



**HAMDEN/NORTH
HAVEN YMCA
FALL 1
PROGRAM GUIDE**

CENTRAL CONNECTICUT COAST YMCA



HAMDEN/NORTH HAVEN YMCA

YOUR YMCA STAFF

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District Operations Director, Aishah Brice
Program Director: Melissa DePino
Youth & Family Coordinator: James Grahn
Camp Director: Jessica Skolozdra

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PHONE 203 535 2569, **FAX** 203 787 0804

WEB SITE hnhymca.org

FOR MORE INFO email ekelly@cccymca.org

PROGRAM REGISTRATION DATES

Session: Fall, August 31–October 25

Facility Member: August 11

Program Participant: August 18



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



FIND YOUR REASON TO GIVE. FIND YOUR Y.

For a better us.®

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

We see every interaction with young people as an opportunity for learning and development—all grounded in the Y's core values of caring, honesty, respect and responsibility.

When you donate to the Hamden/North Haven YMCA Annual Campaign, you help us best serve and respond to the greatest needs in our community. Visit our website, call, or email us today to donate.

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
Page 4**

**Summer Camp
Page 5**

**Sports & Rec Classes
Page 6-7**

**Teen Leaders Club
Page 8**

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.



YOUTH DEVELOPMENT

FIND YOUR FRIENDS

FIND YOUR FUN

SUMMER DAY CAMP

Find your adventure at Camp Mountain Laurel this summer!

Camp Mountain Laurel provides children and teens with an opportunity to have fun, meet new friends, play and create memories that last a lifetime.

At our Summer Camp, participants gain a sense of accomplishment, build relationships and find their sense of belonging. It's an opportunity for physical, social, emotional and cognitive learning experiences. For families, our Summer Camp offers a peace of mind knowing that your child is in a safe and enriching environment.

AGES

Classic Camp - Ages 3-15

Swim Camp- Ages 6-15

Specialty Camp - Vary by age/program



LOCATION

2705 Downes Road, Hamden, CT 06518

Bussing available to and from camp at designated

Bus stops in New Haven and Hamden.

REGISTER NOW!

Check out our website, or speak with the front desk for registration details

SLEEPAWAY CAMP!

YMCA Camp Hi-Rock is a sleepaway located in Western Massachusetts. We are nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around our pristine, private, ninety-acre lake. This gives us the ideal backdrop for the wide variety of activities we offer, which include swimming, climbing, water skiing, archery, sailing and arts & crafts among many others. Camp Hi-Rock is dedicated to the growth and development of all of the participants we serve. We seek to help each camper develop his or her sense of personal worth and responsibility as a cooperative member of a group. In addition, we want campers to discover, learn, cultivate new skills, develop healthy lifestyles, create meaningful relationships, and become more caring, honest, respectful and responsible people.

YOUTH DEVELOPMENT

ADVENTURE AWAITS OUTDOOR FUN CAMP MOUNTAIN LAUREL 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

CHALLENGE COURSE PROGRAM

Engage in problem-solving and cooperation as you work together to conquer a variety of ground-level challenges. The low ropes course focuses on teamwork and communication, offering a fun and interactive way to strengthen group dynamics.

Saturday: 10:00am-11:30am

Member: \$85 Program Participant: \$170

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.

Saturday, 11:00am-12:00pm

Member: \$65 Program Participant: \$130

FOR MORE INFORMATION VISIT OUR WEBSITE, WWW.HNHYMCA.ORG, OR CALL 203 535 2569

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

Dates: August 17, 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: August 16 & 17, 10/25 & 10/26, 12/27 & 12/28

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

Dates: September 13, 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.

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

Time: 4:45pm-5:30pm

Member: \$98 Program Participant: \$196

YOUTH DEVELOPMENT

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, OR CALL 203 535 2569



HAMDEN/NORTH HAVEN YMCA

P.O. Box 6555

Hamden, CT 06517

P:203-535-2569

WWW.HAMDENNORTHHAVENYMCA.ORG