the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFELONG VALUES. FRIENDLY COMPETITION

GLASTONBURY FAMILY YMCA

SPRING PROGRAM GUIDE

SPRING SESSION I: February 25–April 14, 2019
SPRING SESSION 2: April 22–June 9, 2019

Registration Begins: January 21, 2019

STRENGTHENING OUR COMMUNITY

GHYMCA.ORG

SPRING SESSION I:
February 25–April 14, 2019

SPRING SESSION 2:
April 22–June 9, 2019

OPEN REGISTRATION: January 21, 2019

Camp Registration is Now Open at GHYMCA.ORG/CAMP

Facility Hours:
Monday–Friday | 8:30AM–5:00PM
Saturday & Sunday | Closed

Glastonbury Family YMCA
95 Oakwood Drive, Glastonbury, Connecticut

860-633-6548

GlastonburyYMCA.org

Facebook.com/glastonburyymca

Y WELLNESS PASS™

For one low monthly fee, Y Wellness Pass™ allows you unlimited use of our Wellness Center, featuring state-of-the-art cardio equipment from Precor® and Keiser® and free admission to all group exercise classes.

Adult Wellness Pass: $25

Senior Wellness Pass (65+): $15

High School & College Wellness Pass: $10

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

As of January 1, the Glastonbury Family YMCA will offer new membership options for seniors including Silver Sneakers and Renew Active by United Healthcare. Both are free membership options for seniors aged 65+ whose insurance plan includes the program.

In addition, we will be expanding our senior programming and social opportunities to include specialized group exercise classes, game days, walking clubs and free seminars. Stay tuned for news on these new offerings! If you are interested in sharing your thoughts on senior programming, please email Lisa.Reinhardt@ghymca.org

RenewActive™ by UnitedHealthcare

SilverSneakers® by Tivity Health

DID YOU KNOW?

THE COMMUNITY CAMPAIGN CHANGES LIVES

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

YOUR DONATION MAKES THIS POSSIBLE!

The YMCA offers programs and services to benefit people of all incomes and backgrounds. The Y uses contributed funds from the COMMUNITY CAMPAIGN to ensure those unable to pay the stated fee can participate. If fees are a concern, please contact us 860-633-6548.

THANK YOU TO OUR SUPPORTERS!

MONACO Ford SINCE 1922

COLDWELL BANKER RESIDENTIAL BROKERAGE

THE NEXT STREET™

LIONS INTERNATIONAL

UNITY FOR SERVICE • NATIONAL EXCHANGE CLUB

HEALTH & WELLNESS

ZUMBA®

is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Columbian word meaning to move fast and have fun.

Wednesdays | 5:45PM–6:45PM

Fee: $50

YOGA

A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

Tuesdays | 7:00PM–8:00PM

Fee: $50

SILVER SNEAKERS CLASSIC

Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Tuesdays | 11:15AM–12:00PM

Fridays | 11:15AM–12:00PM

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: FREE*

*Fee for first 8 participants paid in full by grant funding, a $429 savings includes free adult membership

For more information contact: Rebecca Boisvert at 860-595-3026 ymcadpp@ghymca.org | ghymca.org/diabetes

BOOT CAMP

This high-energy program includes an intense cardiovascular workout and strength-training drills and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

Fridays | 9:30AM–10:30AM

Fee: $50

SCULPT AND TONE

No to Low Impact, all level, full body workout using weights and body weight moves to strengthen, tighten, lengthen and tone your whole body. Modifiable to meet your personal needs and abilities.

Mondays | 5:00PM–5:45PM

Fridays | 12:30PM–1:15PM

Fee: $50

CORE 30

Core, Core, Core and more. Focusing on abs, obliques and lower back. Get in, have fun and get it done!

Tuesdays | 12:30PM–1:00PM

Wednesdays | 5:10PM–5:40PM

Fee: $50

PILATES

Based on the fundamentals of Joseph Pilates' principles, this class will focus on your body core. This method of total body conditioning trains both body and mind with a series of exercises that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.

Tuesdays | 5:30PM–6:30PM

Thursdays | 5:30PM–6:30PM

Fee: $50

LIVESTRONG® PROGRAM

Our YMCA is proud to offer LIVE**STRONG**® at the YMCA to help cancer survivors feel alive again! This free12-week program is designed to help survivors overcome the effects of fatigue and deconditioning from treatment and the disease. The program is for adult survivors from the point of diagnosis through the balance of life.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVE**STRONG**® at the YMCA is helping people move beyond cancer in spirit, mind and body.

Spring session will begin on a date to be determined.

For more information or to register, call the Y offices at 860-633-6548

Contact the branch with questions or concerns about health and wellness related questions by calling 860-633-6548

CHILD CARE

PRESCHOOL AT THE Y

We offer both full and half day preschool programs at the Glastonbury Family YMCA. All YMCA of Greater Hartford preschool programs use the Early Learning Development Standards (ELDS) for infant, toddler and preschool children set by the Connecticut Department of Education. These standards align with the Common Core, preparing children for kindergarten and life.

FULL DAY PRESCHOOL
6:30AM–6:30PM

5 days per week
$1015 per month

3 days per week
$740 per month

2 days per week
$500 per month

HALF DAY PRESCHOOL
9AM–12PM

5 days per week
$350 per month

3 days per week
$215 per month

2 days per week
$150 per month

BEFORE AND AFTER SCHOOL CARE

Before school care runs 7am until start of school.

After school care starts at the end of the school day and runs through 6pm.

Locations:
Buttonball School

Gideon Welles School (PM only)

Hebron Avenue School

Hopewell School

Naubuc School (PM only)

Nayaug School

Pricing (discounts available for 2nd child):

Morning care:
3 days per week: $170 per month

5 days per week: $260 per month

Afternoon care:
3 days per week: $275 per month

5 days per week: $428 per month

VACATION DAYS

YMCA provides care for school aged children during school vacations and holidays. Registration forms will be available at the child care sites and the YMCA office 3 weeks prior to a vacation. Care is provided from 7:00am to 6:00pm. Children will go on field trips and enjoy special activities. This is a state licensed program. Current medicals must be on file with the Y office.

Location: Naubuc School

On Site Days: Fee: $65.00 per day
2nd child $61.75

SNOW DAYS

The Glastonbury Family YMCA strives to provide care when the public schools are closed due to inclement weather. If the YMCA is able to safely provide care, it will be from 9:00AM to 4:00PM at the Naubuc Elementary School.

Fee: $200.00 for a 3 day package

BIRTHDAY PARTIES

Host your child's next party with the Glastonbury YMCA! We host kids ages 3-10. Parties are held at the Glastonbury Family YMCA, located at 95 Oakwood Drive, Glastonbury. All parties include 45 minutes of activities and 45 minutes in the party room for cake/presents/etc.

For more information and to schedule your party contact us 860.633.6548

Fees: 20 or fewer guests: $240
30 or fewer guests: $280

COSTUME PARTY

Come celebrate your birthday party at the YMCA. Children come dressed as their favorite character, and our staff will lead the kids in a series of interactive games and challenges. After all the children will strike a pose with the birthday child.

MAD SCIENTIST PARTY

Give your child the ultimate science-themed birthday party. We want to show kids that science is everywhere, and it's COOL! Your child will be the lab assistant to the mad scientist, and every child at your party will get to make a fun, hands-on item to take home. The mad scientist will pose for pictures with the birthday child and their guests.

ARTS & CRAFTS PARTY

Celebrate your child's special day and give them memories to last a lifetime. Do you have a budding artist in your life? Have an arts and crafts birthday party. Children will channel their inner artist and express their creativity by making a craft activity they can take home.

For more info our preschool and before & after school care programs, please contact our child care director, Sarah Ralston by email at Sarah.Ralston@ghymca.org or by phone at 860-633-6548.

YOUTH DEVELOPMENT

BASKETBALL

Ages 4–6 | Grades 1–3

Children will learn basic skills (dribbling, passing, & shooting).

Location: Glastonbury Tennis Club, 228 Oak Street

Ages 4–6: Fridays | 5:30PM–6:15PM
Fridays | 6:20PM–7:05PM

Fee: Ages 4-6: $97

Grades 1–3: Fridays | 5:30PM–6:30PM
Fridays | 6:30PM–7:30PM

Fee: Grades 1-3: $122

SPORTS OF ALL SORTS

Ages 3–5

Learn team spirit and sportsmanship while increasing motor skills through a variety of fun, non-contact sports.

Location: YMCA

Mondays | 2:00PM–2:45PM

Thursdays | 9:45AM–10:30AM

Fee: $97

YOUTH TENNIS

Ages 6–8 and 9–12

Children will learn fundamental skills including ground strokes, the serve, scoring and rally.

Location: Glastonbury Tennis Club, 228 Oak Street

Fridays | 5:30PM–6:30PM

Fee: $155

HORSEBACK RIDING AT 7 J'S FARM

Ages 7–15

Participants will receive significant English riding instruction while learning about the parts of the horse, the equipment, the care, grooming and safety. Limited to 7 participants.

Location: 7 J's Farm, 24 Candlewood Drive

Saturdays | 2:30PM–3:30PM

Fee: $360

GLASTONBURY FAMILY YMCA AND GLASTONBURY YOUTH FOOTBALL LEAGUE – CO-ED FLAG FOOTBALL

Grades K–3

Glastonbury Family YMCA, in conjunction with the Glastonbury Youth Football League, presents co-ed flag football for grades kindergarten through 3rd grade. Coaches devise offensive and defensive plays that teach football concepts and strategy.

Everyone plays at least half the game. All flag football equipment will be provided. Cleats are encouraged but not necessary; no metal cleats allowed. Class runs for 5 consecutive Sundays, beginning May 5, fields permitting. There is no class on Memorial Day weekend, May 26.

Location: Buttonball Fields

Grades K–1: Sunday | 4:00PM – 5:30PM

Grades 2–3 : Sunday | 4:00PM – 6:00PM

Fee: $85

SPRING DRAMA PRODUCTION
MARY POPPINS JR.

Production Date | March 15 & 16

7:00PM curtain at Gideon Welles School

Tickets are $8.00 and will be sold at the YMCA office and at the door the evening of the show.

YOUTH DEVELOPMENT

LEADERS CLUB

Grades 7–12

Leaders Club is a fun environment for teens to bond, put into practice the YMCA core values of caring, honesty, respect and responsibility and enjoy new life experiences. The Leaders Club creates the chance for the participants to grow as individuals and make new friends. This teen-led service club provides the opportunity for leadership, community service and mentoring.

Location: YMCA

Wednesdays | 6:15PM–7:45PM

Fee: $250.00

Contact the Y office, for more information

YOUTH & GOVERNMENT

Grades 9–12

This exciting program brings together experienced volunteers, politicians, and attorneys with high school students. It is a great opportunity to be a part of the democratic process. Students meet twice per month to prepare their bills for the convention. They will learn the basics of parliamentary procedure, and how to write, research and debate bills with 300 other students from around the state of CT.

Location: YMCA

Beginning October 11, 2018

2nd & 4th Thursdays | 6:15PM

Fees – Registration | $145

Mock Legislative Weekend | $275 (due in January)

ARTS AND HUMANITIES

CRAFTS AND MORE

Ages 2 1/2-4

This class is designed to promote socialization and high self-esteem through arts, crafts, music, story time and activities. Must be potty-trained.

Location: YMCA

Wednesdays | 9:15AM–10:45AM

Thursdays | 9:15AM–10:45AM

Fee: $122

LITTLE SCIENTISTS

Introduce your child to the wonderful world of science through stories and this hands-on approach to Learning. A different topic each week with interesting experiments.

Location: YMCA

Mondays | 1:00PM–1:45PM

Fee: $97

CULINARY KIDS

We will stir up creative recipes and have a blast making some of our favorite treats, while learning basic kitchen and cooking skills. Join us as we prepare healthy snacks and goodies. All materials and ingredients are provided.

Location: YMCA

Thursdays | 1:00PM–1:45PM

Fee: $97

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.

Did you know that in addition to our fabulous branch day camps, we have two world class overnight camps and two regional day camps?

Learn more about Camp Jewell, Camp Woodstock, Camp Chase and Camp Yankee Trails at GHYMCA.org/camping

18-12-020

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLASTONBURY FAMILY YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.
95 Oakwood Drive, Glastonbury, CT 06033
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.