



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOR FINDING
**A PLACE
TO BELONG**

**HAMDEN/NORTH HAVEN YMCA
WINTER II PROGRAM GUIDE
February 25–April 21, 2019**

HERE FOR YOU

PROGRAM REGISTRATION DATES:

Session: Winter II, 2/25 - 4/21/2019

Facility Member: 2/4/2019

Community Member: 2/11/2019

MEMBERSHIP FOR ALL

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

Please contact the Y for more information.

HAMDEN/NORTH HAVEN YMCA

1605 Sherman Avenue

Hamden, CT 06514

P 203 248 6361 F 203 281 4858

W hnhymca.org

FACILITY HOURS

Monday-Friday: 5:30am-8:30pm

Saturday: 6:30am-5:30pm

Sunday: 10:00am-5:00pm

LIKE US ON FACEBOOK

A great way to stay up-to-date on all programs and activities at the Hamden/North Haven YMCA!



YMCA PROGRAM CREDIT/REFUND POLICY

Refunds For Program Fees Will Only Be Approved In The Following Instances:

- ◆ The YMCA cancels a program
- ◆ Request Form is received prior to the start of the session
- ◆ After the start of the session, only for medically documented reasons.
- ◆ There will be a \$10.00 administrative fee for each refund/credit, unless the YMCA cancels the class.

CENTRAL CONNECTICUT COAST YMCA

Statement of Diversity and Inclusion

(Adopted by the CCCY Board of Directors - July 28, 2016)

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

YOUR YMCA STAFF

District Executive Director: Emily Jackson

Senior Program Director: Alexei Bachuretz

Administrative Secretary: Rose Schule

Aquatics Director: Kristin Rebelo

Child Care/Camp Director: Erin Kelly

SACC/Camp Coordinator: Kathryn Forsyth

Child Watch Coordinator: Lyn Thompson

District Facility Director: Luis Yanes-Mena

BOARD OF MANAGERS

Mark Candido, Chair

Lisa Barbarotta

Ndeye Fall

Amanda Forcucci

Chris LaTorraca

Lenny Lye

Katrina Rice

Deborah Talmadge

REGISTER ONLINE at www.hnhymca.org



Every day, the Y strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the 'us' who live in them find the power of their full potential.

When you donate to the Hamden/North Haven Y's Annual Campaign, you make the communities of Hamden and North Haven better and the "us" who live in them stronger.

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.

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

With our doors open to all, we bring together people from all backgrounds, to support those in need. 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.

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.

Page 2: Registration/Staff/Facility Info
 Page 3: Annual Campaign
 Page 4: Sports & Play

Page 5: Youth/Family, Swim Team
 Page 6: Swim Lessons
 Page 7: Swim Lessons

Page 8: Swim Lessons
 Page 9: School Age Child Care
 Page 10: Martial Arts & Family Time

Page 11: Personal Wellness, Healthy Lifestyles
 Page 12: Group Fitness

YOUTH DEVELOPMENT

PRESCHOOL/YOUTH

CHILD WATCH PROGRAM

A safe and fun YMCA staff supervised area where parents with an Adult, Single Parent or Family Membership can leave their children to play and enjoy activities while they participate in programs on-site.

CHILD WATCH HOURS

Monday, Wednesday, Friday: 9:00am-12:00pm

Saturday: 8:45am-11:30am

Monday: 5:15pm-8:30pm

Tuesday-Thursday: 5:15pm-7:30pm

CHILDREN IN THE Y - SUPERVISION REQUIREMENTS

Parents or guardians of children under the age of 12 must remain on Y property while their children are at the Y. The only exceptions to this policy are if children are participating in a supervised Y program or activity. Please escort your child to and from their program to ensure their safety. Please be prompt at pick-up.

Y STANDS FOR YOUTH

YOUTH IN THE BRANCH

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13 who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth members will learn proper technique, safety and etiquette of gym fitness. Schedule your appointment today at the Member Service Center.

Wellness Center: Yellow Bracelet

Youth members 10-13 years of age are permitted to exercise on the cardiovascular equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a yellow wristband when working out in the branch.

Wellness Center: Blue Bracelet

Youth members 12-13 years of age are permitted to exercise on the strength equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a blue wristband when working out in the Branch.

Prerequisite: Must have completed yellow bracelet training.

AQUATICS PROGRAMS

SWIM TEAM

The Hamden/North Haven YMCA Typhoons are back and better than ever! Newly-affiliated with USA Swimming®, the Typhoons will be led by Coach Kevin Brown, who brings over 19 years of aquatics and competitive swimming experience along with a strong work ethic and passion for the sport. Coach Brown believes in teaching life lessons of sport and sportsmanship through swimming, not simply training swimmers. YMCA competitive swimming is a natural progression from swim lessons, where children and teens continue their love of swimming in an ideal environment for cognitive, physical, and social development. Typhoon coaches emphasize detailed stroke development, time achievement and an emphasis on teamwork, hard work and fun. For further information or to register, please contact Kristin Rebelo.

P 203 248 6361, **E** typhoonswim@cccymca.org

ADAPTIVE AQUATICS (Ages 3-12)

This program is open to all individuals with cognitive and/or physical disabilities and is designed to provide a positive recreational and educational experience for participants. Existing YMCA Swim Lesson Programs will be adapted to meet the individual needs. This program is for all levels of swimmers. An adult may accompany if needed. 1:1 class ratio. Six classes are covered in each package.

By Appointment, e-mail krebello@cccymca.org

Member: \$130

Community: \$200

PRIVATE SWIM LESSONS

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. Registration can be done at the front desk of the Y.

Individual Options: \$46 (1 lesson), \$136 (4 lessons)

Semi-private Options: \$56 (1 lesson), \$180 (4 lessons)
(2 participants)

LIFEGUARD CERTIFICATION COURSE

This course is designed to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Prerequisites: Swim 300 yards continuously & 15 years of age by last scheduled course date. In addition, participants must be able to complete an object retrieval drill. Participants must attend all classes to complete the course. Contact Kristin Rebelo for further information, krebello@cccymca.org

Date: February 4, 6, 11, 13, 18, 20, 25, 27

Time: 5:00-8:00pm

Member: \$275

Community: \$375

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST
SUMMER
EVER™



**SIGN UP FOR
CAMP TODAY!**

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

We provide a happy, healthy environment for children to learn and grow. At Y Summer Day Camp, participants gain a sense of accomplishment, build relationships and find their sense of belonging. It's a opportunity for physical, social, emotional and cognitive learning experiences. For families, camp offers a peace of mind knowing that your child is in a safe and enriching place.

We can't wait to see you at Camp Mountain Laurel! We've planned an awesome, activity-packed summer with tons to learn, play and explore. The summer is filled with fun-filled activities, visitors different weekly camping options, and more! Whether classic, specialty, or swim camp is the path you choose, there is a unique and adventurous summer experience here for everyone.

WHEN: June 18 - August 24 (Weekly Sessions)

TIME: 9 am - 4 pm Extended hours available!

WHERE: Camp Mountain Laurel, 2705 Downes Road Hamden, CT P 203 248 6361
W hnhymca.org

REGISTER: Register now! Download, pickup, or have us mail you the registration packet. Download at
W hnhymca.org

For additional information on all YMCA Summer Camp Programs, please visit hnhymca.org or contact the Hamden Y at 203 248 6361

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group 6 months - 3 years
Parent* & Child
Stages A-B

SWIM STARTERS

Stage A / Water Discovery

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.

Member: \$72 / Community Member: \$144
Tuesdays, 6:10pm-6:40pm
Saturdays, 8:30am-9:00am
Sundays, 12:10pm-12:40pm

SWIM STARTERS

Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Member: \$72 / Community Member: \$144
Tuesdays, 6:10pm-6:40pm
Saturdays, 9:40am-10:10am
Sundays, 12:10pm-12:40p,

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6



YOUTH DEVELOPMENT

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Age Group:

3 years - 5 years Preschool

5 years - 12 years School Age

12+ years - Teen & Adult

SWIM BASICS

Stage 1 / Water Acclimation

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.

Member: \$75 / Community Member: \$150

Preschool Mondays, 6:00pm-6:30pm

Preschool Tuesdays, 5:00pm-5:30pm

Preschool Wednesdays, 5:45pm-6:15pm

Preschool Thursdays, 6:00pm-6:30pm

Preschool Fridays, 6:00pm-6:30pm

Preschool Saturdays, 9:05am-9:35am, 10:50-11:20am

Preschool Sundays, 11:00am-11:30am

School Age Mondays, 6:10pm-6:40pm

School Age Wednesdays, 6:10pm-6:40pm

School Age Thursdays, 5:00pm-5:30pm

School Age Fridays, 5:00pm-5:30pm

School Age Saturdays, 8:30am-9:00am, 11:00-11:30am

School Age Sundays, 12:10pm-12:40pm

Teen & Adult Thursdays, 6:35pm-7:20pm

Adult Mondays, 6:35pm-7:20pm

Adult Thursdays, 6:35pm-7:20pm

SWIM BASICS

Stage 2 / Water Movement

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.

Member: \$75 / Community Member: \$150

Preschool Mondays, 5:00-5:30pm, 6:10-6:40pm

Preschool Wednesdays, 5:00pm-5:30pm

Preschool Thursdays, 5:00pm-5:30pm

Preschool Fridays, 5:35pm-6:05pm

Preschool Saturdays, 9:05am-9:35am

Preschool Sundays, 11:35am-12:05pm

School Age Mondays 5:35-6:05pm

School Age Tuesdays, 5:00-5:30pm

School Age Wednesdays, 6:25pm-7:05pm

School Age Thursdays, 6:10pm-6:40pm

School Age Fridays, 5:35pm-6:05pm

School Age Saturdays, 10:15-10:45am

Adult Thursdays, 6:35pm-7:20pm

SWIM BASICS

Stage 3 / Water Stamina

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.

Member: \$75 / Community Member: \$150

Preschool Mondays, 5:30pm-6:00pm

School Age Mondays, 5:00pm-5:30pm

School Age Tuesdays, 5:35pm-6:05pm

School Age Wednesdays, 5:35pm-6:05pm

School Age Thursdays, 5:35pm-6:05pm

School Age Fridays, 6:10pm-6:40pm

School Age Saturdays, 8:30am-9:00am, 9:40am-10:10am

Teens Mondays, 6:35pm-7:20pm

Adult Thursdays, 7:25pm-8:10pm

CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

YOUTH DEVELOPMENT

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age Group:

5 years - 12 years School Age

12+ years - Teen & Adult

Stages 4-6

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

SWIM STROKES

Stage 4 / Stroke Introduction

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.

Member: \$80 / Community Member: \$160

School Age Mondays, 6:45pm-7:30pm

School Age Tuesdays, 5:35pm-6:20pm

School Age Wednesdays, 5:00pm-5:45pm

School Age Thursdays, 5:35pm-6:20pm; 6:20pm-7:05pm

School Age Fridays, 6:45pm-7:30pm

School Age Saturdays, 9:05am-9:50am, 10:15am-11:00am

Teens Mondays, 6:35pm-7:20pm

Adult Mondays, 7:25pm-8:10pm

Adult Thursdays, 7:25pm-8:10pm

SWIM STROKES

Stage 6 / Stroke Mechanics

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.

Member: \$80 / Community Member: \$160

School Age Mondays, 6:45pm-7:30pm

School Age Thursdays, 7:00pm-7:45pm

School Age Saturdays, 10:40am-11:25am

Teen Mondays, 6:35pm-7:20pm

Adult Thursdays, 7:25pm-8:10pm

SWIM STROKES

Stage 5 / Stroke Development

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.

Member: \$80 / Community Member: \$160

School Age Tuesdays, 6:25pm-7:10pm

School Age Fridays, 6:35pm-7:20pm

School Age Saturdays, 9:55am-10:40am

Teen Mondays, 6:35pm-7:20pm

Adult Thursdays, 7:25pm-8:10pm

OBSERVATION POLICY

Parents are asked not to disrupt the children or instructor while the class is in session.



YOUTH DEVELOPMENT

SCHOOL AGE CHILD CARE

We offer a structured, activity based program through a variety of enrichment activities for children attending Kindergarten through 6th grade.

Our programs provide:

- * A stimulating environment which fosters social, emotional, physical, and cognitive development.
- * A safe and nurturing setting in which children will have fun and make new friends.
- * Programs and activities that occur daily which include: homework assistance, enrichment opportunities, snack, organized games/activities, sports, arts and crafts, and recreational swimming.
- * An accommodating schedule that includes early dismissal days, vacation days, and snow days.
- * Trained/certified staff that is knowledgeable and experienced within the fields of education and recreation/leisure.

School Locations: Hamden Elementary Schools

- * **Bear Path:** Before School Program at Shepherd Glen, After School Program
- * **Dunbar Hill:** After School Program
- * **Helen Street:** After School Program
- * **Ridge Hill:** Before School Program at Shepherd Glen
- * **Shepherd Glen:** Before School Program, After School Program (also transporting before school participants to West Woods School, Ridge Hill School, and Bear Path)
- * **Spring Glen:** After School Program
- * **West Woods:** Before School Program at Shepherd Glen, After School Program
- * **Wintergreen Magnet:** After School Program held at Shepherd Glen School, transported by bus

School Locations: North Haven

- * **ACES:** After School Program, sites determined based on residency (transportation provided by school)
- * **Clintonville:** After School Program
- * **Ridge Road:** After School program—will be bussed to Green Acres School
- * **Montowese:** After School Program—will be bussed to Clintonville School
- * **Green Acres:** After School Program

SCHOOL AGE CHILD CARE

2018/2019 School Age Child Care Program Fees

BEFORE SCHOOL

3 Days per Week: Member \$153 & Community \$225
4 Days per Week: Member \$170 & Community \$240
5 Days per Week: Member \$189 & Community \$259

AFTER SCHOOL

3 Days per Week: Member \$270 & Community \$353
4 Days per Week: Member \$290 & Community \$378
5 Days per Week: Member \$325 & Community \$415

BEFORE SCHOOL & AFTER SCHOOL COMBINED

3 Days per Week: Member \$423 & Community \$578
4 Days per Week: Member \$460 & Community \$618
5 Days per Week: Member \$514 & Community \$674

*Tuition is Monthly

Y VACATION CLUB

Looking for somewhere fun and exciting for your child to spend school vacation days? Join us for a day of fun with the Y! Vacation Fun Club offers a variety of field trips, recreational swimming, games/activities, arts and crafts, and much more for children in kindergarten through 6th grade! Registration takes place at the Main Branch at 1605 Sherman Ave. This program reaches capacity quickly. All participants must be signed up 48 hours prior to the scheduled day off from school.

Member \$54 **Community Member \$85**
(Per day/Subject to Change)

Y FUN CLUB

When schools are closed for weather related reasons, the YMCA offers the Y Fun Club Program for its School-Age Child Care participants. Your child will enjoy games, swimming, and more when you sign up for the YMCA Fun Club Program. Fun Club sessions are available in 2 day packages. Children must be enrolled in this program prior to the school system's first snow day. Enrollment is extremely limited and is taken on a first come, first serve basis.

Member \$65 **Community Member \$90**

HEALTHY LIVING

MARTIAL ARTS/FAMILY PROGRAMS

INSTITUTE OF MARTIAL ARTS FAMILY KARATE CLASSES

The YMCA Karate Program is a great place for your child to get started in Martial Arts study. Institute of Martial Arts Instructor Adam Gorski brings over 35 years of teaching experience to the YMCA. Classes are available for ages 6 years through adult. Karate builds self-esteem and confidence, teaches discipline and responsibility and promotes physical fitness.

Beginner Level

Wednesday, 6:30-7:15pm & Friday, 6:30-7:15pm

Intermediate Level

Wednesday, 7:15-8:00pm & Friday, 6:30-7:15pm

Advanced Level

Wednesday, 7:15-8:00pm & Friday, 7:15-8:00pm

Members: \$95.00 Community: \$190.00

KID'S PAINT NIGHT

Join us at the Hamden/North Haven YMCA and paint your own back to school scene! Kid's Paint Night is for children 5 & up with their friends. Parents are invited back at 7:30pm to walk our gallery of painted canvases and enjoy delicious refreshments with their young artist. Space is limited. All proceeds support our 2019 Annual Campaign. Register at our front desk or by calling 203 248 6361.

Date: April 20, 2019

Time: 5:00-7:30pm

Members: \$20 Community: \$20

GENERATION POUND®

GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness.

Monday: 4:00-5:00pm

Members: \$65 Community: \$130



FAMILY PROGRAMMING

BIRTHDAY PARTIES (MEMBERS ONLY)

Birthday parties are a great experience for children and their friends, and the Hamden/North Haven YMCA offers fun and exciting birthday parties that your child will love! The YMCA specializes in parties for children and youth ages 5-14. We can host parties with up to 14 of your child's closet friends and family—call 203-248-6361 x 2212 to book your child's party today!

Party Types

Basic Pool Party: 2 hours

Activity Only Party (No Pool): 2 hours

Sports & Swim Party: 3 hours

ZUMBA @ & Swim Party: 3 hours

2 Hour Parties (no pool): Members \$165

2 Hour Parties (with pool): Members \$190

3 Hour Parties: Members \$250

Y NIGHT

Our Y Night event will include music, pool games, gym activities, pizza, a treat, and a raffle for a gift certificate to fun places in the area. Children must be in grades 5 and 6 to participate in this program. Bring your swimsuit, towel, and pool float to the party. This is a community event so bring your friends and join the party! Space is limited, sign up early.

Dates: Saturday, April 6, 2019

Time: 5:30-8:30pm

Members: \$12 (pre-register) Community: \$15 (pre-register)

Members: \$20 (day of event) Community: \$20 (day of event)

PARENT'S 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: February 8, March 15, April 5

Time: 5:30-8:30pm

Members: \$15/child

HEALTHY LIVING

PERSONAL WELLNESS

F.I.T. PROGRAM

As a new Y member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) so that we can help you get started. Training will include: time to get to know each other, understanding your goals and expectations together so that we can develop an action plan to ensure your success, answer any questions you may have about wellness, equipment, and our facility, teach some basic tips so you can hit the ground running, review your progress toward your wellness goals and expectations, and start working toward your wellness goals and having fun! Stop by the Front Desk or call 203-248-6361 to learn more about the F.I.T. Program.

PERSONAL TRAINING

Whether you are 15 or 75, an experienced or beginner exerciser, personal training can help you reach your health and fitness goals. Our certified personal trainers will help develop a personalized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you look, feel and live better. Personal training sessions are one hour in duration. This program is for Y members only.

1 Session: \$65
5 Sessions: \$280
10 Sessions: \$520



SUPPORTING WELLNESS TOGETHER

The Weight Loss 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. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution. The program is designed for adults, 18 years and older who desire a healthier weight. This program is not intended for individuals with specialized needs due to chronic disease or the onset of chronic disease. This is a 12-week program that meets one time per week. Each weekly session is 60 minutes. For more information contact Alexei Bachuretz, abachuretz@cccymca.org.

Monday: 5:45-6:45pm
Members: \$85.00 Community Members: \$170.00

FREE TO MEMBER CLASSES

Class times are subject to change. Most recent Group Exercise Schedule is available at the Member Service Desk or on our website, www.hnhymca.org.

ACTIVE OLDER ADULT FIT

Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily living activities. Hand-held weights, elastic tubing with handles and balls are used. Chairs available.

Wednesday: 9:00-9:45am

WATER FIT

Moderate intensity water aerobics. Includes cardiovascular workout followed by toning exercises using a variety of equipment in the water.

Tuesday: 11:00-11:45am
Friday: 9:15-10:00am

AQUA MOVE

Exercise using your own body weight and water resistance in a moderate-intensity workout! Increase mobility, strength, flexibility and coordination as you move your body to the music! Come have fun, dance and move in the water!

Wednesday: 9:15-10:00am

TRX FUSION

Make your body your machine! TRX is a suspension training system that combats your body challenging your strength, power, balance, and flexibility. TRX Fusion combines the use of TRX and strength equipment to transform your body! Call to register, 203-248-6361, or stop by the front desk.

Wednesday: 8:15-9:00am
Members: Free, registration required

COUCH TO 5K

Time to get off the couch and try something new! This 8 week program will help you become healthier, stronger, and prepared to run a 5k! This beginner running program has helped thousands of new runners get off the couch and on the roads, running 3 miles in just 2 months!

Tuesday & Thursday 5:30-6:15pm
Members: FREE Community Members: \$50.00
Registration required

HEALTHY LIVING

FREE TO MEMBER CLASSES

Class times are subject to change. Most recent Group Exercise Schedule is available at the Member Service Desk or on our website, www.hnhymca.org.

STRENGTH TRAIN TOGETHER

Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to your personal best!

Monday: 5:45-6:45pm

Tuesday: 6:00-7:00pm

ZUMBA FITNESS®

The ZUMBA® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. ZUMBA® fanatics achieve long-term benefits while experiencing an absolute blast!

Monday: 7:45-8:15pm

Tuesday: 9:15-10:15am

Thursday: 9:15-10:15am

Friday: 10:15-11:15am

KARDIO KICKBOXING

This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower.

Saturday: 8:45-10:00am

R.I.P.P.E.D

Join us for an energizing workout, utilizing resistance and cardio training, which masterfully combines resistance, intervals, power, plyometrics, and endurance in this 45 minute class.

Monday: 6:45-7:45pm



MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

FREE TO MEMBER CLASSES

Class times are subject to change. Most recent Group Exercise Schedule is available at the Member Service Desk or on our website, www.hnhymca.org.

MUSCLE AND CORE

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

Wednesday: 9:45-10:30am

TAI CHI

Increase balance and stability through slow, gentle movement. It will also help improve circulation and flexibility. Tai Chi can be done from a seated or standing position.

Tuesday: 10:15-11:15am

Thursday: 11:00-11:30am (Beginner)

Thursday: 11:30-12:30pm

EASY DOES IT

Low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching. For seniors, beginners, and 'ready to be fit' participants.

Monday/Wednesday/Friday: 6:45-7:45am

BALANCE & FLEX TOGETHER

Balance & Flex Together will grow you licker and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Saturday: 10:00-11:00am

YOGA-GENTLE FLOW

In a safe and supportive atmosphere, students will learn the benefits of yoga, incorporating basic yoga poses, conscious breathing and meditation techniques. This is an excellent introduction for new students and also great for the intermediate/experienced student looking to fine tune their practice.

Wednesday: 10:30-11:30am

WE'RE MOBILE!

Download our free Mobile App. If you have questions please call the Y at P 203 248 6361.