



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WINTER FUN FOR EVERYONE



**Program Offerings
Winter II Session: 2/25/13 - 4/21/2013
HAMDEN/NORTH HAVEN YMCA**

HERE FOR YOU

PROGRAM

REGISTRATION DATES:

Session: Winter II

Facility Member: 2/4/2013

Community Member: 2/11/2013

CHILD WATCH HOURS

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

Tuesday & Thursday: 9:30am-12:00pm

Friday: 9:00am-11:00am

Saturday: 8:30am-12:00pm

Monday-Thursday: 5:00pm-7:15pm



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-9:30pm

Saturday: 6:30am-5:30pm

Sunday: 10:00am-5:00pm

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

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.
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YOUR YMCA STAFF

Executive Director: Joshua Royce

Administrative Director: Rose Schule

Aquatics Coordinator: Nicole Sedore

Child Care/Camp Director: Erin Kelly

Child Watch Coordinator: Lyn Thompson

Facilities Director: Tim Gallogly

Membership Specialist: Nicole Gilbert

Sports/Camp Coordinator: Michael Reynolds

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.

Page 2:
Registration/Staff/
Facility Info

Page 3: Strong Kids
Campaign

Page 4: Sports &
Play

Page 5: Dance/Music
& Youth Wellness

Page 6: Swim
Lessons

Page 7: Swim
Lessons/Program

Page 8: Swim Team

Page 9: School Age
Child Care

Page 10: Summer
Camp

Page 11: Martial
Arts & Family Time

Page 12: Personal
Wellness /Fitness

Page 13: Group Fit/
Free Fit Class

Page 14: Aqua
Fitness & Lifeguard
Training

Page 15: Senior
Community &
Facility Highlights

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.

Tues: 9:45-10:15am **Sun: 10:30-11:00am**
Member: \$30 **Member: \$26**
Community: \$60 **Community: \$52**

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.

Wed: 5:15-6:00pm **Sat: at 9:00-9:45am**
Member: \$40 **Community: \$80**

*NEW 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: 11:00am-11:45am
Member: \$40 **Community: \$80**

*NEW CREATIVE CRAFTING (AGES 3-5)

An instructed creative art class focusing on exploration and self discovery. Liz, our arts & crafts guru, will lead this seasonally themed craft class.

Fri: 10:15am-11:00am
Member: \$40 **Community: \$80**



PRESCHOOL/YOUTH

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.

Tues: 10:30-11:00am **Sun: 11:15-11:45am**
Member: \$30 **Community: \$60**

*NEW 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, 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.

Thurs: 4:45-5:30pm **Sat: 11:15-12:00pm**
Member: \$40 **Community: \$80**

*NEW 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**

*NEW 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**

*NEW INDOOR PLAYGROUND (AGES 5-9)

Bringing outside fun inside is the focus of this class. Instructors will lead games and activities for the kids in our new youth room inside the Y.

Mon: 4:45-5:30pm
Member: \$40 **Community: \$80**

Winter II: 2/25/13-4/21/13

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

DANCE, MUSIC, & MOVEMENT

*NEW HIP HOP (All Ages)

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 anyways. Your child will learn a mini routine to show parents/grandparents at the end of each session.

Tues: 4:10-4:55pm-Beginner

Fri: 4:15-5:00pm-Beginner

Members: \$50 Community: \$90

*NEW ADAPTIVE MOVEMENT

Our new Adaptive Movement Program will focus on a wide range of gymnastics skills and strengthening exercises for children with special needs. We will emphasize on flexibility, balance, coordination and age appropriate motor skills as well as team building and social skills. It is a great way to bring a little gymnastics education to your child.

Private Lessons Available \$150-5 Sessions

E-Mail: ekelly@cccymca.org

*NEW CHEERLEADING (AGES 5-9)

Our cheerleading coach will teach cheers, chants, jumps, and dances over the course of the session. This is a fun and exciting introduction to the world of cheerleading!

Mon: 5:45-6:30pm

Member: \$40

Community: \$90

*NEW MAGIC MOMENTS (AGES 5-8)

Learn the basics of illusions from Magician Pat! Each week, will focus on skill building and having fun. You will learn some amazing tricks of the magic trade!

Thurs: 5:45-6:30pm

Member: \$40

Community: \$80

YOUTH FREE TO MEMBER CLASSES

*NEW YOUTH & TEEN CHALLENGE (AGES 9-15)

Introducing Youth & Teen Challenge! This is a great program for athletes in training, youth and teens looking to get in shape, or just take part in a fun and exciting fast-paced class set to great music lead by great instructors!

Youth Classes (Ages 9-15)

Mon: 4:00-4:45pm

*NEW ZUMBATOMIC (AGES 5-12)

Whether you're a beginner or a pro, Zumbatomic is the way to go! Zumbatomic is movement through dance combined with Spanish language.

Tues: 5:00-5:45pm

NEW FLAG FOOTBALL FUN!

Join us for Fun Fridays at the Y. Flag football will take place on Friday nights from 5:15pm -6:00pm in the Community Room. This activity is geared toward children 5-8 years old. Registration is required.

*NEW FLOOR HOCKEY (AGES 5-9)

Coaches Ben and Kyle invite you to join their team for a game of floor hockey each week. They will focus on skills building and teamwork during each class. Whether you are a beginner or a pro, this is the place to go! Registration is required.

Thurs: 5:15-6:00pm

*NEW 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

DANCE & WELLNESS

Winter II: 2/25/13-4/21/13

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

YOUTH SWIM LESSONS

SKIP - PARENT /CHILD CLASS (6-36 MONTHS)

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: 5:00-5:30pm

Sat: 9:50-10:20

Sun: 11:00-11:30am

PIKE -Beginner (AGES 3-5 YEARS)

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

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

Tues: 4:30-5:00pm

Wed: 4:30-5:00pm

Thurs: 5:45-6:15pm

Sat: 8:45-9:15am; 10:00-10:30am; 10:50-11:20am

Sun: 11:30-12:00pm

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: 5:00-5:30pm

Tues: 5:00-5:30pm

Wed: 4:30-5:00pm

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

Sun: 11:30-12:00pm

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

Mon: 5:30-6:00pm

Wed: 5:00-5:30pm

Sat: 8:45-9:15am

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: 4:30-5:00pm; 5:45-6:15pm

Tues: 4:30-5:00pm

Wed: 6:00-6:30pm

Thurs: 4:30-5:00pm

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

Sun: 12:00-12:30pm

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: 4:30-5:00pm

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

Wed: 4:30-5:00pm

Thurs: 5:45-6:15pm

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

Sun: 12:00-12:30pm

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: 5:00-5:45pm

Wed: 5:30-6:15pm

Thurs: 5:00-5:45pm

Sat: 9:15-10:00am; 10:30-11:15am

Sun: 12:30-1:15pm

FISH (Advanced)

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

Wed: 6:15-7:00pm

Thurs: 5:00-5:45pm

Sat: 10:30-11:15am

Sun: 12:30-1:15pm

SWIM LESSONS

SWIM LESSON FEES

PARENT/CHILD & PRESCHOOL:

Members: \$63

Community: \$116

PROGRESSIVE:

Members: \$66

Community: \$122

Winter II: 2/25/13-4/21/13

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

AQUATIC PROGRAMS

ADAPTIVE AQUATICS PROGRAM

The new Adaptive Aquatics Program is an inclusive program for children with special needs. Emphasis will be placed on increasing flexibility, balance, range of motion, muscle tone and coordination, and general social skills.

**By Appointment, e-mail nsedore@cccymca.org
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-little or no water experience

Thurs: 5:00-5:45pm, 7:00-7:45pm

Sat: 9:15-10:00am

Adult Intermediate-must have passed Adult Beginner

Wed: 6:45-7:30pm

PRIVATE LESSONS

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

Fees	Members
1-30 minute session	\$40.00
2-30 minute sessions	\$70.00
4-30 minute sessions	\$120.00

Semi Private Lessons

1-30 minute session **\$50.00**

2-30 minute sessions **\$90.00**

4-30 minute sessions **\$160.00**

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. It will help develop skills required for the team. Each participant must be able to swim the following swim test to partake in this program: freestyle (50 yd), butterfly (25 yd), backstroke (25 yd), and breaststroke (25 yd).

Tues: 5:00-6:00pm

Fri: 5:00-6:00pm

Member: \$75

Community: \$150

SWIM FIT

This program is designed to allow swimmers to increase their endurance through various drills and laps. Swimmers must be Minnow or Fish level. They must be able to swim 25 yards continuously to participate in this class.

Sat: 11:00-12:00pm

Sun: 11:00-12:00pm

Member: \$70

Community: \$140

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

Winter II: 2/25/13-4/21/13

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.

FEES FALL/WINTER 2012-2013

Silver Group (Ages 8 & Under): \$425.00

Gold Group (Ages 9 & 10): \$525.00

Juniors (Ages 11 & 12): \$625.00

Seniors (Ages 13 & Up): \$725.00

For more information:

Nicole Sedore
Email: nsedore@cccymca.org

TYPHOONS SWIM TEAM

Levels & Descriptions

SILVER (Ages 8 & Under)

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.

GOLD (Ages 9 & 10)

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.

JUNIOR (Ages 11 & 12)

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.

SENIOR (Ages 13 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.

Practice Schedule: Fall/Winter 2012-2013

Team will practice at either the YMCA or Albertus Magnus

Silver Group

Mon/Tues/Thurs: 4:30-5:30pm
Sun: 8:30-9:30am

Location
YMCA
YMCA

Gold Group

Mon/Thurs: 6:30-7:30pm
Wed: 4:30-5:30pm
Sun: 9:30-11:00am

Location
YMCA
YMCA
YMCA

Junior Group

Mon/Tues/Wed/Thurs: 5:30-7:30pm
Fri: 4:30-6:00pm
Sat: 7:00-8:30am

Location
Albertus
YMCA
YMCA

Senior Group

Mon/Tues/Wed/Thurs: 5:30-7:30pm
Fri: 6:00-7:30pm
Sat: 7:00-8:30am

Location
Albertus
YMCA
YMCA



Winter II: 2/25/13-4/21/13

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

SWIM TEAM

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

2012/2013 School Age Child Care Program Fees

BEFORE SCHOOL

3 Days per Week: Member \$129 & Community \$153
4 Days per Week: Member \$146 & Community \$171
5 Days per Week: Member \$164 & Community \$196

AFTER SCHOOL

3 Days per Week: Member \$243 & Community \$279
4 Days per Week: Member \$264 & Community \$300
5 Days per Week: Member \$296 & Community \$338

BEFORE SCHOOL & AFTER SCHOOL COMBINED

3 Days per Week: Member \$372 & Community \$432
4 Days per Week: Member \$410 & Community \$471
5 Days per Week: Member \$460 & Community \$534

*Tuition is Monthly

Vacation Fun Club Fees (Per day/Subject to Change)
Member \$44 Community Member \$54

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.

SCHOOL AGE CHILD CARE

Winter II: 2/25/13-4/21/13

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

SUMMER CAMP

SUMMER CAMP

CAMP MOUNTAIN LAUREL

"Built on Values, Rooted in Fun!"

June 24 - August 23, 2013

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. This summer, we will also be hosting a full day pre-school camp as well!

NEW DISCOVERY CAMP (Ages 3-5 years)

The YMCA is excited to introduce its full day pre-school camp for the summer of 2013! Discovery camp is for potty-trained campers between the ages of 3-5 years old. The camp will take place along side our school age program at Camp Mountain Laurel. This is an ideal set up for parents in the area. All of their children can attend camp at one site.

CLASSIC CAMP UNITS

Discovery: Pre-school camp

Greenhorn: Entering grades 1 & 2

Explorer: Entering grades 3 & 4

Pioneer: Entering grades 5 & 6

Adventurer: Entering grades 7, 8, & 9

SPECIALITY CAMP UNITS

Ultimate Adventure Camp: Entering grades 4-9

Outdoor Explorers Camp: Entering grades 3-9

Animal Mania Camp: Entering grades 1-6

Karate Camp: Entering grades 1-8

Destination Fun Camp: Entering grades 3-9

Zumbatomic Camp: Entering grades 1-6

Swim Camp: Entering grades 2-9

Dino Camp: Entering grades 1-5

Magic Camp: Entering grades 1-6

Sports Camp: Entering grades 1-5

TRANSPORTATION INCLUDED!

Convenient bus stops are located throughout the Hamden, North Haven, and New Haven area. 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 parental authorization. All busses are supervised by YMCA camp staff.

SUMMER CAMP

DAILY ACTIVITIES

The camp day begins at 9:00am and ends at 4:00pm. Each day, campers will participate in at least 30 minutes of free swim and 30 minutes of structured swim instruction.

Campers will participate in arts & crafts, counselor led activities, partake in nature classes, a music program as well as archery, ropes, and challenge course (based on age). Extended care is also 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 the camp. Open House dates for the camp will be announced soon!

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 success in an outdoor setting. Campers will be encouraged to participate in daily activities including swim lessons, recreational swim, arts & crafts, nature, group & individual activities as well as to develop general social skills each day.

More information is 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 throughout the volunteer experience. The focus of this program will be to provide teens with the understanding of the responsibilities and skills needed to become a successful leader in their community.

For more information contact:

Erin Kelly

School-Age Child Care & Camp Director at

(203) 248-6361 or via email ekelly@cccymca.org.

Winter II: 2/25/13-4/21/13

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

*NEW GET CRAFTY

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

Date: Friday, March 22, 2013

Time: 6:30pm-8:00pm

Members: \$5/project

FAMILY PROGRAMMING

FLICK N 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.

Winter II Dates: 2/22, 3/29, & 4/19

Time: 7:30pm-9:15pm

Member: \$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 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

3 Hour Parties: Members \$185

PARENT'S NIGHT OUT

You might initially think if 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!

Winter II Session Dates: 2/15, 3/15, & 4/26

Time: 5:30pm-9:00pm

Members: \$10/child



MARTIAL ARTS/FAMILY TIME

Winter II: 2/25/13-4/21/13

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

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 Rates (one-hour sessions)

Facility Members Only

5 Sessions: \$225

10 Sessions: \$400

NEW CIRCUIT TRAINING (AGES 13-17)

This class is geared for high school students who have participated in or would like to consider participating in high school athletics. Whether you're in season or out of season this class can help.

Sat: 1:00-1:45pm

Member: \$40

Community: \$80



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 5:30-6:15pm

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: 5:45pm-6:30pm

Tuesday/Thursday: 9:15am-10:00am

Sunday: 10:15am-11:00am

2x per week fees: Members \$96.00

1x per week fees: Members \$48.00



Winter II: 2/25/13-4/21/13

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!

BOOT CAMP

This class will work your strength and endurance using plyometrics, cardio training, kettle bells and much more for maximum fat burning!

Monday: 10:20am-11:20am

Thursday: 7:00pm-8:00pm

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!

Wednesday: 6:45pm-7:30pm

Saturday: 8:00am-9:00am

GENTLE YOGA

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

Mon: 11:30am-12:30pm

Wed: 11:00am-12:00pm

Fri: 10:30am-11:30am

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

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 & Fri: 9:15am-10:15am

Tues: 10:15am-11:15am

Wed: 10:00am-11:00am

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

Mon 7:00pm-8:00pm

Saturday 9:00am-10:00am

FREE TO MEMBER CLASSES

GROUP CYCLING (limited to 10 bikes)

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

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

ZUMBA GOLD®

This program is designed for those who are new to exercise, inactive older adults, and those with physical limitations. The moves have been carefully designed to be easy to follow by individuals of any fitness level or age. You will get a safe and effective total body workout. Dance moves and rhythms from Cumbia, Salsa, Meringue, Tango, Rumba, Cha-Cha, and more!

Friday: 6:00pm-7:00pm

Member: Free

NEW STRENGTH & 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.

Wednesday: 10:15-11:15am

FIRM & TONE

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: 5:45pm-6:30pm

BODY SCULPT

Interval training to build muscle strength and endurance. This class is perfect for all ability levels, participants will be challenged individually.

Thursday: 9:15-10:00am

COUNTRY LINE DANCING

Our goal is to teach beginner to intermediate line dances to today's popular country music. Each class our instructor, Amber, will introduce new dances as well as review the old. It is a way to exercise for those that re looking for a fun country hoedown!

Mon: 6:45-7:15pm

HEALTH, WELL-BEING & FITNESS

Winter II: 2/25/13-4/21/13

MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

HEALTHY LIVING

FREE TO MEMBER CLASSES

AQUA FITNESS

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

Mon/Wed: 10:30am-11:15am
Fri: 11:30am-12:15pm
Mon/Thurs: 6:30-7:15pm

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.

Tues: 7:00-7:45pm
Thurs: 10:15am-11:00am
Sat: 11:15am-12:00pm



Water Polo

Join us each week for a fun game of water polo! This new class is geared toward individuals who are comfortable swimming in the deep end of the pool and are able to tread water for extended periods of time. Participants must be at least a Minnow level swimmer to take part in this activity.

Mon: 5:00-6:00pm **Wed: 5:00-6:00pm**
Member: \$45 **Community: \$90**

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.

Sat and Sun: 4/27, 4/28, 5/4, 5/5, 5/11, & 5/12/13
Time: 12:30-5:30pm
Member: \$250 **Community: \$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

Dates:
Saturday, 2/23: 8:00am-1:00pm
Fee: \$100



Winter II: 2/25/13-4/21/13

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.



SilverSneakers®

The Hamden/North Haven YMCA is pleased to offer the SilverSneakers Fitness Program. SilverSneakers is the nation's 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.

SilverSneakers Fitness classes will be offered each week. The Winter II Group Exercise Schedule will highlight the class offerings starting March 4, 2013.

To find out if you are eligible for Silver Sneakers, please call 203-248-6361 or visit www.silversneakers.com.



HAPPY EASTER, HAPPY SPRING

YMCA Annual Easter Egg Hunt Celebration

Date: Saturday, March 23, 2013,

Time: 10:00-11:30am

Join us for a fun-filled morning of Easter themed activities! Some of the activities will include an Easter Egg Hunt, cookie decorating, Easter and Spring themed crafts, and a visit from the Easter bunny so bring your camera! Registration is required for this event, please call 203 248 6361 for more info.



Future Springtime Fun at the Y

The Hamden/North Haven YMCA has many exciting events scheduled to occur this spring at our branch. Here are some important dates in the upcoming months.

- Vacation Fun Club the week of April 15-19, 2013
- Healthy Kids Day on April 27, 2013
- Strong Kids Campaign Fundraiser on May 4, 2013
- Summer Camp Open House on May 18, 2013

HEALTH, WELL-BEING & FITNESS

Winter II: 2/25/13-4/21/13

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!



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