FIND WHAT MOVES YOU. FIND YOUR Y.

FALL 1 PROGRAM GUIDE
At the Y, you’ll find countless opportunities to get moving and experience the joy of better health. All it takes is one step!

For a better us.®
HAMDEN/NORTH HAVEN YMCA

YOUR YMCA STAFF
District Executive Director: Erin Kelly
Youth & Families Director: Kathryn Forsyth
Program Director: Melissa DePino

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Michael Brennan
Y’Isiah Lopes

PHONE 203 535 2569
FAX 203 787 0804
WEB SITE hnhymca.org
FOR MORE INFO email ekelly@cccymca.org

PROGRAM REGISTRATION DATES
Session: Fall I, August 29–October 23
Facility Member: August 8
Community Member: August 15

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
View current schedules, programs and events on our website!
Whenever a neighbor needs support, the Y stands ready to help with open arms and caring hearts.

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.

All contributions to the YMCA provide direct financial assistance for ALL who need it.

**FIND YOUR REASON TO GIVE. DONATE FOR A BETTER US.**
Connect with Erin Kelly, ekelly@ccymcaorg, to learn more.

**Our Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.
YMCA Camp Mountain Laurel’s Annual Family Fall Festival and Trunk ‘r Treat!

YMCA Camp Mountain Laurel staff and volunteers invite you as we take part in our annual Family Fall Festival and Trunk ‘r Treat! Everyone is invited, this is a community wide event so tell your neighbors, tell your family, tell anyone you’d like! We encourage costumes for children and adults!

**Fall Festival Activities Include:** archery, face painting, crafts, our Ropes Challenge Course, bake sale, family hiking, campfire, S’mores, and pumpkin decorating.

**Trunk ‘r Treat:** If you are interested in participating in our Trunk ‘r Treat, please register!

**Location:** Camp Mountain Laurel  
2705 Downes Road Hamden, CT

**Date:** Saturday, October 22

**Time:** Fall Festival: 2pm–5:00pm  
Trunk ‘r Treat: 4pm–5:00pm

**If you are attending:** Registration required by calling 203 535 2569 or emailing Melissa DePino, mdepino@cccymca.org
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 now open for the 2022-23 school year. Information about the Y’s before and after school programming can be found in our 2022-23 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 and 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). For additional information, please contact the Hamden/North Haven Y or email Kathryn Forsyth at kfoeryth@cccyymca.org or Melissa DePino at mdepino@cccyymca.org.
YOUTH DEVELOPMENT

ADVENTURE AWAITS
OUTDOOR FUN
CAMP MOUNTAIN LAUREL

FALL PROGRAMMING OPTIONS

FLOOR HOCKEY
Coach Pat invites you to join the team for a game of floor hockey each week. Participants will focus on skill building and teamwork during each class. Whether you are a beginner or a pro, this is the place to go!
Saturday: 9:00am–9:45am
Member: $50  Community: $100

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.
Tuesday: 5:00pm–5:45pm
Member: $50  Community: $100

Y KICKERS
Learn the basics of soccer while having fun and practicing with friends! Each week will be dedicated to learning a different skill and each session will conclude with a game.
Saturday: 11:00am–11:45am
Member: $50  Community: $100

BASKETBALL BLAST OFF
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: 10:00pm–10:45pm
Member: $50  Community: $100

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

TEEN LEADERS CLUB
Join us on Thursdays at 6:30pm 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: Erin by calling 203-535-2569.

“A good leader inspires others with confidence in him; a great leader inspires them with confidence in themselves.”

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