

WE BUILD LIFELONG SUCCESS



BY STRENGTHENING FAMILY BONDS



FARMINGTON VALLEY YMCA FALL PROGRAM GUIDE

Fall SESSION 1: September 9–October 27, 2019
Fall SESSION 2: October 28–December 15, 2019

Registration Begins: August 5, 2019

FALL SESSION 1: September 9–October 27, 2019
FALL SESSION 2: October 28–December 15, 2019
MEMBER REGISTRATION: August 5, 2019
OPEN REGISTRATION: August 12, 2019
No paid programs or classes Oct 31, Nov 28–29

Facility Hours:

Monday–Thursday | 5:30AM–9:00PM
Friday | 5:30AM–8:00PM
Saturday | 7:30AM–7:00PM
Sunday | 11:00AM–6:00PM

Farmington Valley YMCA

97 Salmon Brook Street, Granby, Connecticut
860-653-5524 • FarmingtonValleyYMCA.org
Facebook.com/fvymca
Instagram: @fv_ymca

VOLUNTEER AT THE Y!

We have several opportunities to participate in your community. Visit ghymca.org/volunteer to find out more.

JOIN THE Y. JOIN A COMMUNITY.

A YMCA membership sets you on the path to good health in spirit, mind and body, helping you enjoy a full and balanced life. **With no contracts, your membership provides quality programs for you and your whole family to enjoy!** We offer financial assistance for those who meet income requirements so that everyone can feel welcome to apply for a Y membership.

SO MUCH VALUE IN YOUR Y MEMBERSHIP!

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, in the gymnasium, and in the pool; major discounts on programs and summer camp; 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

Adult \$62 | ages 30–64

Couple \$89 | ages 30–64

Youth \$26 | ages 12–18

***Senior** \$56 | ages 65+

Young Adult \$41 | ages 19–29

***Senior Couple** \$83 | ages 65+

*Seniors who have Silver Sneakers or Renew Active qualify for a free membership. Those with AARP Medicare Supplement Insurance are eligible for 50% off the listed price.

Visit ghymca.org/join

to learn more and become a member

CORPORATE MEMBERSHIP

Partner with the YMCA's Corporate Membership program and provide a healthy, happy workspace for you and your employees. Get discounts on membership dues, value-added health and wellness programming and more!

Contact workplacewellness@ghymca.org or call Lisa Reinhardt at 860-595-3025.

NEW! GROWING FAMILY MEMBERSHIP

A NEW TYPE OF MEMBERSHIP FOR EXPECTANT AND NEW FAMILIES.

Price: \$125 per month*

for two adults and all children living in the home

*This is a 15-month membership for families who are pregnant, or have a child under 6 months old.

Join a NEW community to help support you during this exciting time! The Growing Family Membership is a new program starting this fall that includes a membership, multiple small group classes, seminars, and so much more. Meet new friends that will last a lifetime!

Not interested in a membership? These classes and programs are available at our usual small group cost. Learn more at farmingtonvalleyymca.org.

SOME OF THE THINGS INCLUDED IN YOUR MEMBERSHIP

- Access to weekly classes designed to be safe for women who are pregnant OR who just gave birth:
 - Barre yoga
 - Small group training
- Access to our NEW class for all parents: Baby + Me Yoga
- Access to classes already offered at our branch:
 - Guided meditation
 - Specialty yoga
- Your first class FREE for:
 - Parent–Child Level A swim lesson (must use within 1 year of birth)
 - Food Explorers parent + child class
- Monthly seminars on a variety of topics, including CPR, car seat installation, lactation, babyproofing your home, and more!
- 8 nutrition workshops per year: 4 for pre- and post-natal moms, and 4 for infants and toddlers
- Two consultations with a personal trainer: one while pregnant, and one when you come back to work out again
- Structured workouts you can do on your own
- Daily space in our branch for play groups (bring your friends who aren't members!)

For more information, contact Samantha Savran at samantha.savran@ghymca.org

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.

LIVESTRONG: HELPING CANCER SURVIVORS FEEL ALIVE! • RECRUITING PARTICIPANTS

Our YMCA is proud to offer LIVESTRONG® at the YMCA to help cancer survivors feel alive again! This 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 and includes a family membership during the 12-week program.

Our YMCA offers the LIVESTRONG® program each quarter of the year. Participants do not need to be YMCA members -- so please share this with anyone you think might be interested.

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.

GROUP EXERCISE

More than 55 free group exercise classes per week. Classes include a variety of options: Strength training, cardio, metabolic conditioning, Zumba, yoga and cycling.

PERSONAL TRAINING

YMCA Personal Training is a one-on-one session with a personal fitness trainer. Our personal trainers are educated professionals with years of experience who can help anyone on their terms, including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds as our members do, and we take great care in matching members with the right personal trainer.

Your initial visit includes a review of your health history, lifestyle and goals. Your personal trainer can then help you achieve goals through one-on-one attention, accountability and expertise.

SYNRGY 360 SMALL GROUP TRAINING PROGRAMS

Join us for specialized, dynamic small-group training programs on our SYNRGY360. Programs include: 360, Suspension, Glove Up and Youth Conditioning and Senior Synergy.

For more information, contact Jackie Voelker at Jackie.Voelker@ghymca.org.

EXTREME FIT

Fee-based small-group classes featuring rigorous boot camp circuits, HIIT and Bosu equipment combining plyometrics, agility, strength, and cardio exercises. Ext Fit Ballet, Bosu, HIIT and Ext Fit with Laura. Programs offered a various times in the day and evenings at 6:30pm.

SENIOR PROGRAMMING

- 8 free Senior classes each week, including strength training, stretch, cardio dance, and tai chi.
- 5 Aquatic Fitness Classes
- Pickleball 18+
Mondays | 11:30-2:30pm and 6:00-8:00pm
Tuesdays | 10-1pm • Thursdays | 11:30-2:30pm
- Seminars and workshops on a variety of topics.

HEALTH AND FITNESS RELATED SEMINARS

Throughout the fall, members can attend wellness-related discussions on topics of interest. Fees may apply.

Upcoming seminars: Posture Awareness; Corrective Exercise; Healthy Joints; Runner Workshops; Guided Meditation and Aromatherapy

SUPPORT GROUPS AT THE Y

Overeaters Anonymous – Every Wednesday | 10:30AM

FITPATH

1 hour FREE introduction to wellness:

Our goal is to help you get the most out of your membership and guide you towards achieving that reason why you joined. We want to find out as much as we can about you: what your fitness background and goals are and how you move. After that, we will recommend the best plan of action for you to be successful here at the Y.

What you can expect:

- A series of questions so we know the reason why you are at the Y and if you have any injuries of which we should be aware
- To work with staff to determine your availability and help you plan out your training week
- An education on our Wellness equipment, Group Fitness Class Schedule, and what programs we are currently offering.
- Staff to take baseline assessments
- An 8-Point Mobility Evaluation to determine how you move so we can give you areas of your body to target for improvement.
- To learn some basic foundational exercises so you can feel more confident you are doing things correctly.
- To get baseline strength assessments
- To be given our Warrior 20 Food List and Simple Healthy Eating Strategies to help you start to make good food choices.

NEW! PREGNANCY-FRIENDLY CLASSES

We are offering a variety of new classes, which can be added on to your membership. See our new offerings on the first page, and visit us online to register.

THE GREAT HARTFORD SLIMDOWN

THE GREAT HARTFORD SLIMDOWN IS BACK FOR FALL!

The next competition begins September 16, so start getting your teams of 4 together!

Visit GHYMCA.org/slimdown for more info on registering.

For all Health & Wellness questions,
contact Jackie Voelker at
Jackie.Voelker@ghymca.org or 860-653-5524 x124.

SPORTS

GHYMCA.ORG/SPORTS

No classes Oct 31, Nov 28-29

BASKETBALL LEAGUES

SESSION ONE Six Dates Starting November 4, 2019

SESSION TWO Six Dates Starting February 3, 2020

Members: \$48 | Non-Members: \$72

Please visit www.FVYSPORTS.org for more information.

PARENT AND ME

ages 2-3, 45m
Tuesday 5:50PM

PRESCHOOL BASKETBALL

ages 3-4, 45m
Tuesdays | 5:00pm, Sat 9:00am

YOUTH BASKETBALL

ages 5-K, 1hr
Mondays 5:15pm | Wednesdays 4:15pm | Saturdays 10:00am

YOUTH BASKETBALL

grades 1-2, 1hr
Mondays 6:20pm | Wednesdays 5:20pm | Saturdays 11:05am

GRADES 3-8 DIVISION

Teams have preseason and weekly practices at various Simsbury elementary schools from December - March. There are 9 Saturday games in the afternoons beginning in January.

Members: \$120 | Non-Members: \$145

GRADES 9-10 & GRADES 11-12 DIVISION

All games are held at Henry James Middle School on Monday nights. There are no practices in this league. Captains choose teams on Formation Day. All players must attend Formation Day and sign a code of conduct. There are 9 weeks including all-star break, plus championships.

Members: \$100 | Non-Members: \$120

MARTIAL ARTS - JUKIDO

FALL SESSION I and II: September 9-December 15, 2019

ages 6 & up

Jukido is perfect for people of all ages and emphasizes realistic self-defense and always doing ones best

Tuesdays | 6:30pm
Thursdays | 6:30pm

Members: \$55 | Non-Members: \$99

\$10 Discount when signing up for both classes.

YOUTH DODGEBALL LEAGUE

FALL SESSION I and II: September 9-December 15, 2019

ages 6-12

Tuesdays | 4:00PM in gymnasium

Members: \$30 | Non-Members: \$45

FALL SPORTS LEAGUES

FALL SESSION I and II: September 9-December 15, 2019

Six dates starting September 9, 2019

Member \$48 | Non-Members: \$72

Please visit www.FVYSPORTS.org for sports information, days and times.

Soccer

Youth Coed Soccer | ages 4-5
Youth Coed Soccer | ages 6-8

PARENT & ME DOUBLE PLAY

ages 2-3

T-ball

Youth Coed T-ball | ages 4-5
Youth Coed T-ball | ages 6-8

ROCK CLIMBING

FALL SESSION I and II: September 9- December 15, 2019

Members: \$115 | Non-Members: \$205

PARENT & CHILD CLIMB

ages 4 & up
Saturdays | 11:00am

PRESCHOOL ROCKERS

ages 4-6
Tuesdays | 5:00pm
Fridays | 4:00pm

KID CLIMBERS

grades 1-4
Mondays | 4:00pm
Thursdays | 5:00pm
Saturdays | 9:00am

CLIFFHANGERS

grades 5-8
Saturday 10:00am

MOUNTAIN LIONS CLIMBING TEAM

Join us for our competitive climbing team. Weekly practices focus on skill progression and preparing for local bouldering and speed climbing competitions. By invitation to members only. Fees paid monthly. For more info contact Marissa Teed, Sr. Program Director at marissa.teed@ghymca.org or 860-653-5524.

ARCHERY CLASSES

Ages 7 & up, Ages 10+ for advanced

FALL SESSION I: September 9 - October 27, 2019

This program is held outdoors and is a great program for parents and children to do together!

Saturdays | 9:00am, 10:00am - Advanced only
Saturdays | 11:00am - Adults only
Sundays | 3:00pm, 4:00pm - Advanced Only

Members: \$55 | Non-Members: \$99

Archery Team - The Hot Shots

Kids and adults are welcome to be evaluated for a spot in one of our team's four divisions: Bronze Arrow, Silver Arrow, Gold Arrow, or Platinum Arrow. Must have a YMCA family or youth membership. Weekday practices and competitions.

For information please contact: Kim.Grenfell@ghymca.org



ATTENTION PARENTS & COACHES

Our youth leagues depend on parent helpers and volunteers. Visit our website for meeting info and handbooks. Experience not necessary; just a willingness to make a difference.

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.

SPORTS

PRESCHOOL & YOUTH SPORTS

FALL SESSION I and II: September 9–December 15, 2019

GYM JAM SPORTS

ages 18–36 mos.

A parent/child fun time that allows exploration of our preschool sports equipment.

Friday | 9:00am

Members: FREE | Non-Members: \$10

SPORTS OF ALL SORTS

ages 4–6

Each week a new sport is introduced.

Friday | 10:00am, 11:00am

Thursday | 10:00am, 5:00pm

Members: \$115 | Non-Members: \$205

GYM DANDY PLAY GROUP

Enjoy sports and gymnastics activities for 1 hour followed by 30 minutes of story and craft time in our community rooms. Families are encouraged to bring snack for story time. No registration required; this is a weekly drop in playgroup.

Wednesday | 9:15am

Members: \$5 | Non-Members: \$10

KINDERMUSIK

Exploring movement concepts and participating in musical interactions with objects and others; Discovering different ways instruments can make sounds and experiencing a wide range of musical concepts; Identifying and vocally imitating sounds and learning to describe them.

The Free demo classes will be on September 11.

Fall Session:

September 18 – December 11 (No class October 9)

Fee \$198

Level 1

12 months and walking through 2 ½ yrs old

9:30 – 10:15am

Level 2

2 yrs–4 ½ yrs old intended for toddlers & preschoolers

10:40 – 11:25am

Foundations

ages newborn – 15 months and intended for lap babies & crawlers only

11:45am – 12:30pm

BIRTHDAY PARTIES

Celebrate your birthday at the Y! Choose from a pool party, gymnastics, sports or rock climbing or much more! Come to the Y and leave the rest to us! Subway catering and paper goods packages available. Parties can be held Saturday or Sunday. For information please contact the Y at 860-653-5524!

Members: \$215 | Non-Members: \$245

CHILD CARE

CHILD CARE WITH THE Y

Before/After School Care: Register now for the 2019 school year! We provide programming for children at schools in Avon, East Granby* & Granby* (*PM only). Visit GHYMCA.org/childcare for info on specific programs, locations and pricing.

All YMCA Child Development Programs are licensed by the State of Connecticut Office of Early Childhood.

Contact Director Beth Garza at beth.garza@ghymca.org or 860-653-5524.

GYMNASTICS, DANCE AND PARKOUR

GYMNASTICS

14 Week Session: Fall 1 and 2 combined

Members: \$115 | Non-Members: \$205

Preschool Classes

TUMBLERS Parent and Me

Thursday | 9:30am

Saturday | 9:30am

TUCKERS 3, beginner

Thursday | 9:30am

Saturday | 9:30am

JUMPERS 4–5, Intermediate

Tuesday | 5:00pm

Thursday | 10:30am, 5:00pm

Saturday | 10:30am

PRESCHOOL KIPPERS 4–5 Advanced

Tuesday | 5:00pm

Thursday | 5:00pm

Saturday | 10:30am

Youth Classes

ROLLERS BEGINNERS ages 6 & up

Tuesday | 5:00pm

Thursday | 5:00pm

Thursday | 6:15pm

Saturday | 11:45am

Saturday | 1:00pm

PIKERS INTERMEDIATE ages 6 & up

Tuesday | 6:15pm

Thursday | 6:15pm

Saturday | 11:45am

KIPPERS ADVANCED ages 6 & up

Tuesday | 6:15pm

Saturday | 11:45am

BOYS ONLY CLASS ages 6 and up

Saturday | 1:00pm

DANCE

14 Week Session

Members: \$115 | Non-Members: \$205

Mondays | Ballet and Jazz Combo Class | Ages 4–6 | 5:15–6:00pm

Saturdays | Beginner Ballet | Ages 5–8 | 10:00–11:00am

Creative Movement | Ages 3–4 | 11:00–12:00pm

Beginner Jazz and Tap | Ages 5–8 | 12:00–1:00pm

Dance and Gymnastics will participate in a Holiday Show.

More information to follow.

PARKOUR

Fall 1 and 2

Members: \$55 | Non-Members: \$99

Parkour Beginner

Tuesday | 6:15pm

Thursday | 6:15pm

Saturday | 11:45am

Parkour

Intermediate

Tuesday | 5:00pm

Saturday | 10:30am

Parkour Advanced

Thursday | 5:00pm

Saturday | 1:00pm

TSUNAMIS SWIM TEAM

JOIN US ANYTIME!

MAKING A DIFFERENCE IN CHILDREN'S LIVES, FROM NOVICES TO NATIONAL QUALIFIERS

Our Tsunamis Swim Team season starts September 3, 2019, but you can join the team at any time!

Join the team today and start getting stronger, smarter and faster with the Best Connecticut team at the YMCA New England Championship.

Ages 5 to 18 years old, all levels welcome! Our team competes in both YMCA and USA Swimming leagues. Children must be able to swim on front and back.

Swimmers break into two phases. Phase one is Olympic stroke one, two and three where swimmers will learn all fundamentals. Phase two is by age groups and includes more elaborated practices.

If your child needs an assessment, please contact:

Director of Competitive Swimming, Mario Francisco at mario.francisco@ghymca.org or 860-653-5524 x 131.

For team information, visit www.FVYMCAtsunamis.org.

SWIMMING

LEARN TO SWIM! HAVE FUN WITH A SPLASH OF CONFIDENCE!

Every day, children learn the basics of swimming at the Y! Children enhance their skills, learn to be safe and healthy, and build their confidence with our progressive lessons, which turn beginners into experts.

The Y ensures a low instructor-to-student ratio to make sure your kids get plenty of personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your child's needs and your schedule.

To learn more about pricing and swim lesson schedules, visit GHYMCA.org/swimlessons, or contact Colin Truczinskas at colin.truczinskas@ghymca.org or 860-653-5524

For questions and info on aquatics contact Krysta Downs, Aquatics Coordinator, krysta.downs@ghymca.org or 860-653-5524.

GROUP SWIM LESSONS CLASS SELECTOR

STEP 1: What age group does the student fall into?

6 months-3 years PARENT & CHILD STAGES A-B	3 years-5 years PRESCHOOL STAGES 1-4	6 years-12 years SCHOOL AGE STAGES 1-6	13+ years TEEN & ADULT STAGES 1-6
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All age groups are taught the same skills, but are divided according to developmental milestones.

STEP 2: Which level is your child ready for based on his or her skills?

Can the student respond to verbal cues and jump on land?	NOT YET?	A WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET?	B WATER EXPLORATION
Will the student go under water voluntarily?	NOT YET?	1 WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET?	2 WATER MOVEMENT
Can the student swim 10-15 yards on his or her front and back?	NOT YET?	3 WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET?	4 STROKE INTRO
Can the student swim front crawl, back crawl, and breast stroke across the pool?	NOT YET?	5 STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breast stroke across the pool and back?	NOT YET?	6 STROKE MECHANICS

GHYMCA.ORG/SWIMMING

SWIM LESSONS

PRIVATE SWIM LESSONS

30 minutes-Private and semi-private lessons are available to fit your schedule for any age and skill level. For questions or to schedule, contact Krysta Downs at krysta.downs@ghymca.org or at 860-653-5524x131.

PARENT & CHILD CLASSES

6 months – 3 years, 30 minutes
Members: \$70 | Non-Members: \$100

PRESCHOOL SWIM LESSONS

3 years – 5 years, 30 minutes
Members: \$70 | Non-Members: \$110

YOUTH SWIM LESSONS

6 years – 12 years, 40 minutes
Member \$70 | Program \$110

ADULT GROUP SWIM LESSONS

13 years+, 40 minutes
Members: \$70 | Non-Members: \$110

WATER EXERCISE CLASSES

45 minutes | Members: FREE
Guests welcome with purchase of a day pass.
Adults: \$15 | Families: \$25

HEALTHY BACK

Mondays/Wednesdays | 8:15AM

WATER ZUMBA

Mondays | 9:00AM

WATER EXERCISE

Tuesdays/Thursdays | 8:30AM
Tuesdays/Thursdays | 10:00AM
Wednesdays/Fridays | 9:00AM

CERTIFICATIONS

AMERICAN RED CROSS LIFEGUARDING CLASSES

Tentative schedule: September 6-8 OR October 4-7
Members: \$325 | Non-Members: \$375

RECERTIFICATION CLASS

Members: \$150 | Non-Members: \$185
Schedule TBD, contact the branch for dates

CPR/BASIC FIRST AID COURSE

Tentative schedule: September 21 OR October 19
Members: \$60 | Non-Members: \$85

EMPLOYMENT OPPORTUNITIES!

Join our team of lifeguards and swim instructors!
Contact Colin Truczinskas, Aquatics Director,
at colin.truczinskas@ghymca.org or visit
ghymca.org/employment to apply today!

TEST. MARK. PROTECT.

The YMCA of Greater Hartford has a new swim test model and marking system to ensure our youngest members' safety. All children ages 16 and younger must be swim tested with our new tests. Children will then receive a green band, yellow band, or red band so that lifeguards instantly know each child's swimming ability. For information on what the tests require and how the system works, visit ghymca.org/test-mark-protect.

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

FARMINGTON VALLEY YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.
97 Salmon Brook Street, Granby, CT 06035

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.