



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE GET STRONGER



HAMDEN/NORTH HAVEN YMCA

Program Guide

Fall I Session: August 31 – October 25, 2015

HERE FOR YOU

PROGRAM

REGISTRATION DATES:

Session: Fall 1, 8/31-10/25/2015

Facility Member: 8/10/2015

Community Member: 8/17/2015

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

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

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

CHILD WATCH HOURS

Monday & Wednesday: 9:30am-12:00pm

Tuesday & Thursday: 9:00am-11:00am

Friday: 9:00am-11:00am

Saturday: 8:45am-11:30am

Monday-Thursday: 5:15pm-7:15pm



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

Executive Director: Joshua Royce

Program Administrator: Rose Schule

Aquatics Coordinator: Nicole Sedore

Child Care/Camp Director: Erin Kelly

Child Watch Coordinator: Lyn Thompson

Facilities Director: Tim Gallogly

Membership Specialist: Samantha Hanlon

SACC/Camp Coordinator: Kathryn Forsyth

REGISTER ONLINE at www.hnhymca.org

TOGETHER WE CAN DO SO MUCH MORE

Annual Campaign



What difference will you make?

Change a life: Send a child to camp, help a family cover the cost of swim lessons so their child can enjoy the water, help a child academically in our after school programs. You change lives with a gift to our Annual Campaign.

Help a neighbor: Give a family the opportunity to be a Y member, provide a senior citizen with fitness programs to keep them thriving, help a neighbor with prediabetes regain their health through our Diabetes Prevention Program. Your gift makes a difference to your neighbors.

Inspire your community: Empower youth who come to our programs, support students yearning to be future leaders, strengthen special events and programs that bring together volunteers, Y Members and families. You inspire a stronger, healthier community with a gift to the Y.

GIVE today by visiting our web site or talking with one of our staff members.

The Y. So Much More™

Our Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body.

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YOUTH DEVELOPMENT

PRESCHOOL/YOUTH

ROLLIN' RASCALS (AGES 12mo-30mo)

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.

Sun: 10:30-11:00am

Member: \$30

Community: \$60

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.

Sat: 9:00-9:45am

Member: \$40

Community: \$80

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.

Tues: 12:00-12:45pm

Member: \$40

Community: \$80

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.

Sat: 10:15-11:00am

Member: \$40

Community: \$80

TEE BALL (AGES 3-5)

Join us for tee ball fun on Saturday mornings! Learn the basics of tee ball while making friends and having fun.

Sat: 11:00-11:45am

Member: \$40

Community: \$80



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.

Sat: 12:15-1:00pm

Member: \$40

Community: \$80

ALL-STAR SPORTS SAMPLER (AGES 4-6)

Our instructors provide you with the perfect chance to give your preschooler experience in multiple sports each session. Each sport (soccer, basketball, 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.

Sat: 10:00-10:45am

Member: \$40

Community: \$80

WIGGLES & GIGGLES (Age 2-3)

This class will focus on making friendships while having fun each week. The class is a combination of movement and music. Join us for this fun and exciting new class!

Wed: 10:15-11:00am

Member: \$40

Community: \$80

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! Kids are encouraged to bring a light and healthy snack.

Thurs: 10:00-11:30am

Member: \$50

Community: \$90

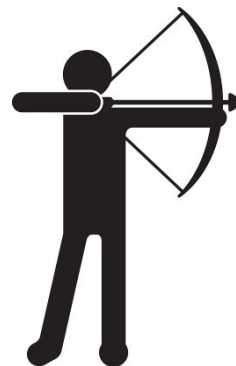
ARCHERY (AGES 7-11)

Whether you are a novice or a pro, archery is the way to go! Join Bob each Wednesday as he teaches basic archery skills while you are having fun and making new friends.

Wed: 5:15-6:00pm

Member: \$40

Community: \$80



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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

DANCE, MUSIC, & MOVEMENT

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.

Wed: 5:00-5:45pm

Member: \$40 Community: \$80

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.

Mon 5:00-5:45pm-Beginner

Members: \$50 Community: \$90

ZUMBA FOR KIDS IN ESPANOL

This new class is a departure from regular Kids Zumba. The class is formatted in two 30 minute sections. The first part of the class is taught in Spanish while working on activities/crafts. The second part of the class is filled with high energy movement to music.

Thurs: 5:00-6:00pm

Member: \$40 Community: \$80

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.

Thurs: 5:00-5:45pm

Member: \$40 Community: \$80



YOUTH FREE TO MEMBER CLASSES

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.

Tues: 5:00-5:45pm

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.

Sat: 1:15-2:00pm

FLAG FOOTBALL FUN!

New day, new time! Join us for Flag Football Fun with Doug on Saturday afternoons at the Y! This indoor class will take place from 1:15-2:00pm. This activity is geared toward children 5-8 years old. Bring your water bottle and sneakers. Space is limited, registration is required.



DANCE & WELLNESS

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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

SHRIMP (6-8 MONTHS)

Children in this class must be at least 6 months old and should have strong head control. 1:10 class ratio

Tues: 5:30-6:00pm

Sat: 8:45-9:15am; 9:50-10:20am

Sun: 11:00-11:30am

KIPPER (9-12 MONTHS)

Children in this class must be at least 9 months old, and should sit unassisted and stand with support. 1:10 class ratio

Tues: 5:30-6:00pm

Sat: 8:45-9:15am; 9:50-10:20am

Sun: 11:00-11:30am

INIA (13-18 MONTHS)

Children in this class must be 13 months old, and should be able to stand unsupported and walk with assistance. 1:10 class ratio

Tues: 5:30-6:00pm

Sat: 8:45-9:15am; 9:50-10:20am

Sun: 11:00-11:30am

PERCH (19-36 MONTHS)

At 19 months of age, your child should be able to run and jump. At this stage your child is encouraged to explore their aquatic environment and their own skills with assistance of their parent. The goal for this level includes propelling oneself through the water and the transition of the preschool swim levels. 1:10 class ratio

Tues: 5:30-6:00pm

Sat: 8:45-9:15am; 9:50-10:20am

Sun: 11:00-11:30am

PIKE -Beginner (AGES 3-5 YEARS)

Child must be comfortable in the water with a swim instructor and independent of a parent for the duration of the class. Pikes adjust to the water and develop independent movement. Instructors teach basic stroke and kicking skills, floating and pool safety. 1:6 class ratio

Mon: 4:30-5:00pm; 6:00-6:30pm

Tues: 4:30-5:00pm; 5:30-6:00pm

Wed: 5:00-5:30pm

Thurs: 9:00-9:30am; 4:30-5:00pm; 6:00-6:30pm

Sat: 8:45-9:15am; 10:00-10:30am; 10:20-10:50am

Sun: 11:30-12:00pm

EEL (Intermediate Beginner)

Children must be able to swim five feet with face in water and no floatation device. Eels are taught to float, kick and perform progressive arm movements across the pool. 1:6 class ratio

Mon: 5:00-5:30pm

Tues: 5:00-5:30pm

Wed: 5:00-5:30pm

Thurs: 4:30-5:00pm

Sat: 8:45-9:15am; 10:00-10:30am

Sun: 11:30-12:00pm

RAY (Advanced Beginner)

Participants must be able to swim 15 feet with his or her face in the water and no floatation device. Rays will focus on the improvement of front crawl, back crawl, sidestroke, and advanced water safety skills. 1:6 class ratio

Mon: 5:30-6:00pm

Tues: 5:00-5:30pm

YOUTH SWIM LESSONS

AGES 6 TO 12 YEARS: PROGRESSIVE LESSONS

POLLIWOG (Beginner)

Participants are introduced to the aquatic environment and learn basic swimming skills like front crawl kicking and arms, gliding from the wall with their faces in the water, and floating. 1:8 class ratio

Mon: 5:45-6:15pm

Tues: 4:30-5:00pm

Wed: 4:30-5:00pm; 6:00-6:30pm

Thurs: 5:00-5:30pm

Sat: 9:20-9:50am; 9:50-10:20am

Sun: 12:00-12:30pm

GUPPY (Advanced Beginner)

Children must be able to swim 15 yards without floatation. Guppies will focus on learning proper front crawl technique with rhythmic breathing, increasing backstroke endurance, and improving sidestroke efficiency. 1:8 class ratio

Mon: 4:30-5:00pm

Tues: 6:00-6:30pm

Wed: 4:30-5:00pm; 5:30-6:00pm

Thurs: 5:00-5:30pm

Sat: 9:20-9:50am; 10:20-10:50am

Sun: 12:00-12:30pm

MINNOW (Intermediate)

Swimmers must be able to swim with proper front crawl and back crawl technique for 25 yards. Minnows will increase their swim endurance while they advance their technique and learn backstroke movements. 1:8 class ratio

Mon: 5:00-5:45pm

Thurs: 5:30-6:15pm

Sat: 10:30-11:15am

Sun: 12:30-1:15pm

FISH (Advanced)

Participants must be able to complete freestyle and backstroke for a continuous 50 yards, and rudimentary breaststroke for 25 yards. Fish will improve their freestyle and backstroke endurance, learn proper technique for breaststroke, and be introduced to butterfly. 1:10 class ratio

Thurs: 5:30-6:15pm

Sat: 10:30-11:15am

Sun: 12:30-1:15pm

FLYING FISH

Swimmers must be able to complete a continuous 100 yard freestyle and breaststroke, 50 yards of continuous breaststroke, and 25 yards of butterfly. 1:10 ratio

Wed: 5:30-6:15pm

Sat: 9:15-10:00am

SWIM LESSON FEES

PARENT/CHILD & PRESCHOOL:

Members: \$68

Community: \$136

PROGRESSIVE:

Members: \$70

Community: \$140

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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

AQUATIC PROGRAMS

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

By Appointment, e-mail nsedore@cccymca.org

Member: \$130 Community: \$200

TEEN (AGES 13-18)

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

Wed: 7:00-7:45pm

ADULT (AGES 18+)

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

Adult Beginner-little or no water experience

Thurs: 7:00-7:45pm

Tues: 7:30-8:15pm

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
1-30 minute session	\$45.00
2-30 minute sessions	\$75.00
4-30 minute sessions	\$125.00
Semi Private Lessons	Members
1-30 minute session	\$55.00
2-30 minute sessions	\$95.00
4-30 minute sessions	\$165.00



POOL RULES

- Youth under the age of 12 years, **MUST** be accompanied and supervised by a guardian of at least 18 years of age at all times, while in the pool area.
- Only U.S. Coast Guard approved flotation devices are allowed during open swim; any participants requiring personal flotation devices **MUST** have a guardian within arm's reach while in the pool.
- All persons must bathe in warm water and soap before entering the pool.
- Any persons known or suspected of having a communicable disease or open cuts/sores shall not use the pool.
- No diving is permitted in water less than 9 feet deep (certain supervised water sports excluded).
- Running, foul language, boisterous, or rough play (i.e. pushing, dunking, or throwing of people) is prohibited in the pool (certain supervised water sports excluded).
- Band aids, urinating, spitting, or nose blowing in the pool is prohibited.
- No smoking, glass container, gum or food are allowed in the pool or shower areas.
- No cellular phones are allowed in/on the locker room and pool deck.
- Kickboards and pull buoys are for instructional use and lap swimmers only.
- The pool will be closed during lightening and thunderstorms.
- Proper bathing attire is required, no cut offs or cotton t-shirts.
- Children not potty trained must wear appropriate swim diapers, disposable diapers are prohibited.
- Only branch approved water toys are permitted in the pool area.
- The lifeguard has the authority to restrict any behavior deemed to be unsafe or inappropriate.
- Masks, fins, and snorkels may be used **ONLY** by lap swimmers. Children are not permitted to wear goggles that cover their nose

SWIM & EVENTS

Fall 1: 8/31-10/25/2015

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

TYPHOONS SWIM TEAM

As a year-round program organized and operated by the Aquatics Department of the Hamden/North Haven YMCA, the Typhoons are dedicated to providing a high-quality and nurturing environment for swimmers of all levels between the ages of 5-18. Through the facets of the swim team program, the Y looks to continue its 40-years of community impact with a focus on building Youth Development, Healthy Living, and Social Responsibility. YMCA and US Swimming jointly provide an unparalleled opportunity for children as the largest co-gender sport throughout the nation. To couple with the overall experience, swimming also builds a strong foundation for a lifetime of good health by teaching age-appropriate fitness habits. The Typhoon Swim Team utilizes a form of age swimming with a focus on team involvement through ability and age-based practice groups. Offering a stimulating, enjoyable program that stresses stroke technique, starts, turns and basic training, we measure success not in terms of one or two extremely successful swimmers, but in the measurable improvement of all our swimmers. Our members become the best swimmers they can be, by improving their physical skills, developing self-confidence and self-discipline, and an appreciation for the way that they and their teammates can help each other attain their goals through teamwork and mutual support. We practice from late September to mid-March and mid-April to late July.

Bronze Group (Ages 5-7): \$332

The Bronze Group is set up to be a transition group from swim lessons to swim team. Practices in this group will run for 45 minutes and will focus on developing the basic skills necessary for competitive swimming. Practices will be offered 3 times weekly, with a recommended attendance of two or three practices each week. Requirements for Bronze Group: Swimmers must be able to complete one length of freestyle and backstroke without use of the wall or lane line and must have been exposed to breaststroke and butterfly.

Silver Group (Ages 6-10): \$434

The Silver Group is the first level of our competitive swim team. Practices in this group will run for 1 to 1.5 hours each and will primarily focus on further stroke development. Swimmers will work on transitioning from recreational freestyle and backstroke to more competitive levels and will work on developing technically sound breaststroke and butterfly. Practices will be offered 4 times weekly, with a recommended attendance of three practices per week. Requirements: Swimmers should be comfortable completing multiple lengths of freestyle and backstroke in short repetition and should have a basic understanding of butterfly and breaststroke.



TYPHOONS SWIM TEAM

Gold Group (Ages 8-11): \$535

The Gold Group is the second level of the swim team. Practices in this group will run for 1 to 2 hours each and will focus on refining all four strokes to a competitive level. In addition, swimmers in this group will also begin the process of developing aerobic fitness. Practices will be offered 4 times weekly, with a recommended attendance of three to four practices per week. Requirements: Swimmers need to swim a legal 100IM (must correctly complete all 4 strokes), and be comfortable swimming multiple laps of all 4 strokes.

Junior Group (Ages 10-13): \$637

The Junior Group is our third level on the swim team. The Junior Group is designed for swimmers who have competitively competent strokes and are ready to begin seriously developing swimming fitness. Practices in this group will run for 1.5 to 2 hours with a focus on aerobic development in addition to further stroke refinement. Practices will be offered 5 times weekly with a recommended attendance of four a week. Requirements: Swimmers need to be able to swim continuous lengths of all four strokes and should be comfortable following written sets and working on stroke during challenging sets.

Senior Group (Ages 12 and Over): \$739

The Senior Group is one the top groups on the swim team. The Senior Group is designed for swimmers who have great stroke skills and a significant fitness base. The senior group is for swimmers who are highly competitive and dedicated enough to complete challenging practices and sets. Practices in this group will run for 1.5 to 2.5 hours with a focus on either speed or endurance, depending on the swimmer. Practices will be offered 4-7 times weekly with a recommended attendance of four a week. Requirements: Swimmers in this group must be able to hold 45 second freestyle pace for long sets as well as display a mastery of all four strokes.

Pre-Team Swim Clinic

The Typhoon Swim Team will be hosting a pre-team clinic for swimmers looking to make the transition from swim lessons to swim team. Swimmers must be able to swim the full length of the pool without stopping and without assistance. This clinic will focus on stroke development, endurance, and getting participants ready to swim a competitive level. Swimmers are encouraged to attend all 5 days of the Pre-Team Swim Clinic.

Dates: August 31-September 14, 2015

Days: Monday-Friday

Time: 5:30-7:00pm

Member: \$100

Community: \$200

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MORE INFORMATION ONLINE AT WWW.HNNHYMCA.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 at Spring Glen
- * **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 Shepherd Glen School, transported by bus

School Locations: North Haven

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

SCHOOL AGE CHILD CARE

2015/2016 School Age Child Care Program Fees

BEFORE SCHOOL

3 Days per Week: Member \$138 & Community \$195
 4 Days per Week: Member \$155 & Community \$210
 5 Days per Week: Member \$174 & Community \$229

AFTER SCHOOL

3 Days per Week: Member \$255 & Community \$323
 4 Days per Week: Member \$275 & Community \$348
 5 Days per Week: Member \$310 & Community \$385

BEFORE SCHOOL & AFTER SCHOOL COMBINED

3 Days per Week: Member \$393 & Community \$518
 4 Days per Week: Member \$430 & Community \$558
 5 Days per Week: Member \$484 & Community \$614

*Tuition is Monthly

Vacation Fun Club Fees (Per day/Subject to Change)
Member \$50 Community Member \$75

Y Vacation Club

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

Y Fun Club

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 2 day packages for \$60.00 for members of the Y and \$70.00 for community members 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.

SCHOOL AGE CHILD CARE

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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT ENGAGE BEYOND THE SCHOOL DAY

REGISTER NOW FOR THE 2015-16 SCHOOL YEAR After School Program

We strongly believe that every child needs a safe and fun experience each and every day. Our program is designed to provide an environment where each child can learn and grow through a wide variety of exciting activities that promote youth development, healthy living and social responsibility. We maintain a strong commitment to building character in youth through our four core values of Caring, Honesty, Respect and Responsibility.

EXPERIENCE THE YMCA AFTER SCHOOL

Enjoy the comfort of knowing that your child is having fun in a nurturing, educational setting while learning, playing organized games, developing their character and enriching their fitness at the Y, at an affordable price for your family.



QUALITY CONVENIENT AFFORDABLE FUN

Monday-Friday until 6pm with Organized Play Activities, Arts & Crafts, Homework Help

CONVENIENTLY SERVING THE HAMDEN AND NORTH HAVEN SCHOOL DISTRICTS

In Hamden: Bear Path, Church Street, Dunbar Hill, Ridge Hill, Shepherd Glen, Spring Glen, West Woods

In North Haven: Clintonville, Green Acres, Montowese (at Clintonville), Ridge Road (at Green Acres)

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MORE INFORMATION ONLINE AT WWW.HNHYMCA.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

Wed: 6:30-7:15pm & Sat: 10:00-10:45am

Intermediate Level

Wed: 7:15-8:00pm & Sat: 10:45-11:30am

Advanced Level

Wed: 7:15-8:00pm & Sat: 11:30-12:00pm

Members: \$95.00 Community: \$190.00

GET CRAFTY

Each session, we will offer a family craft project class based on the current season. For this session, we will focus on Springtime Fun. Join our arts & crafts guru for a night of fun and exciting crafting. This program is open to families as well as individuals. At the end of the night, everyone will bring their creations home.

Date: Friday, September 25, 2015

Time: 6:30pm-8:00pm

Members: \$5/project

FAMILY PROGRAMMING

FLICK AND FLOAT

Bring your float and family to join us in the pool for movie night! It's a great way to spend a Friday night! Registration is required.

Date: TBA

Members: \$10/family Community: \$25/family

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 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

ZUMBA® & Swim Party: 3 hours

2 Hour Parties: Members \$130

3 Hour Parties: Members \$195

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: 9/18, 10/16, 11/20, 12/18

Time: 5:30-9:00pm

Members: \$10/child



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MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

MARTIAL ARTS/FAMILY TIME

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

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.

5 Sessions: \$225

10 Sessions: \$400

COUCH TO 5K

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

Tuesday & Thursday 5:30-6:15pm

Members: FREE

Community Members: \$50.00

Registration required

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 203-248-6361 x 2212

Wednesday: 8:15-9:00am

Members: \$50.00

ADULT HIP HOP

Our main focus is to bring a little dance education and lots of fun into the room. Participants will learn all of the basic Hip Hop moves and also be able to make up some of their own. Everyone will learn many new steps and routines while developing coordination and skills.

Wed: 6:00-6:45pm

Member: \$40

Community: \$80

DIABETES PREVENTION PROGRAM

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 > 25)* and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes by a healthcare provider.

INFO SESSIONS:

Date: September 8, 2015	Time: 10:00am
Date: September 29, 2015	Time: 12:00pm
Date: October 13, 2015	Time: 12:00pm
Date: October 29, 2015	Time: 10:00am
Date: November 10, 2015	Time: 10:00am
Date: November 19, 2015	Time: 12:00pm

Contact: Josh Royce at the Hamden/North Haven Y by calling 203-248-6361 or Kelly Vaughan and Barbara Moore at 203-375-5844 ext. 32.

Fall 1: 8/31-10/25/2015

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES

YOGA

These basic yoga classes offers hatha yoga, breath (pranayama), warm-ups (pratapana), postures (asanas), flows (vinyasas), and balancing process.

Monday: 10:45-11:45am (Power)

Monday: 11:45-12:45pm (Gentle)

Tuesday: 6:15-7:15pm (Vinyasa)

Thursday: 10:15-11:15am (Gentle)

Thursday: 11:15-12:15pm (Power)

ZUMBA FITNESS®

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

Monday: 7:30-8:15pm

Tuesday: 9:15-10:15am, 6:00-7:00pm

Thursday: 9:15-10:15am, 6:00-7:00pm

Friday: 9:15-10:15am

ZUMBA FITNESS® SAMPLER

This class will feature Zumba, Toning, and Sentao Fitness over a 90 minute class.

Friday: 6:00-7:30pm

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: 6:30-7:30pm

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: 6:45-7:45am



FREE TO MEMBER CLASSES

CARDIO SCULPT

Interval training designed to increase cardiovascular fitness, muscle strength, and endurance. You will increase your heart rate and muscular strength using bands, weights, and steps. It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually.

Tuesday: 11:15-12:00pm

CARDIO INTERVAL & STRENGTH

Challenge your body with tubing, weights, exercise balls as well as your own body weight for arms, legs, and core training. Hit all the major hot spots for muscle conditioning and focus on creating balance for optimal posture and toning results. It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually.

Monday: 5:45-6:30pm

NON-STOP TABATA

Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout- get in shape the fast way!

Wednesday: 5:45-6:30pm

BARRE MAT

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.

Thursday: 11:15-12:00pm

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



HEALTH, WELL-BEING & FITNESS

Fall 1: 8/31-10/25/2015

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES

SilverSneakers®

The Hamden/North Haven YMCA is pleased to offer the SilverSneakers Fitness Program. SilverSneakers is the nations leading exercise program designed exclusively for older adults and is available at no cost (beyond any monthly premium) to eligible Medicare health plan and group retiree members. Eligible members have a complimentary membership to the Hamden/North Haven YMCA. To find out if you are eligible for Silver Sneakers, please call 203-248-6361 or visit www.silversneakers.com. SilverSneakers Fitness classes will be offered on Wednesdays, 9:00-9:45am, each week in our Group Exercise Room.

AQUA FITNESS

Discover the aquatic class that gets people talking and wanting to come back for more each and every class!
Mon/Wed/Fri 10:30-11:15am

DEEP WATER AQUA FITNESS

Discover the aquatic class that gets people talking and wanting to come back for more each and every class!
Thurs: 9:30-10:15am

LIFESAVING COURSES

LIFEGUARD CERTIFICATION COURSE

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

August 14-16 & 21-23 2015	Time: TBA
September 11-13 & 18-20, 2015	Time: TBA
December 26-30, 2015	Time: TBA
Member: \$250	Community: \$350

LIFEGUARD REVIEW COURSE

This course is designed to refresh current lifeguard skills that are needed to prevent and respond to aquatic emergencies. The course content and activities refresh lifeguards in recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Prerequisites: Current lifeguard certification. Participants must attend all classes to complete the course.

December 2015	Time: TBA
Member: \$125	Community: \$175

FALL EVENTS

Fall Into Fitness Challenge

Date: September 14- October 2, 2015

Starting mid-September, join us for our Fall Into Fitness Challenge. Participating in the Fitness Challenge is simple, fun, and rewarding! More information will be available soon with the details on this program.

Aqua Run Family Fun Night

Date: November 2015

Time: TBA

Join us at the Y for a night full of fun at the pool. We will be hosting Aqua Run Family Fun Nights during the month of November. More information will be available soon!



Labor Day Holiday Hours

We will be open 5:30am-1:00pm on Monday, September 7, 2015. Group exercise classes, open swim, and Child Watch will be available.

Fall 1: 8/31-10/25/2015

MORE INFORMATION ONLINE AT WWW.HNNHYMCA.ORG

HEALTHY LIVING

HEALTH, WELL-BEING & FITNESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**IT'S MORE
FUN
TO SHARE**

Refer your friends to join the Y!

When a friend you've referred joins the Y, we'll thank **you** by giving you a **FREE** membership month. There's no limit to how many friends you refer and there's no limit to how many **FREE** months you can receive. Being with friends is always more fun for you and your family.

Take advantage of sharing the Y with your friends today!

Fall 1: 8/31-10/25/2015

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.

LIKE US ON FACEBOOK

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



HAMDEN/NORTH HAVEN YMCA
1605 Sherman Ave Hamden, CT 06514
P 203 248 6361 F 203 281 4858
www.hnhymca.org