weekdays from 3:30-7pm at 90 State House Square in Hartford

Members: \$50 | Program Members: \$75

For more information contact Debra Mauldin at 860-595-3056 x3056 or Debra.Mauldin@ghymca.org.



REGISTER EARLY FOR CAMP 2018!

Camp registration opens January 1! Don't wait until the last minute to sign your child up to have the best summer of their lives!

Visit ghymca.org/camp for information on our 14 day camps; visit campchase.org for information on our facility in Burlington, and visit campjewell.org and campwoodstock.org for information on our overnight camps.

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



BUILD MORE THAN MUSCLE

Workout for a **CAUSE!**

Join the Y today and help support programs like youth swim lessons, early childhood education, Live**STRONG**[®] – a health and wellness program for cancer survivors, and more!

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.

The YMCA of Greater Hartford is a charitable association open to all and committed to helping people develop their fullest potential in spirit, mind and body. This commitment is reinforced by our belief in living out universal values of caring, honesty, respect and responsibility.