



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2022 WINTER & SPRING I PROGRAM GUIDE

NEW BRITAIN AND BERLIN YMCAs

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



WELCOME TO THE Y

When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging. For more than a workout. For a better us.

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.



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 • Call Allyson at (475) 255-9029

New Britain YMCA Preschool

50 High St., New Britain, CT 06051 • School Readiness, Sliding Scale • Call Allyson at (475) 255-9029

New Britain YMCA Little Scholars

2150 Corbin Avenue, New Britain • Infant, Toddler and Preschool • Call Allyson at (475) 255-9029
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

Infant, Toddler, Preschool. Call Tina at (203) 314-1738 or Allyson at (475) 255-9029

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

SCREENWRITERS WORKSHOP

(For grades 4 - 8)

This award winning, one-of-a-kind program fosters early vocational writing endeavors of 4th through 8th 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.

Instructor: Tom Hutchinson

Dates: Day/time: Saturdays 1:00 p.m.- 3:00 p.m.

Location: Meriden Arts Center 14-16 West Main St

Full Member Fee: \$109

Program Member Fee: \$139

PERFORMING ARTS

MERIDEN YMCA YOUTH THEATER

SPRING SHOW Grades 1-12

DIRECTED BY: MYT STAFF

Show to be announced

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

Location: Meriden Arts Center 14-16 West Main Street

First Rehearsal/Workshop: January 8, 2022

Auditions: January 15, 2022

Full Member Fee: \$139

Program Member Fee: \$169

Show Dates - To be announced.

INTRO TO DANCE

Registration is now open for our next 6 week Intro to Dance session for ages 3-9 years old. These are small group classes with a maximum of 8 participants in each class. For more information call Ashley at (860) 229-3787 x145 or email ajordan@nbbyymca.org.

Winter: February 5 - March 12, 2022

Spring: March 26- April 30, 2022

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

SALSA / 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!

Winter: January 3rd - February 7, 2022

Spring: February 21- March 28, 2022

Location: Aerobics Studio

Day: Monday evenings

Time: 7:00 - 8:00 p.m. Beginners/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

VISUAL ARTS

MIXED MEDIA ART

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

Instructor: Jamie Roy

Winter: January 8 - March 12, 2022

Spring: March 19 - May 21, 2022

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

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

Class size: Max of 8 students per class

Full Member Fee: \$109

Program Member: \$129

Registration includes materials fee.



ADULT MIXED MEDIA ART

Adults will work with paint, clay and various other art forms.

Instructor: Jamie Roy

Winter: January 7 – March 11, 2022

Spring: March 18 – May 20, 2022

Fridays: Time TBD

Full Member Fee: \$109

Program Member: \$129

Materials fee included.

STEM EDUCATION

CT STEM OPEN HOUSE AT THE MERIDEN YMCA ARTS CENTER

Day/Date: Monday, January 3, 2022

Time: 6:00 – 7:00 p.m.

Cost: Free

Location: Downtown Meriden YMCA, 110 West Main St.

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

CODING FOR BEGINNERS (VIRTUAL)

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 1/3, 1/10, 1/24, 1/31

No class on 1/20 and 2/17

Time: 6:00 to 7:15 p.m.

Cost: \$35

Ages: 8 to 12 (10 maximum participants)

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

ENGINEERING AND STRUCTURES

Have you ever wondered how a building stands up? How does a bridge support its weight? Or even how an airplane flies? Come 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.

Day/Dates: Wednesday 1/5, 1/12, 1/19, 1/26, 2/2

Time: 6:00 p.m. to 7:15 p.m.

Cost: \$40

Ages: 8-12 (12 maximum participants)

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

VIDEO GAME DESIGN (VIRTUAL)

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 the 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

Day/Dates: Monday 2/7, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4

Time: 6:00 to 7:15 p.m.

Cost: \$50

Ages: 8 to 12 (10 maximum participants)

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

NATURAL DISASTERS

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!

Day/Dates: Wednesday 2/9, 2/16, 2/23, 3/2, 3/9

Time: 6:00 to 7:15 p.m.

Cost: \$40

Ages: 8 to 12 (12 maximum participants)

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

CIRCUITRY AND ELECTRICITY

Have you ever wondered how power travels from light switch to bulb? This class takes a look into power, electricity, and what it takes to build circuits that work! Students will get to experiment with different power sources, and the electronics they connect to including Snap Circuits and Makey Makey!

Day/Dates: Monday 2/28, 3/7, 3/14, 3/21

Time: 6:00 to 7:15 p.m.

Cost: \$32

Ages: 8 to 12 (10 maximum participants)

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

TRY ROBOTICS OPEN HOUSE NIGHT

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/ Time: Wednesday, 4/6 • 6:00 p.m. to 7:00 p.m.

Cost: Free

Ages: 9 to 13 (14 maximum participants)

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

SWIMMING

SWIM LESSONS AT THE NEW BRITAIN YMCA POOL

GROUP SWIM LESSONS

Session I: Monday, January 3 – Saturday, February 19

Session II: Monday, February 21 – Saturday, April 9

Full Member \$70, **Program Member** \$90

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.

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: \$150, **Program Member:** \$170

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

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:

January 8th 9:00 a.m. - 2:00 p.m. New Britain YMCA

February 5th 9:00 a.m. - 2:00 p.m. Meriden YMCA

March 12th 9:00 a.m. - 2:00 p.m. Meriden 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).



SPORTS LESSONS AND LEAGUE

YOUTH BASKETBALL TRAINING

Children will have fun learning the basics of basketball, learning skills and playing weekly scrimmage games.

Dates: January 8th- February 5th (5 weeks)

Days: Saturdays

Ages & Times:

Ages 4-6 9:00 a.m.-9:45 a.m., 9:45 a.m.-10:30 a.m.

Ages 7-9 10:30 a.m.-11:15 a.m., 11:15 a.m.-12:00 p.m.

Ages 10-12 12:00 p.m.-1:00 p.m.

Fee: \$40 member, \$60 program member

Location: New Britain YMCA gymnasium

ALTON F. BROOKS YOUTH BASKETBALL LEAGUE

Day/Dates: Saturdays February 19th- April 16th

Ages 4-6: 9:00 a.m. -10:00 a.m.

Ages 7-9: 10:00 a.m.-10:45 a.m., 11:00 a.m.-11:45 a.m.

Ages 10-12: 12:00 p.m.-1:00 p.m., 1:00 p.m.-2:00 p.m.

Ages 13-15: 2:00 p.m.-3:00 p.m., 3:00 p.m.-4:00 p.m.

Fee: \$50 Full Member, \$70 Program Member

Location: New Britain YMCA Gymnasium

SPRING SOCCER

This program is designed for children ages 4-9 who will have fun learning the basics of outdoor soccer and being part of a team. Our Y has partnered with Vale Sports Club to share our passion for and knowledge of soccer with our players to improve their skills. Players will rotate through skill instruction, drills, and games staying constantly active as they learn this fun sport!

Day/Dates: Sundays April 10 – June 5th

(No Easter Sunday or Memorial Day weekend)

Location: Meriden YMCA Mountain Mist Outdoor Center, 576 High Hill Road, Meriden CT 06450

Ages 4-6: 9:00 - 10:00 a.m.

Ages 7-9: 10:00 - 11:00 a.m.

Fee: \$60 Full Member, \$85 Program Member

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.

2021 Session 7 (mini session)

Days/Dates: Tuesday: December 7 – 21, 2021

Thursday: December 9 – 23, 2021

Saturday: December 4 – 18, 2021

(No Class on 12/25 & 12/31)

Full Member: \$40

Program Member: \$70

2022 Session 1 (7 week session)

Days/Dates: Tuesday: January 11 – February 23, 2022

Thursday: January 13 – February 25, 2021

Saturday: January 8 – February 20, 2021

Full Member: \$70

Program Member: \$99

2022 Session 2 (7 week session)

Days/Dates: Tuesday: March 8–April 19, 2021

Thursday: March 10–April 21, 2022

Saturday: March 5 – April 16, 2022

Full Member: \$70

Program Member: \$99

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.

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.

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.

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.

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.

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+

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

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

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

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 is available online. Prices are based on the chosen package. Call Justin Ferreira for more information at (203) 440-1901 or email jferreira@meridenymca.org



INDOOR ROCK CLIMBING

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!

Winter: January 8 - February 19, 2022

Spring I: February 26 - April 9, 2022

Time: 10:30 - 11:15 a.m.

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.

Winter: January 8 - February 19, 2022

Spring I: February 26 - April 9, 2022

Time: 9:30 - 10:15 a.m.

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.

MEN'S WINTER 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: Sundays, January 30-April 17th. No games Easter Sunday.

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

Location: Game locations will vary between the Meriden YMCA, 110 West Main St., Meriden and the New Britain YMCA, 50 High St., New Britain.

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

Register: 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. If you are fully vaccinated you do not have to wear a mask at the Y unless you choose to. Masks are required if you are unvaccinated.

HEALTH & WELLNESS

BLOOD PRESSURE SELF-MONITORING (B.P.S.M.) PROGRAM

The American Heart Association recommends self-monitoring for all people with high blood pressure to help their health care providers determine whether treatments are working and to identify trends and patterns that could be addressed through life style. If you or someone you love is at risk or suffering from high blood pressure and or hypertension the YMCA's B.P.S.M. program might be just for you.

The goals of this program are to provide you with the tools to reduce blood pressure, help you develop new skills for managing blood pressure, enable you to identify and control those triggers that raise blood pressure and the knowledge to adopt healthier eating habits. This is a four month program which includes:

- A blood pressure cuff will be provided to all participants of this program who do not already have one.
- One on one meeting each week with one of our Healthy Heart Ambassadors during scheduled office hours.

Fee: Full Member \$45 per person,

Program Member \$65 per person

Contact: Carrie Marquardt, Health and Wellness Director, (203) 440-1925



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 8-12 9:30-10:15 a.m.

Ages 4-7 10:15-11:00 a.m.

Full Member: \$35

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

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** \$60
 2. **Five one-hour sessions** \$165
 3. **Ten one hour sessions** \$275
 4. **Personal Training for Two:** 10 sessions for \$325.
- Some restrictions may apply.
Call Ashley at (860) 229-3787 for more information

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

Location: Kensington Firehouse at 880 Farmington Avenue. Please call Amy for more information at (860) 357-2717 or email her at afitzgerald@nbbymca.org

WINTER II

Pilates: 11:30 a.m.

Monday - 1/3/22-2/21/22

Wednesday - 1/5/22-2/23/22

Yoga: 5:30 p.m.

Tuesday 1/4/22-2/22/22

Pound: 6:15 p.m.

Thursday 1/6/22-2/24/22

SPRING I

Pilates: 11:30 a.m.

Monday- 3/7/22-4/25/22

Wednesday - 3/9/22-4/27/22

Yoga: 5:30 p.m.

Tuesday - 3/8/22-4/26/22

Pound: 6:15 p.m.

Thursday-3/10/22-4/28/22

Full Meriden-New Britain-Berlin YMCA members: Free Program and Non-members:\$55 for 8 week session

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.

Dates: January 3rd - February 10th

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

Full Member Fee: \$40

Program Member Fee: \$50





SAVE THE DATE

Endless Summer • October 21, 2022

The New Britain-Berlin YMCA's signature fundraising event, Fall into Endless Summer will be held at the Tunxis Country Club in Farmington, CT on October 21, 2022 at 6:30 p.m. Come and enjoy a night out with friends while supporting your communities. The night will include open bar, delicious food, dancing, and many chances to win prizes through our heads or tails game and our silent and live auctions!

All proceeds from Endless Summer benefit our Annual Support Campaign to ensure that everyone in our communities, without regard to age, income or background, has the opportunity to learn, grow, and thrive at the Y.

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.

HOW YOUR DONATIONS HELP OUR COMMUNITY

The Meriden-New Britain-Berlin YMCA's Annual Campaign provides scholarships for summer camp, swim lessons, sports, child care, membership assistance, holiday meals and more. Every dollar you give helps kids, families and individuals in our community.

- \$5,000** Gives 3 children a magical summer at camp, and life-saving swim lessons for 9 children
- \$3,000** Gives 2 children a whole summer of fun at camp
- \$1,500** Gives 1 child a whole summer of fun at camp
- \$1,000** Provides two weeks of camp for 3 children
- \$750** Provides a month of preschool to prepare a child for success in school
- \$500** Allows 9 children to have life-saving swim lessons
- \$250** Gives 6 children a youth sports experience for active safe fun
- \$500** Brightens the holidays for 10 people with a holiday meal

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. Everything the Y does is in service of making us—as individuals and a community—better.

For a better you. For a better community.
For a better country. For a better us.