

WE BUILD LIFELONG SUCCESS



WITH EARLY CHILDHOOD EDUCATION



EAST HARTFORD YMCA FALL PROGRAM GUIDE

Fall SESSION 1: September 9–October 27, 2019
Fall SESSION 2: October 28–December 15, 2019
Registration Begins: August 12, 2019

FALL SESSION I:
September 9–October 27, 2019

FALL SESSION 2:
October 28–December 15, 2019

OPEN REGISTRATION: August 12, 2019
No paid programs or classes Oct 31, Nov 28–29

Facility Hours:
Monday–Thursday | 8:30AM–8:00PM
Friday | 8:30AM–5:00PM
Saturday & Sunday | Closed
East Hartford YMCA
770 Main Street, East Hartford, CT 06108
860-289-6612

EastHartfordYMCA.org

Facebook.com/EHYMCA

Instagram: @ehymca



BIRTHDAY PARTIES & BUILDING RENTALS

Host your next birthday party, special event or meeting at the East Hartford Y! We offer affordable room rental rates, and have a flexible weekend schedule that helps to serve our community's needs. Please call to inquire about pricing and availability.

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](https://ghymca.org/donate).

PROGRAM REFUND POLICY

Classes run for 6 weeks unless otherwise noted. A full refund will only be issued for withdrawals received in writing before the 1st class. A pro-rated refund will be issued for withdrawals after the 1st class. Refunds after the 2nd class are provided only with a doctor's note for the unused portion. Deposits to secure a spot in a program or for a facility rental are always non-refundable.

ADULT & SENIOR PROGRAMMING

GHYMCA.ORG/HEALTH

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. We want you to love working out and get hooked! You will achieve long term benefits while having a blast in this calorie-burning, body-energizing, awe-inspiring work out!

ages 18+

FEE: \$30 monthly membership or \$5 one-time drop-in pass

Tuesdays | 6:30–7:30PM

Thursdays | 6:30–7:30PM



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.

Wednesdays | 10:00AM

Fee: FREE

SILVER SNEAKERS YOGA

Mondays | 10:00AM

Fee: FREE



**Visit [GHYMCA.org/seniors](https://ghymca.org/seniors) or visit our Welcome Center to see our Senior Class Schedule.
Both of our Silver Sneakers classes are free!**

AARP | Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company

SilverSneakers
by Tivity Health

RenewActive
by UnitedHealthcare

YOUTH DEVELOPMENT

GHYMCA.ORG/SPORTS
GHYMCA.ORG/ACTIVITIES

JIU-JITSU

year round

The James Gadson School of Martial Arts program was founded in 2004. Chief instructor Shihan James Gadson provides instruction on physical fitness, exposes participants to Eastern languages, cultures and philosophies, foster self-discipline and accountability, teaches self-defense, and instills self-respect. The goal is to empower youth to become engaged citizens and community leaders. Participants also compete in tournaments throughout New England and volunteer.

Children ages 4-15

Mondays & Wednesdays | 6:00-7:00PM

Adults & teens

Mondays & Wednesdays | 7:00-8:00PM

Fee: \$80

SOCCER

Fall I

Our league stresses learning, not competition, while building self-confidence. We start each week with warm-ups and skills practice, followed by a game.

Parent/child

ages 3-4

Thursdays | 5:00-6:00PM

Rookies

grades K-2

Thursdays | 6:00-7:00PM

NEW LOCATION: YMCA Child Care (YCC)

70A Canterbury Street, East Hartford, CT 06118

Fee: \$65

INDOOR SOCCER CLINICS

WINTER SESSION (at the East Hartford YMCA)

Players get a chance to keep their skills tuned up through the winter and have a blast getting lots of touches on a 5 player team in the gymnasium. Register by October 25!

Parent/Child Clinic | 9:15-10:15AM

K-2 | 10:15-11:15AM

Fee: \$80

INDOOR SOCCER LEAGUE

WINTER SESSION (at the East Hartford YMCA)

Grades 3-8

Players get a chance to keep their skills tuned up through the winter and have a blast getting lots of touches on a 5 player team in the gymnasium. Register by October 25!

Games only

Saturdays | 12:00PM-4:00PM

VOLUNTEER COACHES NEEDED

Fee: \$115

BASKETBALL LEAGUE

Fall II

We strive to make your child's experience fun, and rewarding. Our league stresses learning, not competition, while building self-confidence. We start each week with warm-ups and drills practice, followed by a game.

Parent/child | ages 3-4

Tuesdays: 5-6pm

Rookies | grades K-2

Tuesdays: 6-7pm

Fee: \$65

LEADERS CLUBS

Oct 2019-Mar 2020

Teen leaders have the chance to learn leadership skills through intentional development activities, then put those skills to practice through social action. Students travel to 3 regional rallies each year to meet their peers.

Jr. Youth Leaders Club | grades 7-8

Youth Leaders Club | grades 8-12

Schedule to be announced. Call the branch for info.

Fee: \$150*

*Does not include conference fees



For all information on classes, programs, pricing, financial assistance, program locations and more, please contact us at the East Hartford YMCA at 860-289-6612, visit our facility, located at 770 Main Street, East Hartford, or visit us online at EastHartfordYMCA.org.

CHILD CARE WITH THE Y

GHYMCA.ORG/CHILDCARE

PRESCHOOL

The East Hartford YMCA offers 3 state-licensed, nationally accredited school readiness preschool programs. The programs offer full food service. The goal of our programs is to nurture young people by providing a safe place to learn, develop trusting relationships and build self-confidence.

The YMCA of Greater Hartford uses Early Learning Development Standards developed by the Connecticut Department of Education, which align with Common Core, preparing children for kindergarten and life.

LOCATIONS

First Church
837 Main Street
East Hartford, CT 06108
Phone: 860-282-2011
Email: Virginia.Thivierge@ghymca.org

Larson Center
81 Woodlawn Circle
East Hartford, CT 06108
Phone: 860-324-0848
Email: jeanna.regan@ghymca.org

YMCA Child Care Center
70A Canterbury Street
East Hartford, CT 06118
Phone: 860-568-1437
Email: Cristin.Millen@ghymca.org

For more info, visit ghymca.org/childcare. Pricing is based on a sliding scale. We accept Care4Kids and offer financial assistance.

The Regional Child Development Director is
Jeanna.Regan@ghymca.org



TODDLER CARE

We serve children ages 1+ who are walking and no longer use bottles.

The YMCA of Greater Hartford uses the Early Learning Development Standards (ELDS) for both our toddler and preschool children developed by the Connecticut Department of Education. These standards align with the Common Core, preparing children for kindergarten and life after.

LOCATION

YMCA Child Care Center
70A Canterbury Street
East Hartford, CT 06118
Phone: 860-568-1437
Email: Cristin.Millen@ghymca.org

Call the East Hartford YMCA for more info on pricing and availability. We accept Care4Kids and also offer financial assistance.

AQUATICS-LEHY SWIM TEAM

GHYMCA.ORG/LEHY

LEHY SWIM TEAM INFO

- New swimmers must attend an evaluation at East Hartford Middle School on **September 5 or 6 at 5:30pm** to demonstrate their skills. Swimmers will then be assigned to a specific program.
- New swimmers must have a completed New Swimmer Information form and YMCA Waiver with their registration.
- Registration closes the first week in October but please try to register before September 7 to help the coach's plan for the season. We won't accept registrations after the October deadline (to be posted online)
- A parent night will be held in early October for new and returning swimmers to learn about the team and expectations for participating in meets and volunteer assignments.



AGES 8 AND UNDER

Swimmers are introduced to the sport in an enjoyable environment. Swimmers learn the four competitive strokes, starts and turns through drills and individual instruction. 8-and-under swimmers practice 2 days a week.

DEVELOPMENTAL PROGRAM: AGES 9-12

Our Developmental Program works on refining stroke mechanics of all competitive strokes. Starts, turns and some endurance training is done through interval sets. Swimmers are expected to supplement their two weekly practices with one additional practice during regular practice times to expose them to longer distances, an important step towards improvement. If coaches feel the swimmer should only do 2 days, fees will be adjusted.

LEHY COMPETITIVE PROGRAM: AGES 9+

LEHY Short Course program is for experienced competitive swimmers interested in furthering their strength and stamina for competition. Swimmers are expected to commit to swimming and the team. There is an emphasis on longer-distance training and sets where swimmers learn to motivate themselves. Swimmers continue to focus on the mechanics of swimming while learning independence. There are different "squads" with different attendance expectations, but generally there are 5 practices weekly, plus Saturdays for senior-level swimmers.

SHORT COURSE PRACTICE SCHEDULE

MONDAY, SEPTEMBER 10—MARCH 2020

East Hartford High School

Monday-Friday | 4:50-6:30PM

In addition, swimmers are expected to attend dry land practices, 2-hour practices when available, Saturday practices when available

East Hartford Middle School

Monday, Tuesday, Thursday | 5:30-6:30PM

Wednesday, Friday | 5:30-7:30PM

East Hartford 8-and-Under program

Wednesday, Friday | 4:30-5:30PM

East Hartford Developmental Program

Wednesday, Friday | 4:30-5:30PM,

plus additional practice assigned by the coaches



REGISTRATION RUNS AUGUST 6–SEPTEMBER 7.
LEARN MORE: EASTHARTFORDYMCA.ORG

SAVE THE DATE

CHAMPIONS FOR YOUR COMMUNITY

Thursday, October 17, 2019

**Connecticut
Convention Center**
100 Columbus Boulevard
Hartford, CT 06103
5:30 p.m. – 8:45 p.m.

**YMCA Celebrates
Champions
with Honored Guests:
Rebecca Lobo and
Steve Rushin**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EAST HARTFORD YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.
770 Main Street, East Hartford, CT 06108

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.