



# HAMDEN/NORTH HAVEN YMCA SPRING PROGRAM GUIDE





# HAMDEN/NORTH HAVEN YMCA

## YOUR YMCA STAFF

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**FOR MORE INFO** email [ekelly@cccymca.org](mailto:ekelly@cccymca.org)

## PROGRAM REGISTRATION DATES

Session: Spring, April 22-June 16

Facility Member: April 1

Program Participant: April 8



## 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.®

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.

Donate to the Hamden/North Haven YMCA Annual Campaign. All contributions to the YMCA provide direct financial assistance for ALL who need it.

## 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.

**Summer Camp @ Camp Mt Laurel**  
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Y Vacation Club, Y Fun Club**  
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# YOUTH DEVELOPMENT

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## 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

#### REGISTER

Registration is open for summer camp. Check out our website, or speak with the front desk for registration details.



#### OPEN HOUSES

Please come visit Camp Mountain Laurel and learn more about our camps!

**Saturday, April 20** 10am-1pm

**Saturday, May 11** 10am-1pm

**Saturday, June 1** 10am-1pm

**\*Open House held at Camp Mountain Laurel in Hamden.**

# 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 2024-25 school year. Information about the Y's before and after school programming can be found in our 2024-25 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](mailto:kforsyth@cccymca.org) or Melissa DePino at [mdepino@cccymca.org](mailto:mdepino@cccymca.org).







# HEALTHY KIDS DAY®

April 20 10am-1pm  
Free to the Public



For a better us.®

» FIND YOUR JOY.  
FIND YOUR Y.

Hamden/North Haven  
YMCA

YMCA Camp Mountain Laurel  
Downes Road, Hamden

W [hnhymca.org](http://hnhymca.org) P 203 535 2569



National Sponsor

PEANUTS

# YOUTH DEVELOPMENT

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# ADVENTURE AWAITS

# INDOOR FUN

## NEW HAVEN YMCA YOUTH CENTER

### SPRING 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: 11:30am-12:15pm

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.

Monday: 5:30pm-6:15pm

Member: \$0      Program Participant: \$100

#### 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





# YOUTH DEVELOPMENT

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

### FLAG FOOTBALL

Join us for Flag Football Fun on Tuesdays. This activity is geared toward children 5-8 years old. Bring your water bottle and sneakers. Space is limited, registration is required.

Friday: 6:00pm-6:45pm

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

### 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!

Monday: 5:30pm-6:15pm

Member: \$50

Program Participant: \$100





# YOUTH DEVELOPMENT

## SPRING 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: April 26

Time: 5:30pm-8:30pm

Member: \$10      Program Participant: \$15

#### 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: May 10, June 7

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: May 24

Time: 6:00pm-8:00pm

Member: \$0      Program Participant: \$5/person

#### GAME NIGHT-JUMBO GAMES

There is no better exercise (for the brain & body) than play! Bring the family to a night of jumbo games. We'll be taking the games to the gym!

Dates: May 31

Times: 6:00pm-7:00pm

Member: \$10/family

Program Participant: \$20/family



# YOUTH DEVELOPMENT

## SPRING 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: April 17

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, 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: April 15-18

Times: 10:00am-4:00pm

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: June 1

Time: 10:00am-4:00pm

Member: \$75      Program Participant: \$150



# 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**