



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**HALE YMCA  
YOUTH AND FAMILY CENTER  
Winter/Spring Program Guide  
2017-18**

**Winter Session: January 8, 2018 to February 25, 2018  
Spring Session: February 26, 2018 to April 15, 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 Hale YMCA Youth and Family Center 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; a Diabetes Prevention Program, summer day camp; swim lessons; and membership to those with health concerns. 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 works 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,

Amanda Kelly, Executive Director



## LIVESTRONG® AT THE YMCA

A 12-week program for adult cancer survivors at any point in their cancer journey. The small group meets twice per week for 90 minutes with our 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:** 860-315-9622 x113 for more information.

## 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)**

Contact: Rebecca Boisvert at 860-595-3026 or [Rebecca.Boisvert@ghymca.org](mailto:Rebecca.Boisvert@ghymca.org) or visit [ghymca.org/diabetes](http://ghymca.org/diabetes) for more information.

### DID YOU KNOW? The annual campaign changes lives.

At the Y, no child, family or adult is turned away based on their ability to pay for programs. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

**PROGRAM ASSISTANCE:** The YMCA offers programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds from the ANNUAL CAMPAIGN to ensure those unable to pay the stated fee are able to participate. If fees are a concern, please contact us 860-315-9622.





# 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 Melanie Sartori at [Melanie.Sartori@ghymca.org](mailto:Melanie.Sartori@ghymca.org) or 860.315.9622 for rates and package offers!



## GROUP FITNESS CLASSES

FREE with your membership! A current group exercise schedule can be found at [haleymca.org](http://haleymca.org)

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

## MEN'S BASKETBALL LEAGUE (ages 18+)

Individual pricing (includes uniform):  
Members: \$50 | Program Members: \$75

Team pricing (includes uniforms):  
Members: \$400 | Program Members: \$760

Winter season starts January 10!  
Spring season starts March 7!

Sessions run 8 weeks each. Schedule for both:  
**Wednesdays 6-9:45pm**

Contact Adam Lapointe at [Adam.Lapointe@ghymca.org](mailto:Adam.Lapointe@ghymca.org) or 860-315-9622 x108 for more information.

## TAI JI QUAN: MOVING FOR BETTER BALANCE

A fall prevention program for older adults. The program runs 6 weeks, and meets twice each week for 45 minutes.

Members: \$40 | Program Members: \$58

## HYDRO RUNNING

A modified, non-impact form of running in deep water while wearing a flotation belt. Classes are 1 hour per week.

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

## 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 introduction 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)

For all inquiries regarding Health & Wellness programs, contact director Melanie Sartori at [Melanie.Sartori@ghymca.org](mailto:Melanie.Sartori@ghymca.org) or 860-315-9622.

## 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!

## LESSON SELECTOR

### 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	13+ years TEEN & ADULT: STAGES 1-6
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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**

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



## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Looking for individualized instruction? Private and semi-private (2 people) swim lessons are available by appointment! We help people of all ages learn to swim at their own pace and on their terms.

For more information on pricing, lessons structure, scheduling and more, please contact Jenna Harty at [Jenna.Harty@ghymca.org](mailto:Jenna.Harty@ghymca.org).

## PRESCHOOL, YOUTH, TEEN AND 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 as follows:

**6 months-5 years** — 30 minute classes  
**Members: \$50 | Program Members: \$100**  
**6 years and up** — 45 minute classes  
**Members: \$65 | Program Members: \$130**

Visit [ghymca.org/swimlessons](http://ghymca.org/swimlessons) for the most up-to-date times and schedules.

## SEA OTTERS SWIM TEAM

Our competitive swim team is designed for swimmers who can demonstrate all competitive strokes, including front and back crawl, breaststroke, butterfly, sidestroke and more. Team members compete in the Yankee Cluster Swim League, with teams from all across Connecticut.

**Swim team practices and meets are on Mondays, Thursdays and Fridays. Times are based on age group as follows:**

**Sea Pups (ages 8 and under): 6-6:45pm**

**Sea Otters 1 (ages 9-12): 7-8pm**

**Sea Otters 2 (ages 11+): 6:30-8pm**

There is also swim team open lap swim on **Sundays from 3-5:30pm.**

Fall season runs September-March.

Mini season dates TBD, please continue to check [haleymca.org](http://haleymca.org) for updates.

Spring/summer season runs May-July.

We offer payment plans. For more info on pricing and auditioning for the team, contact head coach Sarah Froehlich at [sarah.froehlich@ghymca.org](mailto:sarah.froehlich@ghymca.org).

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

**Spring 1: February 26-April 15**

**Member registration: December 4**

**Open registration: December 11**

**No classes April 16-April 22**

**Closed on Easter**





# YOUTH DEVELOPMENT

## YOUTH SOCCER CLINIC

**Ages 3-5:** Sundays 9-9:45am

**Ages 6-9:** Sundays 10-10:45am

**Ages 9-12:** Sundays 11-11:45am

Y soccer clinics focus on team work, basic soccer skills, physical fitness and sportsmanship.

**Members: \$35 | Program Members: \$53**

## YOUTH BASKETBALL CLINIC

**Ages 3-5:** Saturdays 9-9:45am

**Ages 6-9:** Saturdays 10-10:45am

**Ages 9-12:** Saturdays 11-11:45am

Children learn to be team players. Kids will learn motor skills, hand-eye coordination, good sportsmanship, and of course basketball skills.

**Members: \$35 | Program Members: \$53**

## YOUTH TENNIS

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

Kids learn the fundamentals of tennis, including basic strokes, serving, scoring and how to rally.

**Members: \$35 | Program Members: \$53**

## YOUTH DODGEBALL

**Ages 6-12:** Thursdays 5:30-6:15pm

Players use kid-friendly gator-skin dodgeballs, which eliminates the risk of injury rubber balls have. Safety rules enforced—no throws above the chest. Teams are grouped by grade and skill level.

**Members: \$35 | Program Members: \$53**

## SPORTS OF ALL SORTS (ages 3-5)

**Saturdays 10-10:45am**

Kids learn a new sport each week! Kids warm up, then do skill development before playing a game!

**Members: \$35 | Program Members: \$53**

## CHILD CARE WITH THE Y

**Vacation Club:** When school is out, the Y is in! We offer fun, full-day programs for kids during school holidays. Clubs run December 26-29, 2017 and April 16-22, 2018. Contact the branch for info.



## LEADERS CLUB

Teens become leaders in their community through volunteer work, group discussions on values, peer relationship building and more. Teens go on social outings, including senior leader rally weekends with hundreds of leaders from across the Northeast. An elected board of peers runs this program.

FREE for all teens. Club meets Tuesdays from 6-7pm.

## KIDS NIGHT OUT

Parents get a night out on the town while knowing their kids are fun and safe! Kids play games, swim, eat pizza and watch a movie.

Held the first & third Friday every month.

**Members: \$15 | Program Members: \$20**

Price for first & second kid, third kid & more are free.

## BIRTHDAY PARTIES

Let us do the work for you! Have your child's next birthday party at the Y! Many options are available, including bounce house and pool parties.

Prices starting at \$200 for members!

Contact Heather Smith for info at [Heather.Smith@ghymca.org](mailto:Heather.Smith@ghymca.org) or 860-315-9622 x310

## 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](http://ghymca.org/camp) for info on our 14 day camps and visit [campjewell.org](http://campjewell.org) and [campwoodstock.org](http://campwoodstock.org) for info on overnight camps.





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**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)



# 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.