



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FARMINGTON VALLEY 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: STRENGTHING 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 Farmington Valley 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,

Brian Liss
Farmington Valley YMCA Executive Director

LIVESTRONG® AT THE YMCA

A FREE 12-week program for adult cancer survivors at any point in their cancer journey. The group meets twice per week with our certified trainers to work on cardiovascular endurance, muscular strength & endurance, balance, flexibility, and mind-body-spirit.

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

Contact: Jackie Voelker at Jackie.Voelker@ghymca.org



SAVE THE DATE!

Free Breakfast With Santa
Saturday, December 9: 9-11 am

New Year's Day!
Open January 1, 2018 from 8am-4pm



YMCA DIABETES PREVENTION PROGRAM

Are you at least 18 years old, overweight and at high risk of developing type 2 diabetes? If so, 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)

For more info contact: Rebecca Boisvert at 860-595-3026 or Rebecca.Boisvert@ghymca.org or visit ghymca.org/diabetes

The Farmington Valley 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.



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.

SMALL GROUP TRAINING

Targeted trainings to meet your specific needs.

Some examples are:

WOW: Women on Weights

Fit as a Mother (for new moms)

Fit Responders (for First Responders)

1 session per week: \$85

2 sessions per week: \$140

Contact Jackie Voelker at Jackie.Voelker@ghymca.org or 860.653.5524 for rates and package offers.

HEATED FLOW YOGA with Melissa Donaldson

Tuesdays: 9:30am

New class starts every 6 weeks

Members: \$80 | Program members: \$98

PICKLEBALL (ages 18+, 3 hours)

Mon: 11:30am, Tues: 10am, Thurs: 11:30am

Members: Free | Program Members: \$4

ADULT TAP (ages 18+)

Mon: 6:05pm

Members: \$55 | Program Members: \$99

FITPATH

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

YOUTH FITPATH (AGES 12+)

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

(FitPath & Youth FitPath are free for members)

YOUTH FITNESS PROGRAMS

(Free for members ages 12-18)

Fitness 101: Mon: 3:30-4:30pm

Youth Super Soldier: Thurs: 4:30-5:30pm

Intro Strength & Conditioning: Sat: 11am-12pm



GROUP FITNESS CLASSES

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

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

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!



YOUTH PROGRAMS

Session I: January 8–February 25

Session II: February 26–April 22

Member registration: December 4

Open registration: December 11

No classes April 9–April 15

Closed on Easter

BASKETBALL: Session I

Instructional Program

6 dates starting Feb 5, 2018

Parent & Me (ages 2–3): Tues 6pm

Coed Rookies (ages 3–4): Tues 5pm, Sat 9am

Coed Bouncers (ages 5–K): Mon 5:15pm,
Wed 4:15pm, Sat 10am

Coed Dribblers (grades 1–2): Mon 6:30pm,
Wed: 5:30pm, Sat: 11:05am

Members: \$48 | Program Members: \$72

Grades 3–8 Division

Teams have preseason & weekly practices at Simsbury elementary schools from December–March. There are 9 Saturday games. Players get equal play time, jerseys and trophies.

Members: \$115 | Program Members: \$140

Grades 9–10 & 11–12 Divisions

Games are held at Henry James Middle School on Monday nights. There are no practices, but players must attend Formation Day on December 11, 2017.

Members: \$95 | Program Members: \$115

Visit FVYSports.org for info on Dec. 11 team formation times and games schedule.

OTHER SPORTS: Session I and II

Volleyball: Skills and Drills (ages 7+)

Members: \$55 | Program Members: \$99

Dodgeball (ages 6–12): Tues: 3:30pm

Members: \$25 | Program Members: \$35

Ballet & Jazz Combo (ages 4–6): Mon: 4:30pm

Members: \$55 | Program Members: \$99

PRESCHOOL SPORTS: Session I and II

Gym Dandy Play Group (crawling and up!)

Drop-in class. Enjoy sports & gymnastics, then story time.

Members: \$5 | Program Members: \$10

Wednesdays 9:15am

Gym Jam Sports (ages 18–36 months)

A chance for parents and children to explore our preschool sports equipment.

Members: Free | Program Members: \$5

Fridays 9am

Sports of All Sorts (ages 3–6)

Learn a new sport every week from Jan 8–Apr 22!

Members: \$110 | Program Members: \$198

Thursdays: 10am, 5pm; Fridays 10am, 11am



CHILD CARE WITH THE Y

Vacation Club (7am–6pm): When school is out, the Y is in! We offer fun, full-day programs.

Dates: Dec. 26–29, Jan. 15, Feb. 19–20 and March 30.

FEE: \$50 per day per child, which includes snacks.

Before/After School Programs: Serving Avon, East Granby & Granby. Visit ghymca.org/childcare for info on specific programs and pricing.

REGISTER EARLY FOR CAMP 2018!

Camp registration opens January 1! Don't wait until the last minute to sign your child up!

Visit ghymca.org/camp for info on our 14 day camps and visit campjewell.org and campwoodstock.org for info on overnight camps.



YOUTH PROGRAMS

ROCK CLIMBING : Session I and II

Parent & Child Climb (ages 4+): Sat: 11am
Preschool Rockers (ages 4-6): Tues: 5pm, Fri: 4pm
Kid Climbers (grades 1-4): Mon: 4pm, Thurs: 5pm, Sat: 9am
Cliffhangers (grades 5-8): Sat: 10am
Adaptive (ages 4+): Sat: 12pm
NEW! Adult Class (ages 18+): Fri: 6pm

Members: \$110 | Program Members: \$198

MOUNTAIN LIONS CLIMBING TEAM

Join us and compete locally against other YMCAs and gyms. Events include speed climbing, bouldering, technical climbs and relay teams. Monthly tuition covers practices and meets.



PARKOUR

Parkour Kids (ages 6-9): Tues: 5pm, Thurs: 4pm
Intermediate (ages 10+): Tues: 6pm, Thurs: 5pm
Advanced (ages 10+): Tues: 7:10pm, Thurs: 6:10pm

Members: \$55 | Program Members: \$99

For all inquiries regarding Youth Development programs and teams, contact director Marissa Teed at Marissa.Teed@ghymca.org or 860-653-5524 x138.

GYMNASTICS CLASSES: Session I and II

Tumblers Parent & Child (ages 1.5-3):
 Mon: 4pm, Wed: 5pm, Thurs: 9am, Sat: 9am
Tuckers (age 3): Mon: 5pm, Thurs: 9am or 5pm, Sat: 9am
Jumpers (ages 4-5): Tues: 5pm, Wed: 5pm, Thurs: 11am or 5pm, Sat: 11am
Rollers Beginners (ages 6+): Mon: 7:10pm, Wed: 6:05pm, Thurs: 6:05pm, Sat: 12pm
Pikers Intermediate (ages 6+): Mon: 6:05pm, Tues: 6:05pm, Wed: 7:10pm, Thurs: 7:10pm
Kippers Advanced (ages 6+): Mon: 5:30pm, Wed: 4:35pm

Members: \$110 | Program Members: \$198

TWISTERS GYMNASTICS TEAM

Join the Twisters! We compete regionally in USAG and YMCA leagues at levels 1 and up.

JUKIDO JIU JITSU (ages 6-adult)

Tues: 6:30pm or Thurs: 6:30pm

Jukido Jiu Jitsu is a self-defense system which utilizes the attacker's strength against them. This makes Jukido perfect for all ages and sizes.

Members: \$55 | Program Members: \$99

BIRTHDAY PARTIES

Celebrate your birthday at the Y! Choose from a splash party, gymnastics, super sports or rock climbing. Come to the Y and leave the rest to us! Subway catering and paper goods packages available. Parties can be held Saturday or Sunday. Call us at 860-653-5524 to book your party!

DID YOU KNOW? You can register online! Visit us at farmingtonvalleyYMCA.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.



AQUATICS

PRESCHOOL & YOUTH SWIM LESSONS

Visit ghymca.org/swimlessons for descriptions of classes

6 months-3 years

Water Discovery: Mon: 4:45pm; Tues: 4:35pm; Wed: 10:35am; Fri: 9am, 5:20pm; Sat: 9am; Sun: 11:15am

Water Exploration: Mon: 10:35am; Wed: 10am; Thurs: 4:45pm; Fri: 4:45pm; Sat: 9:30am; Sun: 12pm

Members: \$54 | Program Members: \$93

3-5 years

Water Acclimation: Mon: 10am, 5:20pm; Wed: 11:10am, 5:30pm; Thurs: 11:45am, 4:10pm; Fri: 9:35am; Sat: 10:15am; Sun: 1:30pm

Water Movement: Mon: 11:10am, 5:55pm; Tues: 4pm; Wed: 5:05pm; Fri: 10:10am, 4:10pm; Sat: 10:15am, Sun: 3pm

Water Stamina: Tues: 9:15am; Wed: 4:30pm; Fri: 10:55am; Sat: 10:15am; Sun: 2:15pm

Stroke Intro: Wed: 5:40pm; Fri: 11:30am; Sat: 10:50am

Members: \$64 | Program Members: \$108

6-12 years

Water Acclimation: Tues: 5:10pm; Wed: 4:45pm; Thurs: 5:45pm; Sat: 10:50am

Water Movement: Thurs: 5:20pm; Fri: 5pm; Sat: 10:50am; Sun: 4:15pm

Water Stamina: Mon: 4pm; Fri: 6pm; Wed: 4pm; Mon: 6:30pm; Sat: 11:35am

Stroke Intro: Wed: 6pm; Fri: 6:45pm; Sat: 11:35am

Stroke Development/Mechanics: Tues: 6:30pm; Thurs: 6pm; Sat: 11:35am

Members: \$64 | Program Members: \$108

TEEN/ADULT SWIM LESSONS (13+)

Beginner: Wed: 6:45pm

Intermediate/Advanced: Fri: 7pm

Members: \$64 | Program members: \$108

PRIVATE SWIM LESSONS

We offer private and semi-private swim lessons. Contact Travis Morse for info at:

Travis.Morse@ghymca.org or 860-653-5524 x118.

WATER EXERCISE GROUP CLASS

(Free for members, classes are 45 minutes)

Mondays/Wednesdays: 8:15am

Tuesdays/Thursdays: 8:45am; 10am; 11am

WATER ZUMBA

(Free for members, classes are 45 minutes)

Wednesdays: 9am



TSUNAMI SWIM TEAM

Join our award-winning team, which competes in national YMCA and USA swim leagues! Kids ages 5-18 of all swim abilities are welcome.

For more info visit TeamUnify.com/ymca-0964 or email coach Mario Francisco at Mario.Francisco@ghymca.org.

RED CROSS LIFEGUARDING CLASS

December class: Dec 26-30 ,9am-2pm

March class: Date TBD

Members: \$315 | Program Members: \$365
Ages 15+

LIFEGUARDING RECERTIFICATION

January 13-14, 9am-5pm

FEE: \$155



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FARMINGTON VALLEY YMCA
a branch of the YMCA of Metropolitan Hartford, Inc.
97 Salmon Brook Street, Granby, CT 06035
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.