



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WILSON-GRAY 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 22, 2018  
Member Registration Begins: December 4, 2017  
Open Registration Begins: December 11, 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 the generous contributions we received in 2017. Your time and gifts made it possible for the Wilson-Gray YMCA Youth and Family Center to make a difference in the lives of children and families across the city. You've helped strengthen our cause, which is to strengthen the 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. Your help allows us to provide programs like LIVESTRONG at the Y, which is free for cancer survivors; the Diabetes Prevention Program; summer camp; academic advising; and scholarships that we award to families because of your support. These scholarships change the lives of families, like Deborah's:

"Having the Y provide financial assistance for my son to attend camp has given me peace of mind, knowing that he's safe and happy while I am at work. My son isn't the most social child and has trouble integrating. The camp staff made him feel welcome, and at camp he felt like every other kid while laughing and playing. Seeing him come home tired and dirty was such a relief for me. I know camp is where he needs to be."

- Deborah

Please keep the Y in your thoughts this season as we continue to help members like Deborah and her family be involved in programs that build leadership, sportsmanship and potential opportunities to attend college. Have a happy and safe holiday season and new year; and remember to spread the word of what the Y does!

Anthony Barrett Executive Director

## ADULT PROGRAMMING



### 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 with a trained lifestyle coach. The coach provides participants tools and support to facilitate sustainable behavior changes, including healthy eating and increased physical activity.

**Program Fee: \$429 for one year**  
(Includes free family membership)

For more info contact Rebecca Boisvert at 860-595-3026 or [Rebecca.Boisvert@ghymca.org](mailto:Rebecca.Boisvert@ghymca.org)

You can also visit [ghymca.org/diabetes](http://ghymca.org/diabetes) for info.

### LIVESTRONG® AT THE YMCA

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

### ADAPTIVE FITNESS

Members of this program work with a coordinator to customize a work out program that works best for them. The program is then monitored by the coordinator. Members are given tips on how to incorporate everything they learn to change their lifestyle and increase their quality of life.

Members are able to work 1-on-1 with another program member, or participate in group sessions.

### SILVER SNEAKERS

The SilverSneakers Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles.

For info on joining the program and for class schedules, please contact our Welcome Center at 860-241-9622 or visit us at [wilsongrayymca.org](http://wilsongrayymca.org).



# 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.

Contact our director Toni at [Toni.Proffitt@ghymca.org](mailto:Toni.Proffitt@ghymca.org) or 860.241.9622 for rates and package offers!

## GROUP FITNESS CLASSES:

(Included in your membership at no additional cost)

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

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

## ADULT ROCK WALL CLIMB TIME

Open rock wall time is held Monday through Friday from 5-6pm. Call ahead to ensure the space is not being used for an event.

## MEN'S FRIDAY NIGHT MADNESS BASKETBALL LEAGUE

For ages 19 and up.

Friday night games: 7:15pm, 8:15pm, 9:15pm

Registration begins December 20. The league begins on January 19, 2018.

Members: \$50 | Program Members: \$65

We also offer drop-in basketball court times. Check [wilsongrayymca.org](http://wilsongrayymca.org) for up-to-date schedules.

## ADULT INDOOR SOCCER (ages 30+)

We play 4-on-4 games!

**FEE:** \$30 | Visit [wilsongrayymca.org](http://wilsongrayymca.org) for schedules



## 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 available for additional cost. The challenge begins in February!

## 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 intro 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)

**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.



# YOUTH DEVELOPMENT

## Y-Achievers Program

### Ages 10-18

The Y-Achievers program exposes participants to present and future educational and career opportunities. The program is designed to help students reach their full potential by teaching positive social values and igniting students' thirst for knowledge. Adults from the community are invited to come and participate as role models as well. We also strive to empower participants' families to assist students in reaching their goals.

The program typically serves 80 – 100 youth, and historically all graduating seniors from our Y-Achievers Program have attended college.

We also have a parent achiever component, which consists of over 30 parents who meet twice monthly to discuss homeownership, finance, living-wills, credit, education, health, entrepreneurship and more.

**Members: \$20 | Program Members: \$30**

Program runs: October 7, 2017-April 21, 2018 (However, we do accept applicants throughout the year on an individual basis.)

For more information, please contact program coordinator Keon Berry at [Keon.Berry@ghymca.org](mailto:Keon.Berry@ghymca.org).

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

**Spring 1: February 26-April 22**

**Member registration: December 4**

**Open registration: December 11**

**No classes April 9-April 15**

**Closed on Easter**

## Y-TIP (Teen Incentive Program) (ages 10-18)

This program is designed to remove barriers for neighborhood teens, linking them to academic and social support systems during high school. We provide incentive for teens who exemplify the Y's core values of caring, honesty, respect, and responsibility. The Y-TIP program utilizes an innovative curriculum and field trips to help youth become engaged in the community and learn to become the leaders of tomorrow.

**Participants earn a youth membership or alternative incentive.**

Program runs: November 6, 2017-April 21, 2018  
(We accept individual applicants throughout the year.)

For more information, please contact program coordinator Keon Berry at [Keon.Berry@ghymca.org](mailto:Keon.Berry@ghymca.org).



## Girls' Creating a Future (ages 8-18)

This social enrichment program fosters innovative thinking, exposes students to business culture and economics, and helps them create, market, and sell a product. It's designed to boost self-esteem and confidence in young women.

**Free for members.**

For more information, please contact program coordinator Monique Randolph at [Monique.Randolph@ghymca.org](mailto:Monique.Randolph@ghymca.org).

## Boys With a Purpose (ages 8-18)

Boys With a Purpose engages young Hartford-area men in activities to promote non-violence and expand their horizons beyond their daily environment. Participants are empowered to pursue greatness through community service, guest lectures and interactive workshops.

**Free for members.**

For more information, please contact program coordinator Keon Berry at [Keon.Berry@ghymca.org](mailto:Keon.Berry@ghymca.org).



# YOUTH DEVELOPMENT

## Academic Advising (ages: 8-17)

We offer youth the tools to successfully complete middle and high school. The program is designed to increase the rate of youth attending and completing post-secondary education. In order to successfully accomplish this task, the academic advisor will foster relationships with the youth and their families through various programming.

Students enrolled in academic advising get free tutoring Monday-Thursday from 4-7pm. Students are tracked academically using various tools such as progress reports and monthly check-ins with child's school and teachers. Parents also have the option of having the academic advisor present at parent/teacher conferences. This will include communication with faculty and other academic advisors; the coordination of meetings and projects within the academic year.

**Free for members.**

Program runs throughout the school year, as well as for summer school students.

For more information, please contact program coordinator Monique Randolph at [Monique.Randolph@ghymca.org](mailto:Monique.Randolph@ghymca.org).

## Reach & Rise Mentoring (ages 5-17)

The Reach & Rise Mentoring Program engages youth who lack positive role models and are in communities challenged by social issues such as poverty, crime and truancy.

**Free for members.**

**Program commitment is 1 year.**

For more information, please contact program coordinator Krystal Bravo at [Krystal.Bravo@ghymca.org](mailto:Krystal.Bravo@ghymca.org).

## 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](http://ghymca.org/camp) for pricing and info on the programs run at our 14 day camps, and visit [campjewell.org](http://campjewell.org) and [campwoodstock.org](http://campwoodstock.org) for information on our overnight camps.



## BEFORE AND AFTER SCHOOL PROGRAMS

Visit [ghymca.org/childcare](http://ghymca.org/childcare) for info on pricing, which locations offer pre-K care, and times.

### Locations:

Annie Fisher STEM & Montessori School (AM&PM)  
280 Plainfield Street, Hartford

Hartford Pre-K (PM only)  
121 Cornwall Street, Hartford

Ramon E. Betances STEM School (PM only)  
585 Wethersfield Avenue, Hartford

Breakthrough 2 Magnet School (AM&PM)  
395 Lyme Street, Hartford

Noah Webster Microsociety School (AM&PM)  
5 Cone Street, Hartford

Ramon E. Betances Early Reading Lab (PM only)  
42 Charter Oak Avenue, Hartford

RJ Kinsella Magnet School of Performing Arts (PM only)  
65 Vanblock Avenue, Hartford

## 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 860-521-5830.



# YOUTH SPORTS

## INSTRUCTIONAL BASKETBALL (ages 4-11)

Saturdays 10:30am-12pm

Members: \$40 | Program Members: \$55

Program runs January 20-March 31

## TRAVEL BASKETBALL (grades 5-8)

Practices: Monday, Wednesday, Friday 5:30-7:30pm

Games: Saturdays & Sundays, times vary

Members: \$150 | Program Members: \$200

League runs November 1-February 29, 2018

## MARTIAL ARTS (ages 5-18)

Tuesdays & Thursdays 5:30-6:15pm or 6:30-7:15pm

Members: \$25 | Program Members: \$50

## VOLLEYBALL (ages 13+)

Thursdays: 7-9:30pm, Sundays: 2-4pm

Members: Free | Program Members: \$20



## LET'S DANCE

Ages 3-4: Creative movement

Ages 5-7: Ballet, hip hop, beginner jazz/tap

Ages 9-12: Ballet, dance fusion, drill, hip hop, intermediate jazz/tap

### Pricing (prices by month):

Beginner: Members: \$25 | Program Members: \$35

Intermediate: Members: \$30 | Program Members: \$40

Payments are due the first of each month. For info, please call 860-241-9622 or visit our Welcome Center.

## BISHOP CHESS CLUB (ages 8+)

A free chess club held in partnership with DIG Academy. In addition to weekly lessons, tournaments are held against other teams.

Wednesdays 7-9pm



## WALK-IN TABLE TENNIS (ages 8+)

Fridays 7-9pm

\$10 per visit, no registration needed.

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

**Spring 1: February 26-April 22**

**Member registration: December 4**

**Open registration: December 11**

**No classes April 9-April 15**

**Closed on Easter**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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