



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE BUILD LIFELONG SUCCESS



GLASTONBURY FAMILY YMCA SUMMER PROGRAM GUIDE

SUMMER SESSION I: June 17–July 21, 2019
SUMMER SESSION 2: July 22–August 25, 2019
Registration Begins: May 13, 2019

SUMMER SESSION 1: June 17–July 21, 2019

(no programs held on July 4)

SUMMER SESSION 2: July 22–August 25, 2019

OPEN REGISTRATION: May 13, 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](https://www.facebook.com/glastonburyymca)



Y WELLPASS™

For one low monthly fee, Y WellPass™ 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 WellPass: \$25
Senior WellPass (65+): \$15
High School & College WellPass: \$10

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.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

Senior Membership Options:

- Silver Sneakers: Free
- Renew Active: Free

*Financial Assistance is available

The Glastonbury Family YMCA now offers 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.



THANK YOU TO OUR SUPPORTERS!



RESIDENTIAL BROKERAGE



HEALTH & WELLNESS

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

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 Colombian 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 | 6:45PM–7:45PM

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.

Mondays | 6:00PM–6:45PM

Tuesdays | 11:30AM–12:15PM

Fridays | 11:30AM–12:15PM

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

LIVESTRONG® PROGRAM

Our YMCA is proud to offer LIVESTRONG® at the YMCA to help cancer survivors feel alive again! This free 12-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, LIVESTRONG® at the YMCA is helping people move beyond cancer in spirit, mind and body.

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

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 | 5:00PM–5:30PM

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–6:15PM

Thursdays | 5:30PM–6:15PM

Fee: \$50



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.

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.

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



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: Buttonball Lane Elementary School

On Site Days: Fee: \$55.00 per day
2nd child \$52.25

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

Location: Buttonball Lane Elementary School.

Fee: \$200.00 for a 3 day package

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.

2019-2020 Child Development Monthly Rates

PRESCHOOL

		Monthly Fee	Deposit
½ Day	2 Days	\$175.00	\$50.00
½ Day	3 Days	\$250.00	\$50.00
½ Day	5 Days	\$370.00	\$50.00
Full Day	2 Days	\$520.00	\$100.00
Full Day	3 Days	\$745.00	\$100.00
Full Day	5 Days	\$1,020.00	\$100.00

First Official Day of Preschool: Tuesday, September 3

SCHOOL-AGED BEFORE & AFTER SCHOOL

		Child #1	Deposit #1	Child #2	Deposit #2
AM	3 Days	\$175	\$43.75	\$166.25	\$41.56
AM	5 Days	\$271	\$67.50	\$256.50	\$64.13
PM	3 Days	\$283	\$70.00	\$266.00	\$66.50
PM	5 Days	\$438	\$108.75	\$413.25	\$103.31

First Day: Thursday, August 29

PRESCHOOL PROGRAMS

PRESCHOOL DANCE AND ART

Ages 3 – 5

A magical week of dance and creativity! We will combine ballet and jazz dance instruction with art projects and crafts. There will be a performance at the end of the week for parents. Soft-soled ballet or jazz shoes recommended.

Child should bring a snack each day.

Location: 30 High Street, South Glastonbury

Monday – Friday | 9:00am – 12:30am

Offered Sessions: 5 • 7/15-7/19, 6 • 7/22-7/26, and 8 • 8/5-8/9

Fee: \$168 (Parents can register for multiple weeks)

ANIMAL ADVENTURES

Ages 3 – 5

Lions and tigers and dinosaurs? Each day your child will discover the wonderful world of animals through creative play, art projects, and stories. Please pack a healthy lunch for your child each day.

Location: 30 High Street, South Glastonbury

Monday-Friday | 9am-12:30pm

Offered Sessions: 2 • 6/24-6/28 and 4 • 7/8-7/12

Fee: \$168

(Parents can register for one or both weeks)

FAIRY TALES

Ages 3 – 5

Princesses, frogs and wolves – explore the wonderful world of fairy tales through stories, art and drama. Your child will enter into a new fairy tale journey every day. Please pack a healthy lunch for your child each day.

Location: 30 High Street, South Glastonbury

Monday-Friday | 9am-12:30pm

Offered Sessions: 3 • 7/1-7/5

Fee: \$135 and 7 • 7/29-8/2 - Fee: \$168

(Parents can register for one or both weeks)

CAMP

The Glastonbury Family YMCA runs a state licensed and ACA Accredited summer camp program for grades K-8. Character values of Caring, Honesty, Respect and Responsibility are integrated into every activity. The camp experience includes field trips twice a week, archery, arts & crafts, swimming and sports activities. Nurturing, professional counselors promote an atmosphere of fun and friendships that will last a lifetime. All camps are located at the High Street School, 30 High Street in South Glastonbury unless otherwise noted. Camps run weekly from June 17-August 23 from 7:00am-3:30pm. Aftercare hours from 3:30pm-6:00pm are available for an additional fee. For more information, please log onto our website www.glastonburyYMCA.org.

Camp Glawackus – Entering Grades K-5
Fee: \$240 per week | \$190 week of July 3

Camp Liger – Entering Grades 6-8
Fee: \$245 per week | \$200 week of July 3

LEADERS IN TRAINING

This program is designed for any students who will be 14-15 years old by June. Becoming an L.I.T. is a rite of passage at Camp Glawackus, and an opportunity to be trained in YMCA leadership skills. L.I.T.s focus on personal values in addition to the YMCA four core values of Caring, Honesty, Respect, and Responsibility. L.I.T.s will make the connection between personal values and leadership skills/styles that will lead to being better prepared for future endeavors. L.I.T.s are required to attend MANDATORY trainings that may include a camping trip prior to camp.

Offered Sessions: 1-10

Fee: \$220 per one-week session (L.I.T. Training Week)
\$180 week of July 3

SWIM LESSONS

Grades K – 8

The Glastonbury Family YMCA is proud to offer swim lessons through Glastonbury Parks and Recreation at Addison Pool. Each swim session is 2 weeks long and offered from June 18 – July 26. Campers must arrive at camp by 9:00am in their suits, ready to go to the pool for their 9:30am lesson. Call the YMCA to register.

Fee: \$56 per session – 2 weeks session

Session 1 – June 24 – July 5

Session 2 – July 2 – July 13

Session 3 – July 16 – July 27

EXTENDED CAMP CARE

Our state-licensed extended day care program operates from 7:00am until 9:00am, and 3:30pm to 6:00pm, Monday through Friday.

Location: High Street School at 30 High Street

Offered Sessions 1-10

Fee: Before Care \$52 • After Care \$68

Week of July 4 Fee: Before Care \$42 • After Care \$55

CAMP INGERSOLL EXTENDED CAMP CARE

Offered Sessions 1-10

Fee: Ingersoll Before Care \$57 • After Care \$74

Week of July 4 Fee: Ingersoll Before Care \$46 • After Care \$60

CAMP FAMILY NIGHT

Mark your calendars! Our Camp Family Nights are an opportunity for parents to meet their child's counselors and enjoy an evening of family activities at camp.

Each event will be held at 18 Williams Park starting promptly at 5pm.

• Tuesday, June 25 • Thursday, June 27 • Thursday, August 1

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.

SPECIALTY CAMPS

LEGO BUILDERS CAMP

Grades 1 – 4

Your child's imagination is the limit! LEGO Builders is the perfect camp for the creative camper. Participants will compete to build the best LEGO models they can, with or without instructions (your choice). At the end of the week, we will have a friendly competition and prizes will be awarded for the top designs.

LEGO Builders camp will have field trips to swimming.

Offered Session: 5 • 7/15-7/19

Fee: \$320

GIRL POWER CAMP

Grades 3 – 5 • Girls Only

Come join us for an all-girl summer adventure. Led by female staff, this camp will focus on building confident young ladies who will learn about female leadership and develop "girls can do anything" attitudes. This camp will build friendships that will last a lifetime! Activities and trips include: hiking, rock climbing, archery, ropes courses, nail salon, tie dye, fun crafts, and so much more!

Offered Session: 2 • 6/24-6/28

Fee: \$320

DARING CAMP

Grades 3 – 5 • Boys Only

Fun and Adventure start here! This Boys-Only camp is designed to expose boys to skills like archery, knot tying, and fort building. The week will culminate in a Military Ops Day. Street School located at 30

Offered Session: 2 • 6/24-6/28; Session 7 • 7/29-8/2

Fee: \$320

ADVENTURE CAMP

Grades 5 – 8

Looking for activities to do this summer? Only the adventurous type should apply! Our Adventure Camp will take you on hiking excursions, and other exciting adventures. These trips are designed to pump up your adrenalin, expand your skills, and learn some new ones. Our Friday adventure will end with a trip to an amusement park for all the EXTREME rides you can handle.

Offered Session: 9 • 8/12-8/16

Fee: \$360

TEEN EMPOWERMENT

Grades 6 – 8 • Girls Only

This girls-only camp is designed with the teenager in mind, focusing on the YMCA core values of Caring, Honesty, Respect, and Responsibility. Activities may include: glamour day, rock climbing, self-defense, automotive maintenance, and emergency preparedness.

Offered Sessions: 4 • 7/8-7/12

Fee: \$320

EXCURSION CAMP

Grades 5 – 10

If you love the outdoors and hiking, then you are ready for Excursion Camp.

Excursion Camp gives kids the experience of learning backpacking and camping skills. Get ready for the adventure of a lifetime as we camp out under the stars on the Appalachian Trail. This camp includes day hikes leading up to an overnight campout! Backpacks, tents and other gear are provided. Hiking boots are required.

Offered Session: 6 • 7/22-7/26

Fee: \$360

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

HORSEBACK RIDING ACADEMY

Ages 7 and up

Come take a ride with us! All ability levels welcome.

Meets 9:00am - 1:00pm

Participants will receive:

- English riding instruction
- Learning about the parts of the horse
- Equipment care • Grooming
- Safety around horses

Location: 7 J's Farm, 24 Candlewood Drive

Dates | July 8 - 12 and July 29 - August 2

Fee: \$385 • \$100 nonrefundable deposit



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 10, 2019 • 2nd & 4th Thursdays | 6:15PM

Fees - Registration | \$145

Mock Legislative Weekend | \$275 (due in January)

ARTS AND HUMANITIES

LITTLE SCIENTISTS

Summer 1only

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

Summer 1only

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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

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.