



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

GET FIT. FIND YOUR FIT.

INDIAN VALLEY FAMILY YMCA 2020 PROGRAM GUIDE
OPEN 4 MORE HOURS ON SUNDAYS IN 2020!



INDIANVALLEYFAMILYYMCA.ORG
WE BUILD LIFELONG SUCCESS



WE BUILD LIFELONG SUCCESS

GHYMCA.ORG

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 \$26 | 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 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.

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](https://ghymca.org/employment) to apply!

VOLUNTEER AT THE Y!

We have several opportunities to participate in your community.

Visit ghymca.org/volunteer to find out more.

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.

INDIAN VALLEY FAMILY YMCA

11 Pinney Street
Ellington, CT 06029
860-871-0001
IndianValleyFamilyYMCA.org

OPEN 4 HOURS
MORE ON SUNDAYS
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](https://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](https://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, Zumba, water exercise, senior-specific classes, and more. All group exercise classes are FREE with membership, so check the schedule, drop into a class, and start working out.

SMALL GROUP TRAINING PROGRAMS

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

Join us for specialized dynamic small group training programs. Training programs that create transformational and inspiring fitness experiences for a diverse audience of exercisers. Programs include: TRX Suspension, MX4, MX4 Active, Yoga for Balance and Movement Disorders, and much more.

MX4 TRAINING

[GHYMCA.org/MX4](https://ghymca.org/MX4)

MX4 Discover MX4 Small Group Training for a fresh, motivating exercise experience that delivers results you can see. Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength and endurance in a way that's right for your body and abilities. Whether you're striving to shed a few pounds, enhance performance or improve overall fitness, MX4 will help you achieve more with a mix of personal trainer attention, camaraderie and challenging progressive workouts.

30 minutes, meets several times per week. See branch for schedule.

MX4 ACTIVE Similar to our MX4 program, but designed for active older adults, deconditioned people or those individual returning from an injury.

45 minutes, meets several times per week. See branch for schedule.



PERSONAL TRAINING

[GHYMCA.org/personaltraining](https://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 will provide personal attention, accountability & expertise. Save money with packages, ranging from 4-52 sessions! Personal training sessions are interchangeable with nutrition sessions.

NUTRITION COUNSELING

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

Our in-house Registered Dietitian, Heidi Harris offers personal, interactive and in-depth nutrition programs that are focused on realistic and practical lifestyle changes to promote good eating and exercise habits. Healthy habits topics include calories, weight loss and fad diets, nutrition labels, protein and fat. Nutrition sessions are interchangeable with personal training sessions.

FITPATH

[GHYMCA.org/fitpath](https://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!

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.

HEALTH & WELLNESS

GHYMCA.ORG/HEALTH

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.

SENIOR PROGRAMMING

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

The YMCA now offers programming especially 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.

RenewActive[™]
by UnitedHealthcare

SilverSneakers
by Tivity Health

S.A.I.L.

[GHYMCA.org/indian-valley-seniors](https://ghymca.org/indian-valley-seniors)

In partnership with Eastern Connecticut Health Network, Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling.

*This program has an additional fee and runs on our 6-week program schedule. Please see us to learn more.

PICKLEBALL

[GHYMCA.org/adult-sports](https://ghymca.org/adult-sports)

Pickleball is a paddleball sport (similar to a racquet sport) that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net.

Location: Vernon Child Care Facility, located at 375 Hartford Turnpike, Vernon.

Fee: FREE for members | \$5 for non-members

Schedule: Mondays and Thursdays 1-3pm

LIVESTRONG AT THE YMCA

[GHYMCA.org/livestrong](https://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? LiveSTRONG is 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, April and September

YMCA WEIGHT LOSS PROGRAMS

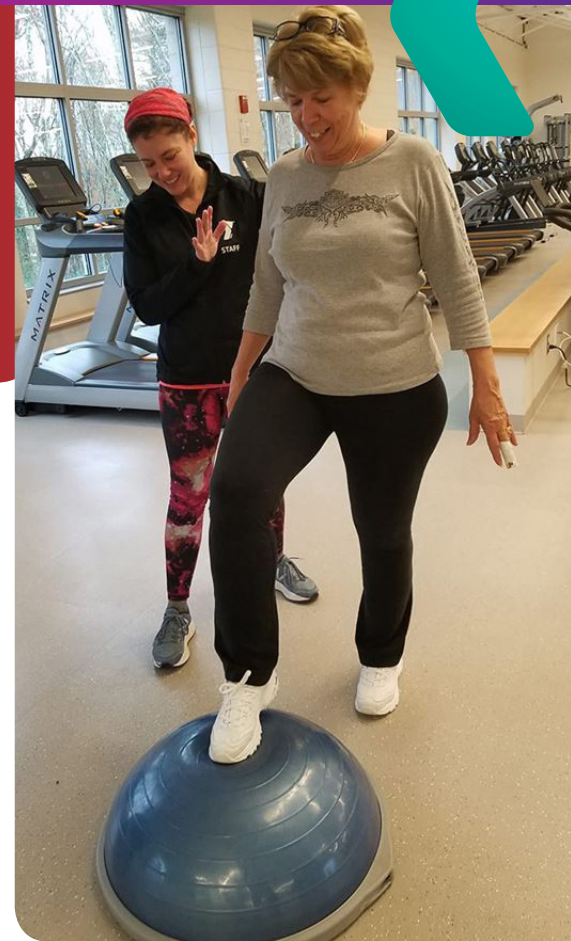
Health and wellness at the YMCA is much more than just working out. We offer the following evidence-based and supportive programs to improve your body, mind, and spirit.

Starting in Fall 2020, the Indian Valley YMCA will offer the YMCA of the USA's Weight Loss Program. This evidenced-based 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.

**THE GREAT HARTFORD
SLIMDOWN**

WILL BE BACK IN 2020!

Visit [GHYMCA.org/slimdown](https://ghymca.org/slimdown) for more info on when this popular program will run and how to register.



Contact Information - Health & Wellness
Training & Classes: 860-871-0008 or sarah.policarpio@ghymca.org
LiveSTRONG: 860-871-0008 or jennifer.norman@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

Choose the appropriate lessons, and learn more about our programming, scheduling and prices online.

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

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.

WAVES ONE: PRE-SWIM TEAM

GHYMCA.org/ivbreakers

This program is designed for young swimmers who have completed level 5/6 of swim lessons and want to take the next step towards competitive swimming. Swimmers will practice alongside our developmental swim team group from January through July. Breakers coaches will prepare swimmers with the knowledge and technique needed to advance to the Breakers team.

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. Purchase a single class, or a package of 6 or 12 sessions.

WATER FITNESS CLASSES

GHYMCA.org/waterexercise

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

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)
- CPR, AED, basic first aid (and recertification course)

EMPLOYMENT OPPORTUNITIES!

GHYMCA.org/careers

Apply today to join our team of lifeguards and instructors!



BREAKERS SWIM TEAM

The Breakers is a year-round competitive swim team with two distinct seasons: fall/winter and spring/summer.

The Breakers Swim Team participates in the National YMCA Competitive Swimming and Diving program and, locally, in the YMCA Yankee Cluster Swim League, a league composed of YMCA swim teams throughout the State of Connecticut. The Yankee Cluster offers a series of dual meets (head-to-head competitions with other YMCA teams) and culminates in a league championship attended by all teams in the league. Through the national program, Breakers swimmers have the opportunity to compete in regional and national YMCA competitions.

The team is also a member of USA Swimming, the national governing body of competitive swimming in the country. In addition to swimming in YMCA competitions, all athletes (Breakers 1 and higher) compete in USA swimming sanctioned meets, both in Connecticut and throughout the country.

To learn more, visit our Team Unify website.

Contact Information – Swimming

- Group Lessons: 860-871-0008-9622 or stephanie.horton@ghymca.org
- Private Lessons: 860-871-0008 or christina.noellbravi@ghymca.org
- Swim Team: 860-871-0008 or travis.morse@ghymca.org

SPORTS, FAMILIES, PARTIES

GHYMCA.ORG/SPORTS
GHYMCA.ORG/ACTIVITIES

BASKETBALL

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

Schedule: Fall 2, Winter

- Parent/child, ages 3-4
- Youth, grades K-2

MARTIAL ARTS

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

Schedule: Year round

- Jukido Jujitsu, ages 5+
- Kokondo Karate, ages 5+

SOCER & T-BALL

[GHYMCA.org/soccer-and-tball](https://ghymca.org/soccer-and-tball)

Schedule: Spring 2, Fall 1, Winter (Indoors)

- Parent/child soccer, ages 3-4
- Youth soccer, grades K-2
- Parent/child t-ball, ages 3-4
- Youth t-ball, grades K-2

ARCHERY

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

Schedule: Year round

- Beginner: ages 8-14
- Intermediate: ages 8-14
- USA Competitive Archery Team: ages 7+

OTHER SPORTS - ADULTS

[GHYMCA.org/other-sports](https://ghymca.org/other-sports)

FIRST TEE GOLF, Spring 2, Fall 1

In partnership with Ellington Ridge Country Club

- Ages 8-14

SPORTS OF ALL SORTS, Fall 2

- Parent/child, ages 3-4
- Youth, grades K-2

DANCE - CREATIVE MOVEMENT, year round

- Ages 18 months-3 years
- Ages 3-4

DANCE - BALLET, year round

- Ages 5-7

Contact Information - SPORTS & ACTIVITIES

Contact the branch at 860-871-0008

BIRTHDAY PARTIES & FACILITY RENTALS

[GHYMCA.org/parties-rentals](https://ghymca.org/parties-rentals)

Make a splash with your friends at your next party here at the YMCA. With one hour in our warm water pool and the second hour celebrating with friends and family, you are sure to want to come back and celebrate again next year!

- Tier 1 Splash Party Includes: Party Host, Party Room, Tables, Chairs
- Tier 2 Splash Party Includes: Party Host, Party Room, Tables & Chairs, Themed Party Decorations, 1 Party Size Cheese Pizza, Juice Boxes, and Cupcakes. Pick your theme: Super Hero, Sports, Pirates, Disney Princess and Luau

KIDS NIGHT OUT & FAMILY NIGHTS

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

KIDS NIGHT OUT

Schedule: First & third Friday of every month

Ages: 3-12 (must be potty-trained)

This is a fee-based program, call for more info

Enjoy date night or time to yourself! Drop your kids off at the Y for games, a movie, and dinner. Don't forget to take yourself out for dinner and a movie (even Rated R!) too!

FAMILY NIGHTS

We love to provide opportunities for families to spend time together at Indian Valley Family YMCA! We host a number of free family nights throughout the year for our members, in addition to some signature community events, which you will find below.

Keep an eye out on our Facebook page and flyers around the facility for more information about family nights in 2020.

CHILD CARE

GHYMCA.ORG/CHILDCARE

VERNON INFANT & TODDLER CARE

[GHYMCA.org/infant-toddler-care](https://ghymca.org/infant-toddler-care)

We serve children ages 6 weeks-3 years

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

*We accept Care 4 Kids and offer financial assistance

Half day program - runs September-June

Age 2 | 9-11:30am (schedule subject to change)**

- Tuesday, Thursday: \$334 per month
- Monday, Wednesday Friday: \$355 per month

Age 3 | 9am-12pm

- Monday-Friday: \$380 per month

Full day program - runs year round

Monday-Friday 7am-6pm

- Ages 6 weeks-3 (infant/toddler rooms): \$1,114 per month

ROCKVILLE INFANT & TODDLER CARE AND PRESCHOOL

[GHYMCA.org/infant-toddler-care](https://ghymca.org/infant-toddler-care)

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

We serve children ages 6 weeks-5 years

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

Full day program - runs year round

Monday-Friday 7am-6pm

- Ages 6 weeks-5

This program offers full food service.

Pricing is on a sliding scale based on income, and we accept Care 4 Kids. Please call for more information.

NO SCHOOL DAYS

[GHYMCA.org/no-school-day](https://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. Visit us online for schedules and pricing.

SNOW DAYS

[GHYMCA.org/snow-days](https://ghymca.org/snow-days)

The Indian Valley 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!

Contact Information - Child Care

- **Vernon:** 860-872-7329
- **Rockville:** 860-896-0584
- **School age child care:** 860-871-0008

For general questions, email our child care director Linda Hunter Williams at linda.hunterwilliams@ghymca.org.

VERNON PRESCHOOL

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

We serve children ages 3-5

We offer 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 (ELDS) developed by the Connecticut Department of Education, which align with Common Core, preparing children for kindergarten and life.

*We accept Care 4 Kids and offer financial assistance

Half day program - runs September-June

Age 3 | 9am-12pm

- Monday-Friday: \$380 per month

Age 4 | 9am-12pm

- Monday-Friday: \$516 per month

Full day program - runs year round

Monday-Friday 7am-6pm

- Ages 3-5 (preschool room): \$954 per month



BEFORE & AFTER SCHOOL CARE

[GHYMCA.org/schoolage-childcare](https://ghymca.org/schoolage-childcare)

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:

- Ashford: Ashford School (after school only)
- Ellington: Center School, Crystal Lake School, Windermere School
- Vernon: YMCA Vernon Child Care Center
- Willington: Hall Memorial School (after school only)

Grades: K-6

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

Monthly fees are by school district and posted on our website.

***Note: All fees listed are for the 2020-2021 school year, starting in September. If you wish to join a program before September, call for pricing and availability.**

ANNUAL EVENTS

GHYMCA.ORG/EVENTS

3rd ANNUAL SPIRITS FOR GIVING GALA

November 7, 2020

at the Ellington Ridge Country Club

Dinner, tastings, raffles, auctions & more!

FAMILY & COMMUNITY EVENTS

MULTICULTURAL NIGHT

HEALTHY KIDS DAY

HALLOWEEN AT THE Y

PIZZA WITH SANTA

SUPPORT 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. Visit [GHYMCA.org/donate](https://ghymca.org/donate) to learn more!

DAY CAMP

GHYMCA.ORG/CAMPING

Contact Information – CAMP
Contact the branch at 860-871-0008



CAMP INDIAN VALLEY

GHYMCA.org/campindianvalley

Traditional Camp

Ages: grades K-8

Schedule: Full day camp day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

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

Conveniently located at the Indian Valley YMCA in Ellington, Camp Indian Valley offers a beautiful outdoor play space and wooded wetland nature preserve, all with the safety and comfort that comes with a full-facility branch. Daily swim, archery, sports, Gaga, arts and crafts and more make this a perfect camp.

Preschool Camp

Ages: 3-4

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

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

Our Fun in the Sun campers enjoy a half-day program, which introduces them to camp activities.

Leadership Camp

Ages: grades 9-10

Schedule: Full day camp day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Dates: June 15-August 21; camp runs on 2-week sessions

We want to grow our young people into leaders! Counselors in Training must go through an application process. Call to learn more!

CAMP YANKEE TRAILS

GHYMCA.org/yankeetrails

FREE BUSING AVAILABLE FROM ELLINGTON, ENFIELD, ROCKVILLE, SOMERS, STAFFORD, TOLLAND, VERNON

Traditional Camp

Ages: grades K-10

Schedule: Full day camp day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

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

Located on beautiful Sweetheart Lake in Tolland, 5 minutes from downtown Stafford Springs, Camp Yankee Trails provides the quintessential day camp setting. Campers swim in natural waters, play in nature, and connect with one another in a completely unique way. Days are filled with traditional camp activities like archery, arts & crafts, Gaga, campfire cooking, and waterfront activities, including fishing, boating and daily swimming!

Specialty Camps

Ages: grades 3-8

Schedule: Full day camp day: 9am-4pm | Before camp care: 7-9am | After camp care: 4-6pm

Options:

- Outdoor Sports
- Survival Skills
- Traditional Sports
- Outdoor Sports 2
- Arts
- Nature

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

Leadership Camp

Ages: grades 9-10

Schedule: Full day camp day: 9am-4pm | Before camp care: 7-9am |

After camp care: 4-6pm

Dates: June 15-August 21; camp runs on 4-week sessions

We want to grow our young people into leaders! Counselors in Training must go through an application process. Call to learn more!



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!



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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.

INDIAN VALLEY FAMILY YMCA 2020 PROGRAM GUIDE

OPEN 4 MORE HOURS ON SUNDAYS IN 2020!



**WE BUILD
LIFELONG SUCCESS**

11 Pinney Street, Ellington, CT 06029
IndianValleyFamilyYMCA.org
860-871-0008