



STRENGTHENING OUR COMMUNITY

The Indian Valley Family 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.

Fall Session I: September 10-October 28
Fall Session II: October 29-December 16

Member registration: August 6
Open registration: August 13

*No paid programming: Oct 31, Nov 23

SAVE THE DATES!

- August 15: Family Kickball 5:30-7:00pm!
- August 19-25: Warm water pool closed for maintenance.
- September 3: Labor Day: Closed
- September 4: Fall Hours Return – visit ghymca.org
- October 26: Halloween at the Y!
- November 22: Thanksgiving Day: Closed

JOIN OUR YMCA TEAM—WE'RE HIRING!

Employment and volunteer opportunities available.

We are hiring Lifeguards, Personal Trainers, Head Teachers, and we are looking for youth sports coaches. Visit GHYMCA.org/employment to apply!

NEW! YOUTH CHESS (Fall II)

Members: \$40 | Program Members: \$60

Beginners and experienced players ages 8-14 welcome. Beginners will learn about the pieces, moves and rules, while teach experienced players new strategies.

Contact us for scheduling information!



BACK BY POPULAR DEMAND

THE GREATER HARTFORD SLIMDOWN

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 available for additional cost

The challenge begins September 10!

LIVESTRONG® AT THE YMCA (starts Sept 10)

A 12-week program for adult cancer survivors at any point in their journey. The group meets twice per week with 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 thanks to the generosity of donors! Contact Sarah.Policarpio@ghymca.org to learn more, sign up, or donate today!

ADULT BADMINTON

Play recreational badminton! Held at the YMCA Vernon Center gymnasium. Registration required.

Members: \$15/month | Program Members: \$25/month*
*Call for schedule

ADULT PICKLEBALL

Beginner and experienced times available. Held at the YMCA Vernon Center gymnasium.

Members: Free | Program Members: \$3/class.

Facility Hours: Monday - Friday • 5am to 9pm
Saturday • 7am to 6pm
Sunday • 9am to 4pm
(Fall hours begin September 4)

Phone: 860-871-0008

Address: Indian Valley Family YMCA
11 Pinney Street
Ellington, Connecticut

Website: indianvalleyfamilyymca.org

Facebook: [Facebook.com/ellingtonymca](https://www.facebook.com/ellingtonymca)

HEALTH & WELLNESS

GROUP EXERCISE CLASSES

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

Over 50 Group Exercise classes each week! Try Zumba, yoga, group cycle, Strength Train Together, HIIT, and so many more options!

PERSONAL TRAINING & NUTRITION COUNSELING

Our certified trainers & nutritionist are committed to helping you achieve your goals. We offer both

1-on-1 and small-group training options. Personal training & nutrition counseling are interchangeable and offered in 30-minute and 60-minute options, with packages from 4 to 24 sessions available.

Call Sarah Policarpio to get started today!

WHOLE HEALTH NUTRITION CLASS (Fall I & II)

Members: \$85 | Program Members: \$125

A 2-phase, 6-week program to give you the tools to take control of YOUR health & wellness and to improve your quality of life. Includes a meal-prep class!

Schedule: Sat: 10:30-11:30am

MONTHLY EATING-WELL SEMINARS

Members: Free | Program Members: \$5/class

Join us for a FREE monthly nutrition seminar. We will cover a variety of topics.

First Saturday of each month, 8:15-9am

FITPATH & YOUTH FITPATH

Get the most out of your membership! Meet with a trainer so we can learn about your fitness goals and background, then recommend the best plan of action for you to be successful at the Y.

Adults: 1-hour, FREE for members

Youth: 30-minutes, FREE for members

For all Health & Wellness questions, contact Director Sarah Policarpio at 860-871-0008 x107 or Sarah.Policarpio@ghymca.org.

SMALL GROUP TRAINING PROGRAMS (Fall I & II)

Members: \$85 | Program Members: \$125

WOW: WOMEN ON WEIGHTS: Learn 6 lifts and how to design your own workouts. All movements are functional and necessary to support bone density.

Schedule: Thurs: 11:15-12:15pm

METCON: Short for "metabolic conditioning," this is a staple of cross training. Each class 2-3 exercises are repeated in high-intensity rounds for an allotted time.

Schedule: Fri: 9-10am

ADVENTURE RACE TRAINING: Preparing for a Spartan Race, Tough Mudder, or just want to train? Improve your endurance for distance and obstacles! Held outdoors, we incorporate elements of challenge courses.

TRX SUSPENSION TRAINING (Fall I & II)

Members: \$59 | Program Members: \$75

Use your body weight to perform exercises that develop strength, balance, flexibility and core stability.

Schedule (pick one): Mon: 9am; Tues: 7pm; Fri: 5:15am; Sun: 10:30am



IV RUNNERS (Fall I & II)

Members: \$45 | Program Members: \$75

Coached by Caitlin Roston, a certified running coach with experience training those of all ages and abilities for 5ks, 10ks, half-marathons and marathons! Prepare for races, and build confidence!

Schedule: Wed: 6:30pm, Sun: 8:30am

YOUTH YOGA (Fall I & II)

Members: \$46 | Program Members: \$67

Sarita Nanda teaches children the ancient art of yoga!

Schedule: Sat: 11:15am-12pm



YOUTH DEVELOPMENT

USA ARCHERY TEAM (all seasons)

For ages 7+! Practices held weekly to hone skills. We compete against other YMCAs all season. Coached by a level 3 archery instructor and Junior Olympic coach!

Parent/child informational meeting: Wed, Sept 5, 6pm

ARCHERY (Fall I)

Members: \$60 | Program Members: \$75

Learn to shoot with a certified archery instructor. Students will learn form, technique, terminology, scoring and range safety. All equipment provided.

Instructional (ages 8-14): Sat: 9:15-10:15am

Intermediate (ages 8-14): Sat: 10:30-11:30am

FALL SOCCER & T-BALL LEAGUES (Fall I)

Members: \$40 | Program Members: \$60

SOCCER

Participants use size 3 soccer balls to learn skills like dribbling, passing and shooting. Skill stations are followed by a game. Players get a t-shirt!

Parent/child (ages 3-4): Thurs: 5-6pm

Rookies (grades K-2): Thurs: 5-6pm

T-BALL

Participants learn the fundamental skills of baseball like throwing, catching, batting and base-running. Skill stations are followed by a game. Players get a t-shirt!

Parent/child (ages 3-4): Tues: 5-6pm

Rookies (grades K-2): Tues: 5-6pm

FIRST TEE GOLF (Fall I)

Members: \$70 | Program Members: \$80

In partnership with Ellington Ridge Country Club, your child will learn the foundation of golf.

Ages 8-14: Thurs: 4:30-6pm

NEW! KOKONDO KARATE (Fall I & II)

Members: \$60 | Program Members: \$60

A self-defense system adhering to older traditions. The non-competitive art respects partners' safety and achieving one's physical and mental best.

Ages 14-adult: Tues or Thurs 7:30-8:30 pm

For inquiries regarding youth development, contact Greg Baker at Greg.Baker@ghymca.org or 860-871-0008 x121.

NEW! JUKIDO JIU JITSU (Fall I & II)

Members: \$60 | Program Members: \$60

A self-defense system which utilizes the attacker's strength against them. Perfect for all ages and sizes.

Ages 6-adult: Tues or Thurs 6:30-7:30 pm

YOUTH PICKLEBALL (Fall I)

Members: \$60 | Program Members: \$60

Held outdoors at the Indian Valley Family YMCA!

Ages 8-12: Wed: 5-5:45pm

BASKETBALL (Fall II & Winter I)

Members: \$40 | Program Members: \$60

Learn the skills and fundamentals of the sport created at the Y in 1891, followed by a game each week

Parent/child (ages 3-4): Tues: 5-6pm

Rookies (grades K-2): Tues: 6-7pm

BASKETBALL LEAGUES: BOYS & GIRLS DIVISIONS (December-March)

Members: \$115 | Program Members: \$140 | Team (up to 10 players): \$1,035 | (all fees includes uniform)

Certified IAABO referees, progressive rule modification used. All players get equal time. 1 weekday practice, with 9 Saturday games against nearby YMCAs.

Shooters (grades 3-4), Passers (grades 5-6), Defenders (grades 7-8)

TEEN LEADERS CLUB (Fall I only)

Members: \$100 | Program Members: \$150**

Learn leadership skills and put them in action. The group travels to 3 regional Leader Rallies to meet peers also. Teens organize events in the Y and their community.

Junior Leaders (grades 7-8): Thurs: 4:30pm

Leader Club (grades 9-12): Thurs: 4:30pm

YOUTH & GOVERNMENT (school year)

Members: \$100 | Program Members: \$150**

Future leaders discuss issues at bi-weekly meetings. In March, students attend a conference at the Connecticut State House and serve as delegates, getting to debate bills on the floor of the legislature.

Visit CTYAG.org to learn more.

**Conference fees are additional. Info session: Oct 17, 6pm

VERNON CHILD CARE CENTER: Preschool & Infant/Toddler Care

375 Hartford Turnpike, Vernon, Connecticut

Full day NAEYC-Accredited Preschool

Ages 6 weeks-5 years: Mon-Fri 7am-6pm

Runs year-round

Half day NAEYC-Accredited Nursery School

Age 2: Mon, Wed, Fri OR Tues, Thurs: 9-11:30am

Age 3: Mon-Fri: 9am-12pm

Age 4: Mon-Fri: 9am-2pm

Runs during the academic school year, the middle of September through early June

The YMCA of Greater Hartford uses Early Learning Development Standards for infant, toddler & preschool children. The standards align with Common Core, preparing children for kindergarten and life.

For more information and for pricing, please contact us by email at Lisa.Toomey@GHYMCA.org or by phone at 860-872-7329.



BIRTHDAY PARTIES

Make a splash for your next party in the YMCA pool! We provide a host, piñata, tablecloths, and themed decorations! Paper goods, pizza, and more available!

Call us to book your date today – we fill fast! email ivbirthdayparties@ghymca.org

ROCKVILLE CHILD CARE CENTER: Preschool & Infant/Toddler Care

23 Elm Street, Rockville, Connecticut

Full day NAEYC-Accredited Preschool

Ages 6 weeks-5 years: Mon-Fri 7am-6pm

Runs year-round

The price is based on income. Meals are provided at this location.

The YMCA of Greater Hartford uses Early Learning Development Standards for infants, toddlers, and preschoolers. The standards align with Common Core, preparing children for kindergarten and life.

For more info and for pricing, contact us at Lois.Cartier@GHYMCA.org or at 860-872-7329.



SCHOOL AGE BEFORE & AFTER SCHOOL CARE

Our before and after school programs follow the State of Connecticut requirements and regulations for child care programs. In addition to meeting the state's expectations, we also collaborate with the National Afterschool Association, a premier professional organization in our field, to ensure that our programs set the standard for quality.

We serve children in the Ashford, Ellington, Vernon and Willington public school districts.

Please contact Katie Riordan Katie.Riordan@ghymca.org or at 860-872-7329 x13 for info on specific programs, schedules and pricing.

SWIM LESSONS: Visit ghymca.org/swimlessons for descriptions of classes

PRESCHOOL & YOUTH SWIM LESSONS

Parent/child (30 minute classes)

Members: \$56 | Program Members: \$100

Level A/B: Mon: 10:30am, 5:50pm;
Wed: 10am, 11am; Thurs: 9:30am; Fri: 8:50am, 10:30am
Sat: 8:35am, 9am, 9:35am, 10:45am; Sun: 10am

3-5 years (30 minute classes)

Members: \$56 | Program Members: \$100

Preschool Level 1/2: Mon: 9:30am, 4:30pm; Tues:
4:45pm; Wed: 10:30am, 5:15pm; Thurs: 10am, 4:45pm,
6:40pm; Fri: 9:30am, 10am, 4:30pm, 5:50pm;
Sat: 8:25am, 9:35am, 10:45am; Sun: 9am

Preschool Level 3: Mon: 10am, 4:30pm, 5:50pm; Tues:
4:45pm, 6:05pm; Wed: 9:30am, 5:15pm; Fri: 4:30pm;
Sat: 9am, 10:10am

Preschool Level 4: Tues: 6:05pm; Thurs: 4:45pm,
6:05pm; Sat: 10:10am

6-12 years (40 minute classes)

Members: \$66 | Program Members: \$115

Youth Level 1/2: Mon: 5:45pm; Tues: 5:20pm;
Wed: 4:30pm; Thurs: 5:30pm; Fri: 5:05pm;
Sat: 9am, 10:30am; Sun: 10:30am

Youth Level 3: Mon: 5:05pm; Tues: 5:20pm; Wed:
4:30pm; Thurs: 5:20pm; Fri: 5:05pm; Sat: 9am, 10:30am

Youth Level 4: Tues: 6:40pm; Wed: 6:20pm;
Thurs: 6:05pm; Fri: 5:50pm; Sat: 9:45am, 11:15am

Youth Level 5/6: Tues: 6:40pm; Wed: 6:20pm;
Thurs: 6:50pm; Sat: 9:45am, 11:15am

Swim Buddies (30 minute classes)

Members: \$70 | Program Members: \$115

Swim Buddies: Mon: 6:25pm; Tues: 7:25pm;
Thurs: 7:15pm; Sat: 8:30am, 12pm; Sun: 11:20am

TEEN/ADULT SWIM LESSONS (ages 13+)

Members: \$66 | Program members: \$115

Beginner: Sat: 2-2:30pm

Intermediate: Sat: 2:30-3pm

PRIVATE SWIM LESSONS

We offer private and semi-private 30-minute swim lessons! Purchase a single class, or a 6 or 12 pack.

To schedule a time that works for you, contact Stephanie Horton at Stephanie.Horton@ghymca.org.



BREAKERS SWIM TEAM

Join our award-winning team! We compete in national YMCA and USA leagues!

Try outs: Aug 23, Aug 24, Sept 5: 4:30-6:30pm

For more info, go to ivyswimteam.com or email Coach Amber Albe at ivyswimteam@ghymca.org

RED CROSS LIFEGUARDING & RECERTIFICATION CLASSES

Contact Kim to register and learn more about becoming a lifeguard or re-upping your certification!

We need lifeguards! Email Kim to apply!

WATER EXERCISE CLASS (all ages)

Tues: 7:30pm

Free for members

PROGRAM REFUND POLICY (For all programs in this guide): 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 more than one class of a program, a credit/refund of the program fee will be issued to you for the unused classes. 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.

For questions and info on aquatics, contact Director Kim at Kim.Scofieldgamboa@ghymca.org or 860-871-0008x106