



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE PART OF A COMMUNITY.

GLASTONBURY YMCA 2020 PROGRAM GUIDE



WE BUILD LIFELONG SUCCESS

2020 Session & Registration Dates

WINTER: 1/6-2/16, registration starts 12/2/19
SPRING 1: 2/24-4/5, registration starts 1/20
SPRING 2: 4/13-5/24, registration starts 1/20
SUMMER 1: 6/15-7/19, registration starts 5/11
SUMMER 2: 7/20-8/23, registration starts 5/11
FALL 1: 9/14-10/25, registration starts 8/10
FALL 2: 11/2-12/13, registration starts 8/10

GHYMCA.ORG

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.

FIND THE CATEGORY THAT IS RIGHT FOR YOUR FAMILY!

Adult WellPass | \$30
High School/College WellPass | \$15
Senior (65+) WellPass | \$20*

*Seniors who have Silver Sneakers or Renew Active qualify for a free membership.



Rates subject to change with 30-days notice.

Visit ghymca.org/join to learn more and become a member

CORPORATE MEMBERSHIP

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

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

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.

GLASTONBURY FAMILY YMCA

95 Oakwood Drive
Glastonbury, CT 06033
860-633-6548
GlastonburyFamilyYMCA.org

- **Mon-Friday 8:30am-5pm***
- **Sat-Sun Closed***

***We run programs on weekends and evenings when the branch is not open for regular business**

FINANCIAL ASSISTANCE PROVIDED WITH HELP FROM OUR ANNUAL CAMPAIGN

As a community benefit organization, the YMCA wants to ensure that ALL members of our communities have access to our facilities and programs. That is why we offer financial assistance for membership, child care, sports, swim lessons, summer camp, and more. All funds come from generous donations made to our Annual Campaigns.

Please call our Welcome Centers today and we'd be happy to go over your options with you!

The YMCA's Annual 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.

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.

2020 ANNUAL CAMPAIGN

The YMCA is a place where everyone is welcome regardless of race, age, religion or financial standing. Each year, the Annual Campaign raises funds for families and individuals who can't otherwise fully afford YMCA programs and services.

Annual Campaign contributions are invested in people to provide resources to support those in need. 100% of the money raised goes to programs and services for children, teens, adults, families and seniors, and funds raised in each community stays in that community.

For more information on how you can support the Annual Campaign, go to ghymca.org/donate.

VOLUNTEER AT THE Y!

We have several opportunities to participate in your community.

Visit ghymca.org/volunteer to find out more.

JOIN OUR YMCA TEAM—WE'RE HIRING!

Employment and volunteer opportunities available. We are always looking for lifeguards, personal trainers, head teachers, youth sports coaches, and other positions.

Visit GHYMCA.org/employment to apply!

YMCA OF GREATER HARTFORD THE Y IS IN YOUR COMMUNITY:

Full Facility Branches

Downtown Hartford

90 State House Square, Hartford
860-522-4183

Farmington Valley

97 Salmon Brook Street, Granby
860-653-5524

Hale

9 Technology Park Drive, Putnam
860-315-9622

Indian Valley

11 Pinney Street, Ellington
860-871-0008

Wheeler

149 Farmington Avenue, Plainville
860-793-9631

Wilson-Gray

444 Albany Avenue, Hartford
860-241-9622

Program Branches visit us online for programming & amenities!

Glastonbury

95 Oakwood Drive, Glastonbury
860-633-6548

East Hartford

770 Main Street, East Hartford
860-289-6612

West Hartford/Tri-Town

12 North Main Street, West Hartford
860-521-5830

GHYMCA.ORG

THINGS TO KNOW:

Your health insurance may pay for your membership

Or at least some of it! Many health insurance companies reimburse for memberships to fitness facilities, including YMCAs. Call your insurance company for details.

DID YOU KNOW?!

The YMCA is a non-profit, community benefit organization that provides financial assistance for programs and membership.
GHYMCA.org/donate

**THIS BOOKLET
COVERS ALL OF 2020,
SO HOLD ON TO IT!
FOR DETAILS ON
TIMES, COST AND
REGISTRATION, VISIT
US ONLINE!**

SUPPORTING OUR ANNUAL CAMPAIGN

The YMCA of Greater Hartford hosts events throughout the year to bring together members of the community and to support the Branch Annual Campaigns. All money donated to the Annual Campaign and raised at events goes towards helping those in our communities that could not otherwise afford to participate in our programs and services. If you'd like to give back, visit GHYMCA.org/donate to learn more!



HEALTHY KIDS DAY
(May)



TOAST TO THE TOWN
(November)

GHYMCA.org/events

Y WELLNESS PASS

GHYMCA.org/glastonbury

For one low monthly fee, Y Wellness Pass™ allows you unlimited use of our Wellness Center and free admission to all group exercise classes.

ADULT WELLPASS: \$30
HIGH SCHOOL/COLLEGE WELLPASS: \$15
SENIOR (65+) WELLPASS: \$20*

*Seniors who have Silver Sneakers or Renew Active qualify for a free membership.

RenewActive™
by UnitedHealthcare

SilverSneakers
by Tivity Health

GROUP EXERCISE CLASSES

GHYMCA.org/groupex

ZUMBA® is 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 Columbian word meaning to move fast and have fun.

YOGA is 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.

QI GONG YOGA (CHEE GONG) is a 5,000-year-old Chinese series of gentle movements, deep breathing, and positive intentions. Qi Gong creates a relaxed feeling of uplifting energy and wellbeing —“Like a full-body massage.” Standing flowing movements with chair

LIFT is 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!

PILATES is based on the fundamentals of Joseph Pilates' principles, this class will focus on your body core. The method of total body conditioning trains both body and mind with a series of exercises that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.

TAG (THIGHS, ABS, GLUTES) focuses on toning and strengthening the core down to the lower body, specifically isolating the thigh, abdominal, hips and glutes and muscle groups.

GROUP CYCLE is 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.

SENIOR PROGRAMMING

GHYMCA.org/seniors

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.

SILVER SNEAKERS CIRCUIT workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for support.



LIVESTRONG AT THE YMCA

GHYMCA.org/livestrong

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.

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.

Sessions start several times a year. Call for info!

Contact Information - Health & Wellness

Betsey Pitt 860-633-6548 or betsey.pitt@ghymca.org

GLASTONBURY PRESCHOOL

GHYMCA.org/preschool

We serve children ages 3-5

The Glastonbury Family YMCA offers a state-licensed, nationally-accredited school readiness preschool program. 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.

**Location: Glastonbury Family YMCA
95 Oakwood Drive, Glastonbury**

Monthly fees for 2020-2021 school year (starting September 1)*

These are for the first child; additional children get a 5% discount
*If you'd like to sign up before September, call us for pricing

HALF DAYS

9am-12:30pm

2 days half days: \$185 (Only available Tuesday & Thursday)

3 days half days: \$260 (Only available Monday, Wednesday, Friday)

5 days half days \$380

FULL DAYS

6:30am-6:30pm

2 days full days: \$535 (Only available Tuesday & Thursday)

3 days full days: \$765 (Only available Monday, Wednesday, Friday)

5 days full days: \$1040

BEFORE & AFTER SCHOOL CARE

GHYMCA.org/schoolage-childcare

We serve kids in Glastonbury Schools

The YMCA's Before and After School program is licensed by the Connecticut Office of Early Childhood. We offer a curriculum for elementary-aged children that teaches confidence, encourages self-expression and enriches social development.

We accept Care 4 Kids and offer financial assistance.

Locations:

- Buttonball Lane School
- Gideon Wells School
- Hebron Avenue School
- Hopewell School
- Naubuc School
- Nayaug School

Grades: K-6

Hours: Before school care: 7am-start of school day |
After school care: end of school day-6pm

Monthly fees for 2020-2021 school year

These are for the first child; additional children get a 5% discount

- 3 days before school: \$187
- 5 days before school: \$283
- 3 days after school: \$295
- 5 days after school: \$450



NO SCHOOL DAYS

GHYMCA.org/no-school-day

YMCA provides care for school aged children during school vacations and holidays. 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.

Registration will be available 3 weeks prior to a vacation.

2020 Dates:

- January: 20
- February 17, 18
- April 10, 13, 14, 15, 16, 17
- October 12
- November 3, 11
- December 28, 29, 30

Grades: K-6

Locations:

Hours: 7am-6pm

Fee: \$65 for first child | \$61.75 for second child

SNOW DAYS

GHYMCA.org/snow-days

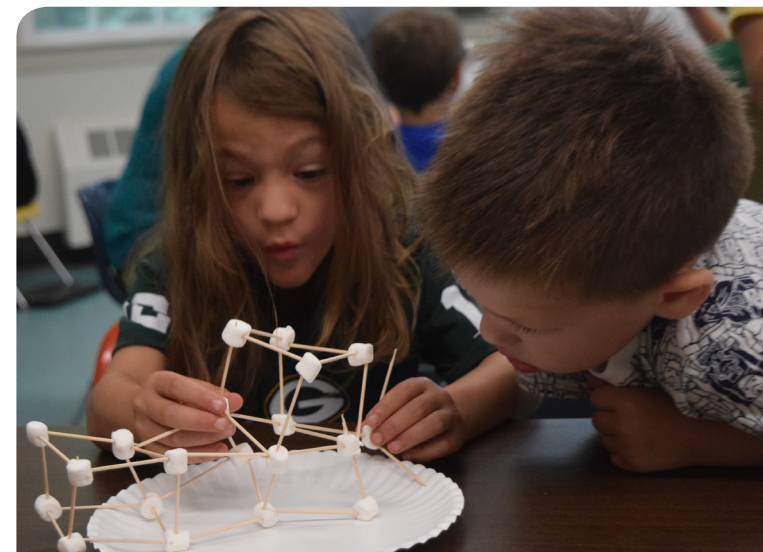
The Glastonbury Family YMCA strives to provide care when the public schools are closed due to inclement weather. If the YMCA is able to safely provide care, we will!

Grades: K-6

Locations: TBD elementary school

Hours: 9am-4:30pm

Fee: \$200 for a 3-day pre-purchased package



BASKETBALL

GHYMCA.org/basketball

Location: Glastonbury Tennis Club, 228 Oak Street, Glastonbury

- Ages 4-6 | Friday 5:30-6:15pm, Friday 6:20-7:05
- Grades 1-3 | Friday 5:30-6:30pm, Friday 6:30-7:30pm

OTHER SPORTS

GHYMCA.org/other-sports

HORSEBACK RIDING

Location: 7 J's Farm, 24 Candlewood Drive, Glastonbury

- Ages 7-15 | Saturday 2:30-3:30pm

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.

TENNIS

Location: Glastonbury Tennis Club, 228 Oak Street, Glastonbury

- Ages 6-8 | Friday 5:30-6:30pm
- Ages 9-12 | Friday 5:30-6:30pm

Children will learn fundamental skills including ground strokes, the serve, scoring and rally.

FLAG FOOTBALL

Schedule: 5 consecutive Sundays starting in May (fields permitting); no class Memorial Day Weekend

Location: Buttonball Lane School

- Grades K-1 | Sunday 4-5:30pm
- Grades 2-3 | Sunday 4-6pm

Glastonbury Family YMCA, in conjunction with the Glastonbury Youth Football League, presents co-ed flag football for grades kindergarten through 3rd grade. Coaches devise offensive and defensive plays that teach football concepts and strategy.

Everyone plays at least half the game. All flag football equipment will be provided. Cleats are encouraged but not necessary; no metal cleats allowed.

SKIING & SNOWBOARDING

Schedule: 5 consecutive Wednesday afternoons starting in January

Location: Mt. Southington, with transportation from Gideon Welles School & Smith School

- Grades 4-10
- Grades 11-12 (counselors in training)

Pricing Options

- Basic (lift ticket only): \$290
- Lift ticket + equipment rental: \$370
- Lift ticket + lessons (bring your own equipment): \$315
- Lift ticket + equipment rental + lessons: \$425
- CIT program (volunteer application and interview required, limited availability): \$150

Five weeks of skiing or snowboarding at Mt. Southington for participants of all skill levels. Options for lift tickets only, or to add on lessons or equipment rentals. 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. Parent Volunteers welcome.

SPORTS OF ALL SORTS

Location: Glastonbury Family YMCA, 95 Oakwood Drive, Glastonbury

- Ages 3-5 | Monday 1:30-2:15pm, Thursday 9:45-10:30am

Learn team spirit and sportsmanship while increasing motor skills through a variety of fun, non-contact sports.

Contact Information - Sports & Activities
Betsey Pitt, 860-633-6548 or betsey.pitt@ghymca.org



Contact Information – Sports & Activities

Betsey Pitt, 860-633-6548 or betsey.pitt@ghymca.org

Contact Information – Camp Glawackus & Liger

Betsey Pitt, 860-633-6548 or betsey.pitt@ghymca.org



LEADERS CLUB

GHYMCA.org/activities

Schedule: October-May, meets 1.5 hours per week on Wednesdays

Location: Glastonbury Family YMCA, 95 Oakwood Drive, Glastonbury

- Grades 7-12 | Wednesday 6:15-7:45pm

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. The Leaders Club creates the chance for the participants to grow as individuals and make new friends. This teen-led service club provides the opportunity for leadership, community service and mentoring.

YOUTH & GOVERNMENT

GHYMCA.org/activities

Schedule: October-March

Location: Glastonbury Family YMCA, 95 Oakwood Drive, Glastonbury

- 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. Programs begins October and culminates at the Conference in March.

DRAMA PRODUCTION

GHYMCA.org/activities

Schedule: September-spring performance

Location: Glastonbury Family YMCA, 95 Oakwood Drive, Glastonbury

- Grades 9-12 | September-December: Thursday evenings 6:30-8:30pm, January-performance: Mondays & Thursdays 6:30-8:30pm

Join all of your friends! 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! Beginning in September, rehearsals are Thursday evenings from 6:30pm-8:00pm. In January, rehearsals will be held on Mondays and Thursdays until the performance.



PRESCHOOL & ELEMENTARY SCHOOL CAMPS

GHYMCA.org/campglawackus

Preschool Scampers Camp

Ages: 3-5 (entering kindergarten)

Schedule: 9am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: June 22-August 21; camp runs on 1-week sessions

The full day camp experience for our youngest campers ages 3- 5 years entering kindergarten. Runs weekly from 9:00 am- 3:30 pm alongside our tradition camps. Scampers allows campers to explore nature while having the safety of an air-conditioned room right here. Counselors are specially trained for this age group, and camp structure will teach campers skills they'll need as they enter preschool and elementary school. Campers will swim, read, do arts & crafts, play sports, and much more!

Traditional Day Camp – Camp Glawackus

Ages: grades 1-5

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: June 22-August 21; camp runs on 1-week sessions

The Glastonbury Family YMCA runs a state-licensed summer program. Character values of Caring, Honesty, Respect and Responsibility are integrated into every activity. The camp experience includes field trips twice a week, archery, arts & crafts, swimming and sports activities. Nurturing, professional counselors promote an atmosphere of fun and friendships that will last a lifetime.

Specialty Day Camps

Girl Power Camp

Ages: Grades 3-5, girls only

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: Session 3 - July 6-July 10

Come join us for an all-girl summer adventure. Led by female staff, this camp will focus on building confident young ladies who will learn about female leadership and develop "girls can do anything" attitudes. This camp will build friendships that will last a lifetime! Activities and trips include: hiking, rock climbing, archery, ropes courses, nail salon, tie dye, fun crafts, and so much more!

Lego Builders Camp

Ages: Grades 1-4

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: Session 4 - July 13-July 17

Your child's imagination is the limit! LEGO Builders is the perfect camp for the creative camper. Participants will compete to build the best LEGO models they can, with or without instructions (your choice). At the end of the week, we will have a friendly competition and prizes will be awarded for the top designs. LEGO Builders camp will include field trips for swimming.



Jedi Camp

Ages: Grades 4-6

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: Session 7 - August 3-August 7

Your child's imagination is the limit! LEGO Builders is the perfect camp for the creative camper. Participants will compete to build the best LEGO models they can, with or without instructions (your choice). At the end of the week, we will have a friendly competition and prizes will be awarded for the top designs. LEGO Builders camp will include field trips for swimming.



TEEN CAMP & SWIM LESSONS

GHYMCA.ORG/CAMPING

TEEN PROGRAMS

GHYMCA.org/campglawackus

Traditional Camp – Camp Liger

Ages: grades 6-8

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: June 22-August 21; camp runs on 1-week sessions

The Glastonbury Family YMCA runs a state-licensed summer program. Character values of Caring, Honesty, Respect and Responsibility are integrated into every activity. The camp experience includes field trips twice a week, archery, arts & crafts, swimming and sports activities. Nurturing, professional counselors promote an atmosphere of fun and friendships that will last a lifetime.

Contact Information – Camp Glawackus & Liger
Betsey Pitt, 860-633-6548 or betsey.pitt@ghymca.org



Leaders in Training

Ages: 14-15 by June 2020

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: June 22-August 21; camp runs on 1-week sessions

This program is designed for any students who will be 14-15 years old by June. Becoming an L.I.T. is a rite of passage at from Camps Glawackus and Liger and is an opportunity to be trained in YMCA leadership skills. L.I.T.s focus on values; personal values in addition to the YMCA four core values of Caring, Honesty, Respect, and Responsibility. L.I.T.s will make the connection between personal values and leadership skills/styles and how that will lead to being better prepared for future endeavors.

L.I.T.s are required to attend MANDATORY trainings that may include a camping trip prior to camp.

Excursion Camp

Ages: Grades 6-10

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: Session 5 – July 20-July 24

If you love the outdoors and hiking, then you are ready for Excursion Camp. Excursion Camp gives kids the experience of learning backpacking and camping skills. Get ready for the adventure of a lifetime as we camp out under the stars on the Appalachian Trail. This camp includes day hikes leading up to an overnight campout! Backpacks, tents and other gear are provided. Hiking boots are required.

Ghost Hunters Camp

Ages: Grades 6-10

Schedule: 7am-3:30pm Monday-Friday; After camp care available 3:30-6pm

Dates: Session 8 – August 10-August 14

Join us for a week long adventure exploring ghost stories, CT's haunted history, and some of the creepiest trails and houses of CT.

SUMMER SWIM LESSONS

GHYMCA.org

Ages: grades k-8

The Glastonbury Family YMCA is proud to offer morning swim lessons through Glastonbury Parks and Recreation at Addison Pool. Each swim session runs for 2 weeks. Campers must arrive at camp by 9:00am in their suits, ready to go to the pool for their 9:30am lesson. Participants must register through the YMCA to be part of this program.

OVERNIGHT CAMP

GHYMCA.ORG/CAMPING

CAMP JEWELL

CampJewell.org

SUMMER CAMP OFFERINGS: Traditional Day Camp, Traditional Overnight Camp (New in 2020: 1 or 2 week sessions), Horseback Riding Camp (day and overnight), Teen Adventure Camp, Leadership Camp

YEAR-ROUND AND ADULT OFFERINGS: Family Camps, Volunteer Weekends, Mother-Daughter Horseback Riding Weekends, Women's Wellness Weekends, Retreats, Conferences, Team-Building, School Trips

Camp Jewell, located in the foothills of the Berkshires in Colebrook, Connecticut, is much more than a place for kids to get away from home, meet new friends, and have fun. It provides children with a community of caring adults who build self-respect and a safe environment where a kid can be a kid.

CAMP WOODSTOCK

CampWoodstock.org

SUMMER CAMP OFFERINGS: Traditional Day Camp, Traditional Overnight Camp, Leadership Camp

YEAR-ROUND AND ADULT OFFERINGS: Family Camps, Volunteer Weekends, Retreats, Conferences, Team-Building, School Trips

Welcome to The Friendship Camp! Summer camp is all about the kids, and our primary goal is to provide a safe and welcoming environment for our campers. We hire and train counselors who easily connect with each individual camper and provide countless opportunities for campers to make friends and build relationships. We are known as The Friendship Camp for good reason: Campers have been making lifelong friendships at Camp Woodstock since 1922!



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA, for **Youth Development**: empowering young people to reach their full potential, for **Healthy Living**: improving individual and community well-being, for **Social Responsibility**: giving back and inspiring action in our communities. 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 by providing financial assistance (based on income) for programs and membership.

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.

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