



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING IS FULL OF NEW OPPORTUNITIES



Program Offerings
Spring II: May 7—June 17
HAMDEN/NORTH HAVEN FAMILY YMCA

HERE FOR YOU

PROGRAM REGISTRATION DATES

Spring 2:

Facility Member: 4/23/12

Community Member: 4/30/12

CHILD WATCH HOURS

New Schedule Effective May 7th 2012!

Monday-Friday: 9:00am-12:45pm

Saturday: 8:00am-12:30pm

Monday-Thursday: 4:45pm-8:00pm



Hamden/North Haven YMCA

P 203 248 6361 F 203 281 4858

W hnhymca.org

FACILITY HOURS

Monday-Friday: 5:30am-9:30pm

Saturday: 6:30am-5:30pm

Sunday: 10:00am-5:00pm

HOLIDAY HOURS

Memorial Day 5/28/12: 6:30am-5:30pm

MEMBERSHIP FOR ALL

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

Please contact the Y for more information.

YOUR YMCA STAFF

Interim Executive Director: Doug Shaw

Administrative Director: Rose Schule

Aquatics Director: Andy Scherer

Aquatics Coordinator: Nicole Sedore

Child Care/Camp Director: Erin Kelly

Child Watch Coordinator: Lyn Thompson

Facilities Director: Tim Gallogly

Healthy Lifestyles Director: Brian Marazzi

Membership Specialist: Tricia Nizen

REGISTER ONLINE at www.hnhymca.org

MAKE A DIFFERENCE

Being part of the Y says something great about you! It demonstrates your commitment to your health, the health of your family and the health of your community.

YMCA STRONG KIDS

The Y reaches out to children and families in the community to provide opportunities that they might not otherwise have. Your support of our STRONG KIDS CAMPAIGN provides the funds needed to make programs available, provide recreational learning and life-enhancing experiences that build strong kids, strong families and strong communities.

Every gift counts and every dollar raised goes directly to the YMCA Strong Kids Campaign to help families in our community.

Stop by Member Services to make a difference today!

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

SWIM, SPORTS, & PLAY

PARENT/CHILD

NEW ROLLIN' RASCALS (AGES 12mo-30mo)

Bean bag littered floors, energetic and kid-friendly music, and so much more await our little rascals and their parents. While facilitating fun and innovative activities, our team will help parents learn new and fun ways to encourage a structured environment that develops gross motor skills as well as agility.

Monday 11:15–11:45am

Saturday 9:30–10:00am

Member: \$30 Community: \$60

NEW PLAYTIME PALS (AGES 1–3)

Fun with arts, crafts, games, music and activities is what awaits you and your little one as you both participate in this energetic class. Our team will introduce a structured setting that allows the children to acclimate to a day-care or pre-school environment and facilitate a smooth transition into our Stepping Stones program.

Monday 10:30 –11:15am

Thursday 10:30 –11:15am

Member: \$40 Community: \$80

NEW Y KICKERS (AGES 3–5)

Learn the basic 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. Your child will have fun practicing old skills and learning new skills with our instructors!

Monday 5:15–6:00pm

Saturday at 9:00–9:45am

Member: \$40 Community: \$80

NEW Y BUNTERS (AGES 3–6)

As an introduction to t-ball, each week will be dedicated to learning the basic skills of throwing, catching, hitting and running along with learning some of the basic terminology of the game. Our team will create games and activities throughout each week that you'll be able to take home as well to encourage further development of your kids. Parent participation strongly encouraged.

Wednesday 5:15–6:00pm

Saturday 10:45–11:30am

Member: \$40 Community: \$80

PRESCHOOL/YOUTH

NEW STEPPING STONES (AGES 2–3)

Advancing on the fun had as a Playtime Pal, kids 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! Kids are encouraged to bring a light and healthy snack with them.

Thursday 11:30am–1:15pm

Friday 11:30am–1:15pm

Member: \$60 Community: \$120

NEW! HOPPIN' TOTS (AGES 2–4)

As our staff team creates an ever changing fun atmosphere to introduce the tumbling world of gymnastics, they will also focus on the development of your child's balance and overall body awareness/coordination. Parents will have the option of staying with their child or transitioning out throughout the session (or multiple if needed).

Tuesday 12:45–1:30pm

Saturday 10:15–11:00am

Member: \$40 Community: \$80

NEW Y STRIKERS (AGES 6–10)

From teaching the basic of technique to introducing skills that are a bit more advanced, our staff team will develop weekly games and activities that encourage each participant to have fun and learn the entire game of soccer. This is a great opportunity to get increased exposure to the sport while not committing to a full team.

Monday 6:00–6:45pm

Saturday 9:45–10:30am

Member: \$40 Community: \$80

NEW ALL-STAR SPORTS SAMPLER

Our instructors provide you with the perfect chance to give your preschooler experience in multiple sports throughout a six week session. Each sport (soccer, t-ball and football) will receive two weeks of focus while the kids engage in games and activities to get a taste for each sport and the skills they require.

Tuesday 5:15–6:00pm (Ages 4–6)

Tuesday 6:00–6:45pm (Ages 6–10)

Sunday 10:30–11:15pm (Ages 4–6)

Sunday 11:15–12:00pm (Ages 6–10)

Member: \$40 Community: \$80

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

DANCE & MUSIC

NEW HIP HOP (AGES 5-10)

With classes set up by age group, our professional instructors focus the classes toward the abilities of each individual in the class. So, whether your child has never experienced a hip hop class or had previously had other instructor, our classes will work on developing their skills through a technique focus.

Tuesday 4:15–5:00pm (Ages 5–8)

Thursday 4:15–5:00pm (Ages 7–10)

Member: \$40 Community: \$80

NEW ZUMBATOMIC @ BIG STARZ

This fun and healthy program uses the ZUMBA® fitness concept, with a touch of learning Spanish. Kids learn interactively through the use of kid-friendly songs, movements, dance, actions and the discovery of diverse cultures that collectively promote a healthy lifestyle.

Friday 4:15–5:00pm

Member: \$40 Community: \$80

NEW GUITAR 1 (AGES 6+)

Learn all the basics of playing guitar with popular songs. Notes, chords, strumming, picking and much more! Please provide your own instrument.

Monday 4:30–5:15pm

Member: \$40 Community: \$80

NEW ADVANCED GUITAR (AGES 6+)

For participants who have completed guitar 1 and would like to expand their knowledge, experience and fun! Participants will learn more advanced techniques and how to read music. Please provide your own instrument.

Friday 4:30–5:15pm

Member: \$40 Community: \$80



TEEN FITNESS

NEW Y TOTAL ATHLETE TRAINING (AGES 12-16)

Going into their middle school and early high school years, there is a significant need for athletes to broaden their range of motion, core strength, explosiveness, energy capacities and overall performance ability. Each hour-long session will develop a focus area while the instructor motivates each individual to attain their greatest potential.

Thursday 5:00–6:00pm

Friday 5:00–6:00pm

Member: \$50 Community: \$100

NEW BOYS BOOT CAMP Boys Boot Camp (Ages 11-14)

This class introduces boys to the cardio and weight machines in the wellness center while educating them to structure a safe and effective full body strength and conditioning workout. Each week will highlight different topics including proper nutrition, sports conditioning, resistance and flexibility training.

Tuesday 6:00–7:00pm

Thursday 6:00–7:00pm

Member: \$70 Community: \$140

YOUTH/TEEN RUNNING CLINIC (AGES 8-14)

Introducing kids to the fun of running at a young age is an exciting way to help them develop healthy habits that they will stick with for life. Kids will work through fun running drills, stretches and conclude with a 1 mile fun run in the final week.

Wednesday 4:00–4:45pm

Member: \$70 Community: \$140

TEEN FITNESS FOR GIRLS (AGES 11-15)

This class will emphasize strength and conditioning, core work, stretching, and will introduce group cycling! Introduction to different exercises and equipment will be highlighted each week.

Tuesday 5:00–6:00pm

Thursday 5:00–6:00pm

Member: \$70 Community: \$140

TEEN SPORTS CONDITIONING (AGES 14-18)

Intensive circuit training workout emphasizes methods of building muscle, increasing endurance, and achieving better balance. Each station within the circuit isolates specific muscle groups, collectively developing a more athletic body. This program is designed for athletes who have experience in a gym atmosphere and want to improve performance on and off the field.

Saturday 9:00–10:00am

Member: \$70 Community: \$140

SWIM, SPORTS & PLAY

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

AGES 6 TO 36 MONTHS—SKIP (PARENT /CHILD)

Parents learn to work with their children in the water. Class focuses on safe water exploration and water adjustment with the help of fun songs and games. 1:10 class ratio

Tues: 10:30am
Wed: 9:00am; 6:00pm Thurs: 9:00am; 6:00pm
Fri: 10:00am Sat: 8:45am; 10:05am
Sun: 11:00am

AGES 32 MONTHS TO 5 YEARS

PARENT & PIKE (Beginner)

Instructors work with parents on nurturing a smooth transition from parent & child classes to YMCA group lessons. Class emphasizes safe swim lesson skills and the core values of the Y. 1:6 class ratio

Mon: 9:00am Tues: 9:00am; 11:00am
Wed: 9:30am; 5:00pm Thurs: 9:30am; 5:00pm
Fri: 9:30am
Sat: 10:05am; 11:25am Sun: 11:00am

AGES 3-5 YEARS (PreSchool)

PIKE (Beginner)

Class focuses on pool safety, water adjustment, proper breathing, and developing independent movement for basic arm strokes and kicking. 1:6 class ratio

Mon: 9:30am; 4:30pm; 6:00pm
Tues: 9:30am; 11:30am; 4:30pm; 6:00pm
Wed: 10:00am; 5:00pm; 6:00pm
Thurs: 10:00am; 5:00pm; 6:00pm
Fri: 9:00am
Sat: 8:45am; 10:05am; 11:25am
Sun: 11:30am

EEL (Intermediate Beginner)

For children who advance from Pike, are comfortable submerging, and can consistently swim on their back and front for at least 5 feet without flotation. 1:6 class ratio

Mon: 10:00am; 5:00pm
Tues: 10:00am; 11:30am; 5:00pm
Wed: 4:30pm; 5:30pm Thurs: 4:30pm; 5:30pm
Sat: 8:45am; 10:05am Sun: 11:30am

RAY (Advanced Beginner)

For children who advance from Eel and are able to swim on their front and back for at least 15 yards. Instructors focus on proper stroke development and stroke endurance. 1:6 class ratio

YOUTH SWIM LESSONS

AGES 6 TO 12 YEARS: PROGRESSIVE LESSONS

POLLIWOG (Beginner)

Instructors work with students on water adjustment skills to learn basic swimming skills. This class is meant to develop non-swimmers into advanced swimmers. 1:8 class ratio

Mon: 4:30pm; 5:50pm Tues: 4:30pm; 5:50pm
Wed: 4:30pm Thurs: 5:50pm

Sat: 9:20am; 10:40am; 11:25am Sun: 12:00pm

GUPPY (Advanced Beginner)

Participants work on developing stronger freestyle and backstroke. Children in this class must be able to swim at least 15 yards on their front and back without assistance or flotation, and fully submerge. 1:8 class ratio

Mon: 4:30pm Tues: 4:30pm; 5:50pm
Wed: 5:10pm Thurs: 4:30pm

Sat: 9:20am; 10:40am; 11:25am Sun: 12:00pm

MINNOW (Intermediate)

Children in the Minnow classes are able to swim 25 yards of freestyle, backstroke, and beginning breaststroke with no assistance or flotation. These swimmers will learn more advanced techniques and increase endurance as well as be introduced to butterfly. 1:8 class ratio

Mon: 5:10pm Tues: 5:10pm Wed: 5:50pm
Thurs: 5:10pm Sat: 9:20am; 10:40am Sun: 12:40pm

FISH (Advanced)

Swimmers in Fish are able to continuously swim 50 yards of all 4 strokes. Instructors dedicate their time to the enhancement of endurance and the emphasis of a healthy lifestyle through swimming. 1:10 class ratio

Mon: 5:10pm Tues: 5:10pm Sat: 10:40am

SWIM LESSON FEES

PARENT/CHILD & PRESCHOOL

Members: \$53.00
Community: \$106.00

PROGRESSIVE

Members: \$56.00
Community: \$112.00

Classes with low enrollment two days in advance of the first class date may be cancelled. Please be sure to register early!

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

TYPHOONS SWIM TEAM

With a dedication and focus on competitive swimming technique and racing skills, the coaching staff provides individual and group instruction to facilitate the development of all swimmers in and out of the pool. Through our unique swimmer development model, our structure is based on swim-by-ability with an emphasis on having a love for the sport of swimming. The team participates in both YMCA Yankee Cluster League as well as an optional participation in USA Swimming which allows more opportunities for swimmers. More detailed group information, practice schedules, and team information can be found at www.typhoonswimming.com or by contacting Andy Scherer at 203-248-6361 or ascherer@cccymca.org

Spring & Summer Season 2012
April 30 2012-July 28 2012

SILVER (Ages 5-10)

Swimmers participate in at least two 45 to 60 minute practices per week and must be able to continuously and independently swim 25 yards of freestyle and backstroke.
Registration Fee: \$225

GOLD (Ages 8-13)

Swimmers participate in at least three 1 hour to 1.25 hour practices per week and must be able to legally demonstrate all strokes, turns, and racing starts. Gold group swimmers must be able to demonstrate a simple freestyle set of ten 50 yard freestyle swims with turns at an interval of 1:15.
Registration Fee: \$275

JUNIOR (Ages 10 and up)

Swimmers participate in at least four 1.25 hour to 1.5 hour practices per week and must be able to demonstrate a legal 200 IM. Swimmers must be able to perform a simple freestyle set of ten 50 yard freestyle swims with turns at an interval of :55.
Registration Fee: \$325

SENIOR (Ages 12 and up)

Swimmers participate in at least five 1.5 hour to 2 hour practices per week and must be able to demonstrate a dedication to achieving YMCA Regional and YMCA national qualifying times. Senior swimmers must also be able to perform a simple freestyle set of ten 75 yard freestyle swims with proper race technique and turns at an interval of 1:05.
Registration Fee: \$400

USA Swimming: An optional addition to your swimmer's competition experience.
Fee: \$50

AQUATIC PROGRAMS

ADAPTIVE AQUATICS PROGRAM

The new Adaptive Aquatics Program is an inclusive program that focuses on nurturing swim skills and water safety for children with special needs. An emphasis will be placed on increasing flexibility, balance, range of motion, muscle tone and coordination, and general social skills.

Tuesday 4:15-4:55pm
Tuesday 5:00-5:40pm
Tuesday 5:45-6:25pm
Wednesday 4:15-4:55pm
Wednesday 5:00-5:40pm
Wednesday 5:45-6:25pm
Saturday 8:30-9:10am
Saturday 9:15-9:50pm
Saturday 9:55-10:35am
Saturday 10:40-11:20am
Member: \$125 Community: \$200

ADULT SWIM LESSONS (AGES 13+)

Participants in this class range from beginners to intermediate. Your swim lesson is customized to the group 1:8 class ratio

ADULT BEGINNER/INTERMEDIATE

Monday 5:50-6:20pm
Saturday 9:20-9:50am
Members: \$56.00 Community: \$112.00

ADULT INTERMEDIATE

Saturday 12:00-12:30pm
Members: \$56.00 Community: \$112.00

PRIVATE LESSONS

If you or your swimmers would like additional or individual instruction, our knowledgeable Y aquatic team is available for customized swim lessons at your request.

Fees	Members	Community
4-30 minute sessions	\$140.00	\$280.00
6-30 minute sessions	\$190.00	\$380.00

Semi Private Lessons	Members	Community
4-30 minute sessions	\$180.00	\$360.00
6-30 minute sessions	\$250.00	\$500.00

SWIM FIT CLUB/MASTERS (AGES 18+)

Network with local swimmers with Masters Swimming!
Dates: April 2nd-June 29th
Mon-Fri: 5:30-7:30am
(Mon/Wed/Fri: coached; Tues/Thurs non-coached)
Members: \$180 Community: \$360

SWIM, SPORTS & PLAY

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

SUMMER CAMP

REGISTER NOW!

YMCA Camp Mountain Laurel
"Built on Values, Rooted in Fun"
June 25th—August 24th 2012

New and Expanded! Camp Mountain Laurel will offer an additional week of camp this summer to help accommodate family needs before school resumes in the fall.

The camp day begins at 9:00 a.m. and ends at 4:00 p.m. Each day includes at least 30 minutes of free swim and 30 to 40 minutes of swim instruction three days a week. Extended care is available (as early as 7:30am and as late as 6:00pm). Campers must bring their own lunches each day. Please remember that we are a peanut-free environment when preparing lunches. More specific information can be found in the parent handbook that each family receives upon registration for camp.

CLASSIC CAMP UNITS*

Greenhorns: Entering grades 1 & 2

Explorers: Entering grades 3 & 4

Pioneers: Entering grades 5 & 6

Adventurers: Entering grades 7 & 8

SPECIALTY CAMP UNITS*

This summer, we will be offering a variety of programming for the campers with special interests! 2012 Specialty Camp Units may include...

Ultimate Adventure Camp: Entering Grades 4-9

Outdoor Explorers: Entering Grades 2-9

Animal Mania Camp: Entering Grades 1-6

Karate Camp: Entering Grades 1-8

Destination Fun Camp: Entering Grades 3-9

Lego Camp: Entering Grades 1-9

Swim Camp: Entering Grades 2-9

Dino Camp: Entering Grades 1-6

Sports Camp: Entering Grades 4-7

Science Camp: Entering Grades 1-9

*Descriptions, dates, fees, and other important information regarding all camp groups can be located in the Summer Camp Brochure.

Transportation Included!

Convenient bus stops throughout Hamden, North Haven, and New Haven. Parents must supervise their children until the bus arrives. No child will be released to any adult who does not have proper I.D. and authorization. All buses are supervised by YMCA Camp Staff.

SUMMER CAMP/CHILD CARE

ADAPTIVE SUMMER CAMP

An inclusive program that focuses on enhancing the summer camp experience for children with special needs in the community. The focus of this program is to provide a safe, healthy, and fun camp setting for children with special needs to find success in an outdoor setting. Campers will be encouraged to participate in daily activities including swim lessons, recreational swim, arts and crafts, nature, group & individual activities as well as to develop general social skills each day.

More information available in the Summer Camp Program Guide.

LEADERS IN TRAINING PROGRAM

The Leaders in Training Program is a post school-age child care program that focuses on nurturing the development of leadership skills through volunteer experience. The focus of this program will be to provide teens with the foundation to develop a better understanding of the responsibilities and skills needed to become a successful leader in their community.

Fees: \$25.00 per month

For more information contact:

Erin Kelly, Child Care Director at 203-248-6361 x2211 or e-mail ekelly@cccymca.org.



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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

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
- * **Church Street:** After School Program
- * **Dunbar Hill:** After School Program
- * **Helen Street:** After School Program
- * **Ridge Hill:** Before School Program at Shepherd Glen, After School Program
- * **Shepherd Glen:** Before School Program, After School Program (also transporting 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 Dunbar Hill 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

2011/2012 School Age Child Care Program Fees

*Tuition is Monthly

BEFORE SCHOOL

3 Days per Week: Member \$125 & Community \$149
4 Days per Week: Member \$142 & Community \$167
5 Days per Week: Member \$159 & Community \$190

AFTER SCHOOL

3 Days per Week: Member \$236 & Community \$271
4 Days per Week: Member \$256 & Community \$291
5 Days per Week: Member \$289 & Community \$328

BEFORE SCHOOL & AFTER SCHOOL COMBINED

3 Days per Week: Member \$361 & Community \$420
4 Days per Week: Member \$398 & Community \$458
5 Days per Week: Member \$448 & Community \$518

Vacation Fun Club Fees (Per day/Subject to Change)

Member \$43 Community Member \$53

Vacation Fun 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. All participants must be signed up 48 hours prior to the scheduled day off from school.

Snow Day Program

When schools are closed, the YMCA offers the Snow Day Program for its School-Age Child Care participants. Your child will enjoy games, swimming, and more when you sign up for the YMCA Snow Day Program. Snow Day sessions are available in 3 day packages for \$75.00 at the main branch at 1605 Sherman Ave. 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.

CHILD CARE

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING



FAMILY TIME

MARTIAL ARTS

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
Saturday 10:00-10:45am

Intermediate Level

Wednesday 7:15-8:00pm
Saturday 10:45-11:30am

Advanced Level

Wednesday 7:15-8:00pm
Saturday 11:30-12:00pm

Members: \$95.00 Community: \$190.00

PARENTS NIGHT OUT

Having kids is one of the best blessings that we can have, but every once in a while it's nice to get out with our significant other! So, let us help you enjoy a night out on the town; drop your kids off at the Y, they can play with friends while we organize structured play, swim, food and more! Members only.

Spring 2012 Dates: May 25, June 22
Friday 6:00-9:00pm
Members: \$10.00

FAMILY PROGRAMMING

NEW FLICK N FLOAT

Bring your float and family to join us in the pool for movie night! Light snacks will be provided in the lobby. Registration is required.

Saturday, June 9 at 6:30 (movie will start at 7:00pm)
Members: FREE Community: \$25 per family

NEW FAMILY SPORTS CHALLENGE

Have fun challenging other families in sports like whiffle ball, kickball, soccer and much more! Children must be between the ages of 8 and 12 to participate. Registration is required.

Saturday, May 18 at 4:30-6:30pm
Saturday, June 15 at 4:30-6:30pm
Members: FREE Community: \$10 per family

BIRTHDAY PARTIES

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 3-14. We can host parties with up to 15 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
Dance & Swim Party: 3 hours
Zumba @ & Swim Party: 3 hours

2 Hour Parties: Members \$125 Community \$160

3 Hour Parties: Members \$185 Community \$235



Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

YOU CAN REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA'S DIABETES PREVENTION PROGRAM.

If you are at high risk for type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes.

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

PROGRAM GOALS:

Reduce body weight by 7%

Increase physical activity to **150 minutes** per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be **at least 18 years old, overweight** (BMI \geq 25)* and at **high risk** for developing type 2 diabetes or have been **diagnosed with prediabetes**[†] by a healthcare provider.

Contact: Kelly Vaughan or Barbara Moore at 203-777-9622 ext. 2116

*Asian individual(s) BMI \geq 22

[†]Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

PERSONAL WELLNESS

PERSONAL WELLNESS PLAN

If you are looking to start a wellness program in hopes of achieving the goals you have set forth for yourself step 1 is to complete a Personal Wellness Plan. With a Personal Wellness Plan you will set your goals and then have a Certified Personal Trainer establish an action plan for each of your goals. Also, by working with a trainer you will receive the constant guidance and motivation you need to stay active and achieve your goals. Stop by the Front Desk or call 203-248-6361 x 2212 to learn more about Personal Wellness Plans.

PERSONAL FITNESS PROGRAM

The YMCA offers 2 Personal Fitness Programs for individuals looking for goal achievement and motivation.

Personal Fitness Program #1

Clients can purchase 5, 10, 15, or 20 sessions and make full payments all at once while setting up appointments with a trainer.

Personal Fitness Program #2

Clients can choose to make monthly payments and work with a trainer 1, 2, or 3 times per week for 2, 3, 4, or 5 months.

Call 203-248-6361 x 2212 or stop by the Front Desk for information on fees and to complete a Personal Fitness Request Form.

May 2012 Personal Training Special!

GET back into your beach body! Take advantage of our May personal training special prices and sign up to work 1 on 1 with one of our great Personal Trainers!

3 sessions for \$99 (over \$80 savings)!!

**Limited to one package per person
Sessions must be used by September 1**

Special will run May 1-May 20
Contact Brian at 203-248-6361 x 2212 for more information or to set up appointments and register.

ADULT FITNESS

COUCH TO 5K

Time to get off the couch and try something new! This 9 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 5:00pm-5:45pm

Members: FREE



NEW 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 kettlebells to transform your body!

Demo Classes will be held the week of May 7th, call 203-248-6361 x 2212

MORE INFORMATION COMING SOON!



Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES!

New Group Exercise Schedule

Check out our new schedule of exciting Group Exercise Classes!

10 Minute Ab Classes On The Hour

Introducing 10 Minute Ab Classes! We will be establishing the 10 minute core exercise classes right in the Fitness Center on the hour during various hours in the morning evening.

Monday-Friday: 9am, 10am, 11am

Saturday: 8am, 9am, 10am, 11am

Monday-Thursday: 5pm, 6pm, 7pm

Boot Camp: This class will work your strength and endurance using plyometrics, cardio training, kettlebells and much more for maximum fat burning!

Mon & Wed 10:20am-11:20am

Cardio Fusion/Zumba: get you Friday lunchtime groove on and join in Cardio Fusion with a mix of Zumba, great way to burn off calories mid-day!

Friday: 11:45am

Cardio Sculpt: Interval training designed to increase cardiovascular fitness, muscle strength and endurance using bands, weights, and steps.

Monday 6:00pm-7:00pm

Rise N Shine: get your day started on the right foot as you workout to the oldies in this early morning class.

Mon/Wed/Fri 6:45am-7:45am

Pilates Mat: tone and strengthen core muscles, improve stability and posture, slim down and tone up!

Saturday 8:00am-9:00am

Yoga: this basic yoga class offers hatha yoga, breath (pranayama), warm-ups (pratapana), postures (asanas), flows (vinyasas), and balancing process.

Mon/Wed 11:30am-12:30pm

Friday 10:30am-11:30am



FREE TO MEMBER CLASSES!

Y Strength: A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves using barbells & free weights.

Tues & Thurs 9:15am-10:15am

Tues & Thurs 5:00pm-6:00pm

Yoga Fusion: A blended class that focuses on flexibility and strength, combining the best of Yoga, Tai Chi and Pilates.

Tues & Thurs 7:00pm-8:00pm

Y Kick: blends athletic drills with martial arts to create an intense cardio workout.

Tues & Thurs 10:20am-11:20am

Wednesday 5:15pm-6:15pm

ZUMBA @: 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!

Free to Y Members

Mon/Wed/Fri 9:15am-10:15am

Mon 7:00pm-8:00pm

Tues/Thurs 6:00pm-7:00pm

Saturday 9:00am-10:00am

GROUP CYCLING (limited to 10 bikes)

Y Cycle: 1 hour indoor cycling class that will take you through all the adventures that indoor cycling has to offer! All Levels

Monday-Friday 9:15am-10:15am

Monday-Thursday 6:00pm-7:00pm

Saturday 7:00am-8:00am

NEW CYCLING STUDIO!

Check out our new group cycling room located right next to the existing Group Fitness Studio.

HEALTH, WELL-BEING & FITNESS

Spring II: May 7th—June 17th

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HEALTHY LIVING

WATER ACTIVITIES

AQUA FITNESS

Discover the aquatic class that gets people talking and wanting to come back for more each and every meeting!

Monday 10:30am

Wednesday 10:30am

Friday 11:30am

Members: Free Community: \$74

NEW AQUA ZUMBA ®

The ZUMBA ® craze hits the water with a workout that can be classified as a true "pool party" for all ages. Safe, effective, and challenging water based workouts that integrate ZUMBA ® formulas into Aqua-Fitness.

Tuesday 7:30pm-8:30pm

Saturday 7:45am-8:45am

Members: \$15 Community: \$60

NEW DEEP WATER

Participants use floatation devices to suspend in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout.

Tuesday 11:30am-12:15pm

Thursday 11:30am-12:15pm

Members: Free Community: \$60

NEW Aquatic Interval Training

Give your already intense land workouts a little kick and bring it into the water for a high-intensity interval training that's sure to get you to the next level! Our instructors will take you through various workouts while in the water and using the natural resistance of the water to increase intensity and minimize impact on the joints!

Wednesday 7:15-8:00pm

Members: \$15 Community: \$60



LIFESAVING COURSES

LIFEGUARD/FIRST AID RECERTIFICATION CHALLENGE

Challenge recertification for individuals who have previously been certified in Lifeguarding/First Aid, and do not need a full recertification course. The students will have a brief 15 minute introduction where they will have the opportunity to ask questions regarding the skills needed to pass the certification challenge.

May 20th: 8:00-1:00pm

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.

May 5, 6, 12, 13, 19 & 20: 8:00-1:00pm

Fee: \$350

CPR/AED CERTIFICATION COURSE

This course is based on real-life rescue scenarios and lessons that reinforce decision-making skills to make health and safety professionals more confident in responding when an emergency occurs. Students will learn to respond to cardiac and respiratory emergencies in adults, children and infants. The use of an Automated External Defibrillator is also taught. Participants will spend time discussing protective equipment and disease prevention. CPR/AED for the professional rescuer certification will be issued upon successful completion of course requirements. 12 Participant Max

June 2nd: 8:00-5:00pm

Fee: \$100

CPR/AED RECERTIFICATION CHALLENGE

Challenge recertification for individuals who have previously been certified in CPR/AED and do not need a full recertification course. The students will have a brief 15 minute introduction where they will have the opportunity to ask questions regarding the skills needed to pass the certification challenge. 12 Participant Max

June 2nd: 2:00-5:00pm

Fee: \$30

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

SENIOR COMMUNITY ACTIVITIES

The Hamden/North Haven YMCA is now very proud to offer the establishment of our Senior Community! We now have a nice variety of scheduling for senior programs— a great way for seniors to connect, exercise, and spend quality time with each other.

NEW COMPUTERS 101 - MEMBERS ONLY

This is a great opportunity for you to get introduced or more familiar with Windows, Microsoft and wide world of the internet. From the first step of turning the computer on to online shopping, our instructors will guide you through an enhanced online experience.

COMING SOON!

Members: FREE

NEW ADVANCED INTERNET - MEMBERS ONLY

You have the basics down, but there's so much more that can be done with a computer! With Advanced Internet, we'll take you through e-mailing pictures, creating social media accounts (i.e. Facebook), completing and submitting online forms and more!

COMING SOON!

Members: FREE

ACTIVE SENIOR WELLNESS

Great new land exercise fitness class for senior citizens. Classes consist of chair and non chair strength and cardio exercises.

Thursday: 11:30am-12:30pm

Members: FREE



**TODAY IS GOING
TO BE THE
BEST DAY EVER.
AND THE DAY AFTER THAT.
AND THE DAY AFTER THAT.
TAKE ON SUMMER**



Join us Saturday, April 28th

10:00am-1:00pm



HEALTH, WELL-BEING & FITNESS

Spring II: May 7th—June 17th

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOU BELONG

Membership Gives You Many Opportunities

At the Y we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.



HAMNDEN/NORTH HAVEN YMCA

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