



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **EAST HARTFORD 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  
Registration Begins: December 4, 2017**



# OUR CAUSE: STRENGTHING OUR COMMUNITY

To our community:

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've received in 2017. Your time and gifts made it possible for the East Hartford Y to make a difference in the lives of children and families all over town and neighboring areas. You've helped strengthen our cause, which is to strengthen the East Hartford community.

As we enter into 2018, our community campaign appeal will begin, allowing us to make a bigger impact as we grow year after year. We've seen our growth take shape in a number of different forms, including full day toddler care and preschool, Zumba and Jiu Jitsu, swim team and scholarships that we are able to award to families because of your support.. These scholarships change the lives of families, like Deborah's:

I will greatly appreciate an opportunity for my son to be on your swim team. My husband and I have separated since last year. Also, I lost my brother less than a year ago in New Mexico. He had no burial insurance so that put an extra strain on my finances. My son is an honor roll student and has always wanted to be on a swim team. He went to your tryouts and made the team but I really cannot afford the prices but I do not want to disappoint him. I will greatly appreciate any assistance you can give us.

- Deborah

Please keep the Y in your thoughts this season as we continue to help members like Deborah and her family be involved in programs that build leadership, sportsmanship and potential opportunities to attend college. Children like Deborah's son will also get to meet new friends and build strong relationships.

Have a happy and safe holiday season and new year; and remember to spread the word of what the Y does!

Laura Floyd, Executive Director

## ADULT PROGRAMMING

### ZUMBA (ages 18+)

Take the work out of your workout and join our Zumba fitness class. Zumba offers engaging cardio-oriented exercises in a fun, dance party atmosphere with a community of welcoming fellow participants that will easily help you feel like you're part of the family. Join the party today!

**FEE:** \$25 monthly membership or \$5 drop-in pass

Tuesdays: 6:30-7:30pm

Thursdays: 6:30-7:30pm

Saturdays: 9-10am



### ADULT JIU-JITSU (ages 16+)

Our Jiu-Jitsu program gives students a chance to learn some of the basic elements that Taekwondo has to offer. This discipline will help kids and adults not only become more engaged in physical activity, but also helps teach self-defense skills and task-oriented focus.

**FEE:** \$75

Mondays and Wednesdays 7-8pm







# YOUTH DEVELOPMENT



## JIU-JITSU

Our Jiu-Jitsu program gives students a chance to learn the basic elements Tae kwon do has to offer. This discipline will help kids not only become more engaged in physical activity, but also helps teach self-defense skills and task-oriented focus, providing a terrific outlet for kids. Our focus is on instilling values such as discipline, becoming more self-aware and developing an ability to put mind over matter for our community's youth. We also offer adult classes too, sign up today!

**FEE:** \$75

Children ages 4-16: Mondays & Wednesdays 6-7pm

Adults & teens ages 16+: Mondays & Wednesdays 7-8pm

## PRE-TEEN/TEEN CENTER CLUB

Ages 8-16

The East Hartford YMCA offers a pre-teen/teen drop-in after school program for, where kids receive a snack and homework help. Kids also can participate in group activities, physical exercise, leadership activities, fundraisers, community outreach projects and event planning. Other activities include time in the computer lab, Xbox, air hockey, virtual reality and more.

**FEE:** \$40 monthly membership fee

Monday through Friday 3-6pm



**Winter 1: January 8-February 25**

**Spring 1: February 26-April 22**

**Registration opens: December 4**

**No classes April 9-April 15**

**Closed on Easter**

The East Hartford YMCA is a charitable, not-for-profit organization committed to building stronger communities by offering programs dedicated to youth development, healthy living and social responsibility. We offer financial assistance for memberships and programs on an as-needed basis. Please visit our Welcome Center to learn more.



# YOUTH SPORTS

## YOUTH BASKETBALL (SPRING SESSION 1)

Ages 3-12

Make the crossover from fall to winter by joining our youth basketball program! Whether basketball is a way of life for your child, or you're looking to have your child learn a new sport, our program aims to provide instructional level skills, fundamentals and guided advanced drills for a variety of age ranges. Participants will develop coordination, increase physical activity and develop social skills in a non-competitive atmosphere in a learning environment suitable for various age ranges. Get ready to make new friends, learn new skills and create new memories!

**FEE:** \$60



## INDOOR SOCCER (WINTER SESSION 1)

Ages 3-8

Keep your child active and engaged this winter with our indoor soccer program. We teach instructional level skills and fundamentals, while helping kids to develop their coordination, promoting physical activity and encouraging kids to develop their social skills in a non-competitive atmosphere. Get ready to make new friends, learn new skills and create new memories!

**Cost:** \$60

Please call 860-289-6612 for more information on times and location.

For info on classes, pricing, locations and more, contact the East Hartford YMCA at 860-289-6612.

**DID YOU KNOW? You can register online!** Visit us at [easthartfordymca.org](http://easthartfordymca.org)

**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.





# CHILD CARE

## PRESCHOOL

The East Hartford YMCA offers 3 state-licensed, nationally accredited school readiness preschool programs. The programs offer full food service. The goal of our programs is to nurture young people by providing a safe place to learn, develop trusting relationships and build self-confidence.

The YMCA of Greater Hartford uses Early Learning Development Standards developed by the Connecticut Department of Education, which align with Common Core, preparing children for kindergarten and life.

### Locations:

#### First Church

837 Main Street  
East Hartford, CT 06108  
Phone: 860-282-2011

#### Larson Center

81 Woodlawn Circle  
East Hartford, CT 06108  
Phone: 860-289-7399

#### YMCA Child Care Center

70A Canterbury Street  
East Hartford, CT 06118  
Phone: 860-568-1437

For more information on the program, visit [ghymca.org/childcare](http://ghymca.org/childcare). For information on pricing and availability, contact Britteny Butler at [Brittney.Butler@ghymca.org](mailto:Brittney.Butler@ghymca.org). Pricing is based on a sliding scale. We accept Care4Kids and offer financial assistance.



## TODDLER CARE

We serve children ages 1+ who are walking.

The YMCA of Greater Hartford uses the Early Learning Development Standards (ELDS) for both our toddler and preschool children developed by the Connecticut Department of Education. These standards align with the Common Core, preparing children for kindergarten and life after.

### Location:

#### YMCA Child Care Center

70A Canterbury Street  
East Hartford, CT 06118  
Phone: 860-568-1437

Call the East Hartford YMCA for more info on pricing and availability. We accept Care4Kids and also offer financial assistance.





# THIS AND THAT

**Winter 1: January 8–February 25**  
**Spring 1: February 26–April 22**  
**Member registration: December 5**  
**Open registration: December 12**  
**No classes April 9–April 15**  
**Closed on Easter**

## EAST HARTFORD YMCA ANNUAL CAMPAIGN

The support from we receive from fellow leaders in our community makes it possible for us to provide quality, life-enriching programs and opportunities to children, families and individuals within our community. This helps us aid our cause for youth development, social responsibility and healthy living.

Your generous donations and contributions help provide the opportunity for our children and families to participate in various programs such as: summer camp, toddler and preschool school readiness, youth sports and adult wellness programs, plus so much more!



## STAY CONNECTED WITH US!

Like us on **Facebook** and follow us on **Instagram**



Facebook.com/EHYMCA



Instagram: @ehymca

## BIRTHDAY PARTIES & BUILDING RENTALS

The East Hartford YMCA is the perfect place to host your next birthday party, special event or meeting. We offer affordable room rental rates, and have a flexible weekend schedule that helps to serve our community's needs.

Please call to inquire about pricing and availability.

## 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 his or her life!

Visit [ghymca.org/camp](http://ghymca.org/camp) for pricing and info on the programs run at our 14 day camps, and visit [campjewell.org](http://campjewell.org) and [campwoodstock.org](http://campwoodstock.org) for information on our overnight camps.



## FACILITY HOURS

Monday - Thursday • 8:30am to 8:00pm  
 Friday • 8:30am to 6:00pm  
 Saturday • 8:30am to 10:00pm  
 Sunday • Closed

For all information on classes, programs, pricing, locations and more, please contact us at the East Hartford YMCA at 860-289-6612 or visit our facility, located at 770 Main Street, East Hartford.



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**EAST HARTFORD YMCA**  
a branch of the YMCA of Metropolitan Hartford, Inc.  
770 Main Street, East Hartford, CT 06108  
[ghYMCA.org](http://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**<sup>®</sup> – 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.