



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!

**HALE YMCA YOUTH AND FAMILY CENTER
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:
April 22–June 9, 2019

MEMBER REGISTRATION: January 21, 2019

OPEN REGISTRATION: January 28, 2019

Hale YMCA Youth and Family Center
9 Technology Park Drive
Putnam, Connecticut 06260

860-315-9622

HaleYMCA.org

Facebook.com/haleymcact

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.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

As of January 1, the Hale YMCA Youth & Family Center offers several new 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 860-315-9622

#BESTSUMMEREVER AT CAMP CUTLER!

Fees:

Kiddie Kamp:	Members: \$105/week	Non-Members: \$155/week
Full Day Camp:	Members: \$205/week	Non-Members: \$255/week
Half Day Camp:	Members: \$140/week	Non-Members: \$190/week
Three Day Camp:	Members: \$140/week	Non-Members: \$190/week
Counselor in Training:	Members: \$205/week	Non-Members: \$255/week
Leader in Training:	Members: \$155/week	Non-Members: \$205/week
Before & after camp care: no additional fee		

we offer financial assistance, but you must first apply for Care 4 Kids. There will be a one time registration fee of \$20 for the first week of attendance.

Schedule:

1. Before Camp Hours	6:30 – 9:00AM
2. Camp Day Hours	9:00 – 4:00PM
3. After Camp Hours	4:00 – 6:00PM

THEMES:

Week 1:	6/17/19- 6/21/19	Myth Busters
Week 2:	6/24/19 - 6/28/19	Raiders of the Lost Artifact
Week 3:	7/1/19 - 7/5/19	Back to the Future
Week 4:	7/8/19 - 7/12/19	Kingdom Wars
Week 5:	7/15/19 - 7/19/19	To Infinity and Beyond
Week 6:	7/22/19 - 7/26/19	Around the World in 5 days
Week 7:	7/29/19 - 8/2/19	Shipwrecked
Week 8:	8/5/19 - 8/9/19	Top Secret
Week 9:	9/12/19 - 8/16/19	Academy Awards
Week 10:	8/19/19 - 8/23/19	Ninja Warriors

HEALTH & WELLNESS

GROUP FITNESS CLASSES

FREE with your membership! A current group exercise schedule can be found at haleyymca.org

Over 50 classes to meet YOUR workout needs. Choose from classes like Zumba, strength training, yoga, TRX, cycling and water fitness! Dance, sweat, and have fun in a group!

And don't miss our new Silver Sneakers classes - Silver Sneakers Classic and Silver Sneakers Splash!"

FITPATH

Sometimes we all need the expert advice and attention from a personal trainer or coach. Our personal trainers will work with you, one-on-one, to define and focus your fitness goals and create an exercise plan that is right for you. Here at the Y, we are committed to your success. Your FREE 1 hour FITPATH consultation is included with your membership. Call to schedule your session TODAY!

Youth FITPATH available upon request (30 min)

LIVESTRONG® AT THE YMCA

A 12-week program for adult cancer survivors at any point in their cancer journey. The small group meets twice per week for 90 minutes with our 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: 860-315-9622 x113 for more information.

YOUTH TRX

ages 10 -14

It's never too early to start TRX! TRX Training for youth can improve strength, joint integrity, balance and stability. This small group class is led by a certified TRX trainer. The focus will be on technique, flexibility, balance, & strength by developing basic foundational exercises through easy-to-follow progressions. Whether looking to develop healthy fitness habits or improve skills for sports, TRX is right for all skill levels. Space is limited.

REFLEKSIVE YOGA

This style of Power Vinyasa leverages your body against gravity using TRX. Build confidence with repetition while increasing strength, mobility and core reflexive stability.

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

Contact: Rebecca Boisvert at 860-595-3026 or ymcadpp@ghymca.org or visit ghymca.org/diabetes for more info. New classes are always starting!

Visit haleyymca.org for pricing and schedules for all of our health & wellness offerings.

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

PERSONAL TRAINING

Our talented trainers offer individual and group personal training packages to help you achieve YOUR goals! We offer a variety of packages and payment plans to make your health goals become a reality.

HEALTH COACHING

Do you need to make significant behavior and lifestyle change when it comes to food and fitness? Do you need help navigating contradictory health and fitness information? Health Coaches are knowledgeable advisers who provide ongoing support and guidance as you set goals and make sustainable changes that improve your health and happiness. Individual and Group sessions available with Jennifer Looney ACE Certified Health Coach.

- learn to read ingredient labels and understand how to choose less processed, nutrient-dense foods.
- set and accomplish goals in a way that is empowering and exciting
- understand and reduce your cravings
- increase your energy levels
- feel great in your body
- learn about whole foods and how you can easily incorporate them into your family's diet

SMALL GROUP TRAINING PROGRAMS

WOW: WOMEN ON WEIGHTS

Interested in learning more about free weights and how to incorporate them into your workouts? Then Women on Weights (WOW) is perfect for you! This small-group class runs six weeks and teaches women proper weight-lifting etiquette, technique and routine all while giving you a great workout. The goals of Women on Weights are to assist women in improving posture, increasing strength and changing body composition (more muscle/less fat). You'll see positive transformation to your body and you will get stronger.

Classes are Small Group Training and taught by Certified Personal Trainers. Space is limited call to register!

FIRST STEPS BACK

Coming back from an injury or dealing with chronic injuries? We'll help you ease back into a safe, effective workout.

SPECIALTY FITNESS CLASSES

TAI JI QUAN: MOVING FOR BETTER BALANCE

A fall prevention program for older adults. The program runs 12 weeks, and meets twice each week for 45 minutes.

Members: \$80 | Program Members: \$120

DEEP WATER FITNESS

Deep Water Fitness is a deep water class using jogger belts. It is easy on joints and excellent for all muscular groups and the cardiovascular system. This class incorporates a warm-up, extended aerobic workout, toning and cool down. Participants use aqua barbells to tone and build upper body strength.

For all inquiries regarding Health & Wellness programs, contact Jennifer Looney at Jennifer.Looney@ghymca.org or 860-315-9622 x113

YOUTH SWIM LESSONS

FUN WITH A SPLASH OF CONFIDENCE

Every day, children learn the basics of swimming at the Y! Children enhance their skills, learn to be safe and healthy, and build their confidence with our progressive lessons, which turn beginners into experts.

The Y ensures a low instructor-to-student ratio to make sure your kids get plenty of personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your child's needs and your schedule.

To learn more about pricing and swim lesson schedules, visit GHYMCA.org/swimlessons, or contact Susan Gada, director of aquatics at the Hale YMCA, at Susan.Gada@ghymca.org or 860-315-9622 x110.

NO SWIM LESSONS APRIL 9-15 AND MAY 27

GROUP SWIM LESSONS CLASS SELECTOR

STEP 1: What age group does the student fall into?

6 months-3 years PARENT & CHILD STAGES A-B	3 years-5 years PRESCHOOL STAGES 1-4	6 years-12 years SCHOOL AGE STAGES 1-6	13+ years TEEN & ADULT STAGES 1-6
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All age groups are taught the same skills, but are divided according to developmental milestones.

STEP 2: Which level is your child ready for based on his or her skills?

Can the student respond to verbal cues and jump on land?	NOT YET?	A WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET?	B WATER EXPLORATION
Will the student go under water voluntarily?	NOT YET?	1 WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET?	2 WATER MOVEMENT
Can the student swim 10-15 yards on his or her front and back?	NOT YET?	3 WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET?	4 STROKE INTRO
Can the student swim front crawl, back crawl, and breast stroke across the pool?	NOT YET?	5 STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breast stroke across the pool and back?	NOT YET?	6 STROKE MECHANICS

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private swim lesson (1 lesson)
Members: \$35 | Program Members: \$70

Private swim lesson (6 lessons)
Members: \$200 | Program Members: \$400

Semi-private swim lesson (1 lesson, 2 participants)
Members: \$55 | Program Members: \$110

Semi-private swim lessons (6 lessons, 2 participants)
Members: \$300 | Program Members: \$600

RIPTIDES SWIM TEAM

For more info or to join our competitive swim team, please contact our coach at Brian.Reilly@ghymca.org.

We now have rolling admission, this way individuals can play other sports and also continue on the swim team at a later time or month.

SPRING SWIM SCHEDULE

	6month-3yrs	Preschool 3-5	School Age 6-12
Mon	Level A and Level B 3:45-4:15p	Level 2 4:00- 4:30p Level 3 4:35-5:05p Level 1 4:20-4:50p	Level 1 4:55-5:40p Level 2 5:45-6:30p Level 4 5:10-5:55p
Tues	Level A and Level B 10:30-11:00a	Level 4 4:00-4:30p Level 1 4:00-4:30p Level 3 4:35-5:05p	Level 5 4:35-5:20p Level 6 5:25- 6:10p Level 1 5:10-5:55p
Wed		Level 2 4:00-4:30p Level 3 4:35-5:05p Level 4 4:00-4:30p	Level 1 4:35-5:20p Level 4 5:25-6:10p Level 5 4:35-5:20p
Th	Level A and Level B 10:30-11:00a	Level 1 4:00-4:30p Level 1 4:35-5:05p Level 2 5:10-5:40p Level 3 4:00-4:30p	Level 2 4:35-5:20p Level 3 5:45-6:30p Level 4 4:35-5:20p
Fri		Level 1 4:00-4:30p Level 3 4:00-4:30p Level 1 4:35- 5:05p	Level 2 4:35-5:20p Level 3 4:35-5:20p Level 4 5:25-6:10p
Sat	Level A and Level B 10:05-10:35a	Level 1 9:30-10:00a Level 2 10:40-11:10a Level 4 11:40-12:10p	Level 4 9:00-9:45 Level 1 10:00-10:45 Level 3 10:50- 11:35p
Sun	Level A and Level B 10:00-10:30a	Level 2 9:30-10:00a Level 1 10:35- 11:05	Level 2 10:05-10:55a Level 3 10:50- 11:35a

SPORTS

FLOOR HOCKEY – YOUTH

ages 7-11 | Spring 1

Fridays | 5:00 – 5:45PM

The Y is proud to offer this non-contact program. Hockey emphasizes skill, teamwork and most of all FUN! Skill development followed by age-appropriate scrimmaging.

Members: \$40 | Program Members: \$60

LACROSSE – YOUTH

ages 7-11 | Spring 1

Mondays | 5:00 – 5:45PM

Lacrosse is the fastest growing team sport in the country. In our noncompetitive and skill building environment, your young athlete can learn the fundamentals and terminology of boys or girls lacrosse. Skill development followed by age-appropriate scrimmaging.

Members: \$40 | Program Members: \$60

PARKOUR – YOUTH

ages 7-11 | Spring 1 and 2

Mondays | 5:00 – 5:45PM

Are you the next Ninja Warrior? Then this class is for you! Participants will learn to vault, flip and climb over obstacles. Learn to safely and creatively maneuver through any environment. Often referred to as “Urban Gymnastics”.

Members: \$40 | Program Members: \$60

FLAG FOOTBALL – YOUTH

ages 7-11 | Spring 2 Only

Fridays | 5:00 – 5:45PM

Coaches devise offensive and defensive plays that teach football concepts and strategy. Everyone learns skills through drills and plays at least half the game.

Members: \$40 | Program Members: \$60

ARCHERY – BEGINNER

ages 7-14 | Spring 1 & 2

Tuesdays | 4:00 – 5:00PM

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

Members: \$40 | Program Members: \$60

ARCHERY – INTERMEDIATE

ages 7-15 | Spring 1 & 2

Tuesdays | 5:00 – 6:00PM

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

Members: \$40 | Program Members: \$60



BASKETBALL – PRESCHOOL

ages 4-6 | Spring 1 only

Saturdays | 10:00 – 10:45AM

ages 4-6 | Spring 2 Only

Wednesdays | 5:00 – 5:45PM

Come to where basketball was invented in 1891! Dedicated, patient coaches use age-appropriate drills designed to teach essential skills in a fun environment. Volunteers are an essential part of YMCA basketball leagues.

Members: \$40 | Program Members: \$60

SOCCER – PRESCHOOL

ages 4-6 | Spring 2 only

Saturdays | 10:00 – 10:45AM

Participants use size 3 soccer balls to learn fundamental skills including dribbling, passing and shooting. An emphasis is also placed on teamwork and fair play. Skill and drill stations are followed by a modified game each week.

Members: \$40 | Program Members: \$60

T-BALL – PRESCHOOL

ages 4-6 | Spring 1

Wednesdays | 5:00 – 5:45PM

Players develop baseball skills, teamwork, sportsmanship, self-confidence and a love for the game. Skill development will cover the fundamentals of throwing, catching, batting, base running, game rules and etiquette. Games will be played without the emphasis on competition, but rather on creating a memorable, fun, and rewarding experience for all involved.

Members: \$40 | Program Members: \$60

DODGEBALL/GAGA – YOUTH

ages 7-11 | Spring 1 & 2

Thursdays | 5:00 – 5:45PM

Players use gator-skin dodgeballs to eliminate the risk of injury. Safety enforced – no throws above the chest. Teams grouped by grade and skill.

Members: \$40 | Program Members: \$60

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.

KIDS, TEENS & ADULT PROGRAMS

GHYMCA.ORG

SPORTS OF ALL SORTS

ages 2-3 | Spring 1 & 2

Tuesdays | 5:00-5:45PM

Saturdays | 9:00 - 9:45AM

Sports of all sorts! Each week a new sport is introduced. Warm up and stretching is followed by skill development. The children will learn team spirit and sportsmanship, all while having fun! Along the way, the children will also gain improved motor skills, hand eye coordination, and socialization.

Members: \$40 | Program Members: \$60

STAY AND PLAY

ages 2-3 | Spring 2

Tuesdays | 10:00 - 10:45AM

Children will build socialization skills and develop gross motor skills as they engage in group games and fun!

Members: \$40 | Program Members: \$60

CRAFTS AND MORE

ages 2-3 | Spring 1 only

Tuesdays | 10:00 - 10:45AM

Children will participate in arts and craft activities using large and small motor skills to create artwork from different media to express their individual imagination!

Members: \$40 | Program Members: \$60

LITTLE ARCHITECTS

ages 4-6 | Spring 1 only

Wednesdays | 10:00 - 10:45AM

Students 4-6 explore building with various types of media.

Members: \$40 | Program Members: \$60

YOUNG ARCHITECTS

ages 7-11 | Spring 1 only

Thursdays | 5:00 - 5:45PM

Students 7-11 explore building with various types of media.

Members: \$40 | Program Members: \$60

LITTLE PERFORMERS

ages 4-6 | Spring 2 Only

Wednesdays | 10:00 - 10:45AM

Various performing arts will be explored, such as, drama, singing, puppetry, dance, etc.) Kids age 4-6 will have a chance to shine in their spotlight!

Members: \$40 | Program Members: \$60

YOUNG PERFORMERS

ages 7-11 | Spring 2 Only

Thursdays | 5:00 - 5:45PM

Various performing arts will be explored, such as, drama, singing, puppetry, dance, etc.) Kids age 7-11 will have a chance to shine in their spotlight!

Members: \$40 | Program Members: \$60

LEADERS CLUB

ages 12-18 | Spring 1 & 2

Thursdays | 6:00PM

Learn leadership skills and put them in action. Participants will have the opportunity to travel and participate in regional leader rallies. Teen organize events at their local Y and community.

Members: Free | Program Members: Free

BASKETBALL - ADULT - 5 VS. 5 OPEN

age 16+ - Co-ed | Spring 1 & 2

Wednesdays | 6:00PM

Get a group of friends together or come alone and stop in for some half-court pickup games.

Members: Free with Membership |
Program Members: Guest Pass Required

ARCHERY - ADULT

ages 15+ | Spring 1 & 2

Thursdays | 5:00 - 6:00PM

Have fun and learn to shoot with a certified Archery instructor. New and experienced participants will develop and improve your skills in this class.

Members: \$40 | Program Members: \$60

PICKLEBALL - ADULT

ages 18+ | Spring 1 & 2

Mondays, Wednesdays, Fridays | 11:00AM

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players per court provides fun and exercise for all ages!

Members: Free with Membership |
Program Members: Guest Pass Required

KIDS NIGHT OUT

ages 3-12 | Year Round

Held the first Friday of each month | 5:00 - 8:30PM

Parents enjoy a night out while kids enjoy a fun night at the Y! Check your local Y for schedule. Children play games, swim when available, are provided dinner and check out an age appropriate movie!

Members: \$15 | Program Members: \$20

*Price for first three kids. Four or more in same immediate family are free!

BIRTHDAY PARTIES

Have your Child's next birthday party at the Y! Pick from ideas like bounce house or a pool party! Prices start at \$200 for members!

Various ages!

Contact Heather Smith at Heather.Smith@ghymca.org or 860-315-9622 x 310

For inquiries regarding youth development, contact Kim.Merchant@ghymca.org.



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



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HALE YMCA YOUTH AND FAMILY CENTER

a branch of the YMCA of Metropolitan Hartford, Inc.
9 Technology Park Drive, Putnam, CT 06260

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.