



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVER HERE FOR YOU



FALL 2021 PROGRAM GUIDE

NEW BRITAIN AND BERLIN YMCAS

NEW BRITAIN YMCA (860) 229 – 3787 | BERLIN YMCA (860) 357-2717

nbbymca.org • facebook.com/nbbymca • facebook.com/BerlinYMCA • Follow us on 

WELCOME TO THE Y

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.

MEMBERSHIP OPTIONS AND BENEFITS

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 right 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)

HOW TO 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

General Refund Policy: If any class or program is canceled by the YMCA, a full refund of paid program fees, plus membership fees if taken out solely to participate in the canceled class, will be made by check from the YMCA. Other membership, program, joiner's and drafting fees are nonrefundable. Any program or fitness classes not held for holidays or due to inclement weather are not refundable nor transferable.



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: Y360, Group Exercise classes, Aerobics and Cycling Studios (during group exercise classes), Heated Indoor Pool, Racquetball Courts and Locker Rooms.
 4. Free group exercise classes including: Water Aerobics, ZUMBA®, S.W.E.A.T, Yoga, Indoor Cycling and more.
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HEALTHWAYS
Silver Sneakers
FITNESS
5. Group exercise classes for seniors at the Berlin, New Britain and Meriden YMCAs.
 6. Save on programs and summer camp registration
 7. Option to upgrade membership for an additional fee to use the Men's Health Center which includes towel and laundry service, steam room, sauna, individual locker with member's name on it and free coffee.

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 p.m.-8:00 p.m..

INFANT, TODDLER, PRESCHOOL

New Britain YMCA Child Care Academy

111 Hart St., New Britain, CT 06052
Infant & Toddler • (860) 505-0870

New Britain YMCA Preschool

50 High St., New Britain, CT 06051 • School Readiness, Sliding Scale • (860) 229-3787

New Britain YMCA Little Scholars

2150 Corbin Avenue, New Britain • Infant, Toddler and Preschool • (860) 828-6559

Our programs include a free food program including formula for our infants, breakfast, lunch and snack for our students. We accept Care4Kids.

Berlin YMCA Child Care Center

10 Chamberlain Highway, Berlin
Infant, Toddler, Preschool • (860) 828-6559

BERLIN BEFORE AND AFTER CARE

Before and after school care and half-day care is available in Griswold Elementary, Hubbard Elementary, & Willard Elementary Schools for students in grades K through 5. Please contact Amy for more information at (860) 357-2717.

NEW BRITAIN BEFORE & AFTER CARE

As a partner with the Consolidated School District of New Britain, the YMCA is proud to offer program options to assist families that are in need of before school and/or after school care for their child. Our well-trained and qualified staff will engage the children in a wide variety of activities that include sports, arts and crafts, outdoor time, cooperative games and more. Our programs focus on the fundamentals of the YMCA core values of Caring, Honesty, Respect and Responsibility. YMCA staff are first aid, CPR, & administration of medication certified. All programs are parent drop off/pickup, and are located in New Britain elementary schools.

- **AM Care** \$40 per week /per child. Starts at 7:00 a.m. until school begins. Offered in all schools except Diloreto.
- **PM Care** \$60 per week/per child. Starts at school dismissal until 5:30 p.m.. Offered in all schools including Diloreto. Includes care for any early dismissal days. Includes time for homework completion. Dinner program provided by Whitson's included.
- **Combo Care Before & After Care.** \$80 per week / per child. Same times as above. Offered in all schools except Diloreto. Includes care for any early dismissal days. Includes time for homework completion and dinner program provided by Whitson's.

Please visit nbbymca.org or call us at (860) 229-3787 for more information.

VACATION FUN DAY & 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

PERFORMING ARTS

MERIDEN YMCA YOUTH THEATER

MYT RISING STARS

FALL SHOW GRADES K-4

DIRECTED BY: MYT STAFF



Frozen Kids Musical • 30 minute performance

Rehearsals: Saturdays 1:00 – 3:00 p.m.

Performances: December 10 – 12

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

First Rehearsal: September 4, 1-3 p.m.

Auditions: September 11, 1-3 p.m.

Full Member: \$139 **Program Member:** \$169

MYT JUNIOR COMPANY

FALL SHOW GRADES 5-8

DIRECTED BY: MYT STAFF



Frozen Jr. • 60 minute performance

Rehearsals: Saturdays 1:00 – 4:00 p.m.

Performances: December 10 – 12

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

First Rehearsal: September 4, 1-3 p.m.

Auditions: September 11, 1-4 p.m.

Full Member: \$139 **Program Member:** \$169

MYTEEN

FALL SHOW GRADES 8-12

DIRECTED BY: MYT STAFF



Legally Blonde • Full length musical

Rehearsals: Saturdays 9:00 a.m. – 1:00 p.m.

Performances: December 17-19

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

First Rehearsal: September 4, 10 a.m. - 12 p.m.

Auditions: September 11, 9 a.m. – 1 p.m.

Full Member: \$139 **Program Member:** \$169

INTRO TO DANCE

Registration is now open for our next 6 week Intro to Dance session here at the New Britain–Berlin YMCA. 8 participants MAX in each class. For more information call Ashley at (860) 229-3787 x145 or email ajordan@nbbymca.org.

Fall I: October 2 – November 6

Fall II: November 13 –December 18

Location: 50 High Street, New Britain

MUSIC & DANCE

Fundamental dance technique, body awareness, spatial awareness, coordination, social skills, encourage child's love of dance.

Age/Day/Time: Ages 3-4 • Saturday, 10:00-10:45 a.m.

Age/Day/Time: Ages 5-6 • Saturday, 10:45-11:30 a.m.

Member: \$50 per 6 week session

Program Member: \$60 per 6 week session

INTRO TO TECHNIQUE

Learn fundamental dance steps, body awareness, and spatial awareness.

Age/Day/Time: Ages 7-9 • Saturday, 11:30 a.m. – 12:15 p.m.

Member: \$50 per 6 week session

Program Member: \$60 per 6 week session

VISUAL ARTS

Students will work with clay, paint and other art forms.

Instructor: Jamie Roy

Location: YArts Building

Fall I: September 11 -October 23, 2021

Fall II: November 16 - December 11, 2021

Grades K-3: Saturday, 9:00a.m. – 11:30a.m.

Grades 4 and up: Saturday, 12:00 p.m. – 2:30p.m.

ADULTS: Friday, Time TBD

Fall I: September 10 -October 22, 2021

Fall II: November 15 - December 10, 2021

Class Size Limit: 10 students per class

Full Member: \$109.00

Program Member: \$129.00

(materials fee included in registration)



AMERICAN RED CROSS CLASSES

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, notebook and a bag lunch. Includes Babysitter's Training Handbook, DVD & Emergency Reference Guide. (For ages 11 - 15 years old.)

Times: 9:00 a.m. - 2:00 p.m.

Date/Location:

September 18th New Britain YMCA

October 2nd Meriden YMCA

November 6th Berlin YMCA

Maximum of 10 participants to safely social distance

Full Member \$39

Program or Non-Member \$69

Register online or call (860) 229-3787

Please note: Masks required if you are unvaccinated. Temperature checks are required at our facility. For more information contact Carrie Marquardt at (203) 440-1925 or send an email to cmarquardt@meridenymca.org

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 or
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: September 27th- November 13th (7 weeks)

Session 2: November 15th- December 24th (6 weeks)

NO class December 25th. Classes will meet Friday, December 24th. Class times TBD

Full Member \$60, **Program Member** \$80

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	5:30 p.m.
SHRIMP	Tuesday	5:00 p.m.
KIPPER	Saturday	10:30 a.m.

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	Tuesday	6:30 p.m.
Pike	Wednesday	5:30 p.m.
Eel	Monday	5:00 p.m.
Eel	Wednesday	6:00 p.m.
Eel	Saturday	9:00 a.m.

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 p.m.
POLLIWOG	Wednesday	6:30 p.m.
POLLIWOG	Saturday	9:30 a.m.

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 Monday 6:00 p.m.

GUPPY Tuesday 6:00 p.m.

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 Tuesday 5:30 p.m.

MINNOW Saturday 10:00 a.m.

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.

Beginner Saturday 11:00 a.m.

Intermediate Saturday 11:45 a.m.

*Intermediate is for current or previous Fish level students ONLY

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 12:30 - 1:15 p.m.

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 LESSON FEES (7 Weeks):

Day/Date/Time: TBA

Full Member \$80 **Program Member** \$100

Contact Ashley for more information at (860) 229-3787.



PRIVATE SWIM LESSONS

One-on-one attention is provided for the child who may need extra help to reach the next level or to achieve the next swimming goal. Private lessons can be arranged for you through our Aquatics Director.

Each lesson is 45 minutes long with a Certified Swim Instructor. Our private swim lessons run on a rolling registration with the option of an eight class bundle or a four class bundle. Classes are paid for before the bundle of lessons begins. If you must cancel a lesson, call the YMCA and speak with the Aquatics Director or your instructor. A minimum of one hour notice is required.

Ages: 4 and up

8 CLASS BUNDLE

Full Member: \$130, **Program Member:** \$150

Please contact our Aquatics Director, Ashley Jordan at (860) 229-3787 or send an email to ajordan@nbbymca.org.

MERIDEN-NEW BRITAIN-BERLIN YMCA SEALS SWIM TEAM

The Seals Swim Team is designed to provide swimmers with the opportunity to be a part of a team, 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 offer USA swimming which gives swimmers the opportunity to compete in more meets.

New members are always welcome. We offer ongoing registration with prorating. A full Meriden-New Britain-Berlin YMCA membership is required. Please contact Coach Cathy for details at (203) 440-1870.

WEDDELLS: 5:00-6:00 p.m. (age 8 & under)

SPOTTED: 5:00-6:00 p.m.

HARBOURS: 5:00-6:30 p.m.

LEOPARDS: 6:30-8:30 p.m.

SPORTS

LESSONS AND LEAGUE

MEN'S BASKETBALL

YMCA Men's Basketball League

It's time to get your team together and hoop it up! The season includes 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, 14 teams maximum can register.

When: League dates TBA

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

Location: New Britain YMCA, 50 High St., New Britain.

Fees: \$700 per team. Max of 10 players per team.

Registration: TBA

Register by appointment only. All team paperwork and payment is required at the time of registration.

Contact: Justin Ferreira, Director of Youth Development at (203) 440-1901 or jferreira@meridenymca.org or Kyle Cookson, Meriden YMCA Sports Director at (203) 235-6386 or kcookson@meridenymca.org.

Temp checks are required at the YMCA. You are required to wear a mask if you are unvaccinated.

FLAG FOOTBALL

NFL FLAG Powered by USA Football provides opportunities for children to enjoy America's favorite sport. Players benefit by being physically active through non-contact, continuous action while learning the

fundamentals of football, lessons in teamwork and sportsmanship. (nflflag.com) Children will have fun wearing NFL team jerseys and participate in weekly games



on Monday or Wednesday evening. Games will follow a rotating schedule to allow teams to play each other on different nights each week.

Dates: September 13 - October 27

Location: Ceppa Field, 83 Gale Avenue (Location may change)

Times/Ages:

5-7 year olds 5:30-6:30 p.m.

8-10 year olds 6:30-7:30 p.m.

11-13 year olds 7:30-8:30 p.m.

Full Members \$65 Program Members \$95

Volunteer coaches needed! Contact Justin Ferreira at (203) 440-1901 or jferreira@meridenymca.org.

INDOOR SOCCER

This program is designed for children ages 4 - 9 years old who will have fun learning the game of soccer and being part of a team. Children will participate in weekly soccer games. Teams will follow a rotating schedule. Volunteer coaches are needed. Please contact Justin Ferreira at (203) 440-1901.

Dates: November 6 - December 11, 2021

Location: New Britain YMCA, 50 High St., New Britain.

Times/Ages:

4 to 6 years old 9:00 a.m. - 10:00 a.m.

7 to 9 years old 10:00 a.m. - 11:00 a.m.

Full Member \$50 Program Member \$80

BASKETBALL

Enroll your child in our Fall Youth Basketball League. Your child will have fun participating in weekly games.

Dates: November 12-December 17th

Location: New Britain YMCA, 50 High St., New Britain.

Times/ages: 4-6 year olds 5:30-6:30 p.m.

7-9 year olds 7:30-8:30 p.m.

Full Member \$35 Program Member \$60

Volunteer Coaches Needed

NEW ENGLAND SHOCK TRAVEL VOLLEYBALL

Interested in enhancing your game and playing volleyball against other clubs in Connecticut and the Northeast? New England Shock Volleyball is in partnership with the Meriden YMCA to provide top level coaching and programming for middle school and high school athletes. For more questions on the Shock Volleyball program, please email Coach Ron Sparks at neshockvb@gmail.com



GYMNASTICS

Gymnastics is a great way to teach people about a healthy lifestyle and is easily 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. Our instructors and coaches are USAG certified, American Red Cross first aid, CPR and AED certified.

Days/Dates: Tuesday: October 12 – November 23, 2021
 Thursday: October 14 – December 12, 2021
 (No class on 11/25)
 Saturday: October 9 – November 20, 2021

JOEY AND ME GYMNASTICS

Our Joey and Me Class is a parent-assisted class which is designed to acclimate your infant or toddler to the gym, the feel of the equipment, allow them to explore the gym space with guidance, and provide social interaction with other children and adults. This class teaches the parents how to properly guide the child in a safe manner. As the child progresses in age, more structure is added, allowing the child to become comfortable and able to transition to a class alone.

Age: 6-18 months with parent
Day/Time: Saturday 9:00 – 9:45 a.m.
Full Member: \$70
Program Member: \$99

LEAVING THE POUCH

Our Leaving the Pouch Class is a parent-assisted class which is designed to help your child work on basic locomotives, balance, and hand-eye coordination as they explore the gym and equipment with guidance. Plus your child will benefit from social interaction with other children and adults. As the child progresses in age, more structure is added, allowing the child to become comfortable and able to transition to a class alone.

Age: 18 months to 2.5 years with parent
Day/Time: Saturday 9:00 – 9:45 a.m.
Full Member: \$70
Program Member: \$99

HAPPY HOPPERS

The Happy Hoppers class is for children ages three and half to four and a half years old. This class focuses on introducing fundamental movement, basic tumbling and gymnastics skills in a structured environment. Instructors and coaches will work on cultivating the child's fine and gross motor skills, hand-eye coordination, and listening skills. The structured curriculum is skill-driven and aims to help the student progress in their ability and knowledge of gymnastics. Please choose your class day and time.

Day/Time: Tuesdays 5:00 – 5:45 p.m.
 Tuesdays 6:00 – 6:45 p.m.
 Saturdays 9:00 – 9:45 a.m.

Full Member: \$70
Program Member: \$99

WALLABIES

The Wallabies Gymnastics Class is for ages 4.5 to 6.5 years old. This class focuses on introducing fundamental movement and gymnastics skills in a more structured environment for your young gymnast-in-training. Coaches continue to cultivate fine and gross motor skills, hand-eye coordination, and listening skills while working on advanced locomotive skills, intermediate tumbling and spatial awareness. Our fun, yet structured curriculum, is skill-driven and aims to continually progress your gymnast in their ability and knowledge of gymnastics. Choose your class.

Ages: 4.5 to 6.5 years old
Day/Time: Tuesday 5:00 – 5:45 p.m.
 Tuesdays 6:00 – 6:45 p.m.
 Saturday 10:00 – 10:45 a.m.

Full Member: \$70
Program Member: \$99

MARSUPIALS

Your child will advance through a level system that starts with basic skills, maneuvers, and terminology and progresses to more advanced Gymnastics. With a focus on goals and achievement, your child will feel accomplished with each new skill and passing level. Please contact our Gymnastics Director and Head Coach Tony Cortright with any questions at (203) 235-6386. Choose your class.

Ages: 6.5+.
Day/Time: Thursday 5:00-6:00 p.m.
 Saturday 11:00 a.m.-12:00 p.m.

Full Member: \$70
Program Member: \$99

CHEER

The MNBBY cheerleading program focuses on the basics of cheerleading, building fundamentals and an understanding of the requirements for cheer. Participants will learn cheerleading motions, jumps, and stunts. The main focus of this class will be to master the basics in order to progress their knowledge and ability in cheerleading. Although most tumbling is practiced in the separate tumbling class, some tumbling basics will be introduced.

Dates: October 9 – November 20, 2021

Day/Time: Saturdays 12:10–1:10 p.m.

Ages 8+

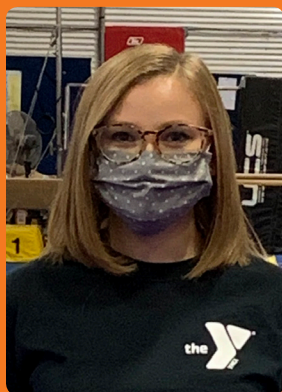
Full Member \$70

Program Member \$99

Register at the Meriden YMCA at 110 West Main Street or call (203) 235-6386 or at the New Britain YMCA at 50 High Street or call (860) 229-3787. Contact Tony Cortright, Gymnastics Director and Head Coach, at (203) 235-6386 or acortright@meridenymca.org

MEET OUR CHEER INSTRUCTOR, REAGAN KENNEY

Reagan has been a lifelong gymnast and cheerleader in the state of Connecticut. She was a competitive gymnast for 7 years before starting her cheerleading



career. She was a 3 year UCA All-American cheerleader at Maloney High School. Reagan has the honor to cheer in the London New Years Day parade as a representative of USA Cheerleading.

Reagan spent her first year of college at Sacred Heart University and competed at UCA College

Cheerleading Nationals at Disney. She transferred to Central Connecticut State University where she competed on the Division I cheerleading team. As a two year captain she led the cheerleading team to finals twice at the NCA College Cheerleading Nationals. She also walked onto the CCSU Division I diving team for two years, finishing as a finalist in their Conference Competition.

Reagan has extensive knowledge of cheerleading and has coached at a high level. She spent a year coaching at the New England Cheerleaders Association where she helped run a summer camp and multiple cheerleading competitions. She also helped run the CCSU cheerleading summer camp. Reagan has also coached at the Newington Knights Cheer Program.

ADULT GYMNASTICS

All levels welcome! Train like a gymnast. Build a fantastic physique, and have a chance to learn technique! The adult student will be introduced to the basic principles of gymnastics including positions, proper form, how to stretch, light strength training and conditioning, fundamentals of tumbling, use of the gym apparatus including but not limited to: uneven bars, balance beam and vault; as well as basic gymnastics skills. This class will teach adults with minimal to no prior experience, while also accommodating former gymnasts.

Ages: 18+

Dates: October 14 – December 12, 2021 (no class on Nov. 25th)

Day/Time: Thursday 7:15–8:45 p.m.

Full Member Fee: \$80

Program Member Fee: \$110

INDOOR ROCKWALL PROGRAMS

Fall I: September 11 – October 9

Fall II: October 16 – November 13

Fall III: November 20 – December 18

Times: 10:00 – 11:00 a.m.

12:30 – 1:30 p.m.

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.

Location: New Britain YMCA Indoor Rockwall

Full Member Fee: \$40 per 5 week session

Program Member Fee: \$55 per 5 week session

Contact Justin Ferreira for more information at (203) 440-1901.

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!

Location: New Britain YMCA Indoor Rockwall

Full Member Fee: \$40 per 6 week session

Program Member Fee: \$55 per 6 week session

Contact Justin Ferreira for more information at (203) 440-1901.

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.

Location: New Britain YMCA Indoor Rockwall

Full Member Fee \$40 per 5 week session

Program Member Fee \$55 per 5 week session

Contact Justin Ferreira for more information at (203) 440-1901.

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 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 13 - October 18

Location: Aerobics Studio

Time: Monday evenings

7:00 - 8:00 p.m. - Beginner / New students

8:00 - 9:00 p.m. - Current students

Fee: Individual Member \$35

Individual Non-Member \$45

Member Couple \$70

Non-Member Couple \$80

CROSSFIT

WHAT IS CROSSFIT?

CrossFit is a strength and conditioning program that is "constantly varied, high intensity, functional movement," with the goal of improving fitness. CrossFit is built on movements such as rowing, running, jumping rope, carrying objects, and bodyweight movements and is meant to help build a healthy foundation for everyday activities. Workouts are scaled according to a person's fitness level and needs. CrossFit is for everyone, every age, every body shape and every fitness level.

HOW DO I GET STARTED WITH CROSSFIT?

Step 1: Take one free trial class. Our trial class is on Saturdays at 8:00 a.m. Preregistration is required. Call Carrie at (203) 440-1925 for more information.

Step 2: Sign up for our 3 Week On Ramp for \$129. You will receive six one hour sessions with a CrossFit coach to prepare you for your CrossFit group classes. Your CrossFit coach will take you through the movement curriculum and teach you the proper techniques. On Ramp classes are a prerequisite to taking CrossFit classes.

Step 3: After completing On Ramp, choose your plan and get your first month free. This is for all memberships except for CrossFit Kids classes. Monthly fees are drafted out of a bank account or credit card account. Members must draft a minimum of one month before cancelling a CrossFit membership.

Call Carrie today at (203) 440-1925 to schedule your free trial class.

CROSSFIT KIDS

Whether you are a novice, junior novice or varsity athlete, CrossFit® Kids is forging the future of fitness. Flexibility, endurance, strength and lots of fun are all part of the Meriden YMCA CrossFit® Kids program. Sign up today! Ongoing enrollment.

Ages 4-7 9:30-10:15

Ages 8-12 10:15-11:00

Split classes to begin October 2nd

Full Member: \$35

Program Member: \$65 (must be auto drafted monthly)



GROUP EXERCISE CLASSES

NEW BRITAIN YMCA

We have lots of great classes to choose from! Check out Water Aerobics, ZUMBA®, S.W.E.A.T, Yoga, Indoor Cycling and more.

BERLIN YMCA

Pilates Monday AM 11:30: 9/6-11/1

*no class 9/6/Labor Day, 11/8-12/27

Pilates Wednesday 9/8-10/27, 11/3-12/22

Yoga Tuesday 6:30 9/7-10/26, 11/2-12/21

Pound Thursdays 9/9-10/28, 11/4-12/30

**no class 11.25 Thanksgiving

Location: Berlin YMCA Program Center at 362 Main Street.

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

Fee: Full members are free, but must preregister.

Program members: \$55

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 7- Thursday, October 7

Time: Tuesdays and Thursdays 4:15-5:00 p.m.

Full Member Fee: \$40

Program 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.

PERSONAL TRAINING OPTIONS

1. **One Hour** \$55

2. **Five one-hour sessions** \$160

3. **Ten one hour sessions** \$270

4. **Personal Training for Two:** 10 sessions for \$320.

Some restrictions may apply.

Call Ashley at (860) 229-3787 for more information

MARK TUREK

Personal Trainer

Mark Turek is a longtime YMCA member, has been involved in strength training and fitness



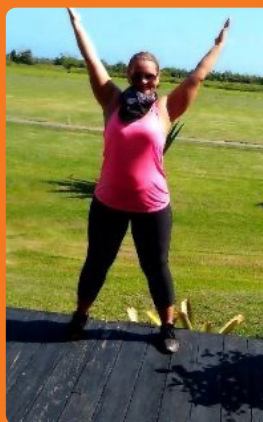
his whole life and is a former body builder. He enjoys teaching others and everyone loves his Barbell class at the Meriden YMCA! Member enjoying seeing his friendly face at the Meriden YMCA

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.

AGNIESZKA KUZIO

Personal Trainer

Agnieszka is a longtime member of New-Britain-Berlin-Meriden YMCA who joined our team as a group fitness instructor in 2013. Her passion is to



have the most positive impact on the lives of the people that she works with, helping others become the healthiest, happiest versions of themselves. "The goal isn't to workout...the goal is to become someone who wants to look and feel better."

Her focus on teaching proper form, posture,

and balance helps ensure a client exercises safely. Agnieszka helps people who hate exercise to fall in love with it.

Agnieszka is NPTA Certified Personal Trainer and Group Fitness Instructor. She also holds certifications for Cycle Instructor, Kettlebell Trainer, ZUMBA® and STRONG Nation™ (formerly Strong by ZUMBA®) Instructor and First Aid/CPR.

"Quality is never an accident...it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives." - Will Foster



ENDLESS SUMMER

Friday, October 29th

Join us for Endless Summer on October 29th, our signature fundraising event to benefit our annual campaign which provides scholarships for summer camp, programs and membership. 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@nbbyymca.org for more information.

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.

