



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST HARTFORD 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
Registration Begins: December 4, 2017



OUR CAUSE: STRENGTHENING OUR COMMUNITY

To our community:

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've received in 2017. Your time and gifts made it possible for the West Hartford Y to make a difference in the lives of children and families all over town and neighboring areas. You've helped strengthen our cause, which is to strengthen the West Hartford community.

As we enter into 2018, our community campaign appeal will begin, allowing us to make a bigger impact as we grow year after year. We've seen our growth take shape in a number of different forms, including our free LIVESTRONG cancer survivor program, our Diabetes Prevention Program, teen advocacy programs, our after school program at St. Brigid-St. Augustine, and, of course, in scholarships that we are able to award to families because of your support. These scholarships change the lives of families, like Brittany's:

"The scholarship means a lot to me because I am able to afford after-school and summer camp while I work, and my daughter is able to participate in engaging activities. Not many programs offer assistance, so I am grateful for the opportunity to be able to continue and work and provide for my children as a single parent."

- Brittany

Please keep the Y in your thoughts this season as we continue to help members like Brittany provide a safe environment for their kids while they work to support their families.

Have a happy, fun and safe holiday season and new year; and remember to help us spread the word of what the Y does!

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

Josue Irizarry, Executive Director

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.

YOUR DONATION MAKES THIS POSSIBLE!

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 860-521-5830.

THANK YOU TO OUR SUPPORTERS!



HEROES AROUND TOWN

This season's Hero Around Town is the Hillcrest Area Neighborhood Outreach Center (HANOC).

HANOC connects families to resources to promote financial independence and improve their quality of life. Whether it's homework assistance for children or computer classes for adults, HANOC encourages everyone at every age to succeed.

HANOC was created by the Town of West Hartford, the West Hartford Housing Authority, West Hartford Public Schools, and other community partners. For more info about HANOC, call 860-953-8875 or visit www.westhartfordct.gov and search "HANOC."

If you know a caring, honest, respectful and responsible group or person to spotlight, share! Email submissions to Morgan.Finn@ghymca.org.



YOUTH PROGRAMS

Session I: January 8–February 25 | Session II: February 26–April 22

Registration begins: December 4—No classes April 9–April 15 –Closed on Easter

BIRTHDAY PARTIES

Location: St. Thomas Seminary

We offer fun themes and activities! Parties include 60 minutes of YMCA staff-run activities and 30 minutes in the party room. Additional time may be purchased.

For info on themes and pricing, call 860-521-5830.

KIDS NIGHT OUT (Ages 4-12)

Location: St. Thomas Seminary

\$20 for first child | \$10 for additional children

All sessions held from 6-9pm

Dates: March 9; April 6; May 11; June 8

VACATION CAMP

When school is out, the Y is in! We offer fun, full-day programs including activities, games, sports, arts and crafts and more.

Dates: Dec. 26-29; Jan. 15; Feb. 19-20;

Mar. 30; Apr. 9-13

FEE: \$50 per day

Location: St. Thomas Seminary

For more information, contact Cheryl Swett at Cheryl.Swett@ghymca.org or 860-462-6209.

Note: Many of our youth programs are held at St. Thomas Seminary. The address is: 467 Bloomfield Avenue, Bloomfield, Connecticut

REGISTER EARLY FOR CAMP 2018!

Camp registration opens January 1! Don't wait until the last minute to sign your child up to have the best summer of his or her life!

Visit ghymca.org/camp for pricing and info on the programs run at our 14 day camps, and visit campjewell.org and campwoodstock.org for information on our overnight camps.

AFTER SCHOOL CARE

Registration for the 2018-2019 school year begins in April.

We are licensed by the Connecticut Office of Early Childhood and provide youth the tools needed to develop confidence, encourage self-expression and social development.

Location:

St. Brigid-St. Augustine Partnership School

100 Mayflower Street, West Hartford

Program runs from school dismissal through 6pm (including early dismissal Wednesdays).

We provide YMCA transportation from Whiting Lane , Webster Hill, Smith STEM and Wolcott schools to St. Brigid-St. Augustine Partnership School.

For more info, visit ghymca.org/childcare or contact Cheryl Swett at Cheryl.Swett@ghymca.org or 860-462-6209.



LEADERS CLUB (ages 12-17)

Fee: \$150 for the year (can join at any time)

Leaders Club helps develop youth as leaders while fostering a culture of service. Teens get adult role models and mentors that help them grow and develop their desire to be a positive force in the community.

Club meets Thursdays from 6:30-7:30pm

Contact Thomas Faeth for more info at Thomas.Faeth@ghymca.org or 860-521-5830.



YOUTH SPORTS

Leagues begin January 12-13

Coaches orientation for all leagues: Friday, January 5 at 7 pm at St. Thomas Seminary

BASKETBALL LEAGUE

FEE: \$85

Location: St. Thomas Seminary or Sedgwick Middle

Co-ed youth league: Session I

All sessions meet on Saturdays. Participants learn skills for 30 minutes, then play a 30-minute game.

Parent & child (ages 2-3): 8-9am

Rookies (ages 3-4): 9-10am

Bouncers (ages 5-K): 10-11am

Dribblers (grades 1-2): 11am-12pm or 12-1pm

Co-ed youth league: Session II

Parent & child (ages 2-3): 10-11am

Rookies (ages 3-4): 12-1pm

Bouncers (ages 5-K): 1-2pm

Dribblers (grades 1-2): 2-3pm

Boys youth league: Session I

1 practice held on a weekday; schedule TBD

Grades 3-4: Saturday games 1-2pm

Location: Rotating

Grades 5-6: Saturday games 3-4pm

Grades 7-8: Friday games 7-8pm

Girls youth league: Session I

1 practice held on a weekday; schedule TBD

Grades 1-2: Saturday games 5-6pm or 6-7pm

Grades 3-4: Saturday games 2-3pm

Grades 5-6: Saturday games 4-5pm

Grades 7-8: Friday games 6-7pm

Team formation day for girls and boys leagues:

Saturday, January 6

Grades 3-4: 10am

Grades 5-6: 11am

Grades 7-8: 12pm

BASKETBALL TRAINING: Session I

(1 hour lessons)

Coaches create workout programs that focus on the individual needs of each athlete.

FEE: \$50 for first child, \$10 for additional children

Package rates:

3 classes: \$120

5 classes: \$200

10 classes: \$375

ELITE CLINICS: Session II

Elite Clinics are high-intensity and drill-based. For youth ages 7 –12. They focus on not bettering a player's skill set on the court, and building character and confidence off the court. Clinics strengthen athletes' mentality, while boosting confidence to become more aggressive & skilled players. Sign up for one or all!

Ball handling: March 17, 2018

Fundamentals of shooting: March 24, 2018

Scoring: April 7, 2018

Skills competition: April 21, 2018

FEE: \$30 per clinic

Location: St. Thomas Seminary and other locations as needed (TBD)





YOUTH SPORTS

Session I: January 8–February 25 | Session II: February 26–April 22

FEE: \$85

Location: St. Thomas Seminary

VOLLEYBALL : Session I and II

Grades 3–5: Tuesdays 5–6pm

Grades 6–8: Tuesdays 6–7pm

SOCCER: Session II

Parent and me (ages 2–3): Saturdays 9–10am

Rookies (ages 3–4): Thursdays 5–6pm

Kickers (ages 5–6): Thursdays 6–7pm



ARCHERY: Session II

Have fun and learn to shoot with a certified archery instructor. Students learn proper form, technique and terminology, as well as scoring and range safety.

AGES 7+

Wednesdays 5–6pm

SPORTS OF ALL SORTS: Session II

A parent-child class in which kids learn a new sport each week! Sports include soccer, kickball, basketball, t-ball and more. In the last class, kids challenge themselves on an obstacle course! Each week starts with a warm-up and stretching, followed by skill development and a game.

Saturdays 11am–12pm

ADULT PROGRAMMING

LIVESTRONG® AT THE YMCA

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

Contact: 860-521-5830 or email Josue.Irizarry@ghymca.org for more information.

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.

FEE: \$429 for one year

(Includes free family membership)

Visit us at ghymca.org/diabetes to find the program at a branch near you, or contact Rebecca Boisvert at 860-595-3026 or Rebecca.Boisvert@ghymca.org for more info.

DID YOU KNOW?

we're a "Y without walls"

The West Hartford YMCA is a "Y Without Walls." We host our programs at other facilities in the community. To find a full facility YMCA branch near you, visit ghymca.org.



SWIM LESSONS

All swim lessons are held at the Mandell Jewish Community Center
located at 335 Bloomfield Avenue, Bloomfield



	6 months-3 years	3-5 years	6-12 years
	(30 min classes) \$84	(30 min classes) \$84	(40 min classes) \$89
Water Discovery (With parent): Introduces infants & toddlers to water	Friday: 5:30pm Saturday: 9am		
Water Acclimation (Level 1): Increases comfort underwater & teaches basic self-rescue skills		Friday: 6pm Saturday: 8am, 9:30am	Friday: 6:50pm Saturday: 8am, 10:15am
Water Movement (Level 2): Encourages forward movement & teaches self-rescue skills		Friday: 6:30pm Saturday: 8:30am, 10am	Friday: 6:10pm Saturday: 9:30am
Water Stamina (Level 3): Develop self-rescue skills for longer distances		Friday: 7pm Saturday: 10:30am	Friday: 5:30pm Saturday: 8:45am

AQUATICS EMPLOYMENT OPPORTUNITIES

Join our team of swim instructors! Contact Aquatics Director Travis Morse at travis.morse@ghymca.org or visit ghymca.org/employment to apply today!

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



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