



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**HALE YMCA YOUTH AND FAMILY CENTER**

**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**



# FOCUS ON HEALTHY LIVING



## Wellness Orientation

Learn how to use the cardio equipment in the Wellness Center and find out which settings are appropriate for you on the strength equipment. Orientations are mandatory for anyone under 18 years of age. Parents must be present for orientations of youth under 13. Appointments are required. Call 860-315-9622 to schedule.

### PERSONAL SUPPORT

This 6-week Personal Support Program is designed for anyone in need of one-on-one assistance with an exercise program. Chronic Conditions such as lower back pain, osteoarthritis, fibromyalgia and neurological impairments, active older adult, and first step back after an injury .

Includes (1) session with a Personal Trainer & Personal Support Attendant (PSA)

Includes (12) 1-hour sessions with PSA  
Members \$150.00

Program Members \$220.00

## Personal Training

Healthy lifestyles and personal excellence are common themes amongst our personal trainers we share a deep sense of caring about our clients, are committed to helping them achieve their goals, and have demonstrated the ability to do so. Our personal trainers demonstrate a genuine concern for clients. They provide one hundred percent of their attention to their clients, and use their skills, knowledge, creativity, and integrity to design a personalized program for each client. We work with men and women of all ages and varying fitness levels and goals. Whether you want to lose body fat and tone your body, build serious muscle mass, recover from injury, or reclaim health and spunk—we will help you do it. We strive to see results!

Call 860.315.9622 for rates and package offers!

Try Pack: (3) 30-Minute Session ONLY \$99.00



### INDIVIDUALIZED YOGA PRACTICE

The concept of a Yoga "class" is relatively new as compared to the history of the practice. Private Sessions embrace the original format of teaching Yoga with personalized one-on-one instruction. Regardless of level, age or stage of life, private lessons provide the perfect setting to address your individual goals and needs.

**New students** - Your instructor will introduce you to the fundamentals of yoga postures and breathing techniques, selecting postures which meet your specific needs, offering hands on adjustments to ensure that you develop a safe and beneficial yoga practice.

**Experienced students** - Explore specific areas of interest, work on mastering more advanced postures or learn to overcome any fears that might be holding your practice back.

**All students** - You can work with an instructor to develop a customized daily practice, which can improve the quality of your life.

Personalized yoga lessons are the most effective form of Yoga, and the quickest way to reach your goals.

Member: (1 Session) \$60.00      Program Member: (1 Session) \$85.00





# FOCUS ON HEALTHY LIVING



## WOMEN ON WEIGHTS

Weight training offers incredible benefits for a woman's muscular and skeletal development. However, many women simply do not know where to start. This small group weight training class will meet for (8) weeks - twice a week, for 1 hour.

Personal Trainer, Brianna Schnaittacher will focus on proper technique, safety, etiquette, weight training and resistance exercise. Regular participation will result in more muscle, healthier bones, faster metabolism and increased self esteem. June 19-August 10, 2017

**WHEN:** Tuesdays & Thursdays

**TIME:** 5:00PM-6:00PM

**MEMBERS:** \$99.00 Deposit

+ (4) Monthly payments of \$100.00

**PROGRAM MEMBERS:** \$125.00 Deposit

+ (4) Monthly payments of \$150.00



## YOUTH SPORTS CONDITIONING

Offering a brand new Youth Sports Conditioning Class for ages 12-16! Whether a student is looking to improve their sports performance, interested in joining a sport or just looking to have fun in a fitness class targeted to their age group, this is the right class for them! This 8-week class will include a variety of exercises designed to help improve overall athletic performance. June 24-August 12, 2017

**WHEN:** Saturdays

**TIME:** 11:00AM-12:00PM

**MEMBERS:** \$60.00 **PROGRAM MEMBERS** \$78.00

## HYDRO RUNNING

Hydro running is a modified, non-impact form of running done in place in deep water wearing a flotation belt (no swimming is involved). It entails simulating running motions with your arms and legs using the water as resistance to add challenge to the workout.

Routines learned in class mimic land running and include imagined cross country courses, interval training, hill pacing, springs and speed work.

**5-week program**

**WHEN:** Wednesdays

**TIME:** 6:00-6:45PM

**MEMBERS:** \$40.00 **PROGRAM MEMBERS:** \$60.00

**For more information on Group Exercise, Water Fitness, and all your health and wellness needs, please contact Melanie Sartori, Health and Wellness Director  
P: 860.315.9622 E: melanie.sartori@ghymca.org**

# AQUATICS

## Hands on Learning and Fun!

### Parent and Child: 6 months -2 years old

Monday: 4:00-4:30pm

Tuesday: 10:30-11:00am & 4:30-5:00pm

Thursday: 10:30-11:00am

Saturday: 9:35-10:05am

Sunday: 10:10am

**Members: \$50**

**Program Members:  
\$100**

### Perch

### Ages 2 to 3 years old

Monday: 4:00-4:30pm

Tuesday: 10:30-11am & 4:30-5:00pm

Thursday: 10:30-11:00am

Saturday: 9:00-9:30am

Sunday: 9:00am

## Adult Swim Lessons

### Beginner:

Wednesday 7:00-7:45pm

### Stroke Clinic:

Wednesday 6:00-6:45pm

**Private and semi-private lessons  
available, starting at \$33 per lesson!**

**Contact Colleen Logan :**

**860.315.9622**

**[Colleen.logan@ghymca.org](mailto:Colleen.logan@ghymca.org)**

## PRESCHOOL LESSONS

### Pike 1: Ages 3 to 5 years old

Monday: 10:30-11:00am & 4-4:30pm

Tuesday: 10:30-11:00am & 4:30-5:00pm

Wednesday: 4:00-4:30pm

Thursday: 10:30-11:00am & 4:30-5:00pm

Saturday: 9:00-9:30am & 10:10-10:40am

Sunday: 9:00am & 10:10am

### Eel 1: Ages 3 to 5 years old

Monday: 11:05-11:35am & 4:35-5:05pm

Tuesday: 11:05-11:35am & 5:05-5:35pm

Wednesday: 4:00-4:30pm

Thursday: 11:05-11:35am & 4:30-5pm

Saturday: 9:35-10:05am & 10:10-10:40am

Sunday: 9:35am

### Ray: Ages 3 to 5 years old

Monday: 11:05-11:35am & 4:35-5:05pm

Tuesday: 11:05-11:35am & 5:05-5:35pm

Wednesday: 11:05-11:35am & 5:05-5:35pm

Thursday: 11:05-11:35am & 5:05-5:35pm

Saturday: 10:45-11:15am

Sunday: 9:35am

### Starfish: Ages 3 to 5 years old

Monday: 11:05-11:35am & 4:35-5:05pm

Tuesday: 11:05-11:35am & 5:05-5:35pm

Wednesday: 11:05-11:35am & 5:05-5:35pm

Thursday: 11:05-11:35am & 5:05-5:35pm

Saturday: 10:45-11:15am

Sunday: 9:35am

**Members: \$40**

**Program Members: \$80**

## Youth Lessons: Ages 6 & Up

**Members: \$50**

**Program Members: \$100**

### Polliwog

#### Monday

10:00am

5:15pm

#### Tuesday

4:15pm

#### Wednesday

10:00am

5:15pm

#### Thursday

9:00am

4:15pm

#### Saturday

9:00am

10:45am

#### Sunday

9:00am

### Guppy

#### Monday

10:00am

5:15pm

#### Tuesday

4:15pm

#### Wednesday

10:00am

5:15pm

#### Thursday

9:00am

4:15pm

#### Saturday

9:50am

#### Sunday

9:00am

### Minnow

#### Monday

10:00am

5:15pm

#### Tuesday

4:15pm

#### Wednesday

10:00am

5:15pm

#### Thursday

9:00am

4:15pm

#### Saturday

9:50am

#### Sunday

10:45am

### Fish:

#### Monday

10:50am

4:25pm

#### Tuesday

9:00am

5:15pm

#### Wednesday

4:25pm

#### Thursday

9:50am

5:15pm

#### Saturday

9:00am

#### Sunday

10:45am

9:50am

### Flying Fish

#### Monday

10:50am

4:25pm

#### Tuesday

9:00am

5:15pm

#### Wednesday

4:25pm

#### Thursday

9:50am

5:15pm

#### Saturday

9:00am

#### Sunday

9:50am

### Shark

#### Monday

10:50am

4:25pm

#### Tuesday

9:00am

5:15pm

#### Wednesday

4:25pm

#### Thursday

9:50am

5:15pm

#### Saturday

9:00am

#### Sunday

9:50am



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## SPORTS

### **Preschool T-Ball: Ages 3-5 years old**

Your children will learn the basics of baseball, develop skills, teamwork, sportsmanship, self-confidence, and a love for the game. Skill development includes fundamentals of throwing, catching, batting, base running, game rules, and etiquette. Games will be played without an emphasis on competition, but rather on creating a memorable, fun and rewarding experience.

**Thursday: 10am-10:45am**

**Member: \$42**

**Program Member: \$63**

### **Youth Tennis: Ages 6-12 years old**

Kids interested in the game of tennis will benefit from basic fundamental instruction. Youth tennis focuses on basic fundamentals, including basic strokes, serve, scoring and rallying. Beginner lessons are structured around skill-building games and exercises that incorporate the fundamentals of tennis into a game based approach.

**Saturday: 12pm-12:45pm**

**Member: \$56**

**Program Member: \$84**

### **Youth Dodgeball: Ages 6-12 years old**

YMCA Youth Dodgeball is tons of FUN! Players use kid-friendly gator skin dodgeballs that eliminate sting and injury. Safe rules will be enforced that encourage chest and below hits and prohibit head shots. Teams will be grouped by grade and skill level for fun, competitive play!

**Thursday: 5:30pm-6:15pm**

**Member: \$35**

**Program Member: \$63**



### **Sports of All Sorts: Ages 3-5 years old**

Each week we introduce a new sport, including soccer, hockey, basketball, T-ball, and volleyball. Class includes a warm-up, skill development, and a game. Your kiddos will learn team spirit and sportsmanship, all while having fun!

**Wednesday: 10am-10:45am, Saturday 10 am-10:45 am**

**Member: \$42**

**Program Member: \$63**



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**Youth Flag Football: Ages 6-12**

Learn football fundamentals without heavy contact. In Flag Football, the focus is on teamwork in a positive and structured environment. Children will learn passing and other aspects of the game that will keep them active and help them develop skills such as hand-eye coordination. In addition, children will have an opportunity to develop leadership skills and build self-esteem as they improve their technique.

**Saturday 11 am-11:45 am**

**Member: \$42**

**Program Member: \$63**

**Men's Basketball League**

Participation in this league demands a high level of respect and play on the court and true leadership off the court. Adult participants serve as role models both on and off the court. League starts June 28th!

**Wednesdays 6:15-9 pm**

**Member: \$400/ team**

**Program Member: \$600/ team**

**LOOKING FOR SOME GREAT YMCA  
MERCHANDISE?**

**CHECK OUR WELCOME CENTER FOR ITEMS ON  
SALE, INCLUDING EARBUDS, SHIRTS, AND MUCH  
MORE!**

**DANCE/FITNESS**

**Intro to Dance**

Get moving and learn ballet, tap, jazz, hip-hop and many more styles of dance!

**Sunday**

**Ages 3-5: 11am-11:30am**

**Ages 6-12: 12pm-12:45pm**

**Member: \$56**

**Program Member: \$84**

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## TEENS

### Teen Basketball League

All who sign up play equal time! Teams are coached and managed by player captains. Captains choose their team on mandatory draft day. All players receive jerseys. There will be 1 round of play-offs for top 8 teams with trophies awarded to the top 2 teams! Team standings are kept. All players must sign and play by a code of conduct. This league is divided into two grade divisions; the East for grades 9&10, and the West for grades 11&12.

**Tuesday: 6-9pm**

**Member: \$80    Program Member: \$120**

## PRESCHOOL

### Preschool Music and Movement

This introductory class is designed for the early development of dance. It precisely meets the needs and limitations of pre-school aged children by providing a carefully paced sequence of movements to develop physical conditioning, strengthen listening skills, coordination, left and right discrimination and loco motor movement. Since children respond naturally to music, the activities are presented through Hip Hop and cultural dance styles.

**Ages 2-5**

**Tuesday 11:15-11:45am**

**Member: \$42    Program Member: \$63**

### Preschool Arts & Crafts

In this recreational class, children will participate in arts and craft activities using large and small motor skills. Children will get the chance to create artwork out of different medias, express themselves with music and meet new friends. Socialization and promoting high self-esteem are the goals of this program.

**Ages 2-5**

**Monday 10-10:30am**

**Member: \$49    Program Member: \$74**

**Please join us for Kid's Night Out, in conjunction with First Fridays in Putnam! Please call the Welcome Center to sign up and for more details!**

**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**

**HALE YMCA YOUTH AND FAMILY CENTER**

a branch of the YMCA of Metropolitan Hartford, Inc.

9 Technology Park Drive

Putnam, CT 06260

**[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.