

# WE BUILD LIFELONG SUCCESS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## BY CYCLING TO HEALTH



### GLASTONBURY FAMILY 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**

# WE BUILD LIFELONG SUCCESS

GHYMCA.ORG

## FALL SESSION 1:

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–Friday | 8:30AM–5:00PM

Saturday & Sunday | Closed

## Glastonbury Family YMCA

95 Oakwood Drive, Glastonbury, Connecticut

860-633-6548

GlastonburyYMCA.org

Facebook.com/glastonburyymca

## VOLUNTEER AT THE Y!

We have several opportunities to participate in your community. Visit [ghymca.org/volunteer](http://ghymca.org/volunteer) to find out more.



## 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 and cycle classes.

Adult WellPass: \$25

Senior WellPass (65+): \$15

High School &  
College WellPass: \$10

## 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](mailto:Lisa.Reinhardt@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.

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](http://GHYMCA.org/donate).

# HEALTH & WELLNESS

[GHYMCA.ORG/HEALTH](http://GHYMCA.ORG/HEALTH)

ALL classes are free for WellPass & Silver Sneakers members.

## **ZUMBA®**

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 | 6:00PM–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.

Mondays | 9:30AM – 10:15AM

Tuesdays | 6:45PM – 7:30PM

Fridays | 9:30AM – 10:15AM

## **Qi Cong Yoga**

Thursdays | 11:00AM – 11:45PM

Fee: \$50

## **LIFT**

A class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

Mondays | 5:00PM – 5:45PM

Wednesdays | 5:00PM–5:45PM

Fridays | 12:30PM – 1:15PM

Fee: \$50

## **TAG**

Focuses on toning and strengthening the core down to the lower body, specifically isolating the Thigh Abdominal, Hips, and Glute muscle groups.

Wednesdays | 5:00PM–5:30PM

Fee: \$50

## **GROUP CYCLE**

A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride.

Mondays | 8:00AM, 9:00AM, 6:00PM

Wednesdays | 8:00AM, 9:00AM, 5:45PM

Fridays | 8:00AM, 9:00AM

Fee: \$10 drop in fee (no session rate)

## **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.

Fall session will begin on a date to be determined.

Mondays and Wednesdays | 6:00pm – 7:30pm

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

## **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\***

\*Free for first 8 participants paid in full by grant funding, a \$429 savings includes free adult membership

For more information: 860-595-3026

[ymcadpp@ghymca.org](mailto:ymcadpp@ghymca.org) | [ghymca.org/diabetes](http://ghymca.org/diabetes)

## **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.

Tuesdays | 11:30AM–12:15PM

Thursday | 6:00pm–6:45pm

## **SILVER SNEAKERS CIRCUIT**

Silver Sneakers Circuit offers low impact choreography, alternating with standing upper body strength work. Suitable for all levels, but can be modified depending upon fitness level.

Fridays | 11:30AM–12:15PM



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

# 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

## 2019-2020 Child Development Monthly Rates

### PRESCHOOL

		Monthly Fee	Deposit
½ Day	2 Days	\$175	\$50
½ Day	3 Days	\$250	\$50
½ Day	5 Days	\$370	\$50
Full Day	2 Days	\$520	\$100
Full Day	3 Days	\$745	\$100
Full Day	5 Days	\$1,020	\$100

**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	\$257.45	\$64.36
PM	3 Days	\$283	\$70.75	\$268.85	\$67.21
PM	5 Days	\$438	\$109.50	\$416.10	\$104.02

**First Day: Thursday, August 29**

## 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 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 4:30PM

Location: Buttonball Lane Elementary School.

Fee: \$200 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](mailto:Sarah.Ralston@ghymca.org) or by phone at 860-633-6548.**

# YOUTH DEVELOPMENT

[GHYMCA.ORG/ACTIVITIES](http://GHYMCA.ORG/ACTIVITIES)

## BASKETBALL

Ages 4-6

Fridays | 5:30pm – 6:15pm

Fridays | 6:20pm – 7:05pm

Fee: \$97

Grades 1-3

Fridays | 5:30pm – 6:30pm

Fridays | 6:30pm – 7:30pm

Fee: \$122

Location: Glastonbury Tennis Club  
228 Oak Street

## SPORTS OF ALL SORTS

AGES 3-5

Try a new sport every week!

Mondays | 1:30pm–2:15pm

Thursdays | 9:45am–10:30am

Fee: \$97

Location: GB YMCA

## YOUTH TENNIS

Ages 6-8 and 9-12

Location: Glastonbury Tennis Club

228 Oak Street

Fridays | 5:30pm – 6:30pm

Fee: \$155

## 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



## SKIING/SNOWBOARDING

Grades 4 – 10

Grades 11- 12 (Counselor-in-Training)

Days | January 8, 15, 22, 29 and February 5

Five Wednesdays of skiing or snowboarding at Mt. Southington for participants of all skill levels. Transportation and supervision provided. Pick up at Glastonbury Elementary Schools, Gideon Welles and Smith School with drop off at Smith School **ONLY**. Helmets are required and must be provided by the participant.

**Registrations after November 21 will be assessed the \$30 late fee indicated below.** Parent Volunteers welcome.

### PACKAGE-FEE

**#1 Basic**–Lift Ticket only.

Fee: \$276/\$306

**#2 Lift & Lessons**–Lessons with participants' own equipment.

Fee: \$306/\$336

**#3 Lift & Rental**–For experienced participants that need rental equipment.

Fee: \$357/\$387

**#4 Complete**–Lift ticket, rental equipment and lessons.

Fee: \$413/\$443

**#5 C.I.T. for Grades 11 & 12**–Counselor in Training program; Volunteer application and interview required. Limited availability.

Fee: \$145/\$175

## 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. This teen-led service club provides the opportunity for leadership, community service, mentoring, and making friends.

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 11, 2019

Fees: Registration-\$145

2nd & 4th Thursdays | 6:15pm

Mock Legislative Week-end-\$275 (due in January)

# ARTS AND HUMANITIES

[GHYMCA.ORG/ACTIVITIES](http://GHYMCA.ORG/ACTIVITIES)

## LITTLE SCIENTISTS

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

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



## DRAMA PRODUCTION

GRADES 3–8

Find your inner talent and be a headliner in our spring production. Talent is needed both on stage and behind the scenes. Practice times to be announced. Parent volunteers are needed and welcome!

Rehearsals are Thursday evenings from 6:30pm–8:00pm. Beginning in January, rehearsals will be held on Mondays and Thursdays.

Production Dates | April 24 & 25, 2020

Fee: \$400



## 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.

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

## GLASTONBURY FAMILY YMCA

a branch of the YMCA of Metropolitan Hartford, Inc.  
95 Oakwood Drive, Glastonbury, CT 06033

[GHYMCA.org](http://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.