



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**WE BUILD
LIFELONG
SUCCESS**

**DOWNTOWN YMCA
SUMMER PROGRAM GUIDE**

**SUMMER SESSION 1: June 17–July 21, 2019
SUMMER SESSION 2: July 22–August 25, 2019**

Registration Begins: May 13, 2019

SUMMER SESSION I:

June 17–July 21, 2019

(no programs held on July 4)

SUMMER SESSION 2:

July 22–August 25, 2019

MEMBER REGISTRATION: May 6, 2019

OPEN REGISTRATION: May 13, 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

IT'S EASIER THAN EVER TO JOIN THE Y!

With no contracts, our simple monthly dues help us provide quality, healthy programs for you and your whole family to enjoy! If you cannot afford our dues, we offer financial assistance based on income.

Family 1 Parent \$86 | 1 adult and any children sharing the same address

Family 2 Parents \$96 | 2 adults and any children sharing the same address

Family membership includes 2 hours of babysitting per day*, family time on the rock wall and in the gymnasium*, pool access*, major discounts on programs and overnight camps, 50+ free group exercise classes each week, and so much more.
*at available locations

Y Kids \$26 | 6 weeks–11 years: for program use only

Youth \$26 | ages 12–18

Young Adult \$41 | ages 19–29

Adult \$62 | ages 30–64

Couple \$89 | ages 30–64

Senior \$56 | ages 65+

Senior Couple \$83 | ages 65+

Visit ghymca.org/join

to learn more and become a member

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.

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.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

Senior Membership Options:

- Silver Sneakers: Free
- Renew Active: Free
- AARP Medicare Supplement: Half-off stated rate
- Senior: \$56*
- Senior Couple: \$83*

*Financial Assistance is available

Senior Programs:

We offer a variety of programs designed with seniors in mind, including land and water-based exercise classes; pickleball; educational seminars; game days; and so much more!

Visit GHYMCA.org/seniors or visit our Welcome Center to see our Senior Class Schedule.



AARP Medicare Supplement Plans
insured by UnitedHealthcare Insurance Company

RenewActive
by UnitedHealthcare

SilverSneakers
by Tivity Health

FINANCIAL ASSISTANCE PROVIDED WITH HELP FROM OUR COMMUNITY CAMPAIGN

The YMCA's Community Campaign provides financial assistance to ensure that all members of our community can take part in our life-changing programs and services regardless of their ability to pay. By supporting the Community Campaign, you can:

- Help children living in underserved communities by providing a safe-haven where they can enjoy being a kid and develop into the young adults of tomorrow;
- Offer a support system for children, adults, and seniors to nurture their social, emotional, cognitive, and physical development through programming and experiences; and
- Improve the physical and spiritual quality of life for cancer survivors through the LIVESTRONG® at the Y program.

In 2019, the branches of the YMCA of Greater Hartford provided \$2.35 million in program Financial Assistance so that individuals could achieve lifelong success through summer camp, child care, swim lessons, and LiveSTRONG. Help us today by visiting GHYMCA.org/donate.

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

GROUP FITNESS CLASSES

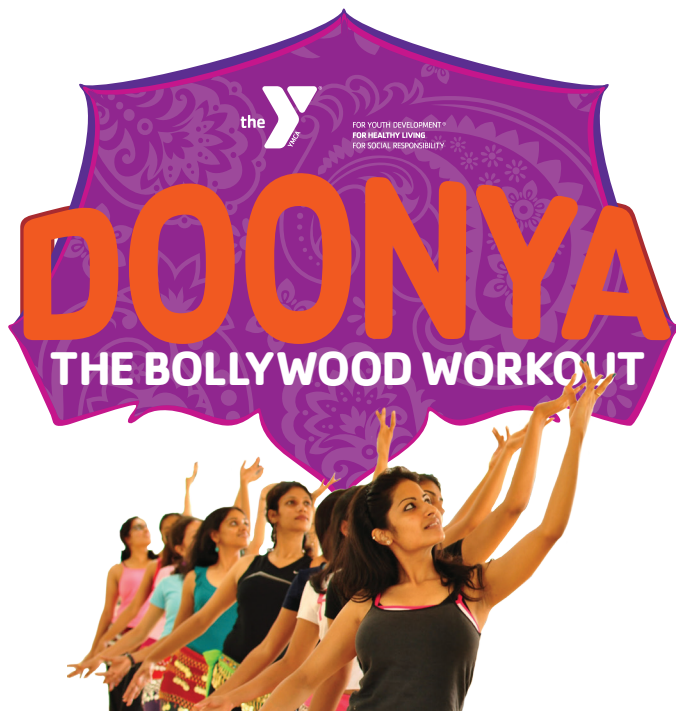
(Included in your membership at no additional cost) We offer 50 FREE group exercise classes each week! Dance yourself to a healthier you in Zumba or strengthen and stretch in yoga! Build strength in an H.I.I.T. classes or improve your cardiovascular health with cycle. Whatever you choose, our instructors 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.

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.

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!



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!!

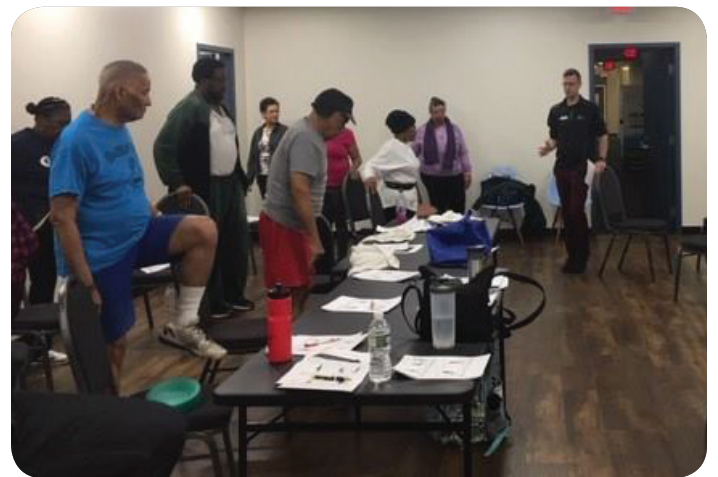
Contact Toni Proffitt at Toni.Proffitt@ghymca.org or 860-522-4183 for rates and package offers!

SILVER SNEAKERS CLASSIC

Tuesday | 10:00AM-10:45AM
Thursday | 9:45AM-10:30AM

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.



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.

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

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

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

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



SUMMER FUN

GHYMCA.ORG/CAMPING

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

LEARN MORE about all of our summer camp options at ghymca.org/camping.



CAMP CHASE SUMMER MEMBERSHIP

DID YOU KNOW?

As a member of the YMCA of Greater Hartford, you get **FREE** access all summer long to our Camp Chase Outdoor Center! On nights and weekends between Memorial Day Weekend and Labor Day enjoy our gorgeous outdoor pool; 78 acres of outdoor activities and nature trails; basketball and volleyball courts; a giant slide; and **SO MUCH MORE!**

Camp Chase sits on the Farmington/Burlington town line on Route 4, and is open weekends and holidays from 12–6pm, and weeknights 3:30–7pm (starting June 17).

Use of the Camp Chase Outdoor Center is free for members. We also offer a summer-only membership to Camp Chase for **\$100 per person** or **\$150 per family**.

Learn more at CampChase.org, or call 860-653-5524.



OVERNIGHT CAMP AT THE YMCA

SAVE \$350 AS A MEMBER!

Camp Jewell and Camp Woodstock are the YMCA of Greater Hartford's two world-class overnight camps. Our 2 gorgeous properties in Colebrook and Woodstock have lakes, woods, and as much fun as possible! Family members of the YMCA can save \$350 with the code MemberBenefit.

To learn more, visit CampJewell.org and CampWoodstock.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!

AQUATICS

GHYMCA.ORG/SWIMMING

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

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.

\$96/child

DID SOMEONE SAY POOL PARTY?!

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

For pricing & reservations, contact the Welcome Center.



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

Contact the Welcome Center for more info on all lessons and programming by calling 860-522-4183.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CAMP CHASE



SUMMER OUTDOOR MEMBERSHIP

CAMP CHASE SUMMER OUTDOOR MEMBERSHIP
– included with membership, or buy a Camp Chase
summer membership for \$100/\$150
(discounted for Burlington residents through May)

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.