



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONG BODIES. STRONGER BONDS.

Come in for your **FREE FitPath Wellness Assessment**, and join us for our family, senior and community events!

DOWNTOWN YMCA
SPRING PROGRAM GUIDE

SPRING SESSION 1: February 25–April 14, 2019

SPRING SESSION 2: April 22–June 9, 2019

Registration Begins: January 21, 2019

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February 25–April 14, 2019

SPRING SESSION 2:
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MEMBER REGISTRATION: January 21, 2019

OPEN REGISTRATION: January 28, 2019

Facility Hours:

Monday–Friday | 5:00AM–9:00PM

Saturday | 7:00AM–1:00PM

Sunday | 9:00AM–3:00PM

Downtown YMCA
90 State House Square
Hartford, Connecticut

860-522-4183

DowntownYMCA.org

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

YMCA MEMBERSHIP OPTIONS

Y Kids | 6 weeks–11 years: for program use only

Youth | ages 12–18

Young Adult | ages 19–29

Adult | ages 30–64

Couple

Senior | ages 65+

Senior Couple

Family 1 Parent | 1 adult and any children sharing the same address

Family 2 Parents | 2 adults and any children sharing the same address

Visit ghymca.org/join

for more information, pricing and to schedule a tour!
Financial assistance is available to those who qualify.

CORPORATE MEMBERSHIP

The YMCA and your company can partner to offer a holistic wellness program for your employees. From a discounted rate, to a full program to encourage health and wellness, we do it all! Call us to discuss bringing the Y to your employees!

Contact Reilly Higgins at Reilly.Higgins@ghymca.org or Taylor Warner at Taylor.Warner@ghymca.org or call our Welcome Center.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

As of January 1, the Downtown YMCA offers several membership options for seniors: Silver Sneakers and Renew Active by United Healthcare, both of which are free membership options for seniors 65+ whose insurance includes the program. The Y will also offer AARP Medicare Supplement by United Healthcare, which allows for a 50% discount off the Y's senior or senior couple rate. We also offer senior rates for those whose insurance does not cover a membership.

We also have several new senior programming and social opportunities available, including pickleball, game days, land and water exercise classes, seminars and more. Visit ghymca.org/seniors to see all of our current options! If you have an feedback on our offerings, please email lisa.reinhardt@ghymca.org.



AARP Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company

RenewActive
by UnitedHealthcare

SilverSneakers
by Tivity Health

DID YOU KNOW?

THE COMMUNITY CAMPAIGN CHANGES LIVES

At the Y, no child, adult or family is turned away based on their ability to pay. We recognize that for communities to succeed, everyone must be given the chance to live healthy, feel connected and be secure.

PROGRAM ASSISTANCE

The YMCA offers programs and services to benefit people of all incomes and backgrounds. The Y uses funds from the community campaign to ensure those unable to pay the stated fee can participate. If fees are a concern, please contact us 860-522-4183.

PROGRAM REFUND POLICY

Unless otherwise noted, classes run for 7 weeks. You pay for 6, and the 7th is a free bonus or serves as a make-up. If the Y 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 for the unused portion. All deposits to secure a spot in a program are non-refundable.

HEALTH & WELLNESS

GROUP FITNESS CLASSES

(Included in your membership at no additional cost) We offer 50 FREE group exercise classes each week! Dance yourself to a healthier you in Zumba or strengthen and stretch in yoga! Build strength in an H.I.I.T. classes or improve your cardiovascular health with cycle. Whatever you choose, our instructors are there to help you have a fun and successful class. A current Group Exercise schedule can be found at GHYMCA.org or at the Welcome Center.

SILVER SNEAKERS CLASSIC

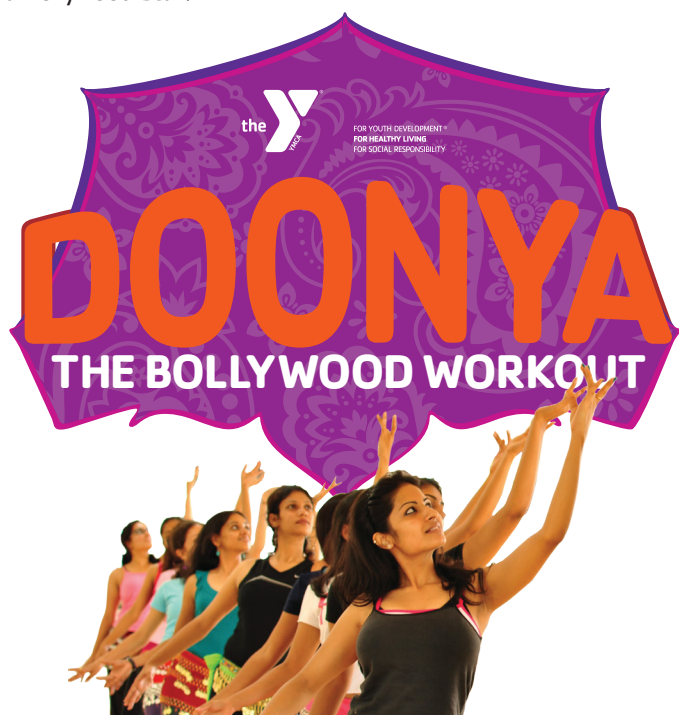
Tuesday & Thursday | 10:00AM-10:45AM

A LOW-IMPACT CLASS with high RESULTS! Silver Sneakers Classic can help you increase your muscular strength, range of motion and activity for everyday living. Hand-held weights, elastic tubing and Silver Sneakers balls are offered for resistance.

For all inquiries regarding Health & Wellness programs, contact Toni Proffitt at Toni.Proffitt@ghymca.org or 860-522-4183.

NEW TO THE Y!

DOONYA: THE BOLLYWOOD WORKOUT is a dance-based, high-intensity interval training fitness program. Spend 55 minutes sweating to the powerful drum beats of South Asia. Starting with a movement breakdown, you are equipped with the exotic, energetic steps to take you through 8-11 songs. Each heart pounding routine targets a major muscle group through innovative choreography and body-weight and weighted movements. Class ends with stretches and a reflection on the strength and power you channeled in class. You'll leave class ready to take on life's obstacles with grace and power... just like a Bollywood Star!



The Bollywood workout is a dance based high-intensity interval training fitness program. Spend 55 minutes sweating to the powerful drum beats of South Asia. Starting with a movement breakdown, you are equipped with the exotic, energetic steps to take you through 8-11 songs. Each heart pounding routine targets a major muscle group through innovative choreography and body-weight and weighted movements. Class ends with stretches and a reflection on the strength and power you channeled in class. You'll leave class ready to take on life's obstacles with grace and power... just a like a Bollywood Star.

OFFERED AT DOWNTOWN YMCA • WEDNESDAYS 6:25-7:15PM

Contact the Welcome Center for more information!
Downtown YMCA • 860-522-4183 • DowntownYMCA.org
90 State House Square, H1, Hartford, CT 06103

SLIMDOWN SPRING 2019 STARTS FEBRUARY 18!
Visit ghymca.org/slimdown for info and to register

STRENGTH TRAIN TOGETHER

This program will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Music and a group atmosphere get your heart rate up and push you to a personal best.

FITPATH (1 hour consultation)

Come meet us so we can help you get the most out of your membership! We want to find out as much as we can about you: what your health, fitness and wellness goals are, what your fitness background is, and how you move. After that, we will recommend the best plan of action for you to be successful here at the Y. FITPATHs are free for members. Youth FITPATH available upon request (30 min)

PERSONAL & SMALL GROUP TRAINING

Whether you want to lose body fat, tone up, build muscle mass, recover from injury, or reclaim your health, we will help you do it! Personal training at the Downtown Y is about exercising on YOUR terms. We offer packages for individuals or small groups, and you can choose 30-minute or 1-hour sessions.

*Ask us about our MASTER TRAINERS!!

Contact Toni Proffitt at Toni.Proffitt@ghymca.org or 860-522-4183 for rates and package offers!

NUTRITION COUNSELING

An overview of proper nutrition and healthy eating. Bring a 7-day food journal to review what dietary modifications should be made to reach your health and fitness goals.

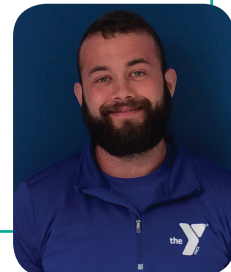
For more info, please contact Michael Remieres, MS, CSCS, at michael.remieres@ghymca.org or call the Downtown YMCA at 860-522-4183.

"My fitness journey started my freshman year of college as an engineering major. One year of hard work and I lost 100lbs! After that year I changed my life's focus to helping people reach their health and fitness goals. I haven't worked a day in my life. I wake up every morning excited to reach out and make a difference in the lives of others. Today I train and compete on the national level as a top 10 90kg strongman in the United States."

-Mike Remieres

Wellness Coordinator
Specializes in:

- Nutrition and Weight Management
- Orthopedic Rehab/ Posture Correction
- Functional Training/ Strength Training



For all inquiries regarding Health & Wellness programs and classes, contact Toni Proffitt at Toni.Proffitt@ghymca.org or 860-522-4183.

HEALTH & WELLNESS

MASSAGE THERAPY & FACIALS

BIOELEMENTS FACIAL

Customized skincare products are used to improve the look & feel of any type of skin—dry, normal, oily, prone to acne.

30 min—Members: \$50 | Non-members: \$60

60 min—Members: \$85 | Non-members: \$95

DEEP TISSUE MASSAGE

Body work with firm pressure for relief from tension and chronic areas of discomfort. Utilizes pressure and slow, deep strokes to reach deeper levels of muscles.

30 min—Members: \$45 | Non-members: \$55

60 min—Members: \$75 | Non-members: \$85

90 min—Members: \$110 | Non-Members: \$125

HOT STONE MASSAGE

Heated, smooth stones are placed on key points, and are massaged deep into muscles.

60 min—Members: \$90 | Non-members: \$105

90 min—Members: \$130 | Non-Members: \$145

SWEDISH MASSAGE

A full-body, meditative massage to restore, release & renew the mind, body and spirit.

30 min—Members: \$45 | Non-members: \$55

60 min—Members: \$75 | Non-members: \$85

90 min—Members: \$110 | Non-Members: \$125

FAST RESULTS PEEL

30 min—Members: \$45 | Non-members: \$55



AMENITIES

- Locker Rentals
- Laundry Service
- Towel Service
- Sauna
- Steam Room
- Whirlpool
- Turf Area
- Pool
- Fitness Center
- Boxing Studio
- Mind Body Studio

LIVESTRONG® AT THE YMCA

A 12-week program for adult cancer survivors at any point in their cancer journey. Groups meet twice per week for 90 minutes with certified trainers to work on cardiovascular endurance, muscular strength and endurance, balance, flexibility, and mind-body-spirit.

This program is FREE for you and your family!

Contact: Call 860-522-4183 for more information.



DIABETES PREVENTION PROGRAM

Are you 18+ years old? Are you overweight? Are you physically inactive or 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 certified lifestyle coach. The coach provides the tools and support to facilitate sustainable behavior changes, including healthier eating and increased physical activity.

Program Fee: \$429 for one year*

*Payment plans and financial assistance available to those who qualify. Classes are always forming. For details, contact Rebecca Boisvert 860-595-3026 or ymcadpp@ghymca.org or visit ghymca.org/diabetes



For more information on Diabetes Prevention, contact Rebecca Boisvert 860-595-3026 or ymcadpp@ghymca.org or visit ghymca.org/diabetes

YOUTH DEVELOPMENT

GHYMCA.ORG

FOOTLIGHTS PERFORMING ARTS AND EDUCATION PROGRAM

ages 5-17

FootLights is a performing arts and education program designed to help youth discover their talents in a safe, fun environment. Founded by Michele Colletti and expanded by Debra Mauldin, the program focuses on both the artistic and the academic success of its participants.

Classes include, but are not limited to: **show choir, dance, step & drill, martial arts, African drumming and theater.** Academic support provided through private **tutoring** with computer access, monthly field trips, workshops, and performances!

At the end of each school year, there's a performance for the families, friends and supporters of the participants to showcase their hard work.

Auditions available by appointment.

Just looking for homework help? Need to raise your grades? Students are welcome to attend just for private tutoring.

For more information or to schedule an audition, please contact **Lael Marie Williams** at **860-595-3056(o)** or **860-539-3984(c)**. Also inquire about our volunteer, fundraising, school community service hours, internships and work study opportunities!

FOLLOW US AT
FACEBOOK.COM/DOWNTOWNYMCA.FOOTLIGHTS



WE OFFER SUMMER CAMP IN 13 TOWNS ACROSS NORTHERN CONNECTICUT!

CAMP OPTIONS

traditional day camp (kindergarten-8th grade), specialty camps, preschool camp, teen camp, leadership programs, overnight camp

DID YOU KNOW?

YMCA of Greater Hartford family members get a discount on overnight camp! If you have a family membership, you get \$175 off for 1 week, or \$350 off for 2 weeks! The discount is per child, and can be applied for as many weeks of camp as you sign up for!

LEARN MORE about all of our summer camp options at ghymca.org/camping. You can also learn more about our overnight camps at campjewell.org and campwoodstock.org. also check out our regional day camp, Camp Chase, at campchase.org.



DID YOU KNOW? MEMBERSHIP HAS A LOT OF BENEFITS!

As a member of the Downtown Y, you are a member of ALL our YMCAs. We have 6 full facilities, 4 program branches and 3 camps, all of which you can use with your membership. From before and after school child care to sports teams for kids and adults, we offer it all!

During the summer, visit Camp Chase! Members can use outdoor pool, grills, hiking trails and more from 4-7pm weeknights and 11am-7pm weekends and holidays. We are open through Labor Day!

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Looking for individualized instruction? Private and semi-private swim lessons are available by appointment.

Private swim lessons give swimmers the ability to have one-on-one instruction and can allow greater focus on the individual's skills, abilities, and goals. Private swim lessons can be arranged with any skill level. Each lesson is 30 minutes long and is offered in different package amounts.

PORPOISE CLUB IS BACK!

Porpoise Club introduces participants to competitive swimming and provides the experience of being part of a team and attending practices. We focus on competitive skills without the full commitment of a competitive swim team. Participants must be able to swim 25 yards of freestyle and backstroke.

Tuesdays & Thursdays | 6:00-7:00PM

\$96/child

Contact Mike Krajewski to learn more!

POOL RENOVATIONS ARE COMPLETE!

If you did not know, our downtown pool has been going through a renovation over the last 5 weeks! New lighting, ceiling tiles, and paint are just a few of the updates that occurred during the renovations. It's a great time to start using the pool for any and all of your fitness needs. For more information about the renovation or pool programs offered at the YMCA contact Mike.



DID SOMEONE SAY POOL PARTY?!

The Downtown Y now offers pool rentals for birthday parties and other occasions!

For pricing & reservations, contact Mike.

Contact Aquatics Director Mike Krajewski for more info on all lessons and programming at Mike.Krajewski@ghymca.org or by calling 860-522-4183.

PRESCHOOL, YOUTH, TEEN & ADULT GROUP SWIM LESSONS

Members: \$44 | Program Members: \$86

We offer group swim lessons starting at 6 months with parent-and-me classes, going all the way up through adulthood. Classes are broken up based on age and swim level.

For descriptions of classes and schedules, please visit our website at ghymca.org/swimlessons.

PARENT & CHILD LESSONS

6 months-3 years

Level A: Water Discovery

Level B: Water Exploration



PRESCHOOL SWIM LESSONS

3 years-5 years

Level 1: Water Acclimation

Level 2: Water Movement

Level 3: Water Stamina

Level 4: Stroke Introduction

YOUTH SWIM LESSONS

6 years-12 years

Level 1: Water Acclimation

Level 2: Water Movement

Level 3: Water Stamina

Level 4: Stroke Introduction

Level 5: Stroke Development

Level 6: Stroke Mechanics

TEEN & ADULT LESSONS

13+ years

Beginner

Intermediate



DID YOU KNOW THAT MEMBERS SAVE BIG ON OVERNIGHT CAMP AT THE Y?
Chose from our two world class camps, Camp Jewell or Camp Woodstock, and **SAVE UP TO \$350!** Call our Welcome Centers for more info, or visit CampJewell.org and CampWoodstock.org



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FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.
90 State House Square, Hartford, CT 06103

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.

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.