



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!

**WILSON-GRAY 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**

**SPRING SESSION 1:**  
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 | 12:00PM–6:00PM

Wilson–Gray YMCA  
Youth and Family Center  
444 Albany Avenue  
Hartford, Connecticut

860-241-9622

WilsonGrayYMCA.org

Facebook.com/wilsongrayymca

## 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](http://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 Wilson–Gray YMCA Youth & Family Center 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 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](http://ghymca.org/seniors) to see all of our current options! If you have an feedback on our offerings, please email [lisa.reinhardt@ghymca.org](mailto: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 860-241-9622.

# HEALTH & WELLNESS

**SLIMDOWN SPRING 2019 STARTS FEBRUARY 18!**  
Visit [ghymca.org/slimdown](http://ghymca.org/slimdown) for info and to register

## GROUP FITNESS CLASSES

(Included in your membership at no additional cost)

FREE with your membership!

A current group exercise schedule can be found at [wilsongraymca.org](http://wilsongraymca.org)

Over 25 classes to meet YOUR workout needs. Choose from programs like Zumba, strength training, yoga and cycling.

## SILVER SNEAKERS

The Silver Sneakers 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 [wilsongraymca.org](http://wilsongraymca.org).

## 1-ON-1 PERSONAL TRAINING & SMALL GROUP 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 goals become a reality.

Contact Chinequia Bailey at [Chinequia.Bailey@ghymca.org](mailto:Chinequia.Bailey@ghymca.org) or 860-241-9622 for rates and package offers!

## ADULT ROCK WALL CLIMB TIME

Open rock wall time  
Monday-Friday | 7:30-8:00PM

Call ahead to ensure the space is not being used for an event.

## VOLLEYBALL

ages 13+

Thursdays | 7:00-9:30PM  
Sundays | 2:00-4:00PM

Members: Free | Program Members: \$20

Registration starts December 20

Registration begins February 20

Program runs February 24-April 14

## FITPATH

Let us help you reach your health and fitness goals. We want to find out as much as we can about you: what your fitness goals are, your fitness background, 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 all members, and last 1 hour.

Youth FITPATH available upon request (30 min)

## MEN'S OPEN SUMMER BASKETBALL LEAGUE

ages 19 and up

Mondays | 7:15PM, 8:15PM, 9:15PM  
Thursdays | 7:15PM, 8:15PM, 9:15PM

Cost: \$900 per team league

Registration begins May 6  
League Starts June 8

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

## MENS' OVER 30 BASKETBALL LEAGUE

Registration run February 1-April 14

League play starts April 15

Games played Monday, Tuesday & Wednesday

Cost: \$75 per player



## 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](mailto:ymcadpp@ghymca.org) or visit us online at [ghymca.org/diabetes](http://ghymca.org/diabetes)**



# YOUTH DEVELOPMENT

## BEFORE AND AFTER SCHOOL PROGRAMS

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

Afterschool runs from dismissal to 5:30pm for pre-K students and through 6pm for school age students.

### LOCATIONS:

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

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

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

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

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

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

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



## REACH & RISE MENTORING ages 5-17

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

Free for members. Program commitment is 1 year.

For more info or to volunteer, please contact the Welcome Center at 860-241-9622.



New to the Wilson-Gray YMCA this winter!

### BEST BUY TEEN TECH CENTER

We are excited to announce a new teen innovation center, sponsored by Best Buy! The Best Buy Teen Tech Center is a project driven after-school program that provide an environment for teens to build confidence while gaining employable skills with new technologies, like 3D printers, robotics and coding. Best Buy employees and industry professionals volunteer to engage with teens as their mentors.



# REGISTRATION IS NOW OPEN FOR THE BEST SUMMER EVER!

YMCA CAMP DAKOTA • [GHYMCA.org/camp](http://GHYMCA.org/camp)

We also have a regional day camp with expanded offerings! Learn more at [campchase.org](http://campchase.org)

## 2019 CAMP SESSION DATES

- Session 1**  
June 17- June 21
- Session 2**  
June 24- June 28
- Session 3**  
July 1 -July 5
- Session 4**  
July 8- July 12
- Session 5**  
July 15- July 19
- Session 6**  
July 22- July 26
- Session 7**  
July 29- August 2
- Session 8**  
August 5- August 9
- Session 9**  
August 12- August 16
- Session 10**  
August 19- August 23

## Y-ACHIEVERS

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 6, 2018-April 20, 2019

(However, we do accept applicants throughout the year on an individual basis.)



## ACADEMIC ADVISING

ages 8-17

We offer youth the tools to successfully complete middle and high school. We work to increase the rate of youth attending and completing post-secondary education. To successfully accomplish this task, academic advisors 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.**

Monday-Thursday | 4:00-7:00PM

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

## Y-UNITY

ages 10-18

This new community service program is being done in partnership with Ebony Horsewoman in Hartford. It is designed to build character while allowing students to serve the community.

Held every other Saturday | 10:00AM-12:00PM.

Program begins October 13.

## 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 5, 2018-April 20, 2019

(We accept individual applicants throughout the year.)

For more information, please call the branch at 860-241-9622.

## 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.**

## GIRLS CREATING A FUTURE

ages 8-18

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

**Free for members.**



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

# YOUTH SPORTS

## BASKETBALL

### YOUTH INSTRUCTIONAL BASKETBALL

ages 4-10

Saturdays | 10:30AM-12:00PM

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

Registration starts May 20

Program begins June 22



## BISHOP CHESS CLUB

ages 8+

Wed: 6:00-8:00PM | Runs year round

Community Room

Free for all, no registration, must sign in on waiver sheet

A chess club with weekly lessons, plus tournaments throughout the year against other teams.

## ADAPTIVE SPORTS

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.

## AAU BASKETBALL

ages 9-16

PRACTICE:

Mondays | 5:30-7:30PM

Tuesdays | 5:30-7:30PM

Fridays | 5:30-7:30PM

GAMES:

Saturdays and Sundays | Various times

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

Registration starts December 20

Registration runs February 1-April 14

Program runs April 1-June 21

## LET'S DANCE

(Runs on the month)

Ages 3-4: Creative movement

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

Ages 8-12: Ballet II, dance fusion, drill, hip hop II, intermediate jazz/tap

Ages 12+: Ballet I & II, dance fusion, drill, liturgical, intermediate jazz/tap

Mondays | Jazz/tap: 5-6pm  
Ballet II: 7:30-8:30pm

Tuesdays | Solos: 4-5pm  
Dance fusion: 5-6pm  
Drill team: 6-7pm  
Hip hop II: 7-8pm

Wednesday | Hip hop I: 5-6pm  
Creative movement: 6-7pm

Thursday | Solos: 4-5pm  
Ballet II: 5-6pm  
Ballet I: 6-7pm  
Beginners liturgical: 6-7pm  
Intermediate liturgical: 7-8:40pm

Pricing (per month, due the first of each month):

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

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

**PROGRAM REFUND POLICY** Unless otherwise noted, classes run for 7 weeks. You pay for 6, the 7th is a free bonus or serves as a make-up. If the YMCA cancels a program, a credit/refund 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.



**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](http://CampJewell.org) and [CampWoodstock.org](http://CampWoodstock.org)



**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)

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.