



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A BETTER YOU

2020 WINTER / EARLY SPRING PROGRAM GUIDE NEW BRITAIN AND BERLIN YMCAS

NEW BRITAIN YMCA

50 High Street, New Britain, CT 06051
(860) 229-3787

NEW BRITAIN YMCA CHILD CARE ACADEMY

111 Hart Street, New Britain, CT 06052
(860) 505-0870

NEW BRITAIN YMCA PRESCHOOL

50 High Street, New Britain, CT 06051
(860) 229-3787

BERLIN YMCA

362 Main Street, Berlin, CT 06037
(860) 357-2717

BERLIN YMCA FITNESS FACILITY

1176 Farmington Avenue, Berlin, CT 06037
(860) 357-2717

BERLIN YMCA CHILD CARE CENTER

10 Chamberlain Highway, Berlin, CT 06037
(860) 828-6559

NEW BRITAIN YMCA LITTLE SCHOLARS

2150 Corbin Avenue, New Britain, CT 06053
(860) 828-6559



WELCOME TO THE Y,

WHERE YOUR MEMBERSHIP MEANS MORE THAN A WORKOUT

When you belong to the Y, you build more than muscle, you strengthen our community. Every day the impact of the Y is felt when someone makes a healthy choice, a teacher or coach inspires a child and builds their confidence, and when neighbors come together for the common good.

FULL MEMBERSHIP BENEFITS

1. One membership, three YMCAs. The Meriden, New Britain and Berlin YMCAs have joined together to better serve our three communities. This means more membership privileges for those with full memberships:
 - Access to more facilities
 - More group exercise classes (take them at any of the three locations)
 - More program choices
 - Save on programs – Sign up for any program held at the New Britain, Berlin and Meriden YMCAs at the lower full member rate.
2. Free Child Watch babysitting service while you work out (during regular Child Watch hours)
3. Use of all of the New Britain wellness facilities:
Complete Fitness Center open 24/7 in New Britain, Y360, Group Exercise classes, Aerobics and Cycling Studios (during group exercise classes), Heated Indoor Pool, Racquetball Courts and Climbing Wall and Locker Rooms.
4. Free group exercise classes included in your membership: HIIT, Yoga, ZUMBA®, Bike-O-Vision, Insanity, Cut and Core, The Bottom Line, S.W.E.A.T., Pilates, Tai Chi, Piloxing, Silver Sneakers classes and more!



5. Group exercise classes for seniors at the Berlin, New Britain and Meriden YMCAs.
6. Free Family Events
7. Save on programs and summer camp registration
8. Option to upgrade membership for an additional fee to use the Men's Health Center which includes towel and laundry service and free coffee.

PROGRAM MEMBERSHIP

In order to register for programs at the Y, you need some type of membership either program or full. A program membership is a basic membership which allows you to register for the program. A full membership gives you the benefits outlined to the left allowing you to register for a program at a lower rate, and enjoy the facilities.

Ask us about our memberships for:

- City of New Britain employees
- First Responders
- Military (active duty, reserves and veterans)
- Silver Sneakers
- Silver and Fit
- Renew Active by United Healthcare
- Corporate Wellness
- Stanley Employees
- State of Connecticut Employees
- Health Center (for men) Private locker room with towel service

REGISTER FOR PROGRAMS:

1. **In person** – Visit us at 50 High Street in New Britain or at 362 Main Street in Berlin.
2. **By phone** – If you already have an up-to-date membership you may register for programs by phone.
 - **New Britain** (860) 229-3787
 - **Berlin** (860) 357-2717

BIRTHDAY PARTIES

Celebrate your child's birthday at the Y! Call Desiree Rivera for more information at (860) 229-3787.





New Britain YMCA Little Scholars is enrolling in our Toddler and Preschool classrooms. Call 860.828.6559 for information or email our site coordinator Allyson at amiller@nbymca.org or our child care director Tina at tvalentin@meridenymca.org.

CHILD CARE

At the YMCA we create brighter futures for infants through school age students in our infant, toddler, preschool and school age programs.

CHILD WATCH PROGRAM

Now hiring - Apply today!

This free service is provided to full members while you work out in order to keep your children safe, happy and engaged while you work out. Parents must remain in the facility the entire time and staff are not responsible for diaper changes. Child Watch is available to children age 6 months to 12 years old. This service is available Monday to Friday 5:30 PM-8:00 PM and Saturdays 9:00 AM to 11:00 AM

INFANT, TODDLER AND PRESCHOOL

- **Berlin YMCA Child Care Center**, 10 Chamberlain Highway, Berlin, CT 06037 • P: (860) 828-6559
- **New Britain YMCA Child Care Academy**, 111 Hart Street, New Britain, CT 06052 • P: (860) 505-0870
- **New Britain YMCA Preschool**, 50 High Street, New Britain, CT 06051 • P: (860) 229-3787
Includes Food Program and Family membership. Sliding scale available.
- **New Britain YMCA Little Scholars**, 2150 Corbin Ave., New Britain. P: (860) 828-6559.

BEFORE AND AFTER SCHOOL CARE

Our well-trained and qualified staff will engage children in a wide variety of activities including sports time, arts and crafts, team building activities, outdoor time, cooperative games and more. Our programs focus on the fundamentals of the YMCA core values of Caring, Honesty, Respect and Responsibility. For aftercare program, daily schedule allows for homework to be completed and snack is included.

New Britain: At Lincoln, Vance, Smalley, Gaffney, Northend, Chamberlain, Holmes, Smith, Diloreto and Jefferson Elementary School. For more information please call the New Britain YMCA at (860) 229-3787, or Donelle Daigle at (860) 357-2717.

Berlin: Before and after school care, and half-day care at Griswold, Hubbard and Willard schools. Now offering musical theater, karate and science classes for an additional fee. Call Amy to learn more at (860) 357-2717.

VACATION FUN DAY AND SNOW DAY CLUB

We offer a fun day of activities for New Britain and Berlin students for during scheduled no school days (not including major holidays) and when school is canceled due to inclement weather. We also have a morning care option in Berlin when there is a delayed opening due to weather. Please call (860) 357-2717 for more information.

BERLIN AFTER SCHOOL ENRICHMENT

INTRO TO IMPROV AT WILLARD:

Students learn the basics of theater skills through fun theater games. Improv helps young actors to be imaginative, think on their feet, project loudly and have the ability to become different characters. Contact: Amy Fitzgerald, Program Director at 860-357-2717 or afitzgerald@nbymca.org.

Winter: January 10 – February 7

Day/time: Fridays, 3:30-4:15 PM

Fee: \$20

STEM AT HUBBARD:

This innovative enrichment program is designed for students interested in deepening their knowledge of STEM concepts. Presented in collaboration with the Connecticut STEM Academy. Please see our website at www.ctstemacademy.org.

Winter: January 13 – February 24

Day/time: Mondays, 3:30-4:45 PM

Fee: \$40

ARTS & EDUCATION

PERFORMING ARTS

INTRO TO DANCE

Registration is now open for our dance program.

Winter: January 11 - February 15, 2020

Spring I: February 29 - April 11

Day/Time: Saturdays 10:00 - 12:15 AM

- **Tiny Tots** (2.5-4 years) Saturday 10:00 - 10:45 AM
Introducing young dancers to transitional movement to help with dance and sports.
- **Beginners** (5-8 years) Saturday 10:45 - 11:30 AM
Dancers that want to build fundamentals and a foundation of proper dance technique.
- **Intermediate** (9 years +) Saturday 11:30 AM - 12:15 PM
Dancers that want to explore their movement quality through the foundations and many techniques of dance.

Full Member: \$45

Program-Member: \$50

Non-Member: \$55

Location: 50 High Street, New Britain, CT 06051

ADULT DANCE LESSONS

SALSA AND BACHATA

The New Britain YMCA is offering Salsa and Bachata lessons for anyone ages 18 and over! Sign up on your own or sign up as a couple! Dance is great to work on flexibility, posture and coordination. It is also a fun and exciting way to keep in shape!

Fee: Individual Member \$35

Individual Non-Member \$45

Member Couple \$70

Non-Member Couple \$80



Salsa/ Bachata Current students/ Level 2 students

Winter: January 13- February 17, 2020

Day/time: Monday evenings 7:20 - 9:00 PM

Location: New Britain YMCA Aerobics Studio

Beginner students/ Level 1 students

Winter: January 16th - February 20th, 2020

Day/time: Thursday evenings 7:00-8:00 PM

Location: New Britain YMCA Lower Level Yoga Studio

MERIDEN YMCA YOUTH THEATER

MAIN STAGE (Grades K - 12)

Spring Show: The Music Man, Jr.

Open House Registration:

December 12, 2019 • 9:00AM-12:00PM

Kickoff Registration: December 21, 2019 at the Meriden YMCA, 110 West Main Street

First Rehearsal: January 4, 2020

Auditions: TBD

Rehearsals: Saturdays 9:00 AM - 1:00 PM at the Meriden YMCA Art Center, 14-16 West Main Street.

Show dates: April 3, 4, 5 times TBA

Grades: K - 12

Full Member Fee: \$114 **Program Member Fee:** \$144



SCREENWRITERS WORKSHOP (For grades 4 -8)

This award winning, one-of-a-kind program fosters early vocational writing endeavors of 4th and 5th grade students. The Screenwriter's Workshop provides an environment for dozens of writers to complete their first screenplay (and often their second, third and fourth too). Students learn the conventions of film industry-standard screenwriting by critically viewing select movies and reading produced scripts. With the engine of their rich imaginations, writers are able to produce an original five-minute narrative screenplay. Because screenwriting is a medium intended for performance, the writers will experience the thrill of seeing their work presented in a series of staged readings. The finished screenplays will be cast using the Meriden Youth Theatre at the YMCA, and performed at the Augusta Curtis Cultural Center.

Instructor: Tom Hutchinson

Dates: January 4 - May 9, 2020 (2 sessions, fee will reflect this)

Day/time: Saturdays 1:00 PM- 3:00 PM

Location: Meriden YMCA Arts Center, 14-16 West Main St.

Full Member Fee: \$99

Program Member Fee: \$129

ADULT SCREENWRITERS

Dates: January 4th - May 9th, 2020

Day/time: TBD - Please call Tom H for info 323-422-6701

Performance Reading: TBD

Location: Meriden YMCA Arts Center, 14-16 West Main St.

Full Member Fee: \$99 **Program Member Fee:** \$129

VISUAL ARTS

CLAY AND MIXED MEDIA CLASS

Students will work with clay and also other art forms.

Instructor: Dan Adamik

Winter: January 4-February 15, 2020

Spring I: Feb. 22 – April 4, 2020

Grades K-3: Saturday 8:30 AM – 10:30 AM

Grades K-3: Saturday 10:30 AM – 12:30 PM

Grades 4 and up: Saturday 12:30 PM – 3:00 PM

Location: Meriden YMCA Art Center Art studio at 14-16 West Main Street

Full Member Fee: \$74* **Program Member:** \$104*

Materials Fee: \$20

CLAY, DRAWING AND MORE

This class provides opportunities for students to work with clay and also with other art forms.

Instructor: Dan Adamik.

Winter: January 7-February 18th, 2020

Spring I: February 25- April 7, 2020

Day/time: Tuesdays 4:30 – 6:30 PM

Full Member Fee: \$74* **Program Member:** \$104*

Materials Fee: \$20

BUILDING WITH CLAY

This class is designed for individuals that have never thrown on the pottery wheel before, but are interested in learning. Students will be taught basic throwing techniques. Class size is limited to 6 students. Adults only.

Winter: January 2-February 13th, 2020

Spring I: February 20 – April 2, 2020

Day/Time: Thursday 6:00– 8:00 PM

Full Member Fee: \$74* **Program Member:** \$104*

Materials Fee: \$20

STEM

Register for all STEM programs at the Meriden YMCA at 110 West Main Street, Meriden. Programs are held at the Meriden YMCA Arts Center at 14-16 West Main St.

CT STEM OPEN HOUSE AT THE MERIDEN YMCA ARTS CENTER

Join us to preview our upcoming Winter, Spring, and Summer Camp sessions. Come with your family to this event and enjoy hands-on STEM activities.

Day / Date: Monday, 1/6

Time: 6:00 – 7:00 PM

Fee: Free

Location: Meriden YMCA Arts Center, 14-16 West Main St.

CODING FOR BEGINNERS

(AGES 8-12) Do you like solving problems? Do you like using a computer or tablet? Do you like to create? Come put your problem solving skills to the test and show your creativity while learning the basics of coding with block coding. No previous experience is required!

Day / Date: Mondays 1/13, 1/27, 2/3, 2/10
(No class 1/20 and 2/17)

Time: 6:00 to 7:15 PM

Fee: \$30

Location: Meriden YMCA Arts Center, 14-16 West Main St.

ENGINEERING AND STRUCTURES

(AGES 8-12) Have you ever wondered how a building stands up? How a bridge supports weight? Or even how an airplane flies? Come out and learn all about how various structures are engineered for success! There will be exploration in bridge building, airplane flight, and tower creations. This hands on enrichment program is designed for students interested in deepening their knowledge of engineering concepts through daily challenges.

Days / Dates: Wednesdays 1/15, 1/22, 1/29, 2/5, 2/12

Time: 6:00 – 7:15 PM

Fee: \$35

Location: Meriden YMCA Arts Center, 14-16 W Main Street.

VIDEO GAME DESIGN

(AGES 8-12) In this class, students will explore the wonderful world of video game design. Students will learn key concepts of coding on Google CS First and use Scratch block coding platform to create their own video games. They can share their video games with friends and family and continue adding to them after the program is over.

Days / Dates: Mondays 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

Time: 6:00 to 7:15 PM

Fee: \$42

Location: Meriden YMCA Arts Center 14-16 West Main St.

NATURAL DISASTERS

(AGES 8-12) What student doesn't love learning about natural disasters? This STEM Session will give students the ability to explore science and engineering concepts using tangible, hands-on activities. Students will learn about several types of natural disasters including: tornadoes, earthquakes, and volcanic eruptions. All students will make and take home their own volcano!

Days / Dates: Wednesdays 2/26, 3/4, 3/11, 3/18, 3/25

Time: 6:00 to 7:15 PM

Fee: \$35

Location: Meriden YMCA Arts Center 14-16 West Main St.



STEM SUMMER CAMPS OPEN HOUSE AT THE MERIDEN YMCA ARTS CENTER

Join us for a preview of our Summer STEM Camps. We will be able to answer your questions and share about our upcoming summer programs.

Day / Date: Wednesday, 4/1

Time: 6:00 – 7:00 PM

Fee: FREE

Location: Meriden YMCA Arts Center 14-16 West Main St.

TRY ROBOTICS OPEN HOUSE NIGHT

(AGES 9-13) LEGO Mindstorms are fun to explore a different side of robotics that includes interesting building challenges, programming, and innovative thinking with high interest materials. Come have fun and enjoy a FREE night of Robotics as a preview of upcoming programs.

Day / Date: Wednesday, 4/8

Time: 6:00 – 7:00 PM

Fee: FREE

Location: Meriden YMCA Arts Center 14-16 West Main St.

FAMILY STEM NIGHTS

Join us for a fun night of exploring Science, Technology, Engineering and Math! You'll have a chance to build a rocket, participate in hands on engineering activities such as marble mazes and hoop gliders, use robotics and coding such as Ozobots and Makey Makey and many more hands-on investigations. Contact Chris Stone at cstone@meridenymca.org for more details and pricing.

AMERICAN RED CROSS BABYSITTING CLASS

Learn leadership skills, how to diaper and feed infants, how to handle choking emergencies, rescue breathing, basic first aid and lots more. Bring a pen, note book and a bag lunch. Includes Babysitter's Training Handbook, DVD & Emergency Reference Guide. (For ages 11 – 15 years old.)

Choose from the following options to complete your class.

1. January 25, 2020 • 9:00 AM – 2:00 PM
Berlin YMCA, 362 Main St, Berlin
2. February 29, 2020 • 9:00 AM – 2:00 PM
Meriden YMCA, 110 West Main St., Meriden
3. March 28, 2020 • 9:00 AM – 2:00 PM New Britain YMCA

Full Member Fee: \$39 • **Program or Non Member Fee:** \$69

LIFEGUARD CERTIFICATION COURSE

This class provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. All participants must pass the pre-test to participate in the course. There is a maximum of 10 participants. Register now to save your spot.

Day/time: To be announced

Fee: \$350

Location: New Britain YMCA, 50 High Street

Pre-Test: All participants must pass to participate in course.

Swim 300 yards (12 laps) continuously on front, tread water for 2 minutes using legs only, and complete a timed event within 1 minute 40 seconds (surface dive to retrieve a 10lb object).

SWIMMING

SWIM LESSONS AT THE NEW BRITAIN YMCA POOL

GROUP SWIM LESSONS

Session 1: January 6, 10, 11 – February 24, 28, 29

Session 2: March 2, 6, 7 – April 20, 24, 25

Group Lesson Fees Per 8 Week Session:

FEE: Full Member \$50 • Program Member \$60
Non Member \$75

PARENT & CHILD SWIM

AGE 6 MONTHS TO 3 YEARS – 30 MINUTE CLASS

This class builds water safety skills for parents and children, helping infants and children become comfortable in the water so they are willing and ready to swim under the direction of our experienced staff. Class includes a combination of water adjustment skills, songs and games.

SHRIMP	Monday	5:00 PM
SHRIMP	Friday	5:30 PM
KIPPER	Saturday	10:00 AM

PRESCHOOL SWIM

AGE 4 TO 5 YEARS – 30 MINUTE CLASS

This class gives young children a developmentally appropriate aquatic learning experience that emphasizes water safety in a class environment with their peers. Our Pike level is for our first time swimmers with class goals of swimming without an adult assisted by a flotation device. Our Eel classes are for swimmers who may have taken lessons before with class goals of swimming with their face in the water, float and possibly swim without a flotation device.

PIKE	Monday	5:30 PM
PIKE	Saturday	9:00 AM
EEL	Monday	6:00 PM
EEL	Saturday	11:30 AM

POLLIWOG: INTRO TO WATER SKILLS

AGE 6 TO 13 YEARS – 30 MINUTE CLASS

Our Polliwog level will help students begin to feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress.

POLLIWOG	Monday	6:30 PM
POLLIWOG	Friday	6:30 PM.
POLLIWOG	Saturday	9:30 AM

GUPPY: FUNDAMENTAL AQUATIC SKILLS

AGE 6 TO 13 YEARS – 30 MINUTE CLASS

Our Guppy level will help students gain confidence and work on the basics of treading water, gliding and getting their face in the water. Sessions are 8 weeks long with 7 classes included and 1 make-up class built in for unforeseen issues. 6 students max.

GUPPY	Friday	6:00 PM
GUPPY	Saturday	10:30 AM

MINNOW: STROKE DEVELOPMENT

AGE 6 TO 13 YEARS – 30 MINUTE CLASS

Our Minnow level swimmers will learn how to knee-dive, progress in their front crawl and backstroke and continue to develop their water treading skills. They will also glide on their front and back.

MINNOW	Friday	5:00 PM
MINNOW	Saturday	11:00 AM

FISH: STROKE IMPROVEMENT

AGE 6 TO 13 YEARS – 45 MINUTE CLASS

Our Fish level swimmers will learn how to improve their treading water skills and will progress to a standing dive as well as improving their stroke techniques. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

FISH	Saturday	10:00 AM
-------------	----------	----------

FLYING FISH: SKILL PROFICIENCY

AGE 6 TO 13 YEARS – 45 MINUTE CLASS

Our Flying Fish and Shark levels are for students who have completed prior levels and are looking to develop a strong swimming endurance while perfecting their techniques. This is the last level before joining life guarding classes. Students will be required to perform all four strokes in a 25 yard pool and perform a dive in order to join this class. Instructor permission is required to register.

FLYING FISH	Saturday	11:00 AM
--------------------	----------	----------



ADULT BEGINNER

AGE 18+ YEARS – 60 MINUTE CLASS

Our Adult Beginner class is for people who have little to no swimming experience. This class will go over everything from water safety to treading water to different swim strokes. (8 Weeks):

Day/time: Saturday 9:00 – 10 AM

Full Member \$70

Program Member \$90

Non Member \$105

SWIM TEAM (APRIL)

The Meriden-New Britain-Berlin YMCA Seals Swim Team is designed to provide all swimmers with the opportunity to be a part of a team, to compete and most importantly have fun! Boys and girls ages 5-18 with the ability to swim one lap of the pool without stopping are welcome. For the more competitive swimmers we also give the opportunity to compete in more meets by offering USA swimming. New swimmers are always welcome. We offer ongoing registration with pro-rating. A Full Membership is required. For more information contact Coach Cathy Lewis at (203) 235-6386.

Location: Meriden YMCA, 110 West Main Street

PRIVATE SWIM LESSONS

Our Private Lessons run on a rolling registration with the option of an 8 class bundle or a 4 class bundle. These two bundles are not required to run with group lesson sessions. Payment is due before you receive a phone call from the Aquatics Director to schedule your lessons. Please provide the best availability you have at the time of registration. Scheduling of your lessons depends on instructor availability but we will do our best to accommodate your requested times. All classes must finish by December 31st and may not roll over into the following calendar year. If you must cancel a lesson, at least 1 hour notice is required. You must speak with your instructor, the Aquatics Director, or YMCA employee at the time of cancellation. If you do not call, it will count as a lesson and there will be no make-up.

- 45 minute lessons
- Certified Swim Instructors
- One student, one instructor, one pool!

FEE: 4 CLASS BUNDLE

Full Member: \$85

Program Member: \$105

Non-Member: \$125

8 CLASS BUNDLE

Full Member: \$115

Program Member: \$135

Non-Member: \$155

YOUTH SPORTS PROGRAMS AND LEAGUE

SOCCER

PARENT & ME INDOOR SOCCER

Designed for children & parents to spend time together while learning the game of soccer. A parent is expected to participate in the class with their child, to help introduce basic skills, while having lots of fun! Participants are required to wear sneakers & comfortable clothes. Team t-shirts will be given to each child.

Ages: (Age or 3 w/Parent or Adult)

Winter Session: January 11 – February 22, 2020

Time: Saturday 10:00 – 10:45 AM

Location: Mooreland Hill School gymnasium, Kensington, CT

Full Member Fee: \$47 **Program Member Fee:** \$67

INDOOR SOCCER

This program is designed for children who have never played or have little experience playing soccer. The basic skills: dribbling, passing, shooting, and game concepts will be taught, and FUN is emphasized! Participants are required to wear sneakers and comfortable clothes to class and bring a water bottle. Volunteer parent coaches are needed.

Winter: January 11 – February 22, 2019

Pee Wee (Ages 4 – 5yrs) Saturday 10:45 – 11:30AM

Rookies (Ages 6 – 7yrs) Saturday 11:30AM – 12:30PM

Location: Mooreland Hill School gymnasium, Kensington, CT

Full Member Fee: \$47 **Program Member Fee:** \$67

BASKETBALL

NEW BRITAIN YMCA BASKETBALL BASICS

This progressive basketball program focuses on basic skill development and fundamentals of game play. Fair play, sportsmanship, and fun are emphasized. The first half of class will focus on skill development. The second half includes competitive games. Each player will receive a team t-shirt. Volunteer coaches are needed.

Winter Session: January 11 – February 1, 2020 (4 weeks)

Location: New Britain YMCA Gym

Rookies (Age 4 – 5) Saturday 9:00 – 9:45 AM

Winners (Age 6 – 7) Saturday 10:00 AM – 11:00 AM

Champions (Age 8 – 10) Saturday 11:00 AM – 12:00 PM

Full Member Fee: \$15 **Program Member Fee:** \$30

ALTON BROOKS BASKETBALL LEAGUE

Are you looking for a competitive basketball league for your youngster? Check out the Alton F. Brooks Youth Basketball League at the New Britain YMCA! This is a coed league with a weekly practice and Saturday games. It's the perfect next level of play after our Y-Youth Sports programs. All the action takes place at the New Britain YMCA gymnasium.

3 Divisions Available:

Elementary (Ages 7–9)

Middle School (Ages 10–12)

High School (up to age 17)

Full Member: \$20 **Program Member:** \$40

Dates February 8 – March 28, 2020

MEN'S WINTER BASKETBALL LEAGUE

It's time to get your team together and hoop it up! This is a ten week season with playoffs and championship game. The winning team earns the trophy, bragging rights and a \$100 discount off of the next Men's Basketball League registration. For ages 18 and up, must be out of high school. There is a 6 team minimum in order for the league to run, 10 teams maximum can register.

League: February 23– May 3, 2020

Time: Times will be determined by the number of teams.

Location: Will alternate between New Britain YMCA and Meriden YMCA gymnasium.

Fees: \$650 per team. Max of 10 players per team.

Register: Registration will end by February 14, 2020 (or sooner if 10 team max is reached).

Register by appointment only — all team paperwork and payment is required at the time of registration. Contact Donelle Daigle (Coach "D"), Youth and Family Director at (860) 357-2717, ddaigle@nbbymca.org or Kyle Cookson at (203) 235-6386, kcookson@meridenymca.org. Maximum of 10 teams will be accepted.

INDOOR ROCKWALL PROGRAMS

WEE ROCK (PARENT & ME CLIMBING CLASS)

(Age 4–6 with Parent) Parents and children have fun together, learn together, and spend quality time in a supportive atmosphere. Never climbed before? No problem! Our staff will help you learn and feel comfortable with the sport and the equipment. Please note: Parent must be present with child and participate in the program with them.

Spring I Session: February 29 – April 4, 2020

Time: Saturday 10:00–11:00 AM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$40 per 6 week session

Program Member Fee \$55 per 6 week session



GOLF LESSONS

If you're looking to up your golf game or just learning how to play here's your chance to get into the swing of things for golf season. The New Britain YMCA is offering golf lessons for adults on Saturday mornings with golf pro Jonathan Grace. Lessons are held in the golf room at the New Britain YMCA. To book your appointment call the New Britain YMCA (860) 229-3787.

Fee:

Half Hour: \$25 Full Member • \$40 Program Member*

One Hour: \$45 Full Member • \$60 Program Member*

* If you do not have a membership a program membership fee is required.

FLOOR HOCKEY/PILLOW POLO

The class will focus on basic skill development and game experience. Fair play, sportsmanship, and fun are emphasized. The first few weeks are spent developing skills, with games following in the remaining weeks.

Dates: February 29 – April 11, 2020

Day/Time:

Parent & Me (Age 3 with parent) Saturday 10:00-10:45 AM

Rookies (ages 4-5) Saturday 10:45-11:30 AM

Winners (ages 6-7) Saturday 11:30 AM – 12:30 PM

Fee: Full members: \$47 • Program members: \$67

Location: Mooreland Hill School

GYMNASTICS

Gymnastics is a great way to teach people about a healthy lifestyle and is the base for any sport. Our experienced coaches and instructors teach gymnastics skills based on age and fitness level. We are a results oriented gymnastics program that offers a safe and encouraging environment for all. We strive to help our students and staff reach their maximum potential through continuous education and perpetual improvement. All of our classes include instruction in small groups, as well as individual instruction, to help each student develop their desired skills and attain their goals. Our highly qualified coaches and instructors will evaluate the skill level of all gymnasts and students for continual advancement.

Tumble With Me (infants to age 3)

Tiny Tumblers (ages 3-4)

Rockin' Rollers (ages 5-6)

Recreational Gymnastics (ages 7+)

Tumbling for Cheer/Acro (ages 7+)

Ninja Warrior/Pseudo Parkour (ages 7-15)

Gymnastics Fitness Class For Adults (ages 16+)

Adult Stretch, Flex and Mobility (ages 16+)

Adult Gymnastics Drop In Class (ages 16+)

Winter: classes begin January 2

Spring I: classes begin February 24

Location: Meriden YMCA Gymnastics Academy,
74 Cambridge Street, Meriden, CT 06450

For more information call (203) 235-6386 or visit
meridenymca.org

KIDS ROCK (Gr. 1-4)

Kids learn climbing safety, skill and confidence. Our newest climbers will have a chance to earn an award by displaying a positive attitude and effort to learn how to climb. From there, climbers can strive to earn additional awards throughout the session which are based on increasing climbing skill, knowledge and use of safe practices, and willingness to help other climbers. A great introductory program for kids who love to climb!

Spring I Session: February 29 – April 4

Time: Saturday 11:15 AM – 12:15 PM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$40 per 6 week session

Program Member Fee \$55 per 6 week session

TEENS ROCK (Gr. 5-8)

Teens have an opportunity to progress in climbing level throughout multiple sessions, with opportunities for progression in each session. Levels based on climbing skill, knowledge of safe climbing practices, and leadership within the class.

Spring I Session: February 29 – April 4

Time: Saturday 12:30-1:30 PM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$40 per 6 week session

Program Member Fee \$55 per 6 week session

ADULT ROCK (AGES 18 & UP)

Challenge yourself to new heights with this class! A great way to add excitement to your workout, learn the safety of climbing, and have lots of fun.

Spring I Session: February 29 – April 4

Time: Saturday 9:00 – 10:00 AM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$40 per 6 week session

Program Member Fee \$55 per 6 week session

HEALTHY LIVING

BIGGEST WINNER WEIGHT LOSS CHALLENGE

Are you overwhelmed with all the diet and exercise information that surrounds you each day? Have you dieted and exercised yourself up, down and all over the scale time and time again? Are you tired of programs that restrict you from enjoying meals with your family? Then maybe it is time for the Y to help you live a healthier life! 10 week program.

Location: New Britain YMCA

Full Member Fee: \$75 per person

Non-Member: \$105 per person

- Includes 10 week full membership. Some restrictions may apply.
- Teams of two
- Join the challenge with a family member or friend. People who work together achieve more.
- If you do not have someone to join with you we can pair you with another individual.
- Each week a trainer will work with teams who will guide you in exercise and nutrition, (very similar to the Biggest Loser). Trainers will rotate each week so teams will have the opportunity to work with different personal trainers.
- Weekly weigh-ins (cannot miss more than 4)
- Weekly giveaways to the highest loser including personal training sessions, Y Bucks and more.
- Cooking demo
- Surprise Team Challenges (prizes will be awarded) . . . AND LOTS MORE!
- First and second place prize will be awarded to the top two teams who lose the most amount of weight. Final weight losses will be calculated by percentages. Must weigh in on final night.

GROUP EXERCISE CLASSES

NEW BRITAIN YMCA

We have lots of great classes to choose from! Check out ZUMBA, Bike-O-Vision, Silver Sneakers, The Bottom Line, Cut and Core and more! Visit nbbymca.org to check our schedule and complete list of classes.

BERLIN YMCA

Winter: January 6 – February 28, 2020

Spring I: March 9 – May 1, 2020

CLASSES AT BERLIN YMCA

362 Main Street, Berlin

Monday	10:00 AM	Pilates
Monday	6:30 PM	Pilates
Wednesday	10:00 AM	Pilates

CLASSES AT BERLIN YMCA/INNOVATIVE FITNESS

1176 Farmington Avenue, Berlin

Thursday	6:15 PM	PoundTM
Saturday	8:00 AM	Personal Fitness with Ben Belancik*

Fee: No fee if you are a full member of the Meriden, New Britain, Berlin YMCAs.

Program members pay \$55 per 8 week session.

*\$30 for members, \$35 for non-members

Preregistration is required for all Berlin YMCA classes. Call Amy at 860.357-2717.

MASSAGE THERAPY

Massage has healing elements that boost the immune system, improves circulation, concentration, energy, self-esteem, and can contribute to a better sleep. Massage can impact your ability to cope with every day responsibilities and stressors in your life. As a preventative measure it can mean increased pain relief, mobility, and control of your health. Our Licensed Massage Therapist offers a variety of modalities to assist with stress reduction and relaxation, muscle aches and sports recovery. By appointment.

Location: New Britain YMCA

30 MINUTE	60 MINUTE	90 MINUTE
1 session: \$40	1 session: \$70	1 session: \$95
3 sessions: \$95	3 sessions: \$180	3 sessions: \$255
5 sessions: \$145	5 sessions: \$285	5 sessions: \$405

MIDDLE SCHOOL STRENGTH TRAINING

Trained fitness staff will provide instruction of proper use of all areas of the New Britain YMCAs Fitness Center. This 8 week program is designed for each student's current fitness level from beginner to advanced athlete. Graduates of this program will have full access to the Wellness Center Facility during hours of operation accompanied by an adult.

Winter: January 7 – February 27, 2020

Spring I: March 3 – April 23, 2020

Day/Time: Tuesdays and Thursdays 4:15 – 5:00 PM

Full Member Fee: \$30

Program Member Fee: \$40

Non Member Fee: \$50

PERSONAL FITNESS TRAINING

The New Britain YMCA offers affordable and effective personal training for individuals and small groups. Every workout is tailored to your goals and ability by our nationally certified personal training staff.

DIANA MALIK

Diana is a WITS Certified Personal Trainer and AFAA Group Fitness Instructor at the New Britain YMCA. She loves fitness and wants to share her love with clients who want to become a stronger, better version of themselves. She is available to design personalized workouts using a variety of different disciplines including traditional strength and weight training. Diana specializes in exercise for weight loss, conditioning, functional fitness and core strength. Convenient, customized and creative workouts with Diana...call her today.
CONTACT: 860.930.6998 or dianamalik@comcast.net



SHARON VANCE

Health and Fitness has always been a personal passion for me. Playing sports throughout my life provides me with first hand knowledge of the importance and benefits of proper form and technique. I had my share of sports injuries and have made it my mission to help others reach their fitness goals, be it fitness, health or performance while reducing the risk of injuries. A strong mind plus a strong body equals a healthy you. Invest in yourself and reap the benefits. For a Free Fitness Assessment contact Sharon, WITS Certified Personal Trainer Specializing in Weight Loss, Strength and Conditioning at (860) 830-5085.



PERSONAL TRAINING OPTIONS:

Individual

1 hour: \$55 • **5 hours:** \$160 • **10 hours:** \$270

Personal Training for Two

Train with a friend or family member.

10 Sessions: \$320. Some restrictions may apply.

MARK TUREK

Mark Turek is a longtime YMCA member, has been involved in strength training and fitness his whole life and is a former body builder. He enjoys teaching others and everyone loves his Barbell class! Members enjoy seeing his friendly face at the Meriden YMCA and New Britain YMCAs where he can be often found helping members exercise properly. Mark is a certified in Foundations of Strength and Conditioning, Group Exercise and First Aid/CPR.



FRANCIS APONTE

I have always enjoyed exercising and staying active from a young age. Over a decade ago, I decided to commit myself to improving my level of fitness and joined the YMCA. I fell in love with all the aspects of a healthy and active lifestyle and have kept training ever since. Realizing I had a passion for exercise, I decided to become an ACE Certified Personal Trainer to help others achieve their goals and do something I truly enjoy. Whether it is weight loss, sports performance, or just wanting to look and feel better, I can help you reach your goals by using a variety of exercises and training methods. From aerobic exercise to strength training to high intensity workouts, I can guide you through a balanced and enjoyable exercise program regardless of your level of fitness. With my assistance, you will be able to see the positive effects exercise can have on your life and get to where you want to be.

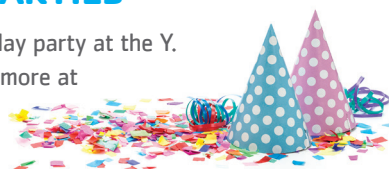


HART HOUSE RESIDENCE

The New Britain YMCA offers affordable, clean housing with many services in a safe convenient location for adult men age 21 and older. For more information call (860) 229-3787.

BIRTHDAY PARTIES

Plan your next birthday party at the Y. Call Desiree to learn more at (860) 229-3787.





MY Y STORY

Tyler Borselle

Seals Swim Team

COACHES COMMENTS

I chose Tyler for swimmer of the month because he is one of those kids that swims and has fun while doing it. He is always positive. I love when he is really thinking about doing something, stops in the middle of trying it and says "Is that right? Did I do it right?" He tries hard. He has not always reached his goals but he does not give up. He set his goal this year and got it! I am so proud of him!!!

– Coach Cathy

How long have you been with the Seals swim team?

Five years.

What do you like about swimming?

I like the social aspect of it and I just like swimming. We also get to travel which I like a lot. I am a very enthusiastic swimmer and at any meet I would pretty much lose my voice because I am screaming for my teammates.

What is your favorite stroke? Favorite race?

My favorite stroke is the backstroke, and my favorite race is the 100 backstroke. It is fun and you get to breathe the whole time!

What were your swim goals this year?

I really wanted to go to New England's. I went at age 8 on the relay team. Last year I tried really hard but did not make it. This year I tried really, really hard and made it into two events, the 50 back and 100 back and the two relays.

What are your goals next year?

Zones.



What are your favorite subjects in school?

Writing and reading.

What do you like to do when you are not swimming?

I play lacrosse and I like to be outside riding my bike.

What is something the other swimmers may not know about you?

I am very musical. I play tenor sax and I am in the regular and jazz band. I am the only tenor sax in my band. I want to try to play all of the saxophones.

FROM TYLER'S PARENTS, DENNIS AND MICHELLE BORSELLE

Dennis: Ty worked extra hard this year. It was exciting for him to get to New England's in his own events in addition to the relay team. All of the hard work and practices paid off. The coaches are just great and really care.

That is what separates the Y from other programs. Each coach took individual time to work with him and said these are the things you need to work on. Preston and Cathy working with him on Sundays and all of the other extra stuff that he did really made the difference. Preston especially pushed him. The biggest change I've seen is his confidence level. He also learned the importance of being able to set a goal, work hard and achieve it which he can translate to everything. He definitely likes the social aspect too. And he sees how hard his sister works. Tyler always tells me it is nice to have a whole other set of friends in addition to his friends in Berlin. The team has opened us up to friendships with other families. It is nice. Everyone looks out for each other. That really separates the YMCA Seals from other programs.

Michelle: I chose the Seals because of the reputation for developing young swimmers and focusing on technique and the whole child. It was important to me that personal improvement is the focus not winning. I was a coach for 14 years and swam competitively. We've been swimming at the Y for 5 years. Ty insisted he was going to swim after he swam one season in the summer. When he joined, he could barely make it across! Tyler was the one who got us all involved. Our older daughter swims and now our younger one does too. Tyler has had additional experiences/opportunities to develop friendships and meet Olympians and try different events through USA swimming. He also heard Michael Phelps speak at Southern.

Tyler: Michael Phelps taught me that sometimes in swimming you have to keep trying even if it does not go your way.