



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017
PROGRAMS & EVENTS



PUT A SPRING IN YOUR STEP

WILSON-GRAY YMCA YOUTH AND FAMILY CENTER

Spring Session 2: April 24, 2017 – June 11, 2017

Member Registration Begins: Mar. 13 • Open Registration Begins: Mar. 20

AMPLIFY YOUR SPRING



YOUTH DEVELOPMENT

REACH & RISE

Mentoring Program

Reach & Rise is a national YMCA program designed to build a better future for youth by helping them reach their full potential through the support of caring adults.

Reach & Rise supports youth ages 6 to 17 who lack role models and are in communities challenged by many socio-economic issues. As a mentor, you can provide a positive and consistent relationship with a young person, helping to improve your mentee's self-esteem, decision-making skills, school performance, and interpersonal relationships.



Y-TIP

Teen Incentive Program

Y-Tip is designed to remove barriers for area teens, linking them to academic and social supports during their high school years. We provide incentive for teens who exemplify the Y's core values of caring, honesty, respect and responsibility



Y ACHIEVERS

The Achievers program helps youth to raise their academic standards, develop a positive sense of self, build character, explore diverse college and career options, and learn from role models who inspire them

This program runs for the duration of the academic school year. Participant sessions are held bi-monthly on Saturdays at the Wilson-Gray YMCA from 9:30 am- Noon. Participants include mentoring adults, students, and parents.

GIRLS CREATING A FUTURE

Dedicated to establishing a social enrichment *program* that will foster innovating thinking, expose students to business culture and fundamental principles of economics, and help them create, market, and sell a product all while boosting self-esteem and confidence in young women

For more information on Youth Programming
Please contact Lisa Morgan, Youth Development Director
860.241.9622 ext 108



SPRING PROGRAMS 2017



HEALTH & WELLNESS

SMALL GROUP

PERSONAL TRAINING

This is where fitness gets personal and so do the results. Enjoy the outstanding benefits of a personal trainer who will work with you and your crew to create an exercise plan designed to achieve your overall fitness goals.

- 3 people = \$20.00 per person
- 4 people = \$15.00 per person
- 5 people = \$12.00 per person
- 6 people = \$10.00 per person

*The program is open to non members for an additional \$10.00 for a day use pass.

LOSE A TON

Get started with the Wilson-Gray Team as they work towards losing 2,500 pounds. In a small group setting learn new healthy recipes and gain tons of work out buddies!

\$60/Members, \$120/Non-Members
Ask for information at the Welcome Center!

Q: Have you signed up for your new Member Wellness Appointment?

No worries if not, contact our Wellness Center to schedule.

ADAPTIVE SPORTS

Our adaptive sports and fitness program is for individuals with a disability significantly impacting their fitness and health.

Disabilities include but are not limited to Multiple Sclerosis, Amputation, Stroke, Traumatic Brain injury, Spinal Cord Injury, etc

GROUP EXERCISE CLASSES

- | | |
|--------------------|-------------------|
| Group Cycling Yoga | Boot Camp |
| HIIT GHAT | Cardio Kickboxing |
| Hip Hop | Muscle Toning |
| Power Sculpt | Abs & Glutes |
| Abs Solve | AM Body Blast |
| Chair Yoga | Body Challenge |
| Cardio Tone | Zumba Toning |



SPORTS

CO-ED VOLLEYBALL

Age: 15 & up

Time: Th 7:00-9:30

Sun 4-6:00pm

Cost: Free/mem | \$20 prog mem

For more information, contact Coach Glenn at Glenn.Mauldin@ghymca.org

MARTIAL ARTS

Age: 5 & up

Feb 27th - April 23rd

Cost: \$25/ Mem \$50/Prog

Time:Tues & Thurs 5:30-7pm



Classes included with membership!

LEADERSHIP TEAM

Valencia Williams, Interim Executive Director
Glenn Mauldin, Sports Director
Toni Wimberly, Health and Wellness Director
Janee Folston, Child Development Director
Wali Burney, Property Director



Ready to become a member?

We can't wait to meet you! Visit our Welcome Center to get started or give us a call to schedule your own private facility tour. 860-241-9622.

WANT TO BE A MEMBER OF OUR YMCA? JOIN THE FAMILY MEMBERSHIP RATES

YOUTH BASKETBALL LEAGUE

Age: 4 - 11

January 9th- April 23rd Time: Saturdays

10am-12pm

Cost: \$30/mem | \$50/prog mem

MEN'S BASKETBALL LEAGUES

Age: 30 and up

April 18th- June 13th

\$600 Per Team

Participation in these 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.

For More Information, Ask the Welcome Center



AAU BASKETBALL

Age: 9-16 Boys & Girls

April 1st- June 11th

COST \$150/mem | \$200/prog mem

Youth	Adult
\$10	\$32
Young Adult	Couple
\$25	\$50
Senior	Family 1 Parent
\$25	\$50
Senior Couple	Family 2 Parent
\$45	\$55

Enjoy the great benefits of being a member of the Y! **Free** accessible parking, **Free** 2-hour child care service, **Free** group exercise classes, steam room sauna and more!

BEFORE & AFTERSCHOOL CARE

The Y's focus is on youth development, healthy living and social responsibility. At the YMCA of Greater Hartford, the goal of our child development programs is to nurture young people by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-confidence.

Our before and after school programs follow the Office of Early Childhood requirements and regulations for child care programs. In addition to meeting expectations, we also collaborate with many local and state organizations to offer the highest quality enrichment experience for your child.

For more information please contact:

Camisha Francis • Business Manager: 860 241 9622,
camisha.francis@ghymca.org

Tashia Davis • Assistant Business Manager: 860 241 9622,
Tashia.davis@ghymca.org

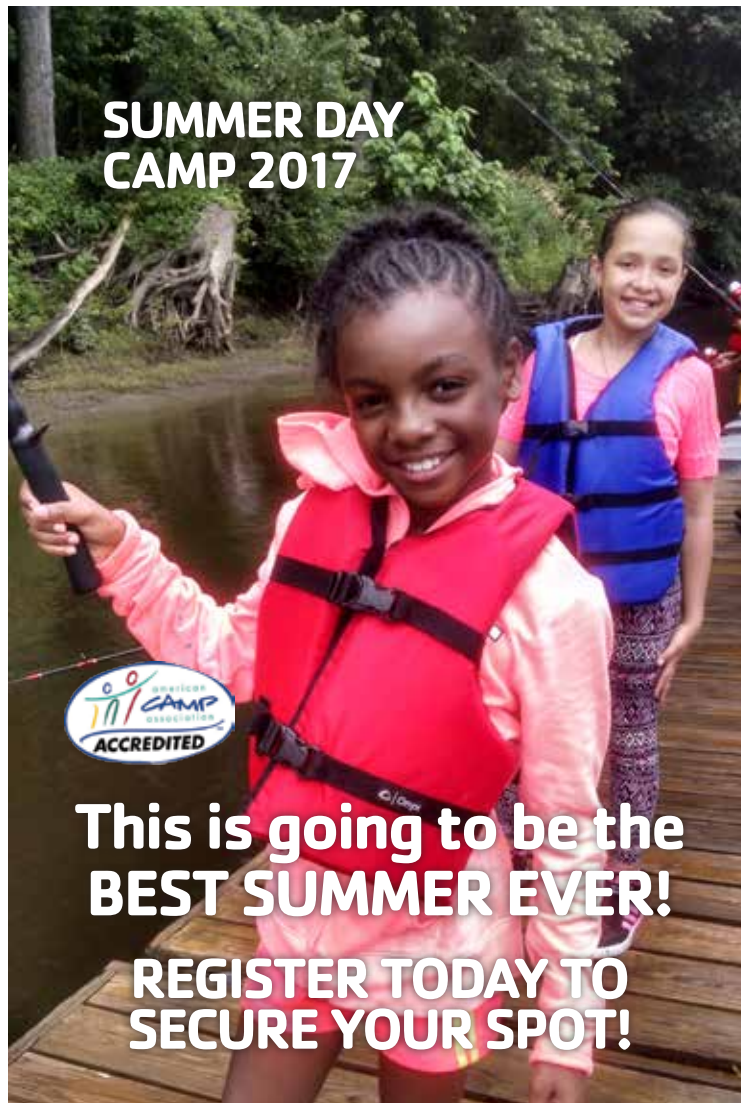
LET'S GET SOCIAL!
WilsonGrayYMCA.org





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**WILSON-GRAY YMCA
YOUTH AND FAMILY CENTER**
a branch of the YMCA of Metropolitan Hartford, Inc.
444 Albany Avenue, Hartford, CT 06120
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.