



# HAMDEN/NORTH HAVEN YMCA FALL 2 PROGRAM GUIDE



# HAMDEN/NORTH HAVEN YMCA

## YOUR YMCA STAFF

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## PROGRAM REGISTRATION DATES

Session: Fall 2, October 26–December 20

Facility Member: October 6

Program Participant: October 13



## MEMBERSHIP FOR ALL

Membership rates are based on a sliding scale according to household income.

Please contact the Y for more information.

## YMCA PROGRAM CREDIT/REFUND POLICY

Credits and Refunds for program fees will only be approved in the following instances:

1. The YMCA cancels a program.
2. At the participant's request, providing the Request Form is received prior to the start of the program session.\*
3. After the start of the program session, only for medically documented reasons.\*

\*A \$10.00 administrative fee for each will be added for each credit or refund. No credit or refund will be issued if the above conditions are not met. If a system credit is issued, it must immediately be applied to an outstanding balance, or a new program/service.

**REGISTER ONLINE at [www.hnhymca.org](http://www.hnhymca.org)**





**FIND YOUR  
REASON TO GIVE.  
FIND YOUR Y.**

For a better us.®

With our doors open to ALL, we bring people together. We meet the most urgent needs in our community, head on, and inspire a spirit of service in return. Our members, volunteers, donors and staff demonstrate the power of what we can achieve by giving back together. Visit our website, call, or email us today to donate.

When you donate to the Annual Campaign, you help us serve and respond to the greatest needs in our community.

## **DONATE FOR A BETTER US.**

**Our Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Before & After School Program,  
Y Vacation Club, Y Fun Club  
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# YOUTH DEVELOPMENT

## FOREVER LEARNING

### Find Your Homework Helper! Enroll in YMCA School Age Child Care!

#### THE Y OFFERS SCHOOL AGED ENRICHMENT THAT PARENTS CAN FEEL GOOD ABOUT

We help kids reach their potential and thrive in a safe, trustworthy setting. We offer a curriculum that aligns with the school day and supports growth in literacy, science, math, science, engineering, arts, and technology (STEAM) while infusing the arts, physical activity and fun. We teach kids confidence, encourage self-expression and enrich social development. Providing our youth with the support, encouragement and positive role models that they need, will not only increase their ability to succeed in school but in life. For families, we offer a peace of mind knowing that your child is in a safe and educational program building new relationships and achieving more.

Registration is open for the 2025-26 school year. Information about the Y's before and after school programming can be found in our 2025-26 SACC Brochure. Explore enrollment options, program sites, our curriculum, and discover some of the fun our programs have in store for your child this school year!

#### Y VACATION CLUB & Y FUN CLUB

Children can enjoy planned vacation days or emergency school closing days at the Y, lead by staff members from our school age child care program. They'll be with others they already know and that you trust. (Pre-registration and additional fees may apply). Dates for the 2025-26 school year will be announced soon.

For additional information, please contact the Hamden/North Haven Y or email Melissa DePino at [mdepino@cccymca.org](mailto:mdepino@cccymca.org).

Upcoming Vacation Club days for the 2025-26 school year to be November 3, 4, and 11. December 22, 23, 26, 29, 30, 31.



# YOUTH DEVELOPMENT

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# ADVENTURE AWAITS

# INDOOR FUN

## NEW HAVEN YMCA YOUTH CENTER

## FALL PROGRAMMING OPTIONS

### KIDS ZUMBA

Whether you're a beginner or a pro, Kids Zumba is the way to go! Kids Zumba is movement through dance combined with Spanish language.

Saturday: 11:00am-11:45am

Member: \$50      Program Participant: \$100

### SOCCER

Engage in this fun and exciting program, learning the skills needed to play soccer, while making friends and having fun.

Saturday: 10:00am-11:00am

Member: \$75      Program Participant: \$150

### YOUTH BASKETBALL

Learn the basic skills of basketball from our experienced staff members. Kids will learn how to dribble, shoot, and pass while learning the importance of teamwork.

Saturday: 10:00am-11:30am

Member: \$75      Program Participant: \$150

### ARCHERY

Sharpen your focus and precision with archery, where you'll learn the fundamentals of shooting and aim for the bullseye. This exciting activity fosters concentration and control while providing a unique, hands-on experience.

Saturday: 10:00am-11:30am

Member: \$75      Program Participant: \$150

### GET CRAFTY

Grab your creativity and unleash your inner artist! Our Arts & Crafts guru will lead fun activities that can be brought home at the end of each week.

Tuesday, 6:30pm-7:15pm

Member: \$75      Program Participant: \$150

# YOUTH DEVELOPMENT

## FALL PROGRAMMING OPTIONS AT THE NEW HAVEN YMCA YOUTH CENTER

### FIRST AID/CPR/AED-BLENDED LEARNING

First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Registration is required by the Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. For further information or to register, contact Kathryn Forsyth, [kforsyth@cccymca.org](mailto:kforsyth@cccymca.org)

Dates: October 26, December 28

Times: 10:00am-2:00pm

Member: \$75 Program Participant: \$150

### LIFEGUARD CERTIFICATION COURSE

The Lifeguarding course provides participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Registration is required by Monday before class begins to provide ample time to complete the required online material prior to the in-person portion of the class. Must be 15 years or older to take the class. All classes must be attended. Registration does not guarantee certification.

The class can be taken at no cost to the participant with successful reference and background check, and an agreement to work at the Hamden/North Haven YMCA & New Haven YMCA Youth Center for six months. This is a hybrid class, prework that needs to be completed prior to Oct 12.

Dates: October 25 & 26, December 27 & 28

Times: 10:00am-6:00pm

Member: \$250 Program Participant: \$350



### BABYSITTERS TRAINING

For future and current babysitters, this American Red Cross class will provide youth with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, and learn about basic child care and first aid. For further information or to register, contact Kathryn Forsyth, [kforsyth@cccymca.org](mailto:kforsyth@cccymca.org)

Dates: November 22

Time: 10:00am-2:00pm

Member: \$75 Program Participant: \$150

### LEARN TO SWIM, LEARN TO GUARD PROGRAM

Introducing a new program for teen and adult participants focusing on learning to swim then progressing to developing the skills lifeguards need to possess to attain certification. \*\*Scholarship assistance may be available to help offset the cost of the program. Please reach out to Jessica Skolozdra, [jskolozdra@cccymca.org](mailto:jskolozdra@cccymca.org).

Dates: Tuesdays & Thursdays, must attend both days each week

Time: 4:45pm-5:30pm

Member: \$98 Program Participant: \$196



# YOUTH DEVELOPMENT

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# UNLIMITED POTENTIAL

## TEEN LEADERS CLUB

Join us on Thursdays at 6:30pm for the Hamden/North Haven YMCA's Teen Leaders Club! Invite your friends! Leaders is a Nationwide YMCA program for Middle School and High School teens that teaches leadership skills through community service, volunteerism, and personal growth.

### **In Teen Leaders Club you will have fun and can...**

- Meet other teens from our community and from the New England area.
- Be a leader in the YMCA and in the community.
- Plan events and field trips.
- Participate in regional leadership retreats.
- Earn volunteer service hours and recommendations.

**Weekly Club Meetings will be held on Thursdays at 6:30pm for about an hour and a half.**

**Location:** New Haven YMCA Youth Center  
50 Howe Street, New Haven

**Registration:** Show up anytime! New leaders can participate in two meetings before making the decision to join. For more information, contact: Mush by calling 203-535-2569.

**"A good leader inspires others with confidence in him; a great leader inspires them with confidence in themselves."**



**FOR MORE INFORMATION VISIT OUR WEBSITE, [WWW.HNHYMCA.ORG](http://WWW.HNHYMCA.ORG), OR CALL 203 535 2569**



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