



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

**DOWNTOWN YMCA
Fall Program Guide
2017**



**Fall Session 1: Sept. 11-Oct. 29
Fall Session 2: Oct. 30-Dec. 17
Member Registration Begins: Aug. 14
Open Registration Begins: Aug. 21**

FOOTLIGHTS PERFORMING ARTS

FootLights, founded by Michele Colletti inspires Hartford youth to excel and discover their talent through the arts in a safe environment.

Participants learn how to be productive members of the Footlights Art Program learning about the YMCA in their communities, as well as motivating each other to be their personal best, while displaying the YMCA values of Caring, Honesty, Respect, and Responsibility.

Academic success is a priority for all participants; providing private tutoring for each participant enrolled in the program.

Members: \$50 Program members: \$75

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

Stop by the Welcome Center to purchase your dedication ribbon for our LIVESTRONG program. Write the name of someone you care about who had or is going through cancer on the ribbon, which will be displayed on our LIVESTRONG banner. The dedication ribbons are \$5 each and all the proceeds will go towards our LIVESTRONG 12 week cancer survivor program.

Thanks in advance from our DOWNTOWN YMCA STAFF

PRIVATE SWIM LESSONS

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

We now offer

Semi-Private swim lessons

Starting at \$25 per person

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)
Valid 10/1/17-10/31/17

For more information on **Personal Training** or **LIVESTRONG** contact
Tyler LaMontagne at
860.522.4183
Or
tyler.lamontagne@ghymca.org

YMCA's Diabetes Prevention Program

Are you at least 18 years old, overweight, and at high risk of developing type 2 diabetes? If so, this program 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 Lifestyle Coach provides class participants with the tools and the support necessary to facilitate your journey toward healthier eating, increased physical activity, weight loss and sustainable behavior changes.

Program Fee: \$429 – includes full, family membership
Dates/Times: Continual sessions, dates and times vary

For more information contact: Rebecca Boisvert at 860-595-3026
or rebecca.boisvert@ghymca.org OR
visit www.ghymca.org/diabetes

The Great Hartford Slim Down

It's time to lose the weight and never get it back!! Join us for the biggest weight loss challenge in the Greater Hartford Area. Get 3 of your friends, family members or colleagues together.

The contest starts on Monday Sept 11th.
Prizes for winners!

10 week competition

Cost:

\$75 for members

\$99 For Non Members

Weekly weigh ins

Weekly workouts and challenges

Four (4) people to each team, can include non-members (no obligation to join)

All Non-members can purchase a Ten (10) week guest membership to the YMCA for an additional cost.

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 classes are held at the Downtown YMCA found at 90 Statehouse Square, or at 43 Vernon Road here in Hartford.

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

SMALL GROUP TRAINING MOTIVATION-SUPPORT-SUCCESS

Train with your friends (minimum 3) Join our small group training program with a nationally certified trainer!

Contact

Tyler LaMontagne at
Tyler.LaMontagne@ghymca.org
or 860-522-4183

Chase Race & Kids Chase Race
5K -67 Hill-acious Acres riddled with obstacles!

CLIMBING
CRAWLING
CARRYING
RUNNING
JUMPING
PUSHING
MUD, SWEAT,
& CHEERS!



Race Day
Saturday September 30, 2017
Individual and Team Categories

Computer Chip Timing
PREMIUM GHY Member Pricing!
Spectators Always FREE
FINISHERS Receive Tshirt!

CHASE RACE KIDS Course
Geared For Ages 5-12!

Aquatics

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 a 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.

Aquatics

FALL SESSION ONE & TWO

Fall One: September 11–October 29

Fall Two: October 30–December 17

Classes are six week sessions. The seventh week of session is bonus week or make up week for the classes that didn't have 6 classes. The classes are held at the Downtown YMCA found at 90 Statehouse Square, or at 43 Vernon Road here in Hartford



**OPTION I:
PARENT/CHILD SWIM LESSONS**
Member: \$40 Program Member: 80

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 child at all times.

PRE-SCHOOL SWIM LESSONS (3 – 5 years)
Member: \$40 Program Member: \$80

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 submerged for 10ft unassisted, (3) able to Swim-Float-Swim 15ft



FALL SESSION ONE & TWO

PRE-SCHOOL SWIM LESSONS (3 – 5 years) cont.
Member: \$40 Program Member: \$80

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)
Member: \$40 Program Member: \$80

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
Member: \$40 Program Member: \$80

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



**BEFORE AND
AFTER SCHOOL
CHILD CARE**

**GROW.
LEARN.
THRIVE.**

DISCOVER MORE AT GHYMCA.ORG

17-06-012



**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

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.