HAMDEN/NORTH HAVEN YMCA

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

BOARD OF MANAGERS
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PHONE 203 535 2569
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FOR MORE INFO email ekelly@cccymca.org

PROGRAM REGISTRATION DATES
Session: Fall 1, August 28–October 22
Facility Member: August 7
Program Participant: August 14

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!
With our doors open to all, we bring people together from all Backgrounds. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

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.

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.
YOUTH DEVELOPMENT

FALL FUN FOR EVERYONE
OUTDOOR ADVENTURE

ANNUAL FALL FESTIVAL & TRUNK OR TREAT

Join us on Saturday, October 28 at Camp Mountain Laurel for our annual Fall Festival! There will be a variety of activities throughout the day for families to take part in with Y staff. Fall crafts, sports, hiking, and Kids Zumba are just some of the exciting events that will be taking place on this day.

The Fall Festival will culminate with the Trunk or Treat event! Families are welcome to decorate their trunks and dress up in their favorite costumes. We request that all treats be nut-free and individually wrapped to maintain healthy and safety standards. If you would like to participate in Trunk Or Treat by decorating your trunk and passing out individually wrapped candy please sign up no later than Tuesday, October 24, 2023.

When: Saturday, October 28
Time: 2:00-5:00pm
Where: Camp Mountain Laurel
2705 Downes Road, Hamden

Register: Register for this event today by calling 203 535 2569 or online at hnhymca.org or emailing Melissa DePino, depino@cccymca.org

FOR MORE INFORMATION VISIT OUR WEBSITE, WWW.HNHYMCA.ORG, OR CALL 203 535 2569
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 2023-24 school year. Information about the Y’s before and after school programming can be found in our 2023-24 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 kforsyth@cccymca.org or Melissa DePino at mdepino@cccymca.org.
YOUTH DEVELOPMENT

ADVENTURE AWAITS
OUTDOOR FUN
YMCA 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: 8:30am–9:15am
Member: $50  Program Participant: $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.
Wednesday: 5:00pm–5:45pm
Member: $0  Program Participant: $100

YOUTH SOCCER
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: 10:30am–11:15am
Member: $50  Program Participant: $100

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: 9:30pm–10:15pm
Member: $50  Program Participant: $100

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YOUTH DEVELOPMENT

FALL PROGRAMMING OPTIONS
AT THE NEW HAVEN YMCA YOUTH CENTER

FLAG FOOTBALL
Join us for Flag Football Fun on Saturday. This activity is geared toward children 5–8 years old. Bring your water bottle and sneakers. Space is limited, registration is required.
Friday: 5:30pm-6:15pm
Member: $0  Program Participant: $50

YOUTH FITNESS
This class is geared for middle school students of any fitness level. In this class we will approach fitness in a fun healthy way. From stretching to fitness related games to a mile run. This class will be a great opportunity to learn about health and fitness while having a great time.
Wednesday: 5:00pm-5:45pm
Member: $50  Program Participant: $100

ARTS & CRAFTS
An instructed creative art class focusing on exploration and self discovery. Our arts & crafts guru will lead this seasonally themed craft class.
Saturday: 10:30am-11:15am
Member: $50  Program Participant: $100

PRESCHOOL FITNESS
Join us for group games, activities, and tons of fun! This fast moving class is designed to introduce children to organized activities while developing friendships.
Thursday: 11:00am-11:45am
Member: $50  Program Participant: $100

YOUTH VOLLEYBALL
Whether you’re a novice or a pro, the volleyball court is the place to be at the Y! Staff will help build skills, develop a sense of teamwork, and friendship too!
Wednesday: 5:30pm-6:15pm
Member: $50  Program Participant: $100

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FALL PROGRAMMING OPTIONS
SPEND FRIDAY NIGHTS WITH FAMILY & FRIENDS AT THE NEW HAVEN YMCA YOUTH CENTER

KIDS NIGHT OUT
You might initially think it this as a night out for the parents, but it’s really a night out for your kids! Not only will your kids get the chance to swim, but they will have dinner, dessert, participate in arts & crafts, as well as plenty of other activities! Now, on the plus side, you get to have a little more down time for yourself as well!
Dates: September 15
Time: 5:30pm-8:30pm
Member: $10     Program Participant: $15

FLICK & FLOAT-MOVIE NIGHT
Enjoy a different family-friendly movie each month while you float around in our heated pool. Movie showings will begin within 30 minutes of event start. Pre-registration is required for this event.
Dates: October 13 at the New Haven YMCA Youth Center
Time: 6:00pm-8:00pm
Member: $0     Program Participant: $5/person

MAD SCIENTIST NIGHT
Our Mad Scientists Night will engage children in a variety of activities centering around Science, Technology, Engineering, and Math. Join us for learning and fun with motivational Y staff. Children will work hands on, making and creating different projects from slime, to crystal stars, to their own mousetraps! We will provide the materials. This program is for scientists aged 5-10.
Dates: September 22
Time: 6:00pm-8:00pm
Member: $0     Program Participant: $5/person

GAME NIGHT-AQUA STYLE
There is no better exercise (for the brain & body) than play! Bring the family to a night of fun water games. We’ll be taking the games to the pool!
Dates: September 29
Time: 6:00pm-8:00pm
Member: $10/family
Program Participant: $20/family
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: October 12
Times: 4:00pm–8:00pm
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, December 19 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.
Dates: October 10–13
Times: 4:00pm–8:00pm
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: October 7
Time: 10:00am–4:00pm
Member: $75 Program Participant: $150
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.”

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