



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVATING
**PEOPLE
FOR GOOD**

**HAMDEN/NORTH HAVEN YMCA
FALL II PROGRAM GUIDE
October 29–December 27, 2018**

HERE FOR YOU

PROGRAM REGISTRATION DATES:

Session: Fall II, 10/29-12/23/2018

Facility Member: 10/8/2018

Community Member: 10/15/2018

MEMBERSHIP FOR ALL

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

Please contact the Y for more information.

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

LIKE US ON FACEBOOK

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



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.

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.

YOUR YMCA STAFF

District Executive Director: Emily Jackson

Senior Program Director: Alexei Bachuretz

Program Administrator: Rose Schule

Aquatics Director: Kristin Rebelo

Child Care/Camp Director: Erin Kelly

SACC/Camp Coordinator: Kathryn Forsyth

Child Watch Coordinator: Lyn Thompson

Membership Coordinator: Jean Marie Sanchez

Facility Director: Luis Yanes-Mena

BOARD OF MANAGERS

Mark Candido, Chair

Lisa Barbarotta

Amanda Forcucci

Chris LaTorraca

Lenny Lye

Carmine Monaco

Katrina Rice

REGISTER ONLINE at www.hnhymca.org



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, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect heal, nourish and encourage. It’s how we help communities and the “us” who live in them realize their incredible possibilities.

We can’t do it alone.

DONATE FOR A BETTER US.

The Y. For a better us.

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: Annual Campaign

Page 4: Sports & Play

Page 5: Youth/Family,
Swim Team

Page 6: Swim Lessons

Page 7: Swim Lessons

Page 8: Swim Les-
sons

Page 9: School Age Child
Care

Page 10: Martial Arts &
Family Time

Page 11: Personal Well-
ness, Healthy Lifestyles

Page 12: Group Fitness

YOUTH DEVELOPMENT

PRESCHOOL/YOUTH

CHILD WATCH PROGRAM

A safe and fun YMCA staff supervised area where parents with an Adult, Single Parent or Family Membership can leave their children to play and enjoy activities while they participate in programs on-site.

CHILD WATCH HOURS

Monday, Wednesday, Friday: 9:00am-12:00pm

Saturday: 8:45am-11:30am

Monday: 5:15pm-8:30pm

Tuesday-Thursday: 5:15pm-7:30pm

CHILDREN IN THE Y - SUPERVISION REQUIREMENTS

Parents or guardians of children under the age of 12 must remain on Y property while their children are at the Y. The only exceptions to this policy are if children are participating in a supervised Y program or activity. Please escort your child to and from their program to ensure their safety. Please be prompt at pick-up.

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 earning the importance of teamwork.

Saturday: 12:15-1:00pm

Member: \$45

Community: \$90

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.

Saturday: 10:45-11:30am

Member: \$45

Community: \$90



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.

Wednesday: 5:00-5:45pm

Member: \$45

Community: \$90

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.

Wednesday: 4:00-4:45pm-Beginner

Members: \$50

Community: \$100

YOUTH FREE TO MEMBERS CLASSES

FLOOR HOCKEY (AGES 5-9)

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

Friday: 5:30-6:00pm

KIDS ZUMBA (AGES 4-9)

Join the party every Tuesday in our Community Room. Parents must accompany children to the program and can participate too! Registration is required.

Tuesday: 5:30-6:00pm



MORE INFORMATION ONLINE AT WWW.HNHYMCA.ORG

YOUTH DEVELOPMENT

FAMILY PROGRAMS

KID'S PAINT NIGHT

Join us at the Hamden/North Haven YMCA and paint your own back to school scene! Kid's Paint Night is for children 5 & up with their friends. Parents are invited back at 7:30pm to walk our gallery of painted canvases and enjoy delicious refreshments with their young artist. Space is limited. All proceeds support our 2018 Annual Campaign. Register at our front desk or by calling 203 248 6361.

Date: December 8

Time: 5:00-7:30pm

Members: \$20

Community: \$20

Y STANDS FOR YOUTH

YOUTH IN THE BRANCH

Our Youth Wellness Orientation Bracelet Program is designed for youth members ages 10-13 who would like to use our Wellness Center while their parent is in the room. Youth will be given FREE trainings with one of our Wellness Coaches to learn about each aspect of the Wellness Center. Youth members will learn proper technique, safety and etiquette of gym fitness. Schedule your appointment today at the Member Service Center.

Wellness Center: Yellow Bracelet

Youth members 10-13 years of age are permitted to exercise on the cardiovascular equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a yellow wristband when working out in the branch.

Wellness Center: Blue Bracelet

Youth members 12-13 years of age are permitted to exercise on the strength equipment with a parent after completing a free orientation with a Wellness Coach. The youth member must wear a blue wristband when working out in the Branch.



AQUATICS PROGRAMS

SWIM TEAM

The Hamden/North Haven YMCA Typhoons are back and better than ever! Newly-affiliated with USA Swimming®, the Typhoons will be led by Coach Kevin Brown, who brings over 19 years of aquatics and competitive swimming experience along with a strong work ethic and passion for the sport. Coach Brown believes in teaching life lessons of sport and sportsmanship through swimming, not simply training swimmers. YMCA competitive swimming is a natural progression from swim lessons, where children and teens continue their love of swimming in an ideal environment for cognitive, physical, and social development. Typhoon coaches emphasize detailed stroke development, time achievement and an emphasis on teamwork, hard work and fun. For further information or to register, please contact Kristin Rebelo.

P 203 248 6361, **E** typhoonswim@cccymca.org

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. Six classes are covered in each package.

By Appointment, e-mail krebello@cccymca.org

Member: \$130

Community: \$200

PRIVATE SWIM LESSONS

One-on-one swim lessons with a trained swim instructor. Each 30-minute session is scheduled between the instructor and the participant. Registration can be done at the front desk of the Y.

Individual Options:

\$46 (1 lesson)

\$82 (2 lessons)

\$136 (4 lessons)

Semi-private Options:

(2 participants)

\$56 (1 lesson)

\$102 (2 lessons)

\$180 (4 lessons)

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

SWIM STARTERS

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: \$72 / Community Member: \$144
Tuesdays, 6:10pm-6:40pm
Thursdays, 6:10pm-6:40pm
Saturdays, 8:30am-9:00am
Sundays, 11:00am-11:30am

SWIM STARTERS

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: \$72 / Community Member: \$144
Tuesdays, 6:10pm-6:40pm
Thursdays, 6:10pm-6:40pm
Saturdays, 9:40am-10:10am
Sundays, 12:10am-12:40am

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



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

SWIM BASICS

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: \$75 / Community Member: \$150

Preschool Mondays, 6:00pm-6:30pm

Preschool Tuesdays, 5:00pm-5:30pm

Preschool Wednesdays, 5:45pm-6:15pm

Preschool Thursdays, 6:00pm-6:30pm

Preschool Saturdays, 9:05am-9:35am, 10:50-11:20am

Preschool Sundays, 11:35am-12:05pm

School Age Mondays, 6:10pm-6:40pm

School Age Wednesdays, 6:10pm-6:40pm

School Age Thursdays, 5:00pm-5:30pm

School Age Saturdays, 8:30am-9:00am, 11:00-11:30am

School Age Sundays, 12:10pm-12:40pm

Teen & Adult Thursdays, 6:35pm-7:20pm

SWIM BASICS

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: \$75 / Community Member: \$150

Preschool Mondays, 5:00-5:30pm

Preschool Mondays, 6:10pm-6:40pm

Preschool Wednesdays, 5:00pm-5:30pm

Preschool Thursdays, 5:00pm-5:30pm

Preschool Saturdays, 9:05am-9:35am

Preschool Sundays, 11:35am-12:05pm

School Age Mondays 5:35-6:05pm

School Age Tuesdays, 5:00-5:30pm

School Age Wednesdays, 6:25pm-7:05pm

School Age Thursdays, 6:45pm-7:15pm

School Age Saturdays, 10:15-10:45am

School Age Sundays, 11:00a,-11:30am

Adult Thursdays, 6:35pm-7:20pm

SWIM BASICS

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: \$75 / Community Member: \$150

Preschool Mondays, 5:30pm-6:00pm

School Age Mondays, 5:00pm-5:30pm

School Age Tuesdays, 5:35pm-6:05pm

School Age Wednesdays, 5:35pm-6:05pm

School Age Thursdays, 5:35pm-6:05pm

School Age Saturdays, 8:30am-9:00am

School Age Saturdays, 9:40am-10:10am

Teens Mondays, 6:35pm-7:20pm

Adult Thursdays, 7:25pm-8:10pm

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 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

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

SWIM STROKES

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: \$80 / Community Member: \$160

School Age Mondays, 6:45pm-7:30pm

School Age Tuesdays, 5:35pm-6:20pm

School Age Wednesdays, 5:00pm-5:45pm

School Age Thursdays, 5:35pm-6:20pm

School Age Saturdays, 9:05am-9:50am, 10:15am-11:00am

Teens Monday, 6:35pm-7:20pm

Adult Mondays, 7:25pm-8:10pm

Adult Thursdays, 7:25pm-8:10pm

SWIM STROKES

Stage 6 / Stroke Mechanics

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Member: \$80 / Community Member: \$160

School Age Mondays, 6:45pm-7:30pm

School Age Thursdays, 7:00pm-7:45pm

School Age Saturdays, 10:40am-11:25am

Teen Mondays, 6:35pm-7:20pm

Adult Thursdays, 7:25pm-8:10pm

SWIM STROKES

Stage 5 / Stroke Development

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Member: \$80 / Community Member: \$160

School Age Tuesdays, 6:25pm-7:10pm

School Age Thursdays, 6:20pm-7:05pm

School Age Saturdays, 9:55am-10:40am

Teen Mondays, 6:35pm-7:20pm

Adult Thursdays, 7:25pm-8:10pm



OBSERVATION POLICY

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

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

2018/2019 School Age Child Care Program Fees

BEFORE SCHOOL

3 Days per Week: Member \$153 & Community \$225
4 Days per Week: Member \$170 & Community \$240
5 Days per Week: Member \$189 & Community \$259

AFTER SCHOOL

3 Days per Week: Member \$270 & Community \$353
4 Days per Week: Member \$290 & Community \$378
5 Days per Week: Member \$325 & Community \$415

BEFORE SCHOOL & AFTER SCHOOL COMBINED

3 Days per Week: Member \$423 & Community \$578
4 Days per Week: Member \$460 & Community \$618
5 Days per Week: Member \$514 & Community \$674

*Tuition is Monthly

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.

Member \$54 **Community Member \$85**
(Per day/Subject to Change)

Y FUN CLUB

When schools are closed for weather related reasons, the YMCA offers the Y Fun Club Program for its School-Age Child Care participants. Your child will enjoy games, swimming, and more when you sign up for the YMCA Fun Club Program. Fun Club sessions are available in 2 day packages. 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.

Member \$65 **Community Member \$90**

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

Wednesday, 6:30-7:15pm & Friday, 6:30-7:15pm

Intermediate Level

Wednesday, 7:15-8:00pm & Friday, 6:30-7:15pm

Advanced Level

Wednesday, 7:15-8:00pm & Friday, 7:15-8:00pm

Members: \$95.00 Community: \$190.00

KID'S PAINT NIGHT

Join us at the Hamden/North Haven YMCA and paint your own back to school scene! Kid's Paint Night is for children 5 & up with their friends. Parents are invited back at 7:30pm to walk our gallery of painted canvases and enjoy delicious refreshments with their young artist. Space is limited. All proceeds support our 2018 Annual Campaign. Register at our front desk or by calling 203 248 6361.

Date: December 8, 2018

Time: 5:00-7:30pm

Members: \$20 Community: \$20



FAMILY PROGRAMMING

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 14 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 (no pool): Members \$165

2 Hour Parties (with pool): Members \$190

3 Hour Parties: Members \$250

Y NIGHT

Our Y Night event will include music, pool games, gym activities, pizza, a treat, and a raffle for a gift certificate to fun places in the area. Children must be in grades 5 and 6 to participate in this program. Bring your swimsuit, towel, and pool float to the party. This is a community event so bring your friends and join the party! Space is limited, sign up early.

Dates: Saturday, December 1, 2018

Time: 5:30-8:30pm

Members: \$12 (pre-register) Community: \$15 (pre-register)

Members: \$20 (day of event) Community: \$20 (day of event)

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: November 16, December 14

Time: 5:30-8:30pm

Members: \$15/child



HEALTHY LIVING

PERSONAL WELLNESS

F.I.T. PROGRAM

As a new Y member, we would like you to achieve your wellness goals and get the most out of your Y investment. Please sign up for F.I.T. (Free Introductory Training) so that we can help you get started. Training will include: time to get to know each other, understanding your goals and expectations together so that we can develop an action plan to ensure your success, answer any questions you may have about wellness, equipment, and our facility, teach some basic tips so you can hit the ground running, review your progress toward your wellness goals and expectations, and start working toward your wellness goals and having fun! Stop by the Front Desk or call 203-248-6361 to learn more about the F.I.T. Program.

PERSONAL TRAINING

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.

1 Session: \$65
5 Sessions: \$280
10 Sessions: \$520

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 to

WE'RE MOBILE!

Download our free Mobile App. If you have questions please call the Y at P 203 248 6361.

FREE TO MEMBER CLASSES

Class times are subject to change. Most recent Group Exercise Schedule is available at the Member Service Desk or on our website, www.hnhymca.org.

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

Wednesday: 9:00-9:45am

WATER FIT

Moderate intensity water aerobics. Includes cardiovascular workout followed by toning exercises using a variety of equipment in the water.

Friday: 10:30-11:15am

New AQUA MOVE

Exercise using your own body weight and water resistance in a moderate-intensity workout! Increase mobility, strength, flexibility and coordination as you move your body to the music! Come have fun, dance and move in the water!

Wednesday: 10:30-11:15am

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: 6:45-7:45pm

Thursday: 6:00-7:00pm



HEALTHY LIVING

FREE TO MEMBER CLASSES

Class times are subject to change. Most recent Group Exercise Schedule is available at the Member Service Desk or on our website, www.hnhymca.org.

STRENGTH TRAIN TOGETHER

Strength Train Together will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, the workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to your personal best!

Monday: 5:45-6:45pm

Tuesday: 6:00-7:00pm

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: 7:45-8:15pm

Tuesday: 9:15-10:15am

Thursday: 9:15-10:15am

Friday: 10:15-11:15am

ZUMBA FITNESS® SAMPLER

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

Saturday: 8:45-10:00am



FREE TO MEMBER CLASSES

Class times are subject to change. Most recent Group Exercise Schedule is available at the Member Service Desk or on our website, www.hnhymca.org.

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

TAI CHI

Increase balance and stability through slow, gentle movement. It will also help improve circulation and flexibility. Tai Chi can be done from a seated or standing position.

Tuesday: 10:15-11:15am

Thursday: 11:00-11:30am (Beginner)

Thursday: 11:30-12:30pm

EASY DOES IT

Low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching. For seniors, beginners, and 'ready to be fit' participants.

Monday/Wednesday/Friday: 6:45-7:45am

BALANCE & FLEX TOGETHER

Balance & Flex Together will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Tuesday: 7:00-8:00pm

Thursday: 7:00-8:00pm

Saturday: 10:00-11:00am

New VINYASA BASICS

In a safe and supportive atmosphere, students will learn the benefits of yoga, incorporating basic yoga poses, conscious breathing and meditation techniques. This is an excellent introduction for new students and also great for the intermediate/experienced student looking to fine tune their practice.

Friday: 10:30-11:30am