



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**TRI-TOWN YMCA**  
Serving Wethersfield,  
Rocky Hill, and Newington

**Fall Program Guide  
2017**



**Fall Session 1: Sept. 11-Oct. 29  
Fall Session 2: Oct. 30-Dec. 17  
Member Registration Begins: Aug. 14  
Open Registration Begins: Aug. 21**



# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

## our cause: strengthening the tri-town community

The Y has been a very busy place these last few months. Through our programs, we are helping children stay healthy and engaged throughout the summer. The Y is one of those magical places where a child discovers independence, self-confidence and a deep connection to others.

This summer, we provided summer day camp programs for over six hundred children. At our Tri-Town YMCA Summer Camp in Wethersfield, campers had an opportunity to participate in outdoor activities, arts & crafts and swimming lessons.

Don't forget about all the enrichment opportunities the Y has to offer that will keep the camp spirit alive all year long for preschoolers to teens. Whether your family needs care for your children or is looking for a sports program to keep your family active, whether your family needs a Kid's Night Out, the Y has something for your family because family is what keeps us safe, teaches us how to be responsible and the place we go for healthy growth.

Throughout our history, we have been proud to serve the Wethersfield community. Our YMCA is actively strengthening our neighborhoods and communities. Every day, our impact can be felt when an individual makes a healthy choice, a mentor inspires a child and a community comes together for the common good. Creating a brighter future for the community involves a lot of hard work from our dedicated staff and volunteers. None of what we do at the Y would happen without the efforts of our volunteers and the generous support of donors. Thank you for your continued support of the Tri-Town YMCA.

**The YMCA is for Youth Development, Healthy Living and Social Responsibility.**

**Executive Director,  
Josue Irizarry**

## MEET OUR NEW YOUTH DEVELOPMENT DIRECTOR



Let's welcome our new Youth Development Director, Thomas Faeth, to the Tri-Town YMCA! He will be joining our amazing team at Tri-Town and work collaboratively with Cheryl Swett, our Child Development Director. We believe Thomas will be able to bring new and innovative sports programs to the YMCA. Two of his passions are sports and summer camp, which makes him an ideal person to lead our sports program.

Thomas previously worked at the Cheshire Community YMCA, where he oversaw their sports, school-age and camp programs. Thomas has a Bachelor of Science in Sports Management from the University of Connecticut. In his new position, we believe Thomas, with his experience, will be able to take our programs to the next level. Please help us congratulate Thomas on his new position! He looks forward to meeting you all at our programs.

## WHY IS IT IMPORTANT to volunteer?

- Tri-Town Y relies on your support to make our programs as good as possible.
- You can make a difference in your community and a child's life!
- Volunteer opportunities: Parent Committee, Volunteer Committee and Events Committee. If you are interested in volunteering for the Events, Volunteer or Parent Committee, please visit our website at [westhartfordymca.org](http://westhartfordymca.org) to access the form.

- Scroll down to: "What's Happening at the Y"
- Click "Volunteer" and download the "Volunteer Application."
- Return completed volunteer application to [josue.irizarry@ghymca.org](mailto:josue.irizarry@ghymca.org)

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**FALL SESSION II: October 30<sup>th</sup>—December 17<sup>th</sup>**  
**REGISTRATION ONLINE BEGINS: August 14<sup>th</sup>**  
**No classes on 10/31, 11/23 & 11/24!**

## SPORTS programs Fees: \$50/child

Unless otherwise noted, all classes run for 7 weeks. Pay only 6 and the final 7<sup>th</sup> week is your free bonus or serves as a makeup for any YMCA cancellation. For more information about our sports programs, please contact Thomas Faeth at 860.521.5830 ext. 14or [thomas.faeth@ghymca.org](mailto:thomas.faeth@ghymca.org).

### YOUTH COED soccer

Session: Fall I  
 Ages: 3-5  
 Time/Location: TBD

We strive to make your child's experience at the Y enjoyable, fun and rewarding. Our program stresses fun and learning with some competition, while building self-confidence. Our players are coached by YMCA Staff, and games are played once a week with warm-ups and skills practice included. Each participant will receive a team t-shirt.



### YOUTH COED basketball

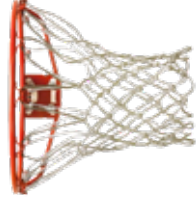
Session: Fall II  
 Ages: 3-5  
 Time/Location: TBD

Our program stresses fun and learning with some competition, while building self-confidence. Our players are coached by YMCA Staff Children will develop skills such as dribbling, passing, shooting, rebounding and defense. Classes will consist of one practice during the week followed by a game. Each participant will receive a team t-shirt.

### CHESS club

Session: Fall I & II  
 Grades K-8  
 Time: Saturdays 1:00-1:00pm  
 Location: Tri-Town YMCA, 1321 Silas Deane Highway, Wethersfield

Beginners are welcome! You will learn all the basic moves of the chess pieces, their values, piece interaction and how to win (checkmate). Most of all, have fun and make friends!



### YOUTH COED winter basketball-NEW!

(programs start January 8th)

The YMCA is the place to play basketball! Our program teaches ball handling skills, emphasizes teamwork, and build players' confidence and excitement about the game. Each class will include warm-up exercises, skill-building drills and a game.



# EDUCATE AND INSPIRE

## YMCA BEFORE & AFTER school program

Serving Kids in all Wethersfield Public Schools

Webb, Hanmer, Charles Wright, Highcrest & Emerson

Registration is open!

### HOURS:

Before school program begins at 7:00am and ends when school starts.  
After School program begins at school dismissal and ends at 6:00pm.



The YMCA's Before & After School program is licensed by the State of Connecticut Department of Public Health. We offer quality care for elementary-aged children, in a safe, secure environment. We offer a curriculum that appeals to kids while teaching confidence, encouraging self-expression and enriching social development—all under the watchful eyes of trained and caring staff. For more information, please contact Cheryl Swett at 860.462.6209 or cheryl.swett@ghymca.org.

### MONTHLY PROGRAM RATES:

SCHEDULE	AM	PM	AM/PM
Mon-Fri	\$321	\$418	\$587
3 Day option	\$245	\$342	\$423

## TEEN programs

### LEADERS CLUB

Leaders Club helps develop youth as leaders while fostering a culture of service. With adult advisors, teens have role models and mentors who can have a positive impact on their lives as they grow in their desire and ability to be a positive force in the community.



### YOUTH & GOVERNMENT

Youth & Government is a YMCA program in the United States that allows high school students to serve in model governments at the local, state, national and international levels.

For more information about our Leaders Club or Youth & Government, contact Cheryl Swett, Child Development Director, at 860.521.5830 OR cheryl.swett@ghymca.org

## STEP INTO THE future of learning

No classes on  
10/31, 11/23 &  
11/24!



Sessions I & II  
Location: Tri-Town YMCA, 1321 Silas Deane Highway  
Ages: 2-4 years old  
Time: 9:30am-11:30am or 12:00-2:00pm  
Fee: \$100/per daily theme  
Meets once each week for seven weeks

The enrichment program focuses on skill development in the areas of literacy, music, art, math and science. Each day the children will focus on a riveting adventure to light sparks and find passions. You may sign up for one or more themed days. Each class meets once per week for a total of 7 classes. For more information, please contact Cheryl Swett at 860.462.6209 or cheryl.swett@ghymca.org

### MONDAY—adventures through reading

- Get lost in adventure
- Listen to and tell stories
- Meet new characters
- Build confidence

### TUESDAY—let's move with music

- Practice listening skills
- Learn rhythm and melody
- Play fun instruments
- Explore different sounds

### WEDNESDAY—art adventures

- Improve fine motor skills
- Cognitive artwork
- Take home projects
- Don't forget your smock!

### THURSDAY—abc/123

- Explore beginners math
- Learn shapes & numbers
- Learn & practice the ABCs
- Explore "Which is bigger?"

### FRIDAY—let's pretend

- Fall into nature!
- Use your imagination
- Make believe
- Creative free play

Camp Jewell YMCA & West Hartford YMCA  
present  
The 2017 Annual Benefit Night:  
**"Window to the World"**

Saturday, November 4th  
At 6:30 p.m.  
West Hartford Town Hall, 50 South Main Street

TICKETS: \$60 in advance  
\$70 at the door  
campjewell.org/benefit or 888.412.CAMP

All proceeds benefit the lives of children from your community.

GIVING IS JUST THE BEGINNING

### DID YOU KNOW?

Our sessions always start on a Monday, but keep in mind your program might start on a different day of the week. YMCA instructional classes are six weeks in duration. However, each program cycle (not including summer sessions) includes a "bonus" seventh week, which may be used for additional instruction time or as a make up for a cancelled class. Our Sports Leagues always run for seven weeks.

### PROGRAM REFUND POLICY

If the YMCA must cancel a program that cannot be made up, 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 for unused portions are only provided for medical reasons with a doctor's note. All deposits for the purpose of securing a spot in a program are non-refundable.

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## Programs

For more information about our child development programs, please contact Cheryl Swett at 860.462.6209 or [cheryl.swett@ghymca.org](mailto:cheryl.swett@ghymca.org).



### VACATION camp

Location: Hanmer Elementary School (unless stated otherwise)  
Grades: K-6  
Time: 7:00am—6:00pm  
Fee: \$50/day

Dates: November 7th and December 26th-29th

When school is out for vacation, the YMCA offers a fun filled, full-day program. The YMCA provides a variety of theme-based activities, games, sports, arts & crafts, and occasional field trips. Please provide a nutritious lunch and drink.



**HELPING SURVIVORS REDISCOVER THEIR INNER ATHLETE!**

### Free 12-WEEK program in West Hartford

- Offers survivors guidance and support
- Feel physically/emotionally strong again
- Work on goals such as:
  - building muscle mass/strength
  - increasing flexibility
  - improving confidence

For more information, contact Josue Irizarry, Executive Director at 860.521.5830 OR [josue.irizarry@ghymca.org](mailto:josue.irizarry@ghymca.org)

## Greater Hartford YMCA Martin Luther King Jr. Basketball Tournament

Save the date! The tournament is held on January 13-15th, 2018 for grades 4-8. There are girls' and boys' teams, but coed teams are welcome! Level is moderately competitive. Three games guaranteed with awards to all first place teams. Teams wear their own uniforms. All championship games are held at the Wilson-Gray YMCA in Hartford. Some preliminary games may be held at alternative locations. The tournament benefits the YMCA Annual Campaign. Contact **Thomas Faeth** at [thomas.faeth@ghymca.org](mailto:thomas.faeth@ghymca.org) to register!

### **KIDS CHASE RACES - FREE T-shirt for all registrations!**

**ROOKIES** - Field course for Ages 5-12!

**\*NEW\* CHAMPS** - 1 Mile course for Ages 8-15!

**Race day:** Saturday, September 30th 2017

**Location:** Camp Chase YMCA in Burlington, Connecticut

For more information to register call 860.653.5524 or go to [ghyCHASERACE.org](http://ghyCHASERACE.org)



### KIDS' night out

Location: Tri-Town YMCA, 1321 Silas Deane Highway, Wethersfield  
Ages 5-12yrs old  
Time: 6:00-9:00 pm

Fees:  
\$20/child  
\$5/second child

Dates:  
September 15th  
October 20th  
November 17th  
December 15th

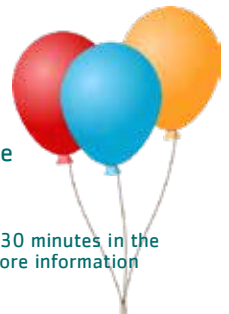


Enjoy a night out while your kids spend an evening at the YMCA. There will be games, music, movies, and crafts. Food will be provided.

### BIRTHDAY parties

Location: Tri-Town YMCA, 1321 Silas Deane Highway, Wethersfield

Includes 60 minutes of YMCA staff-run activities and 30 minutes in the party room. Additional time may be purchased. For more information and pricing, please call 860.521.5830.



### MAKE A donation

There are so many ways to support this great charity all year long. To help support youth programming and access to camp for kids in our community, contact [josue.irizarry@ghymca.org](mailto:josue.irizarry@ghymca.org)

### financial assistance

The Y 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 860-521-5830.





**BEFORE AND  
AFTER SCHOOL  
CHILD CARE**

**GROW.  
LEARN.  
THRIVE.**

**DISCOVER MORE AT [GHYMCA.ORG](http://GHYMCA.ORG)**



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**TRI-TOWN YMCA**

a branch of the YMCA of Metropolitan Hartford, Inc.  
12 North Main Street  
West Hartford, CT 06107

**[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.