



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

GET FIT. FIND YOUR FIT.

HALE YMCA 2020 PROGRAM GUIDE
OPEN 6 MORE HOURS ON WEEKENDS IN 2020!



HALEYMCA.ORG
WE BUILD LIFELONG SUCCESS



WE BUILD LIFELONG SUCCESS

GHYMCA.ORG/JOIN

SIX YMCAs, ONE MEMBERSHIP

GHYMCA.ORG/LOCATIONS

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!

Family 1 Parent | \$86
1 adult & dependent children (under age 23) sharing the same address
Family 2 Parents | \$96
2 adults & dependent children (under age 23) sharing the same address
Y Kids/Youth \$20 | 6 weeks-18 **Couple** \$89 | ages 30-64
Young Adult \$41 | ages 19-29 ***Senior** \$56 | ages 65+
Adult \$62 | ages 30-64 ***Senior Couple** \$83 | ages 65+

*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 our Corporate Membership program to provide a healthy, happy workspace for you and your employees. Get value-added wellness programming, as well as discounts on membership dues!

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

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!

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.

VOLUNTEER AT THE Y!

We have several opportunities to participate in your community.

Visit ghymca.org/volunteer to find out more.

HALE YMCA YOUTH & FAMILY CENTER

9 Technology Park Drive
Putnam, CT 06260
860-315-9622
HaleYMCA.org

OPEN 6 HOURS
MORE ON
WEEKENDS IN 2020!

- Mon-Thurs 5am-9pm
- Fri 5am-8pm
- Sat-Sun 7am-6pm*

*Memorial Day-Labor Day: Sat-Sun 7am-4pm

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.

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

	DT	FV	HL	IV	WLR	WG
Wellness Center	•	•	•	•	•	•
Fitness Machines	•	•	•	•	•	•
Free Weight Area	•	•	•	•	•	•
Turf Area	•				•	
Functional Training Area		•		•		•
Group Exercise Room & Classes	•	•	•	•	•	•
Cycle Studio/Classes	•	•	•	•	•	•
Mind-Body Studio	•	•				
Boxing Studio	•					
Lap Pool	•	•	•	•	•	
Warm Water Pool		•	•	•	•	
Water Playground			•	•	•	
Sauna & Steam Room	•	•	•	•	•	•
Whirlpool	•	•	•	•	•	
Gymnasium & Indoor Courts		•	•		•	•
Rock Wall		•			•	•
Gymnastics Center		•				
Outdoor Basketball Court				•	•	•
Babysitting Room(s)		•	•	•	•	•
Teen Center/Tech Center		•	•		•	•
Outdoor Trails			•	•		
Conference Rooms	•	•	•	•	•	•
Family Locker Rooms	•	•	•	•	•	•
Adult Locker Rooms	•	•	•	•	•	•
Locker Rentals	•	•		•		
Towel Service	•					
Subway Restaurant/Food Court	•	•				
Programs & Services	DT	FV	HL	IV	WLR	WG
Group Exercise Classes	•	•	•	•	•	•
Specialized Small Group Training	•	•	•	•	•	•
Water Exercise Classes	•	•	•	•	•	•
Personal Training	•	•	•	•	•	•
Nutrition Counseling		•	•	•	•	•
Adult Sports		•	•	•	•	•
Senior Fitness Classes/Activities	•	•	•	•	•	•
Pickleball		•	•	•	•	•
LiveSTRONG	•	•	•	•	•	•
Adaptive Programs		•		•	•	•
Lifeguard, CPR Certifications	•	•	•	•	•	•
Licensed Childcare		•		•	•	•
Infant Care				•	•	
Preschool				•	•	
Before and After School Care		•		•	•	•
Vacation or Snow Day Care		•		•	•	•
Birthday Parties & Rentals	•	•	•	•	•	•
Summer Camp - Preschool		•	•	•	•	•
Summer Camp - Elementary		•	•	•	•	•
Summer Camp - Preteen/Teens		•	•	•	•	•
Summer Learning - YBELL						•
Youth Swim Lessons	•	•	•	•	•	•
Adult Swim Lessons	•	•	•	•	•	•
Private Swim Lessons	•	•	•	•	•	•
Competitive Sports/Swim Teams		•	•	•	•	•
Preschool Activities & Sports		•	•	•	•	•
Youth Sports	•	•	•	•	•	•
Archery		•	•	•	•	•
Soccer		•	•	•	•	•
T-Ball		•	•	•	•	•
Basketball		•	•	•	•	•
Martial Arts		•		•	•	•
Gymnastics		•			•	•
Rock Climbing		•			•	•
Other Sports		•	•	•	•	•
Youth Activities	•	•	•	•	•	•
Leaders Club			•	•		•
Youth & Government						•
Drama, Dance, Other Activities	•	•		•		•
Kids Night Out/Teen Nights		•	•	•	•	•

THERE'S SOMETHING
FOR EVERYONE

MEMBERSHIP IS AN AMAZING VALUE!

INCLUDED WITH YOUR MEMBERSHIP*

*See location availability in the matrix to the left

- 50+ FREE group exercise classes each week
- 2 hours per day of FREE babysitting while you work out
- Swim and play games in our indoor pools
- Use of all YMCA of Greater Hartford facilities/branches
- Seasonal use of Camp Chase Outdoor Center, with hiking trails, outdoor pool, courts, giant slide, bouncing pillow, sports & more!
- Nationwide membership at all participating Ys
- Early registration & big discounts for programs and classes
- Access to Kids Night Out events and member-only family nights
- Work out in the fitness center with kids ages 12+, or take a family-friendly group exercise class

DID YOU KNOW?!

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

THINGS TO KNOW:

Members can use all YMCA of Greater Hartford facilities

Member must use home branch 51% of the time.

Nationwide Membership

Visit participating YMCAs across the country.

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.

No membership contracts EVER!

Just provide 30-days written notice when you wish to cancel. Be a member on YOUR terms.

YMCA OF GREATER HARTFORD
THE Y IS IN YOUR COMMUNITY:

Full Facility Branches

Downtown Hartford 90 State House Square, Hartford 860-522-4183	Hale 9 Technology Park Drive Putnam, CT • 860-315-9622	Wheeler 149 Farmington Avenue Plainville, CT • 860-793-9631
Farmington Valley 97 Salmon Brook Street, Granby 860-653-5524	Indian Valley 11 Pinney Street Ellington, CT • 860-871-0008	Wilson-Gray 444 Albany Avenue Hartford, CT • 860-241-9622

Program Branches - visit us online for programming & amenities!

East Hartford 770 Main Street, East Hartford 860-289-6612	Glastonbury 95 Oakwood Drive, Glastonbury 860-633-6548	West Hartford/Tri-Town 12 North Main Street, West Hartford • 860-521-5830
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GHYMCA.ORG

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

50+ FREE GROUP EXERCISE CLASSES WEEKLY

GHYMCA.org/grouplex

The YMCA offers a large variety of group exercise classes led by trained, motivating, and energetic instructors. Try cardio, strength and conditioning, yoga and Pilates, barre, Zumba, water exercise, senior-specific classes, and more. There's no fee for our group exercise classes, though we do recommend pre-registration for our most popular classes to ensure your spot! Visit us online to learn more and see our schedule!

LES MILLS - NEW IN 2020

BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit FAST. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

SENIOR PROGRAMMING

GHYMCA.org/seniors

The YMCA now offers programming designed for our senior population! 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!*

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

New class in 2020: Silver Sneakers Boom Move: A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

myzone® HEARTRATE MONITOR

MyZone is an innovative, wearable, heart rate-based system that uses wireless technology to accurately monitor physical activity. It is 99.4% accurate, allowing for maximized success. It is useful for anyone who wants a gamified and motivating experience. MyZone monitors heart rate and calories in real time, which you can monitor on your cell phone or on our LIVE DISPLAYS in our Wellness Centers & Group Ex rooms.

LES MILLS BODYPUMP

LES MILLS BODYCOMBAT

SilverSneakers®
by Tivity Health

RenewActive™
by UnitedHealthcare

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

FITPATH

GHYMCA.org/fitpath

FREE introduction to wellness at the Y

Our goal is to help you make the most of your membership and be successful at the Y. The FitPath is a time for you to sit down with a Wellness Coach to discuss your fitness background and how you move. Then we can show you how to use the equipment you're most interested in, discuss a plan of action, and suggest which exercise classes will best meet your needs.

Remember, the FitPath is only one part of your overall My Y Journey orientation! We plan to take you around the building and introduce you to all the Y has to offer, and then devise a weekly plan to help you get the most out of your membership!

PERSONAL TRAINING

GHYMCA.org/personaltraining

Spend time with a personal fitness trainer in a one-on-one setting. Our personal trainers are educated professionals, often with years of experience, who can help anyone, including working professionals, new moms, seniors and athletes. YMCA trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer.

Your first visit is a review of your health history, lifestyle and goals. Your trainer can then help you with personal attention, accountability & expertise. Save money with packages, ranging from 4-52 sessions!

First Steps Back

Coming back from an injury or dealing with chronic injuries? Our personal trainers will help you ease back into a safe, effective workout.

SMALL GROUP TRAINING

GHYMCA.org/specialtyclasses

Women on Weights, Senior/Beginner TRX, TRX Yoga, 4 weeks to Better Balance, and more! Stay tuned as we announce programming and schedules.

Specialty Pop-ups

Looking for something new that isn't on our schedule – Stay tuned to the FB page for Pop-up classes that show up a few times a month – some examples – Kettlebell, 90 Minute Cycle, Aqua Barre, Aqua Boxing, HIIT Your Max and Rope Burn.

LIVESTRONG AT THE YMCA

GHYMCA.org/livestrong

Last year, an estimated 22,000 new cases of cancer were diagnosed in Connecticut. Did you know that the YMCA helps the state's adult cancer survivors by offering the LiveSTRONG program, a free, 12-week program designed to help our community's survivors improve their strength and overall quality of life? This health and exercise program helps those at any point after diagnosis to achieve their holistic health goals. LiveSTRONG at the Y offers group-based physical activity and well-being programming and provides a supportive community.

Sessions start in January and September

Road to Wellness

Road to Wellness is an indoor team cycling event to help fund our programs, like LiveSTRONG, which has helped over 150 local cancer survivors on their road to wellness. Join us the last Saturday in March as we hit the "indoor road" for an amazing cause!

Package Services Refund Policy

All Personal Training, Nutrition Counseling and Private Lesson packages have a 12 month expiration from date of purchase. Packages or any unused sessions may be transferred to another individual one time and used within the original 12 month period. Refunds may be requested in writing within 30 days of purchase. When refunding partial packages within 30 days, used sessions are charged at the single session rate.



YMCA WEIGHT LOSS PROGRAM - COMING FALL 2020

YMCA's Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits. Rather than advocate for specific or restrictive short-term solutions, this program helps participants build skills for successful lifestyle changes.

We have several programs that focus on forming healthy habits! Contact us to learn more.

THE GREAT HARTFORD SLIMDOWN

WILL BE BACK IN 2020!

Visit GHYMCA.org/slimdown for more info on when this popular program will run and how to register.



Contact Information - Health & Wellness
860-315-9622 or jennifer.looney@ghymca.org

LEARN TO SWIM AT THE Y!
HAVE FUN WITH A SPLASH OF CONFIDENCE!

Every day children and adults learn to swim at the Y! Swimmers 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 so that participants get personal attention. With a wide selection of classes and schedules, you're sure to find one that fits your needs and your schedule.

VISIT GHYMCA.ORG/SWIMLESSONS FOR SCHEDULES

GROUP SWIM LESSONS
CLASS SELECTOR

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

6 months-3 years

3 years-5 years

6 years-12 years

13+ years

PARENT & CHILD

PRESCHOOL

SCHOOL AGE

TEEN & ADULT

LEVELS A-B

LEVELS 1-4

LEVELS 1-6

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

GROUP SWIM LESSONS
[GHYMCA.org/swimlessons](#)

We offer group swim lessons for people of all ages and abilities! Choose the appropriate lessons, and learn more about our programming, scheduling and prices online.

LEVEL A: WATER DISCOVERY
Parent/Child

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

LEVEL B: WATER EXPLORATION
Parent/Child

In stage B, parents work with their children to explore body positions, floating, blowing, bubbles, and fundamental safety and aquatic skills.

LEVEL 1: WATER ACCLIMATION
Preschool, School Age

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

LEVEL 2: WATER MOVEMENT
Preschool, School Age

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

LEVEL 3: WATER STAMINA
Preschool, School Age

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

LEVEL 4: STROKE INTRODUCTION
Preschool, School Age

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

LEVEL 5: STROKE DEVELOPMENT
School Age

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

LEVEL 6: STROKE MECHANICS
School Age

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

TEEN/ADULTS AGES 13+

Develop comfort in the water. Students will learn how to swim-float-swim, front glides, back floats, and exits. Students will also work on jumps, push, turn, grab.

PRIVATE & SEMI-PRIVATE SWIM LESSONS
[GHYMCA.org/privateswimlessons](#)

We offer private and semi-private 30-minute swim lessons to fit your schedule. Lessons are for any age and skill level. Contact us to schedule your lesson today!

WATER FITNESS CLASSES
[GHYMCA.org/waterexercise](#)

We have several weekly, FREE water exercise classes! Find our schedule and class descriptions online.

We also offer 6-week specialty water classes, which have an additional fee. Visit us online to see what's currently running!

TEST. MARK. PROTECT.
[GHYMCA.org/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.

CERTIFICATIONS & TRAININGS
[GHYMCA.org/certifications](#)

- American Red Cross Lifeguarding Certification (and recertification course)
- Junior lifeguarding
- CPR, AED, basic first aid (and recertification course)
- Babysitting course with layman's CPR/First Aid certification

We offer group trainings, and can travel to your business to train your staff! Call us today to learn more.

EMPLOYMENT OPPORTUNITIES!
[GHYMCA.org/careers](#)

Apply today to join our team of lifeguards and instructors!

Contact Information – Swimming

Lessons: 860-315-9622 or tarin.mckinnon@ghymca.org

Team: 860-315-9622 or brian.reilly@ghymca.org



RIPTIDES SWIM TEAM

BUILDING CONFIDENCE AND SELF-ESTEEM WHILE MAKING A DIFFERENCE IN THE COMMUNITY.

For swimmers of all abilities, ages 5 and older! The Riptides season officially starts in September, but you may join at any time. The Riptides are one of only two Connecticut swim teams selected to join the SENEKY swim league!

Riptides swim at a variety of levels from novice to YMCA New England Championships. Swimmers must be able to swim on their front and back, but if they don't yet know how they can take a session of swim lessons first! Then, children generally begin in our Wakes group, where they learn the fundamentals of competitive swimming.

For team information, visit our Team Unify website.

DAY CAMP

GHYMCA.ORG/CAMPING

CAMP CUTLER

[GHYMCA.org/campcutler](https://ghymca.org/campcutler)

Traditional Camp

Ages: grades K-8

Schedule: Full day camp day: 9am-4pm | Half day camp day: 9am-12pm | Before camp care: 6:30-9am | After camp care: 4-6pm

Schedule Options:

- 3 days per week
- 5 full days per week
- 5 half days per week

Dates: June 15-August 21; camp runs on 1-week sessions

YMCA Camp Cutler is all about reaching outside of children's comfort zones to explore new adventures. Preschool-aged kids through teenagers have the opportunity to make new friends, find hidden talents, try new sports like archery or gaga, take swimming lessons, make crafts and explore teamwork activities. During this week campers will enjoy a variety of camp activities from arts and crafts, STEM, literacy, healthy living, sports, camp games and guest speakers.

Preschool Camp

Ages: 3-5

Schedule: Half day camp day: 9am-12pm

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

Our kiddie campers enjoy a half-day program, which introduces them to camp activities.

Tween Camp

Ages: grades 6-8

Schedule: Camp Day: 9am-4pm | Before camp care: 6:30-9am | After camp care: 4-6pm

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

Join our tweens as they experience many activities that are offered as part of our traditional camp. In addition, we will emphasize some age-appropriate lessons on topics like self confidence, leadership concepts, volunteerism, and broadening their horizons.

Leadership Camp (Leaders In Training and Counselors in Training)

Ages: grades 9-10

Schedule: Camp Day: 9am-4pm | Before camp care: 6:30-9am | After camp care: 4-6pm

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

- Leaders in Training (LIT) (Grade 9): This camp offers an opportunity to make a connection between personal values and leadership skills and styles that will help to prepare campers for future success.
- Counselors in Training (CIT) (Grade 10): Participants will join the LITs during the morning sessions for learning leadership skills and exploring their own personal values. In the afternoon, the students will join one of our traditional camp groups to get hands-on experience helping counselors with some of our younger campers.

Contact Information - Camp Cutler

Kim Merchant: 860-315-9622 or
kim.merchant@ghymca.org

OVERNIGHT CAMPS

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.

We offer tiered pricing and financial assistance to meet your needs. Call us today!

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!

We offer tiered pricing and financial assistance to meet your needs. Call us today!

MEMBERS SAVE BIG ON OVERNIGHT CAMP! SAVE \$175 PER WEEK AS A YMCA OF GREATER HARTFORD FAMILY MEMBER!



SPORTS & ACTIVITIES

GHYMCA.ORG/SPORTS

BASKETBALL

GHYMCA.org/basketball

- Preschool, ages 3-4
- Youth
- Teens
- Her Time To Play - WNBA Partnership
- Adults League
- Adults 5v5 Open Basketball

ARCHERY

GHYMCA.org/archery

- Youth
- Teens

SOCCER & T-BALL

GHYMCA.org/soccer-and-tball

- Preschool: soccer & t-ball
- Youth: soccer

OTHER SPORTS

GHYMCA.org/other-sports

TRACK

- Preschool
- Youth
- Teens

PICKLEBALL

- Teens
- Adults 18+

SPORTS OF ALL SORTS

- Parent/child

FLOOR HOCKEY

- Preschool
- Youth

KICKBALL

- Preschool
- Youth

FLAG FOOTBALL

- Youth

TENNIS/PICKLEBALL

- Youth

DODGEBALL/GAGA

- Youth



LEADERS CLUB (ages 13-18)

GHYMCA.org/activities

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

YOUNG CHEFS (ages 7-12)

GHYMCA.org/activities

This class will "stir up" creative recipes and have fun making treats, while learning basic kitchen and cooking skills. Join us as we prepare healthy snacks and goodies. All materials and ingredients are provided.

BIRTHDAY PARTIES & FACILITY RENTALS

GHYMCA.org/parties-rentals

Celebrate your birthday at the Y! We have 3 tiers to work for every family:

- Economy: This is for families who want to handle all the details, but need the space to host the party. You get access to our party room OR half of the gymnasium for 2 hours. Includes tables, chairs, 1 staff member.
- Standard: Everything in Economy plus: 2 party hosts, party games, use of the bounce house OR the pool, generic tablecloths and decorations.
- Deluxe: Everything in the Standard Package, plus: themed games, pizza, drinks, party favors, themed decorations, paper goods. Parents must bring a cake.

Additional children may be added at \$25 in 5 children increments

Call our Welcome Center for more info about parties or facility rentals at 860-315-9622!

KIDS NIGHT OUT & FAMILY NIGHTS

GHYMCA.org/activities

Kids Night Out

Schedule: Every Friday night

Fee: \$15 for members, \$20 non-members

Enjoy date night or time to yourself! Drop your kids off at the Y for games, a movie, and dinner. Our fun evenings have themes, so stay tuned to our social media for information! And don't forget to take yourself out for dinner and a movie too!

Family Nights

Fee: FREE for members

Looking for a fun event that your whole family can enjoy? Join us for craft nights, board games, movies and more! Our themes and activities change monthly, so stay tuned to our social media and email for what's coming up!



ANNUAL EVENTS

GHYMCA.ORG/EVENTS

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!

GHYMCA.org/events



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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.

HALE YMCA 2020 PROGRAM GUIDE

OPEN 6 MORE HOURS ON WEEKENDS IN 2020!



WE BUILD
LIFELONG SUCCESS

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