the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR REACHING NEW GOALS

NEW HAVEN YMCA YOUTH CENTER

WINTER I PROGRAM GUIDE

January 1– February 25, 2018

HERE FOR YOU

NEW HAVEN YMCA YOUTH CENTER

50 Howe Street
New Haven, CT 06511
P 203 776 9622 **F** 203 787 0804
W newhavenymca.org

FACILITY HOURS

Monday-Friday: 7:30am-6:00pm
Saturday: Please contact us for current hours

YOUR YMCA STAFF

Interim Executive Director: Emily Jackson
Preschool Child Care Director: Melanie Billings
School Age Child Care Coordinator: Aishah Brice
Program Administrator: Maria Valcarcel

LIKE US ON FACEBOOK

A great way to stay up-to-date on all programs and activities at the New Haven YMCA Youth Center!

SHARE YOUR EMAIL ADDRESS

Let us know your email address so we can keep you up to date on programs and activities at the Y.

REGISTRATION DATES:

Session: Winter—1/1/2018-2/25/2018

Registration Starts: 12/11/2017

Preschool: Register NOW

School Age Child Care: Register NOW

CENTRAL CONNECTICUT COAST YMCA Statement of Diversity and Inclusion

(Adopted by the CCCY Board of Directors - July 28, 2016)

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive. At the Y, we welcome all people regardless of dimensions of diversity including race, faith, color, national origin/ ancestry, sex, gender identity, marital status, age, sexual orientation, genetic information, disabilities, or socio-economic status.

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.

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

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REGISTER ONLINE at www.newhavenymca.org

View current schedules, programs and events on our website!

The Y is now...as it has always been...a place of possibility and promise for all. Unfortunately, in times when the true power of "**us**" is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That's why the Y passionately focuses on strengthening communities.

Every day, in our community the Y supports kids, adults, seniors and families with programs that protect, teach, connect heal, nourish and encourage. Everything we do helps empower communities and the "**us**" who live in them to thrive.

We can't do it alone.

DONATE FOR A BETTER US.

The Y. For a better us.

NEW YEARS LOCK IN AND SLEEPOVER

Come dressed in your favorite pajamas and slippers and ring in the new year with the New Haven YMCA Youth Center. Join us for a night of fun activities and swimming! Dinner, Snacks, and Breakfast will be served. Must register before December 21.

When: Sunday December 31 at 6:00pm - January 1 at 8:30am

Ages: 4-12 years old

Cost: $50.00 per child

YOUTH DEVELOPMENT

STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family's busy schedule. Have questions? Please refer to the Swim Page of our web site, call the Y or speak with anyone in our Aquatics Department or on our Member Services Team.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group 6 months - 3 years
Parent* & Child
Stages A-B

Stage A / Water Discovery

Parents* accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. **Member: $70**
Saturday, 11:25-11:55am

Stage B / Water Exploration

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.
Member: $70
Saturday, 11:25-11:55am

AGE GROUP	STAGE	
6 months - 3 years Parent* & Child	SWIM STARTERS	Stages A-B
3 years - 5 years Preschool	SWIM BASICS SWIM STROKES	Stages 1-4
5 years - 12 years School Age	SWIM BASICS SWIM STROKES	Stages 1-6
12+ years Teen & Adult	SWIM BASICS SWIM STROKES	Stages 1-6

OBSERVATION POLICY

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

CLASS LEVEL POLICY

For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

YOUTH DEVELOPMENT

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Age Group:
3 years - 5 years Preschool
5 years - 12 years School Age
12+ years - Teen & Adult
Stages 1-3

Stage 1 / Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming. **Member: $70**
Preschool Tuesday, 5:00-5:30pm
Preschool Thursday, 5:00-5:30pm
Preschool Saturday, 10:10-10:40am
School Age Monday 5:00-5:30pm
School Age Wednesday, 5:30-6:00pm
School Age Friday 4:00-4:30pm
School Age Saturday 11:20-11:50am
Teen & Adult Friday, 5:10-5:55pm

Stage 2 / Water Movement

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water. **Member: $70**
Preschool Tuesday, 5:00-5:30pm
Preschool Thursday, 5:30-6:00pm
Preschool Saturday, 9:00-9:30am
School Age Monday, 5:30-6:00pm
School Age Wednesday, 4:30-5:00
School Age Saturday, 9:35-10:05am
Teen & Adult Friday, 5:10-5:55pm

Stage 3 / Water Stamina

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action. **Member: $70**
Preschool Tuesday, 5:30-6:00pm
Preschool Saturday, 10:45-11:15am
School Age Monday, 4:30-5:00pm
School Age Wednesday, 5:00-5:30pm
School Age Friday, 4:30-5:00pm
School Age Saturday, 10:45-11:15am

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Age Group:
5 years - 12 years School Age
12+ years - Teen & Adult
Stages 4-6

Stage 4 / Stroke Introduction

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.
Member: $75
School Age Friday, 4:30-5:00pm
School Age, Saturday 9:50-10:35am

YOUTH DEVELOPMENT

AFTERSCHOOL PROGRAM

We strongly believe that every child needs a safe and fun experience each and every day.
Enjoy the comfort of knowing that your child is having fun in a nurturing and educational setting.
The program includes both educational and recreational activities such as:

- Homework assistance
- Playing organized recreational games
- Arts & crafts
- Swimming
- Girl Scouts
- Special events and activities

CONIENTLY SERVING ALL NEW HAVEN SCHOOLS

Following the New Haven Public School Calendar: Monday-Friday 2pm-6pm including half days for children age 5-12.

We participate in Care 4 Kids and Financial Aid is available.

Y VACATION CLUB

When New Haven schools are closed, we are here for your child care needs offering our Y Vacation Club program. Drop your child off with our experienced staff for a fun-filled day of games, activities, arts & crafts, edible crafts and more! Parents/guardians are encouraged to sign up for this program early so we are able to get an accurate count of those interested. Please bring a nut-free lunch and wear active clothing. Preregistration is required

When: December 26-29; January 5; January 15; February 19-23; March 30; April 16-20

8:00 am – 6:00 pm

Cost:

Current Child Care Participants: $40 per day

Community$70 per day

WALK-IN AFTERSCHOOL PROGRAM

FREE FOR AGES 13-23
MONDAY - FRIDAY 2:30-5:30PM
SATURDAY 1-3PM

NEW SATURDAY 12-1PM GIRLS RULE

- Open Gym
- Basketball
- Open Swim (specific days and times please check current schedule)
- Lifeguard Training Course (Fees may apply)
- Workshops
- Homework help and mentoring
- Basketball League
- More program options coming soon

MIDNIGHT BASKETBALL GAME

Game open to all current participants of the walk-in program. Preregistration is required.
When: January 26
Time: First Game Begins 9:30pm ; Second Game11:00pm
Cost: $20

YOUTH DEVELOPMENT

PRESCHOOL PROGRAM

Child care programs help youngsters gain self-confidence and social skills while developing positive attitudes about school and learning.

The New Haven YMCA Youth Center offers a full day NAEYC accredited Preschool program for children 2.9 years of age up to 5 years of age.

We aspire to meet your child's needs while promoting their physical, social, emotional and cognitive development.

WE ARE DEDICATED TO CREATING:

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

WE PARTICIPATE IN:

- New Haven School Readiness
- Have a sliding fee scale
- Accept Care 4 Kids
- Financial Aid is available

OUR PRESCHOOL PROGRAM INCLUDES:

- All Lead Teachers hold Bachelor's Degrees
- Swimming lessons
- Computer time
- Weekly Spanish and Mandarin lessons
- Educational field trips
- Family events

CELEBRATE WITH US

Have your Birthday Party at the Y!

Party Options include:
Pool
Gym
Party Room
And much more!

Parties start at $150. Contact the Y for more information or to inquire date availability.