



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**WE BUILD
LIFELONG
SUCCESS**



INDIAN VALLEY 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

MEMBER REGISTRATION: May 6, 2019

OPEN REGISTRATION: May 13, 2019

FACILITY HOURS:

Monday–Friday | 5:00AM–9:00PM

Saturday | 7:00AM–6:00PM

Sunday | 9:00AM–4:00PM

Indian Valley Family YMCA

11 Pinney Street

Ellington, Connecticut

860-871-0008

IndianValleyFamilyYMCA.org

Facebook.com/ellingtonymca

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 the Membership Team or call our Welcome Center.

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!

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.

 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.

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.

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 (Summer 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

MOBILITY CLASS

Ages 12+

Mondays 6:00pm

This class will teach people how to mobilize their bodies by way of stretching, activation, and foam rolling - it's recommended that people are able to get on and off the floor easily

OUTDOOR OBSTACLE TRAINING

Ages 14+

Tuesdays 9:00am

This class will use a variety of different equipment and outdoor obstacles to give you an awesome and fun workout. If you just want to relive your childhood playing on the playscape or you are preparing for an adventure race, this class is great for you.

TRX

Ages 12+

Variety of days and times - please call

Get a workout that you can't get anywhere else using the TRX suspension training system. This training will help you build lean muscle, boost your metabolism, tighten your core and increase endurance. Class space is limited to 8, so you'll get individual attention designed to help you reach your fitness goals!

TRX AND STRENGTH

Ages 12+

Thursdays | 8:30am

Using a combination of TRX suspension training, weightlifting and endurance, this class will take your training to the next level. Using this variation, you will keep your body guess and will not only help you improve lean muscle mass but improve your fitness in a short time. Class space is limited to 8!



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 cardiovascular 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!

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

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: \$40/month | Program Members: \$50/month

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: \$40/month | Program Members: \$50/month

KIDS YOGA

Ages 4-12

Saturdays | 12:30pm

Children will thrive in learning the ancient practice of yoga, in a joyful, accepting atmosphere. Our experienced instructor specializes in helping children enjoy this exciting form of exercise. No experience necessary, all levels are welcome.

YOUTH TRX

Ages 8+

For ages 8-14! These innovative suspension system exercise tools will help you build lean muscle, boost your metabolism, tighten your core and increase endurance. Use both the TRX Suspension System and the new Rip Trainer. Class space is limited to 8, so you'll get individual attention designed to help you reach your fitness goals!

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

CHILD CARE

GHYMCA.ORG/CHILDCARE

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

Summer Dates: 4/12, 4/26, 5/10, 5/24, 6/7, 6/21, 7/5, 7/19, 8/2, 8/16, 8/30

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 INDIAN VALLEY

6/24-8/23

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.

Specialty sports and theme camps available. ghymca.org/campindianvalley



OVERNIGHT CAMP AT THE YMCA

SAVE \$350 AS A MEMBER!

Paragraph: 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.



CAMP YANKEE TRAILS

6/24-8/16

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:

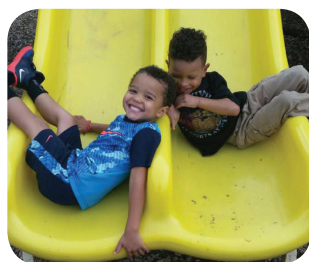
- Community and friendship building
- Unique events like plays & tournaments
- More time on specialty activities
- Social skill development

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.

A variety of specialty camps available.
ghymca.org/campyankeetrails



SUMMER MONTH FAMILY FUN DAYS

- Family Game Show Night—Family Feud | March 23
- Healthy Kids Day with Family Archery | April 27
- Family Field Games | May 25
- Family Movie Night | June 22
- Homemade Pasta Making | July 27
- Family Campfire—S'mores, Songs & more | August 24
- Family Trivia Night | September 28
- Halloween at the Y | October 26
- Family Skits and Improv Night | November 23
- Pizza with Santa | December 6

BIRTHDAY PARTIES

all ages
Offered every Saturday and Sunday of the Year
12:30PM-2:30PM or 1:30PM-3:30PM
\$185-\$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!**

SPORTS

GHYMCA.ORG/SPORTS
no fee-based classes July 4

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 face off 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 (SUMMER I & II)

ages 14-adult

Members: \$40/month | Program Members: \$50/month

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 (SUMMER I & II)

ages 6-adult

Members: \$40/month | Program Members: \$50/month

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

ARCHERY CLASSES

ages 7+ | Summer 1 and 2

Beginner/Intermediate (7-14): Saturdays | 1:30PM-2:30PM

Parent and Child Class: Saturdays | 2:30-3:30PM

Sign up both a parent and child (7+) and learn to shoot together!

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:

Wednesdays | 6:30-7:30PM

Saturdays | 12:30-1:30PM

Returning Fall 2019

First tee golf, Soccer and T-Ball clinics, Soccer, T-Ball, Teen leaders club

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

AQUATICS

GHYMCA.ORG/SWIMMING

SUMMER ONE AND TWO

June 17-July 21 & July 22-August 25

WEEKLY LESSONS

Monday-Thursday

1. Find your class/ Levels below
2. Pick your time, pick your week
3. Register at GHYMCA.ORG or call 860-871-0008
4. Attend each day Monday-Thursday
5. Any lessons missed due to pool closings and/or weather will be made up on Fridays.

1. Week of June 17-20 (make-up on 6/21)
2. Week of June 24-27 (make-up on 6/28)
3. Week of July 1-3 (no classes on July 4th, class will be held on July 5th)
4. Week of July 8-11 (make-up on 7/12)
5. Week of July 15-18 (make-up on 7/19)
6. Week of July 22-25 (make-up on 7/26)
7. Week of July 29- August 1 (make-up on 8/2)
8. Week of August 5-8 (make-up on 8/9)
9. Week of August 12-15 (make-up on 8/16)



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 Travis Morse at ivyswimteam@ghymca.org

RED CROSS LIFEGUARDING & RECERTIFICATION CLASSES

Visit GHYMCA.org for times and dates.

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

We need lifeguards! Email Kim to apply!

WEEKLY LESSONS

Fees:

Preschool and Parent/Child

Facility Members \$38.00
Program Members \$72.00

School Age/Swim Buddie

Facility Members \$44.00
Program Members \$77.00

Teen and Adult

Facility Members \$44.00
Program Members \$77.00

Times:

***Parent/Child:** 9:30 AM

***Preschool:** 9:30 AM, 10:00 AM,
4:45 PM, 5:15 PM, 6:00 PM

****School Age:** 10:00 AM, 5:15 PM,
6:00 PM

***Swim Buddies:** 4:00 PM, 6:45 PM
(30 minute lessons)

***Teen/Adult Swim Lessons:** 6:45PM
(running sessions 1, 2, 4, 5)

*30 Minutes

**40 Minutes

SATURDAY SWIM LESSONS

Saturdays – June 22, 29 July 6, 13, 20,
27, 3, (make-up if needed on 8/10)

This is a 7 week session.

Any lessons missed due to pool closings and/or weather will be made up on the above dates.

Fees:

Preschool and Parent/Child

Facility Members \$67.00
Program Members \$126.00

School Age/ Swim Buddie

Facility Members \$77.00
Program Members \$135.00

Teen and Adult

Facility Members \$77.00
Program Members \$135.00

Times:

***Parent/Child:** 8:25 AM, 9:00AM,
9:35 AM, 10:10 AM

***Preschool:** 8:25 AM, 9:00 AM,
9:35 AM, 10:10 AM

****School Age:** 8:30 AM, 9:15 AM,
10:00AM

***Swim Buddies:** 8:00 AM, 10:45 AM

***Adult Swim lesson:** 8:00 AM

*30 Minutes

**40 Minutes

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.



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)

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.