



NEW HAVEN YMCA YOUTH CENTER WINTER 2 PROGRAM GUIDE



NEW HAVEN YMCA YOUTH CENTER

YOUR YMCA STAFF

District Executive Director: Erin Kelly
Operations Director: Aishah Brice
Youth & Teen Coordinator: Robert Hudson
Program Director: Melissa DePino
Aquatic Coordinator: Hunter Jones

BOARD OF MANAGERS

Andrew Patrick, Chair
Judith Acampora
Devin Gallipoli
Sharon Jones
Paul Lutsky
Thomas Lamb
Lily Mueller
Richmond Ng
Robert Rice
Aaron Scott
Tanika Wilson

PHONE 203 776 9622

FAX 203 787 0804

WEB SITE newhavenymca.org

FOR MORE INFO email Erin, ekelly@cccymca.org

PROGRAM REGISTRATION DATES:

Session: Winter 2, February 26–April 21

Facility Member: February 5

Program Participant: February 12



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.newhavenymca.org



The New Haven YMCA Youth Center, a branch of the **CENTRAL CONNECTICUT COAST YMCA** provides citizens within twenty-five Connecticut towns and cities with access to the extraordinary, lifesaving and enriching programs and opportunities, and we need your help, now more than ever.

With our doors open to all, we bring people together 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.

When you donate to the New Haven YMCA Youth Center 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.

Preschool Program Page 4

Before & After School Program,
Y Vacation Club, Y Fun Club
Page 5

Summer Camp @ Camp Mt Laurel
Page 6

Food Education Program Page 7

Sports & Rec Classes
Page 8-11

Teen Leader Club
Page 12

YOUTH DEVELOPMENT

LEARN GROW THRIVE

NEW HAVEN YMCA YOUTH CENTER Preschool Program

The New Haven YMCA Youth Center offers a full day NAEYC accredited early childhood program for children 1.0 years of age up to 5 years of age. We are dedicated to creating:

- A hands-on, child-centered learning experience
- A nurturing and safe environment.
- Cooperative program where teachers and parents work together to establish the child's goals and support child's growth.

Our preschool program includes:

- Lead Teachers with Bachelor's Degrees
- Swim lessons
- Educational field trips
- Family events
- Computer time
- Weekly Spanish and Mandarin lessons

We participate in New Haven School Readiness, have a sliding fee scale, accept Care 4 Kids, and financial aid is available. For more information and to register, please call 203 776 9622.



YOUTH DEVELOPMENT

FOREVER LEARNING

Find Your Homework Helper! Enroll in YMCA School Age Child Care!

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, 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.

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! Register now for the 2024-25 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 New Haven YMCA Youth Center or email Aishah Brice at abrice@cccymca.org or Melissa DePino at mdepino@cccymca.org.



YOUTH DEVELOPMENT

FIND YOUR FUN FIND YOUR FRIENDS 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

For those that qualify, Early Bird Registration is January 15-20. Registration is open on February 1 for CCCY Members. Program Participants and members of other YMCAs may register on February 19. 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!

Thursday, February 15*	4pm-6pm
Saturday, March 9*	10am-1pm
Saturday, April 20	10am-1pm
Saturday, May 11	10am-1pm
Saturday, June 1	10am-1pm

***Open House held at New Haven YMCA Youth Center, 50 Howe Street, New Haven, CT 06511**

YOUTH DEVELOPMENT

EAT SMART BE ACTIVE TOGETHER

NUTRITION EDUCATION PROGRAM

Join us on Thursday, March 18 at the New Haven YMCA Youth Center for the beginning of our Family Nutrition Education Program. The program will be a six part, monthly series, beginning in November and running through May 2024.

The Eating Smart-Being Active Workshop curriculum will center around hands-on activities to reinforce learning and apply new skills, including food preparation, food tasting, and physical activity. This program is open to all families, free of charge.

- When:** March 18
April 19
May 16
- Time:** 3:00-4:00pm
- Where:** New Haven YMCA Youth Center
52 Howe Street, New Haven
- Register:** Front desk at the New Haven YMCA Youth Center or by emailing Aishah, abrice@cccymca.org



YOUTH DEVELOPMENT

ADVENTURE AWAITS INDOOR FUN NEW HAVEN YMCA YOUTH CENTER

WINTER 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: \$50

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

WINTER 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.

Tuesday: 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!

Wednesday: 5:30pm-6:15pm

Member: \$50 Program Participant: \$100

YOUTH DANCE

We're excited to announce that beginning in March, we will be offering youth dance classes at the Y. More information will be available soon via our website, www.hnhymca.org, and on social media! Demo class on March 13 at 5:00pm



YOUTH DEVELOPMENT

WINTER PROGRAMMING OPTIONS

SPEND FRIDAY NIGHTS WITH FAMILY & FRIENDS AT THE Y! 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: March 1

Time: 5:30pm-8:30pm

Member: \$10 Program Participant: \$20

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.

Dates: March 15, April 5

Location: 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: April 26

Time: 6:00pm-8:00pm

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

FAMILY GAME NIGHT-JUMBO GAMES

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

Dates: March 15

Times: 6:00pm-7:00pm

Member: \$10/family

Program Participant: \$20/family



YOUTH DEVELOPMENT

WINTER 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: 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.

Participants are eligible to take this class no cost pending a 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

ADULT BASKETBALL-OPEN GYM

Something new for 2023! We will be offering adult basketball pick up games weekly at the Y each program cycle. Registration is required.

Monday: 6:30pm-8:00pm

Member: \$50 Program Participant: \$100

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: February 24, March 16

Time: 10:00am-4:00pm

Member: \$75 Program Participant: \$150



YOUTH DEVELOPMENT

FUN WITH FRIENDS

WALK-IN PROGRAM

What are your kids doing after school? At the YMCA Walk-in Program kids build self-esteem, values, and leadership skills. Our Walk-in Program provides a safe environment where teens age 13-21 can focus on developing confidence and character with trained professionals guiding them. Participants will be able to take part in open gym basketball, open swim, and have access to computers for homework support on scheduled days. Interested participants will also have the option to participate in Y Aquatic Leaders.

OPEN GYM

When: Tuesday-Friday
Time: 3:30pm-5:30pm

OPEN SWIM

When: Thursday
Time: 4:45-5:30pm

*Applications for the Walk-in Program can be found at the New Haven YMCA Youth Center located at 52 Howe Street New Haven, CT 06511.



YOUTH DEVELOPMENT

UNLIMITED POTENTIAL

TEEN LEADERS CLUB

Join us on Thursdays at 6:30 pm for the Hamden/North Haven & New 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 203-776-9622.

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

