the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR INVESTING IN THE FUTURE

HAMDEN/NORTH HAVEN YMCA
FALL II PROGRAM GUIDE
October 28–December 22, 2019

HERE FOR YOU

PROGRAM REGISTRATION DATES:

Session: Fall II, 10/22-12/22/2019

Facility Member: 10/7/2019

Community Member: 10/14/2019

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

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 or class.
2. This Request Form must be 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.

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: Darryl Brackeen, Jr.
Operations Director: Alexei Bachuretz
Child Care/Camp Director: Erin Kelly
SACC/Camp Coordinator: Kathryn Forsyth
Aquatic Director: Alexandra Hunter
District Facility Director: Luis Yanes-Mena
Membership Coordinator: Kevin Majneber

BOARD OF MANAGERS

Mark Candido, Chair
Ndeye Fall
Jennifer Levine
Chris LaTorraca
Lenny Lye
Katrina Rice

LIKE US ON FACEBOOK

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

REGISTER ONLINE at www.hnhymca.org

View current schedules, programs and events on our website!

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 achieve our individual and collective promise.

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

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.

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.

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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 swim team is a year-round YMCA & USA program that believes that the values and skills learned as an individual, along with being part of a team, are vital building blocks for life's greatest challenges. Each swimmer will learn, grow, and thrive by developing the skills and relationships they need to be healthy, confident, and connected to others. Swim team is a natural progression from swimming lessons, giving youths the opportunity to develop their love for swimming. The Typhoons coaching staff emphasize detailed stroke development, time achievement, hard work, and most of all-fun! Every swimmer must be a facility member of the Hamden/North Haven YMCA to participate. Registration will remain open until December 1, 2019.

For further information or to register, please contact Alexandra Hunter, Aquatics Director and Interim Head Coach.
P 203 248 6361, **E** ahunter@cccymca.org

SWIM ENDURANCE TRAINING
You already know how to swim, but do you know how to increase your endurance or use it to your advantage? Swim with a certified aquatic instructor & coach who will keep you on task. By incorporating drills into your swim workout, you will improve your strength, endurance and swim technique – giving you the ultimate total body workout. This program is perfect for anyone who wants to improve the quality of their swim workouts.
Member: $95 / Community Member: $180
Adult Saturdays, 7:00am-8:00am

INTRODUCTION TO COMPETITIVE SWIMMING
Ages: 5-18
Intro will provide the skills needed to swim competitively. Increase your speed, endurance and enhance your techniques in the water by taking this class with a certified YMCA swim coach. Swimmers are required to have passed YSL Stage 4 (or above) and/or the ability to swim 25 yards on their stomach and 25 yards on their back.
Member: $120/ Community Member: $185
School Age & Teen Tuesdays & Thursdays, 5:00pm-5:45pm
School Age & Teen Saturdays, 8:00am-8:45am

YOUTH DEVELOPMENT

PRESCHOOL/YOUTH

SQUEAKY SNEAKERS (AGES 3-5)
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.
Tuesday: 11:15am-12:00pm
Member: $50 **Community: $100**

CREATIVE CRAFTING (AGES 3-5)
An instructed creative art class focusing on exploration and self discovery. Our arts & crafts guru will lead this seasonally themed craft class.
Tuesday: 10:15-11:00am
Member: $50 **Community: $100**

STEPPING STONES (AGES 2-3)
Children are introduced to an environment that prepares them for their first year in pre-school. Our team will play games and create a fun-filled experience that will get your kids excited for school!
Thursday: 10:00-10:45am
Member: $50 **Community: $100**

PRESCHOOL/YOUTH

BASKETBALL BLAST-OFF (AGES 3-6)
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: 12:00-12:45pm
Member: $50 **Community: $100**

Y KICKERS (AGES 3-5)

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: 8:00-8:45am
Member: $50 **Community: $100**

YOUTH DEVELOPMENT

PRESCHOOL/YOUTH

HIP HOP (AGES 5+)
Our main focus is to bring a little dance education and lots of fun into the room. Your child will learn all of the basic Hip Hop moves and also be able to make up some of their own. Your child will learn many new steps and routines while developing coordination and skills.
Wednesday: 5:00-5:45pm
Member: $65 Community: $130

BALLET/TAP COMBO (AGES 3+)
Under our staffs guidance your children will learn all of the skills they will need in both classical ballet and tap. This class combines rhythm, timing, coordination, and style. No experience in dance is necessary. Any ballet slippers and tap shoes are accepted. If you don't have shoes come and try us out anyway. Your child will learn a mini routine to show parents/grandparents at the end of each session.
Saturday: 10:00-11:00am-Beginner
Members: $65 Community: $130

ADAPTIVE DANCE
Join us for dancing and fun each week with Christina! This new program is set in a small group environment focusing on the basics of dance. This new and exciting program will highlight different types of dance and movement each week.
Thursday: 5:00-5:45pm
Member: $65 Community: $130

ARCHERY (AGES 7-11)

Whether you are a novice or a pro, archery is the way to go! Join Omar each Friday as he teaches basic archery skills while you are having fun and making new friends. This class will run 4 weeks, October 30-November 20.
Wednesday: 4:45-5:30pm
Member: $25 Community: $50

PRESCHOOL/YOUTH

KIDS ZUMBA® (AGES 5-12)
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: 5:30-6:00pm
Free to Members

YOUTH FITNESS (AGES 10-12)
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.
Saturday: 1:00-1:45pm
Member: $60 Community: $120

FLAG FOOTBALL FUN!

New day, new time! 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.
Thursday: 5:00-5:45pm
Member: $50 Community: $100

FLOOR HOCKEY (AGES 5-9)
Coach Patrick invites you to join the Y team for a game of floor hockey each week. They will focus on skill building and teamwork during each class. Whether you are a beginner or a pro, this is the place to go! Registration is required.
Friday: 5:30-6:00pm
Free to Members

YOUTH DEVELOPMENT

UNLIMITED POTENTIAL

TEEN LEADERS CLUB

Join us on October 8 at 6:15pm (we'll be serving refreshments) as we kick off the Hamden/ North Haven YMCA's Teen Leaders Club. Invite your friends! Leaders is a Nationwide YMCA program for teens ages 13-18 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 Tuesdays at 6:15pm for about an hour and a half.

Location: Hamden/North Haven YMCA
1605 Sherman Avenue, Hamden CT 06514

Registration: Show up anytime! New leaders can participate in two meetings before making the decision to join.

For more information, contact: Kevin Majneber
P 203 248 6361 x 2213 E kmajneber@cccymca.org

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

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, 5:30pm-6:00pm
Saturdays, 10:10am-10:40am
Sundays, 11:25am-11:55am

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, 5:30pm-6:00pm
Saturdays, 10:10am-10:40am
Sundays, 11:25am-11:55am

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 Thursdays, 6:05pm-6:35pm
Preschool Fridays, 5:00pm-5:30pm
Preschool Saturdays, 9:00am-9:30am; 11:20am-11:50am
Preschool Sundays, 10:15am-10:45am
School Age Wednesdays, 5:00pm-5:30pm
School Age Sundays, 10:50am-11:20am
Teen & Adult Mondays, 6:55pm-7:35pm

STAGE 1 WITH PARENT (AGES 2-5)

This class is designed to help transition your swimmer from Stage B to Stage 1 with comfort and ease. Parents/Guardians will start in the water for this class, but each week remove themselves from the water until swimmers are with the instructor only by the eighth week. The skills taught in this class will be similar to Stage 1, with more emphasis on creating a comfortable environment and learning to follow class rules.
Member: $75 / Community Member: $150
Preschool Saturdays, 10:45am-11:15am
Preschool Sundays, 12:00pm-12:30pm

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 Tuesdays, 6:05pm-6:35pm
Preschool Thursdays, 6:05pm-6:35pm
Preschool Fridays, 5:35pm-6:05pm
Preschool Saturdays, 9:35am-10:05am
Preschool Sundays, 10:50am-11:20am
School Age Mondays, 5:00pm-5:30pm
School Age Wednesdays, 5:35pm-6:05pm
School-Age Sundays, 11:25am-11:55am
Teen & Adult Mondays, 6:55pm-7:30pm

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
School Age Mondays, 5:35pm-6:05pm
School Age Wednesdays, 6:10pm-6:40pm
School Age Saturdays, 11:00am-11:30am
School Age Sundays, 10:15am-10:45am
Teen & Adult Tuesdays, 6:40pm-7:20pm

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 threading water and elementary backstroke.
Member: $80/ Community Member: $160
School Age Mondays, 6:10pm-6:50pm
School Age Saturdays, 10:15am-10:55am
School Age Sundays, 12:00pm-12:40pm
Teen & Adult Tuesdays, 6:40pm-7:20pm

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 Wednesdays, 6:45pm-7:25pm
School Age Saturdays, 9:30am-10:100am
Teen & Adult Thursdays, 6:40pm-7:20pm

OBSERVATION POLICY

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

SWIM STROKES
Stage 6 / Stoke 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 Fridays, 6:10pm-6:50pm
School Age Saturdays, 8:45am-9:25am
Teen & Adult Thursdays, 6:40pm-7:20pm

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 ahunter@cccymca.org
Member: $130 Community: $200

PRIVATE SWIM LESSONS

A YMCA certified swim instructor could be just what you or your child needs to get comfortable in the water or achieve their swimming goals. Your lessons are designed to meet your specific needs. Each 30-minute session is scheduled between the instructor and the participant. Registration can be completed with the front desk or online. Registration requires a $10 non-refundable deposit in order to start the reservation process. We offer two and four lesson packages. Contact Alex Hunter, Aquatics Director, at ahunter@cccymca.org for more information or with any questions!

IGNITE YOUR CHILD'S POTENTIAL BEFORE AND AFTER SCHOOL

TIME TO EXPLORE, LET'S GO

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 and technology (STEM) 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.

Information about the Y's before and after school programming can be found in our 2019-20 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 Erin Kelly at ekelly@cccymca.org or Kathryn Forsyth at kforsyth@cccymca.org.

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

KIDS ZUMBA (AGES 4-9)
Join the party every Tuesday in our Community Room. Parents must accompany children to the program and can participate too! Registration is required.
Tuesday: 5:30-6:00pm

BALLET (ADULT)
Under our staffs guidance you will learn all of the skills you will need in both classical ballet. This class combines rhythm, timing, coordination, and style. No experience in dance is necessary. Any ballet slippers are accepted. If you don't have shoes come and try us out anyway. You will learn a mini routine to be performed at the end of each session.
Monday: 7:00-8:00pm-Beginner
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

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: October 18, November 22, December 13
Time: 5:30-8:30pm
Members: $15/child

TEEN LEADERS CLUB
Join us on Tuesday nights and invite your friends! Leaders is a Nationwide YMCA program for middle school and high schoolers that teaches leadership skills through community service, volunteerism and personal growth. Weekly Club Meetings will be held on Tuesdays at 6:15pm for about an hour and a half.

Location: Hamden/North Haven YMCA 1605 Sherman Avenue, Hamden CT 06514

Registration: Show up anytime! New leaders can participate in two meetings before making the decision to join.

For more information, contact: Kevin Majneber **P** 203 248 6361 x 2213 **E**

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.
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
Thursday: 6:30-7:30pm

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!
Registration required
Tuesday & Thursday 5:30-6:15pm
Members: $25 Community Members: $50.00

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.

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: 9:15-10:15am
Tuesday: 9:15-10:15am
Wednesdays 5:30-6:30pm
Thursday: 9:15-10:15am
Sunday: 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: 6:15-7:30pm

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: 12:30-1:30 pm

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

CARDIO INTERVAL & STRENGTH
Combining aerobics and sports conditioning, this class uses hand weights, body weight and more to strengthen the whole body while delivering cardiovascular benefits utilizing interval training.
Tuesday: 6:00-7:00pm

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
Friday: 10:30-11:30 am

WE'RE MOBILE!

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