



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!

INDIAN VALLEY FAMILY 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

SPRING SESSION I:

February 25–April 14, 2019

SPRING SESSION 2:

April 22–June 9, 2019

MEMBER REGISTRATION: January 21, 2019

OPEN REGISTRATION: January 28, 2019

FACILITY HOURS:

Monday–Friday | 5:00AM–9:00PM

Saturday | 7:00AM–6:00PM

Sunday | 9:00AM–4:00PM

Closed on Easter

Indoor Farmers Market, 12–3pm

Dates: February 2, 16, March 2, 16

HEALTHY KIDS DAY

April 27, 2019, 1:00–3:30PM

Vendors, activities & performances!

Held at 11 Pinney Street. FREE

MULTICULTURAL NIGHT

March 9, 2019, 5:00–7:00PM

Cultural food, activities & performances!

Held at the Vernon Center. FREE

Indian Valley Family YMCA

11 Pinney Street

Ellington, Connecticut

860-871-0008

IndianValleyFamilyYMCA.org

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

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 Indian Valley Family 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

JOIN OUR YMCA TEAM—WE'RE HIRING!

Employment and volunteer opportunities available. We are hiring Lifeguards, Personal Trainers, Head Teachers, and we are looking for youth sports coaches. Visit GHYMCA.org/employment to apply!

DID YOU KNOW?

THE COMMUNITY CAMPAIGN CHANGES LIVES

The Indian Valley Family YMCA is a charitable, not-for-profit organization committed to building stronger communities. 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. We offer financial assistance for memberships and programs on an as-needed basis.

Please visit our Welcome Center to learn more!

BIRTHDAY PARTIES

all ages

Offered every Saturday and Sunday of the Year

12:30PM–2:30PM or 1:30PM–3:30PM

\$175–\$335

Each party offers one hour of pool time and a space for the party! Offering three levels of service depending on how much you would like the Y to help out. Call the Member Services Desk for more information or email for a brochure.

***NOW OFFERING ARCHERY THEMED BIRTHDAY PARTIES!**

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 EXERCISE CLASSES

FREE with your membership!

A current group exercise schedule can be found at indianvalleyfamilyymca.org

Over 50 Group Exercise classes each week! Try Zumba, yoga, group cycle, Strength Train Together, HIIT, and so many more options!

PERSONAL TRAINING & NUTRITION COUNSELING

Our certified trainers & nutritionist are committed to helping you achieve your goals. We offer both 1-on-1 and small-group training options. Personal training & nutrition counseling are interchangeable and offered in 30-minute and 60-minute options, with packages from 4 to 24 sessions available.

Call Sarah Policarpio to get started today!

WHOLE HEALTH NUTRITION CLASS (Spring I & II)

Members: \$85 | Program Members: \$125

A 2-phase, 6-week program to give you the tools to take control of YOUR health & wellness and to improve your quality of life. Includes a meal-prep class!

Saturdays | 10:30-11:30AM

MONTHLY EATING-WELL SEMINARS

Members: Free | Program Members: \$5/class

Join us for a FREE monthly nutrition seminar. We will cover a variety of topics.

First Saturday of each month, 8:15-9:00AM

FITPATH & YOUTH FITPATH

Get the most out of your membership! Meet with a trainer so we can learn about your fitness goals and background, then recommend the best plan of action for you to be successful at the Y.

Adults: 1-hour, FREE for members

Youth: 30-minutes, FREE for members

JUKIDO JU-JITSU

ages 6-Adulthood

Jukido is a traditional jujitsu system made safe to practice. Jukido has blended together techniques from jujitsu, judo, aikido and karate with many throws, holds, strikes and other technique making up the Jukido curriculum. Jukido is perfect for people of all ages and emphasizes realistic self-defense and always doing ones best.

Tuesdays or Thursdays | 5:30PM

Members: \$60 | Program Members: \$75

KOKONDO KARATE

ages 14-Adulthood

Kokondo Karate is a Japanese style of karate founded by Shihan Paul Arel in 1970. This dynamic and powerful form of karate emphasizes strikes, but has a strong jujitsu influence that allows for defense from various attacks. Curriculum consists of kihon (basic movements), kata (forms) and powerful self-defense.

Tuesdays or Thursdays | 7:00PM

Members \$60: | Program Members: \$75

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

LIVESTRONG® AT THE YMCA

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

This program is FREE for you and your family thanks to the generosity of donors!

Contact Sarah.Policarpio@ghymca.org to learn more, sign up, or donate today!

SMALL GROUP TRAINING PROGRAMS (Spring I & II)

Members: \$85 | Program Members: \$125

WOW: WOMEN ON WEIGHTS

Learn 6 lifts and how to design your own workouts. All movements are functional and necessary to support bone density.

Thursdays | 11:15-12:15PM

METCON

Short for "metabolic conditioning," this is a staple of cross training. Each class 2-3 exercises are repeated in high-intensity rounds for an allotted time.

Fridays | 9:00-10:00AM

TRX SUSPENSION TRAINING (Spring I & II)

Members: \$59 | Program Members: \$75

Use your body weight to perform exercises that develop strength, balance, flexibility and core stability.

pick one

Mondays | 9:00AM; Tuesdays | 7:00PM;

Fridays | 5:15AM; Sundays | 10:30AM

IV RUNNERS (Spring I & II)

Members: \$85 | Program Members: \$125

Running program for all ages and abilities. Meeting one weeknight and one weekend morning, time and location vary on the week.

Days and times TBD

YOUTH YOGA (Spring I & II)

Members: \$46 | Program Members: \$67

Sarita Nanda teaches children the ancient art of yoga!

Fridays | 4:45-5:30PM

Saturdays | 11:15AM-12:00PM

PICKLEBALL

in Vernon

A paddle sport (similar to a racket sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net.

Thursdays | 1:00-3:00PM

**For all Health & Wellness questions, contact
Director Sarah Policarpio at 860-871-0008 x107
or Sarah.Policarpio@ghymca.org.**

CHILD CARE

VERNON CHILD CARE CENTER

PRESCHOOL & INFANT/TODDLER CARE
375 Hartford Turnpike, Vernon, Connecticut

FULL DAY NAEYC-ACCREDITED PRESCHOOL

Ages 6 weeks-5 years

Monday-Friday 7:00AM-6:00PM

Runs year-round

HALF DAY NAEYC-ACCREDITED NURSERY SCHOOL

Age 2: Monday, Wednesday, Friday OR
Tuesday, Thursday: 9:00-11:30AM

Age 3: Monday-Friday: 9:00AM-12:00PM

Age 4: Monday-Friday: 9:00AM-2:00PM

Runs during the academic school year, the middle of September through early June.

The YMCA of Greater Hartford uses Early Learning Development Standards for infant, toddler & preschool children. The standards align with Common Core, preparing children for kindergarten and life.

For more information and for pricing, please contact us by email at Lisa.Toomey@GHYMCA.org or by phone at 860-872-7329.

SCHOOL AGE BEFORE & AFTER SCHOOL CARE

Our before and after school programs follow the State of Connecticut requirements and regulations for child care programs. In addition to meeting the state's expectations, we also collaborate with the National Afterschool Association, a premier professional organization in our field, to ensure that our programs set the standard for quality.

We serve children in the Ashford, Ellington, Vernon and Willington public school districts.

Please contact Katie Riordan Katie.Riordan@ghymca.org or at 860-872-7329 x13 for info on specific programs, schedules and pricing.



ROCKVILLE CHILD CARE CENTER

PRESCHOOL & INFANT/TODDLER CARE
23 Elm Street, Rockville, Connecticut

FULL DAY NAEYC-ACCREDITED PRESCHOOL

Ages 6 weeks-5 years: Monday-Friday 7:00AM-6:00PM

Runs year-round

The price is based on income.
Meals are provided at this location.

The YMCA of Greater Hartford uses Early Learning Development Standards for infants, toddlers, and preschoolers. The standards align with Common Core, preparing children for kindergarten and life.

For more info and for pricing, contact us at Lois.Cartier@GHYMCA.org or at 860-872-7329.

KIDS NIGHT OUT (KNO)

ages 3-12

Every other Friday Night | 4:00PM-8:00PM

Winter Dates: 2/1, 2/15, 3/1, 3/15, 3/29

Members: \$24 | Non Members: \$35
(Sibling discount available)

Four hours on a Friday night. We will feed your children and keep them safe and entertained while you get an evening for yourself. Date night, laundry night or just a veg-out-in-front-of-the-TV night. Let us handle your children for a little while and reclaim some time!

Camp Yankee Trails

Camp Yankee Trails is the area's premier outdoor day camp offering traditional day camp and specialty day camp! It also offers an intensive 4-week CIT program. Standard two-week camp sessions allow for:

- Community and friendship building
- Unique events like plays & tournaments
- More time on specialty activities
- Social skill development

Using the beauty of nature as a backdrop, Camp Yankee Trails offers opportunities to learn brand new skills, try unique activities and make life-long friendships. Activities include traditional camp activities like archery and gaga, but also offers waterfront activities like fishing and boating! Staff undergoes a two week long training where they learn how to effectively lead values-oriented programs.

AM and PM Care provided at the Indian Valley YMCA in Ellington. Busing from Vernon, Ellington, Rockville, Tolland, Enfield, Somers, Stafford and Tolland.

Camp Indian Valley

Camp Indian Valley offers traditional, specialty, sports and ½ day preschool camps as well as a Counselor in Training program. It is a great introduction to YMCA day camp!

Camp activities provide campers with a well-rounded experience that revolves around Belonging, Achievement and Relationships. From archery and gaga to art and swimming, campers will experience everything camp has to offer for their given age group.

All activities are run by our well qualified and trained staff and operated in accordance with our values of Caring, Honesty, Respect, and Responsibility.

AM and PM Care provided starting at 7AM and ending at 6PM.

SPORTS & TEEN PROGRAMMING

GHYMCA.ORG
no fee-based classes, April 8-14

BASKETBALL CLINICS

Spring 1 only

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

Learn the skills and fundamentals of the sport created at the Y in 1891, followed by a game each week. Program takes place at the Vernon Child Care Center, 375 Hartford Turnpike.

Parent/child (ages 3-4): Tuesdays | 5-6PM

Rookies (grades K-2): Tuesdays | 6-7PM

SPRING WEEKNIGHT BASKETBALL LEAGUE

grades 3-8 | Runs March 4-May 24

375 Hartford Turnpike in Vernon

Division 1: Grades 3&4

Practice Monday Evenings, Games Thursday Evenings

Division 2: Grades 5&6

Practice Wednesday Evenings, Games Friday Evenings

Division 3: Grades 7&8

Practice Tuesday Evenings, Games Thursday or Friday Evenings

Members: \$115 | Program Members: \$140 | Team of 10: \$990

Teams of 10 have weekly practices for an hour plus a game each week. Jerseys provided. **VOLUNTEER COACHES NEEDED**

BASKETBALL SUMMER KICKOFF 3v3 TOURNAMENT

Saturday, May 25

Rain Date: June 1

Youth Teams: 3rd-12th Grade | \$60

Adult & Senior Teams | \$75

Held at the outdoor court at the Indian Valley YMCA, 11 Pinney Street, Ellington

Three player teams faceoff in a day long basketball festival! Age-based divisions from 3rd grade up through adulthood. All divisions are coed, 3-4 players per team. Prizes for winners of each division.

KOKONDO KARATE (SPRING I & II)

ages 14-adult

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

A self-defense system adhering to older traditions. The non-competitive art respects partners' safety and achieving one's physical and mental best.

Tuesdays or Thursdays | 7:30-8:30PM

JUKIDO JIU JITSU (SPRING I & II)

ages 6-adult

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

A self-defense system which utilizes the attacker's strength against them. Perfect for all ages and sizes.

Tuesdays or Thursdays | 6:30-7:30PM

FIRST TEE GOLF (SPRING II)

ages 8-14

Members: \$70 | Program Members: \$80

In partnership with Ellington Ridge Country Club, your child will learn the fundamentals of golf.

Thursdays | 4:30-6:00PM

ARCHERY CLASSES

ages 7+ | Spring 1 and 2

Youth (7-14): Sundays | 1:30PM-2:30PM

Parent and Child 'Learn Together' Class: Sundays | 2:30-3:30PM
Sign up both a parent and child (7+) and learn to shoot together!

Adult Instructional Class: Fridays | 5:30-6:30PM

Members: \$60 | Program Members: \$75

Open Shoot Times: Contact Greg.Baker@ghymca.org about open shoot times!

Learn to shoot with a certified archery instructor. Students will learn form, technique, terminology, scoring, and range safety. All equipment provided.

USA ARCHERY TEAM

ages 7+

Year Round (Inside in the winter)

Practices held weekly to hone skills. We compete against other YMCAs all season. Coached by a level 3 archery instructor and Junior Olympic coach!

Practices:

Fridays | 6:30-7:30PM

Sundays | 12:30-1:30PM

SOCCER & T-BALL CLINICS – SPRING II

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

SOCCER

Participants use size 3 soccer balls to learn skills like dribbling, passing and shooting. Skill stations are followed by a game. Players get a t-shirt!

Parent/child (ages 3-4):

Thursdays | 5:00-6:00PM

Rookies (grades K-2):

Thursdays | 5:00-6:00PM

T-BALL

Participants learn the fundamental skills of baseball like throwing, catching, batting and base-running. Skill stations are followed by a game. Players get a t-shirt!

Parent/child (ages 3-4):

Tuesdays | 5:00-6:00PM

Rookies (grades K-2):

Tuesdays | 5:00-6:00PM

TEEN LEADERS CLUB (SCHOOL YEAR)

grades 7-12

Members: \$100 | Program Members: \$150**

Teen leaders have the opportunity to learn leadership skills through intentional leadership development activities and then put those into practice through social action. Three times each year the group will travel to regional Leaders Rallies where they will have the chance to meet other young people who are making a difference in their communities.

Thursdays | 4:30PM

For inquiries regarding youth development, contact Greg Baker at Greg.Baker@ghymca.org or 860-871-0008 x121.

PRESCHOOL & YOUTH SWIM LESSONS

PARENT/CHILD (30 minute classes)

Members: \$56 | Program Members: \$100

Level A/B:

Monday | 9:30AM
 Wednesday | 10AM
 Thursday | 9:30AM
 Friday | 8:50AM
 Saturday | 8:25AM, 9:00AM, 9:35AM, 10:45AM
 Sunday | 9:30AM

3-5 YEARS (30 minute classes)

Members: \$56 | Program Members: \$100

Preschool Level 1/2:

Monday | 10:00AM, 4:30PM, 5:50PM
 Tuesday | 5:15PM, 6:35PM
 Wednesday | 5:15PM, 6:35PM
 Thursday | 5:15PM
 Friday | 10:00AM, 4:30PM, 5:50PM
 Saturday | 8:25AM, 9:35AM, 10:10AM
 Sunday | 9:00AM

Preschool Level 3:

Monday | 5:50PM
 Tuesday | 5:15PM
 Friday | 9:30AM, 4:30PM
 Saturday | 9:00AM, 10:10AM

Preschool Level 4:

Monday | 4:30PM
 Tuesday | 5:50PM, 6:35PM
 Thursday | 10:00AM, 5:15PM
 Friday | 10:30AM, 5:50PM
 Saturday | 10:45AM

PRIVATE SWIM LESSONS

We offer private and semi-private 30-minute swim lessons! Purchase a single class, or a 6 or 12 pack. To schedule a time that works for you, contact Stephanie Horton at Stephanie.Horton@ghymca.org.

BREAKERS SWIM TEAM

Join our award-winning team! We compete in national YMCA and USA leagues!

For more info, go to ivyswimteam.com or email Coach Amber Albe at ivyswimteam@ghymca.org

Waves One is a program intended for young swimmers looking to take the first step toward a competitive swim team experience. Swimmers will practice on Tuesdays and Thursdays from 4:30 - 5:15 alongside our developmental swim team group. The Waves One program is session-based, which will follow the traditional YMCA swim-lesson format.

Waves One swimmers will not yet be eligible to compete in Breakers swim meets, though Breakers coaches and instructors will prepare swimmers with the knowledge and technique needed to meet those goals.

Best suited for children who have completed Level 5/6 of swim lessons and desire a more serious pursuit of the sport of swimming. For any additional information, please contact Stephanie Horton, Aquatics Coordinator, or Amber Albe, Head Swim Team Coach.

6-12 YEARS (40 minute classes)

Members: \$66 | Program Members: \$115

Youth Level 1/2:

Monday | 5:05PM
 Tuesday | 4:30PM
 Wednesday | 4:30PM
 Thursday | 4:30PM, 5:50PM
 Friday | 5:05PM
 Saturday | 9:00AM, 10:30AM
 Sunday | 10:00AM

Youth Level 3:

Monday | 6:25PM
 Tuesday | 5:50PM
 Wednesday | 4:30PM
 Thursday | 5:50PM
 Saturday | 9:00AM, 10:30AM

Youth Level 4:

Monday | 5:05PM
 Tuesday | 5:50PM
 Wednesday | 5:50PM
 Thursday | 6:35PM
 Friday | 5:05PM
 Saturday | 9:45AM, 11:15AM

Youth Level 5/6:

Monday | 6:25PM
 Wednesday | 5:50PM
 Thursday | 6:35PM
 Saturday | 9:45AM, 11:15AM

SWIM BUDDIES (30 minute classes)

Members: \$75 | Program Members: \$115

Swim Buddies:

Tuesday | 7:10PM
 Wednesday | 7:10PM
 Thursday | 7:20PM
 Saturday | 8:30AM, 11:20AM, 12:00PM
 Sunday | 10:45AM

TEEN/ADULT SWIM LESSONS

ages 13+

Members: \$66 | Program Members: \$115

Beginner: Sunday | 2-2:30PM

Intermediate: Sunday | 2:30-3PM

SWIM LESSONS

Visit ghymca.org/swimlessons for descriptions of classes

WATER EXERCISE

Warm water pool or lap pool

all ages - Free for members

Check ghymca.org for the schedule

RED CROSS LIFEGUARDING & RECERTIFICATION CLASSES

February 16-19 | 9:00AM-4:00PM

April 8-13 | 9:00AM-5:00PM

Contact Kim to register and learn more about becoming a lifeguard or re-upping your certification!

We need lifeguards! Email Kim to apply!

BIRTHDAY PARTIES IN THE POOL

Make a splash for your next party in the YMCA pool!

We provide a host, piñata, tablecloths, and themed decorations!

Paper goods, pizza, and more available!

Call us to book your date today - we fill fast!

Email adam.rhan@ghymca.org

For questions and info on aquatics, contact Director Kim at Kim.Scofieldgamboa@ghymca.org or 860-871-0008x106

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 860-871-008.



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**

INDIAN VALLEY FAMILY YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.
11 Pinney Street, Ellington, CT 06029

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.