



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING MORE THAN MUSCLE

2019 FALL 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



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 and programs
 - More group exercise classes (take them at any of the three locations)
 - 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: ZUMBA®, Bike-O-Vision, Cut and Core, The Bottom Line, S.W.E.A.T., Pilates, Yoga, Silver Sneakers classes and more!
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The Silver&Fit logo features a stylized green and blue graphic to the left of the text "Silver&Fit". Below it, the text "HEALTHWAYS" is in small letters, followed by "Silver Sneakers" in a larger font, with "FITNESS" in smaller letters to the right.
5. Group exercise classes for seniors at the Berlin, New Britain and Meriden YMCAs.
 6. Free YMCA Friday night play time at Exploration Station in Meriden
 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
- Corporate Wellness
- Stanley Employees
- State of Connecticut Employees
- Health Center (for men)
- Private locker room with towel service

HOW TO REGISTER:

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.



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

This free service is provided to full members 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
School Readiness • Sliding Scale

INFANT CARE

Our program will allow your baby to develop at their own pace and help them build strong bonds with caregivers and friends by using positive and supportive interactions, which builds trust and self-esteem. This program is available in 3 day and 5 day sessions and runs year round.

TODDLER CARE

Our program provides a safe, nurturing learning environment allowing each toddler to develop naturally as an individual. Through the use of music, stories and games, toddlers learn to participate in activities that help expand their interest in learning, develop self-help skills and teach the concept of sharing. This program is available in 3 day and 5 day sessions and runs year round.

To learn more about our infant, toddler and preschool programs, please call Leisa at (860) 828-6559.

PRESCHOOL

The Berlin YMCA Child Care Center uses a Reggio inspired curriculum. The Reggio Emilia philosophy is an approach to teaching, learning and advocacy for children where kids are really encouraged to explore. In its most basic form, it is a way of observing what children know, are curious about and what challenges them. The teachers are there to help them explore. Call Leisa to learn more at (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 (5 day and 1-3 day options) half-day care, delayed opening care at Griswold, Hubbard and Willard schools. Now offering STEM and other enrichment 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). We also offer Snow Day Club for New Britain students. We have a morning care option in Berlin when there is a delayed opening due to weather. Please call (860) 357-2717 for more information.

ARTS

INTRO TO DANCE

Registration is now open for our next 7 week Intro to Dance session here at the New Britain-Berlin YMCA.

- **Tiny Tots** (3-4 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.

Fall I: September 14 - November 2 (No class 10/12)

Fall II: November 16 - December 21

Price: Full Member: \$45

Program Member: \$50

Non-Member: \$55

Location: 50 High Street, New Britain, CT 06051

MERIDEN YMCA YOUTH THEATER

RISING STARS (GRADES K-5)

Show: THE GREATEST SNOWMAN

Directed By: Carolyn Daniels and Junior Staff

Rehearsals: Please note day and time change.

Sundays 12:00 – 2:00 PM

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

First Rehearsal and Audition workshop:

September 15th at Y Arts Center

Shows and Show Time: Weekend of December 14th

Full Member Fee: \$109

Program Member Fee: \$139

RISING STARS (GRADES 5-8)

Show: 

Directed By: MYT Staff

Rehearsals: Saturdays 12:00 – 3:00 PM

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

First Rehearsal and Audition workshop:

September 14th at Y Arts Center

Shows and Show Time: Weekend of December 14th

Full Member Fee: \$109

Program Member Fee: \$139

TEEN THEATRE (GRADES 9-12)

Show: To be announced

Directed by: MYT Staff

Rehearsals: Saturdays 9:00 AM – 1:00 PM

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

Registration: September 14th at Meriden YMCA,
110 West Main Street

Auditions: September 15th at Y Arts Center

Shows and Show Time: Weekend of December 7th

Member Fee: \$109 **Program Member Fee:** \$139

CLAY AND MIXED MEDIA CLASS

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

Instructor: Dan Adamik

Saturdays

Fall I: September 8 – October 20, 2018

Fall II: November 3 – December 15, 2018

Grades: K-3 8:30AM – 10:30AM

Grades: K-3 10:30AM – 12:30PM

Grades: 4 and up 12:30AM – 3:00PM

Location: Meriden YMCA Art Center at 14 West Main Street

Full Member Fee: \$69* **Program Member:** \$99*

Materials Fee: \$20

CLAY DRAWING AND MORE

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

Tuesdays 4:30–6:30 PM

Fall I: September 4 – October 16, 2018

Fall II: November 6 – December 18, 2018

Full Member Fee: \$69* **Program Member:** \$99*

Materials Fee: \$20

Location: Meriden YMCA Art Center at 14 West Main Street

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.

Thursday 6:00–8:00 PM

Fall I: September 6 – October 18, 2018

Fall II: November 8 – December 20, 2018 (No class Nov. 22)

Full Member Fee: \$69* **Program Member:** \$99*

Materials Fee: \$20

Location: Meriden YMCA Art Center at 14 West Main Street

LITTLE CHEFS

This hands-on program for young chefs in grades K through 5 will teach children cooking can be creative, full of discovery, and a whole lot of fun! Our chefs will learn about kitchen safety and cooking tips while preparing recipes they can enjoy at class or bring home. At the end of session chefs take home their very own cookbook with recipes taught in class.

Location: Berlin YMCA Program Center, 362 Main Street

Fall I Session: September 5 – October 3, 2019

Fall II Session: October 17 – November 14, 2019

Time: Tuesdays 5:00 – 6:00 P.M.

Full Member: \$35 **Program Member:** \$45

Contact: Amy Fitzgerald at 860-357-2717

STEM PROGRAMS

ROCKETRY 101

Get ready to blast off with this exciting program! Students will have the opportunity to build small rockets from household materials that they can launch at home, eventually building up to a well-designed rocket that will be launched from our own high pressure air compressor. Students with a knack for engineering and design should consider this course in basic rocketry.

Dates: 9/9, 9/16, 9/23, 9/30, 10/7, 10/21

(No class on 10/14)

Day/time: Mondays 6:00 – 7:15 PM

Location: Mountain Mist Outdoor Center

Fee: \$42

ENGINEERING CHALLENGES

This hands-on enrichment program is designed for students interested in deepening their knowledge of STEM concepts through daily engineering challenges led by experienced instructors.

Dates: 10/28, 11/4, 11/18, 11/25, 12/2, 12/9
(No class 11/11)

Day/time: Mondays 6:00 – 7:15 PM

Location: CT STEM Academy, 91 Main Street, South Meriden

Fee: \$42

EXPLORE ROBOTICS

Are you interested in robotics? If so, then you'll want to be a part of designing and testing micro robots that use a toothbrush and cell phone motors. Participants will also have an opportunity to work with ozobots and experience an introduction to Lego Robotics. Each participant will keep their robot.

Dates: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16

Day/time: Wednesday 6:00 – 7:15 PM

Location: CT STEM Academy, 91 Main Street, South Meriden

Fee: \$42

ADVANCED LEGO ROBOTICS

The great minds at LEGO have provided the tools and means for us to use their fun kits to do more advanced STEM and computer science. LEGO Mindstorms are a great facet for students to explore a different side of robotics that includes interesting building challenges, programming, and innovative thinking with high interest materials. This program is designed for participants who have previous experience with Lego Robotics.

Dates: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11
(No class on 11/27)

Day/time: Wednesdays 6:00 – 7:15 PM

Location: CT Stem Academy, 91 Main Street, South Meriden

Fee: \$42

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.

Dates: Scheduled Date at Your School

Day/time: 1.5 hour program

Location: At Your School

Fee: \$50

VEX IQ ROBOTICS COMPETITION TEAM

Join us for another successful season of our VEX IQ robotics competition team. Let's go to the World Championships again! Students can rejoin from the previous year, but we also welcome new faces. No experience necessary. In this program, students work with teams to design and build a robot that can complete the challenge given to all schools by VEX. We will compete in competitions together and work hard to support one another. This club is high commitment and high reward. Consider joining us! Contact Chris Stone at cstone@meridenymca.org for more details.

Dates: Saturdays Year Long (Late September through Mid March)

Day/time: 9-12pm

Location: Meriden YMCA

Fee: \$42

INTRO TO STEM (AFTER SCHOOL PROGRAM)

Do you like to explore science, solve problems and use technology? If you do, then join the CT STEM Academy for an engaging session of exploring many different STEM Challenges both engineering and technology through hands-on investigations. Build, engineer, and explore many different science activities such as rockets, Ozobots, bridge building, and K'NEX!

Day/time: Tuesdays 3:30 – 4:45 PM

1. Willard Elementary School

Dates: 9/23 – 10/28 (No class 10/14)

2. Griswold Elementary School

Dates: 11/11 – 12/9

3. Hubbard Elementary School

Dates: 1/13/20 – 2/24/20 (No class 1/20 or 2/17)

Fee: \$40

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. September 14, 2019 • 9:00 AM – 2:00 PM

Berlin YMCA, 362 Main St, Berlin

2. October 26, 2019 • 9:00 AM – 2:00 PM

Meriden YMCA, 110 West Main St., Meriden

3. November 23, 2019 • 9:00 AM – 2:00 PM New Britain YMCA

Full Member Fee: \$39

Program or Non Member Fee: \$69

LIFEGUARD CERTIFICATION COURSE

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. (10 Participants Max) Pre-test required.

Date / Time: To be announced

Members: \$275

Program Members: \$300

Non-Members: \$350

Location: New Britain-Berlin YMCA, 50 High Street, New Britain

Contact: Ashley Jordan (860) 229-3787, ajordan@nbbyymca.org

***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: Sept. 9, 13, 14 - Oct. 28, Nov. 1 & 2

Session 2: Nov. 4, 8, 9 - Dec. 23, 27, 28

Fee: Full Member \$45

Program Member \$55

Non-Member \$70

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 5:30PM

PIKE Saturday 9:00AM

EEL Monday 6:00PM

EEL Saturday 11:30AM

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 6:30PM

POLLIWOG Friday 6:30PM

POLLIWOG Saturday 9:30AM

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 6:00PM

GUPPY Saturday 10:30AM

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 5:00PM

MINNOW Saturday 11:00AM

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 10:00AM

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 11:00AM

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.

ADULT BEGINNER Saturday 9:00AM - 10:00AM

GROUP LESSON FEES (8 Weeks):

Full Member \$65 Program Member \$85 Non Member \$100

ADULT BEGINNER FEES (8 Weeks):

Full Member \$65 Program Member \$85 Non Member \$100

MERIDEN, NEW BRITAIN, BERLIN SWIM TEAM

Location: Meriden YMCA

(BEGINS IN OCTOBER) The Meriden 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.

Weddell Seals: 8 & Under • Spotted Seals: 9-12 YMCA Team Consists of up to 4 days of 1 hour practices.

Harbor Seals: USA/YMCA Reg. Swimmers Ages 8-12 Consists of up to 5 days of 1 1/2 hour practices.

Leopard Seals: USA/YMCA Reg. Swimmers Age 12-19 Consists of up to 5 days of 2 hour practices.

New swimmers are always welcome. We offer ongoing registration with pro-rating. A Full Membership is required. For more information contact Coach Cathy at 203-235-6386 or visit www.meridenymca.org

PRIVATE SWIM LESSONS

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

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.

4 CLASS BUNDLE

Full Member Fee: \$80

Program Member Fee: \$100

Non-member Fee: \$120

8 CLASS BUNDLE

Full Member Fee: \$110

Program Member Fee: \$130

Non-member Fee: \$150

The pool is available for rentals. Contact Ashley at (860) 229-3787.

NEW BRITAIN YMCA • NBBYMCA.ORG • 860-229-3787 / BERLIN YMCA • NBBYMCA.ORG • 860-357-2717

SWIMMING BOOT CAMP (9/3-9/27)

Location: Meriden YMCA

Boot camp is a 4 week stroke development program for competitive swimmers or for those looking to join a competitive team. We will focus on a different stroke each week, including starts and turns. Must have an assessment prior to start if not currently on swim team.

Full member fee: \$85*

Program Member Fee: \$115*

If you have any questions, contact Cathy Lewis at 203-235-6386.

YOUTH SPORTS LESSONS AND LEAGUE

BERLIN Y BASKETBALL BASICS

A great introduction to this popular sport! This class focuses on basic skill development and game experience. 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.

Fall II: November 2 - December 14, 2019

Location: Mooreland Hill School gym, Kensington, CT

PeeWee (Ages 4-5yrs) Saturday 10:45 - 11:30 AM

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

Full Member Fee: \$45 Program Member Fee: \$65

MEN'S FALL 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: October 13 - December 15, 2019

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

Location: New Britain YMCA gymnasium

50 High Street, New Britain, CT 06051

or Meriden YMCA gymnasium

110 West Main Street, Meriden

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

Register: Registration will begin in late August and end October 4th (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 Justin Ferari at the Meriden YMCA. Maximum of 10 teams will be accepted.

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.

2 Divisions Available:

Elementary (Gr. 3-5)

Middle School (Gr. 6-8)

High School (Gr. 9-12 • Maximum age of 18 years old)

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

Dates October 5 - November 23, 2019

SOCCER

PARENT & ME SOCCER (Age 3 w/Parent or Adult)

This program is designed for children & parents to spend quality time together learning the game of soccer. A parent is expected to participate in the class with their child, to help introduce basic skills of soccer, while having lots of fun! Participants are required to wear sneakers and comfortable clothes to class and bring a water bottle.

Dates: September 14 - October 26, 2019

Time: Saturday 10:00-10:45am

Location: Mooreland Hill School athletic fields, Kensington, CT

Full Member Fee: \$45 **Program Member Fee:** \$65

BERLIN YMCA FALL 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.

Dates: September 14 - October 26, 2019

Location: Mooreland Hill School athletic fields, Kensington CT

Full Member Fee: \$45 **Program Member Fee:** \$65

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

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

MIGHTY MIGHT'S

PARENT & ME PROGRAM (Age or 3 w/Parent or Adult)

A great way for parent & child to interact while learning a variety of sports & recreational activities. Hand-eye coordination, motor skill development, listening to directions, and teamwork will be emphasized.

Dates: November 2 - December 14, 2019

Time: Saturday 10:00 - 10:45 AM

Location: Mooreland Hill School gymnasium, Kensington CT

Full Member Fee: \$45

Program Member Fee: \$65

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.

Fall I: September 4 - October 22 (7-week session)

Fall II: October 29 - December 19 (7-week session)

No class on Wednesday October 31

(Wednesday classes go until December 19)

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

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

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.

Fall I Session: September 14 - October 19, 2019

Fall II Session: November 2 - December 17, 2019

Time: Saturday 10:00-11:00 AM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$35 per 6 week session

Program Member Fee \$50 per 6 week session

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!

Fall I Session: September 14 - October 19, 2019

Fall II Session: November 2 - December 7, 2019

Time: Saturday 11:15 AM - 12:15 PM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$35 per 6 week session

Program Member Fee \$50 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.

Fall I Session: September 14 – October 19, 2019

Fall II Session: November 2 – December 7, 2019

Time: Saturday 12:30-1:30 PM

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$35 per 6 week session

Program Member Fee \$50 per 6 week session

SKI CLUB

For Berlin Schools the YMCA offers a five week ski club during the winter months for those beginner level skiers and up who love to ski or snowboard. Information and registration will be available beginning in the first week of November. Prices are based on the chosen package. Call Donelle Daigle for more information at (860) 357-2717.

HEALTHY LIVING

SALSA AND BACHATA LESSONS

The New Britain YMCA is now 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!

Date: September 16 – October 28

Time: Monday evenings

7:20 – 8:00 PM – Beginner / New students

8:00 – 9:00 PM – Current students

Fee: Individual Member \$30

Individual Non-Member \$40

Member Couple \$65

Non-Member Couple \$75

ENHANCE@FITNESS

MODERATE-IMPACT CLASSES WITH HIGH-IMPACT RESULTS

Enhance@Fitness is an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Here are some of the changes our participants have noticed:

- More energy
- Better balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence

In addition to the physical benefits, research has shown that, among older adults who participate in Enhance@Fitness, health

costs were lowered each year by close to \$1,000. Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. Enhance@Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace. Want to learn more? Please call Carrie at 203-235-6386 x18

Location: New Britain YMCA.



FALL INTO FITNESS 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! 7 week program.

Dates: Saturdays • October 12 – November 23

Time: 10:00 AM – 12:00 PM

Location: 110 West Main Street

Instructor: Diana Malik

For more information contact Ashley Jordan at (860) 229-3787 or ajordan@nbbymca.org



CARDIAC REHABILITATION PROGRAM

This program is designed for individuals who have experienced a cardiac event and completed phases I and II of a cardiac rehabilitation program. This program focuses on phases three and four.

Entry requirements: Physician referral, interview (or graduation from Phase II)

Times: Mon.-Wed.-Fri. • 11:15 AM-12:15 PM

Location: New Britain YMCA Fitness Center

Full Member Fee: \$15 per month

Program Member Fee: \$35 per month

(Must have a program membership)

Contact: Carrie Marquardt at (203) 235-6386 x18

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 with golf pro Jonathan Grace. Lessons are held in the golf room at the New Britain YMCA. Book your appointment by calling the 860.229.3787.

Full Member Fee: \$25 Half hour • \$45 Full Hour

Program Member Fee: \$35 Half hour • \$60 Full Hour

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

Fall I: September 3—October 21, 2019

Fall II: November 4—December 23, 2019

Location: Yoga is held at the Verlin YMCA Program Center at 362 Main Street. All other classes are held at Berlin YMCA Fitness, 1176 Farmington Avenue

DAY	TIME	CLASS
Monday	10:00 AM	Pilates
Monday	6:30 PM	Pilates
Tuesday	5:30 PM	Beginner Yoga
Tuesday	6:30 PM	Intermediate Yoga
Tuesday	6:30 PM	PiYo™
Wednesday	10:00 AM	Pilates
Wednesday	6:30 PM	PiYo™
Thursday	6:15 PM	Pound™
Saturday	8:00 AM	Personal Fitness with Ben Belancik*

Preregistration required. Call Amy at (860) 357-2717

Fee: Full members are free, but must preregister.

Program members and Non-members \$55

* Personal Fitness class is \$30 for members • \$55 for non-members

SAVE THE DATE

35TH ANNUAL TINSEL FUN RUN

Saturday, December 7, 2019

Proudly presented by the Berlin YMCA & Berlin Parks and Recreation Department. 2 mile run. Berlin High School, 139 Patterson Way. Holiday costumes are welcome.

Contact Donelle Daigle for details at ddaigle@nbbymca.org.

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, Massage Therapy Room

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.

Session I: Tuesday, September 10- Thursday, October 24

Session II: Tuesday, October 29- Thursday, December 19

Time: Tuesdays and Thursdays 4:15-5:00 PM

Full Member Fee: \$30

Program Member Fee: \$40

Non-Member: \$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.

Individual

1 hour: \$55 • **5 hours:** \$155 • **10 hours:** \$265

Personal Training for Two

Train with a friend or family member. 10 Sessions for \$315. Some restrictions may apply.

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

PERSONAL TRAINING OPTIONS:

1. One Hour \$55
2. Five one-hour sessions \$155
3. Ten one hour sessions \$265
4. Personal Training for Two: 10 sessions for \$315.
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.

CONTACT: 203-641-7620

PERSONAL TRAINING OPTIONS:

1. One Hour \$55
2. Five one-hour sessions \$155
3. Ten one hour sessions \$265
4. Personal Training for Two: 10 sessions for \$315.
Some restrictions may apply.



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:

1. One Hour \$55
2. Five one-hour sessions \$155
3. Ten one hour sessions \$265
4. Personal Training for Two: 10 sessions for \$315.
Some restrictions may apply.





CHECK OUT POUND™ PIYO™ AND PILATES

At Berlin YMCA Fitness
1176 Farmington Ave. in Berlin.
Call Amy at (860) 357-2717
to learn more.



MY Y STORY

The Westman Family's Story

From Laura Westman

I went back to work the summer of 2016 and needed child care for my three boys. I chose Camp Thundermoon for my triplets because it has a good reputation, is close by and is affordable. My sons also go to the YMCA after school program at their elementary school.

They love both programs and so do I. They have so much fun with the staff that when I pick them up my boys often say "Why are you picking me up so early?"

I like the structure and all of the fun they have at Camp Thundermoon. The camp counselors are excellent at what they do. Donelle Daigle does a great job hiring the best staff.

I have been an on and off again member of the New Britain YMCA for 12 years. I always come back to the Y because it is a very comfortable environment.

I have recommended both programs to many people. The programs are great, reasonably priced, and the staff is excellent.

WE'RE MORE THAN A GYM. WE'RE A CAUSE.

As the nation's leading nonprofit committed to strengthening community, we are dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when neighbors come together for the common good.

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.

ENDLESS SUMMER

Friday, October 25th

Join us for Endless Summer on October 25th, our signature fundraising event to benefit our annual campaign which provides scholarships for summer camp, programs and membership. This year our award recipient for the Ken Griffen Compass Award will be Michael and Rita Carrier.

Please support our community work by purchasing a ticket, sponsoring the event and/or donating an auction item.

Please contact Desiree Rivera by phone at (860) 229-3787 or by email: drivera@nbbymca.org for more information.