



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE BUILD LIFELONG SUCCESS



WILSON-GRAY YMCA YOUTH AND FAMILY CENTER 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 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 | 12:00PM–6:00PM

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

860-241-9622

WilsonGrayYMCA.org

Facebook.com/wilsongrayymca

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 \$53 | 1 adult and any children sharing the same address

Family 2 Parents \$58 | 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 \$11 | 6 weeks–11 years: for program use only

Youth \$11 | ages 12–18

Young Adult \$27 | ages 19–29

Adult \$34 | ages 30–64

Couple \$53 | ages 30–64

Senior \$27 | ages 65+

Senior Couple \$47 | 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.

EXPANDED SENIOR PROGRAMMING AND MEMBERSHIP OPTIONS

Senior Membership Options:

- Silver Sneakers: Free
- Renew Active: Free
- AARP Medicare Supplement: Half-off stated rate
- Senior: \$27*
- Senior Couple: \$47*

*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.

GROUP FITNESS CLASSES

(Included in your membership at no additional cost)

FREE with your membership!

A current group exercise schedule can be found at wilsongrayymca.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 wilsongrayymca.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 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 or visit us online at ghymca.org/diabetes



YOUTH DEVELOPMENT

GHYMCA.ORG/CHILDCARE

BEFORE AND AFTER SCHOOL PROGRAMS

Visit 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)
- Breakthrough II Magnet School (AM&PM)
- Hartford Pre-K Magnet (PM only)
- Noah Webster Microsociety School (AM&PM)
- Betances Early Reading Lab (PM only)
- Betances STEM School (PM only)
- RJ Kinsella Magnet School (PM only)



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.



YMCA CAMP DAKOTA

GHYMCA.org/camp

We also have a regional day camp with expanded offerings! Learn more at campchase.org

2019 CAMP SESSION DATES

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



REGISTRATION IS NOW OPEN FOR THE BEST SUMMER EVER!

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.



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: Coming in the Fall

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

Academies For Achievers

5TH Building Character/Media & Journalism

6TH Fun & Finance

7TH Entrepreneurship

8TH Science & Technology

9TH-12TH Youth & Government

11TH-12TH Y-Universe-City/Leadership Development



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.

SAFE SUMMER STREETS

This is a Youth Development initiative to provide a fun and engaging summer for our youth. This summer is jam-packed full field trips, activities for your son or daughter to take part in!

Daily Schedule

Teen Center 12-8PM

Pre-Teen Center 12-8PM

12PM-1PM | Lunch

1PM-3PM | Open Time

3:15PM-4:15PM | Team Building Activities

4:30PM-5:30PM | Open Time

5:30PM-6:15PM | Dinner

6:30PM-7:30PM | Enrichment Activities



For more information on Academic Advising, please contact program coordinator
Monique Randolph at
Monique.Randolph@ghymca.org.

BASKETBALL

YOUTH INSTRUCTIONAL BASKETBALL

ages 4-10

Saturdays | 10:30AM-12:00PM

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

Registration starts May 26, 2019

Program begins June 23

YOUTH SUMMER BASKETBALL "SHOOT HOOPS NOT GUNS"

Saturdays | 12:00PM-8:00PM

FREE for all

Registration begins on June 1, 2019

League play begins July 13

MEN'S OPEN SUMMER BASKETBALL LEAGUE

Ages 19 and up

Monday, Tuesday, Wednesday | 7:15pm, 8:15pm

Member Cost: \$60 | Program Member: \$75

Registration begins on May 7, 2019

League Starts June 10

MARTIAL ARTS

Community Room) Ages 5 -16

Tuesday & Thursday | 5:30pm-7pm

Members: \$25 | Program Members: \$50

Registration begins on June 5, 2019

Program begins June 4 - July 15

VOLLEYBALL

Ages 13 & up

Thursday | 7pm-9:30pm

Sunday | 2pm-4pm

Free for members

\$5 drop-in fee

Registration begins on June 5, 2019

Program begins June 4-July 15

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

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. **Must sign-in on waiver sign-sheet every visit.**

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.



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

WILSON-GRAY YMCA YOUTH AND FAMILY CENTER

a branch of the YMCA of Metropolitan Hartford, Inc.
444 Albany Avenue, Hartford, CT 06120

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.