



**2022 FALL
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 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:

- Active and Fit®
- Silver and Fit®
- Renew Active®
- Silver Sneakers®
- First Responders
- Military (active duty, reserves and veterans)
- City of New Britain employees
- Stanley Employees
- State of Connecticut Employees
- New Britain YMCA Health Center (for men)

HOW TO REGISTER FOR PROGRAMS

1. If you already have an up to date membership you can register online through our website, by phone at (860) 229-3787 or in person at the New Britain YMCA.
2. If you do not have a membership yet or need to update your membership, please register in person at the New Britain YMCA.

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

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:

- Group exercise classes at all three locations are included with your full membership.
- Get the lower full member rate when you sign up for any program held at our branches.
- Use the New Britain YMCA amenities including the fitness center, Y360, aerobics and cycling studios (during group exercise classes), 4 lane heated indoor pool, whirlpool, basketball gyms, racquetball courts, climbing wall and locker rooms.
- Use the Meriden YMCA wellness facilities including the fitness center, 6 lane heated indoor pool, sauna, racquetball courts, indoor track, basketball gym, aerobics and multipurpose rooms (for classes), locker rooms.
- Option for men over age 18 to upgrade membership for an additional fee to use the Men's Health Center which includes private lockers.
- Meriden-New Britain-Berlin YMCA members with full facility family, single parent family, senior adult and senior household memberships may use the Mountain Mist Outdoor Center in Meriden during our summer member hours.
- Child Watch babysitting service included while you work out (during regular Child Watch hours).
- No contracts
- My Y is Every Y nationwide membership



CHILD CARE

At the YMCA we provide high quality affordable child care for infants through school age children. In addition, we offer child care while you work out.

CHILD WATCH PROGRAM

This service is included with your family or single parent family membership. We keep your children safe, happy and engaged while you work out.

Child Watch is available for children ages 6 months to 12 years old who are part of your membership. Parents must remain in the facility and staff are not responsible for diaper changes. Hours are Monday - Thursday 5:30 - 7:30 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.

COMING SOON TO BERLIN

New Infant & Toddler and Preschool Programs

- At Hubbard Elementary and McGee Middle Schools
- High quality affordable child care
- Follow Creative Curriculum
- Tadpole communications system to see your child's daily activities and photos
- Care4Kids accepted

Reserve your spot now. Contact Tina at (203) 314-1738 or tvalentin@meridenymca.org

BERLIN BEFORE AND AFTER CARE

Before and after school care and half-day care is available at Griswold Elementary, Hubbard Elementary, & Willard Elementary Schools for students in grades K through 5. 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. Please visit nbbymca.org or contact Stephanie for more information at (203) 514-9227 or (860) 229-3787.

- **AM Care** Starts at 7:00 a.m. until school begins.
- **PM Care** Starts at school dismissal until 5:30 p.m. Includes care for any early dismissal days.

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 children in grades K-5. 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. This program is offered at all New Britain elementary schools except AM care is not offered at Diloreto. After school care program includes dinner provided by Whitson's.

- **AM Care** Starts at 7:00 a.m. until school begins.
- **PM Care** Starts at school dismissal until 5:30 p.m. Includes care for any early dismissal days. Please visit nbbymca.org or contact Stephanie for more information at (203) 514-9755 or (860) 229-3787.

SCHOOL VACATION FUN DAYS

We offer a fun day of activities for New Britain and Berlin students during scheduled no school days (not including major holidays). Please visit nbbymca.org or contact Stephanie for more information at (203) 514-9755 or (860) 229-3787 for New Britain and Berlin programs.

ARTS

MIXED MEDIA ART

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

Instructor: Jamie Roy

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

Fall I: September 10 - October 22, 2022

Fall II: November 5 - December 17, 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 Limit: 10 students per class

Full Member Fee: \$109 **Program Member:** \$129

PAINTING FOR ADULTS

Instructor: Jamie Roy

Dates: October 7 - November 4, 2022

Day/Time: Fridays 6:00 - 8:00 p.m.

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

Full Member Fee: \$89 **Program Member:** \$109

SALSA AND BACHATA

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

Dates: Monday, August 22nd- October 3rd (No class Labor Day)

Location: Aerobics studio

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

Intermediate/current students 8:00 p.m. - 9:00 p.m.

Individual Member \$40

Individual Non-Member \$50

Member Couple \$75

Non-Member Couple \$85

Questions: Contact Ashley Jordan at (860) 229.3787 or

ajordan@nbbymca.org

Register: At the New Britain YMCA, 50 High St., New Britain.

Each participant will keep their toothbrush robot.

Date: 10/24, 11/7

Day/Time: Mondays, 6:00 -7:00 p.m

Cost: \$15

Location: Meriden YMCA, 110 West Main Street

SPACE SCIENCE FUN

(Ages: 8-13)

Developed with NASA based activities, this camp explores what it really means to be an astronaut and an aerospace engineer by combining science, engineering, and math all in one. Students will be building, launching, and exploring the various structures launched into space while thinking about the scientific factors that go into real NASA space explorations. This camp introduces children to the principles of engineering through hands-on NASA themed activities in which they will apply the engineering design process to solve problems and generate solutions. The emphasis is on students understanding that engineers must imagine and plan before they begin to create and test. Come join us for a great time!

Dates: 11/14, 11/21, 11/28, 12/5

Day/Time: Mondays, 6:00 p.m. to 7:00 p.m.

Cost: \$30

Location: Meriden YMCA, 110 West Main Street

STEM EDUCATION

STEAM FUN

(Ages: 8-13)

This is a club for all who are interested in STEAM (Science, Technology, Engineering, Art, and Mathematics). Each week we will explore a wide range of topics from Robotics, Science, and Math while incorporating Art so participants can make weekly connections to Art in STEAM!

Dates: 9/19, 9/26, 10/3, 10/17

Day/Time: Mondays, 6:00 -7:00 p.m.

Cost: \$30

Location: Meriden YMCA, 110 West Main Street

FUN WITH ELECTRIC CIRCUITS

(Ages: 8-13)

Are you interested in robotics? If so, then you'll want to be a part of designing and testing micro robots! Micro bots use toothbrushes, cell phone motors, and snap circuits in order to power the micro bot.



STEAM ENGINEERING CHALLENGES

(Ages: 8-13)

This hands-on enrichment program is designed for students interested in deepening their knowledge of STEAM concepts through weekly engineering challenges that include Art connections.

Dates: 11/2, 11/9, 11/16

Day/Time: Wednesdays, 6:00 - 7:00 p.m.

Cost: \$23

Location: Meriden YMCA, 110 West Main Street

VEX CODE VR - ONLINE ROBOTICS CODING

(Ages: 8-13)

VEXcode VR lets you code a virtual robot using a block based coding environment powered by Scratch Blocks. VEXcode VR is based on VEXcode, the same programming environment used for VEX 123, GO, IQ and V5 robots. Through robots, students will be able to make their Computer Science knowledge come to life.

Dates: 11/30, 12/7, 12/14

Day/Time: Wednesdays, 6:00 - 7:00 p.m.

Cost: \$23

Location: Online

SWIMMING

NEW BRITAIN – BERLIN YMCA GROUP SWIM LESSONS

Summer: September 26– November 12

Fall: November 14 – December 30

Registration dates to be announced on our website at nbbyymca.org.

SWIM STARTERS

(6 months– 3 years) – Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence–building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A/WATER DISCOVERY– Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Day/time: Monday 5:30 p.m. – 6:00 p.m.

Tuesday 10:00 a.m. – 10:30 a.m.

B/WATER EXPLORATION– In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Day/time: Thursday 10:00 a.m. – 10:30 a.m.

Wednesday 5:00 p.m. – 5:30 p.m.

Saturday 10:30 a.m. – 11:00 a.m.

SWIM BASICS

(Preschool or School Age) – Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim sequencing front glide, back float, front glide, and exit. (2) Jump, push, turn, and grab.

1/WATER ACCLIMATION– Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress of swimming.

Day/time: Monday 6:30 p.m. – 7:00 p.m.

Tuesday 4:15 p.m. – 4:45 p.m.

Wednesday 4:30 p.m. – 5:00 p.m.

2/WATER MOVEMENT– In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Day/time: Monday 6:00 p.m. – 6:30 p.m.

Tuesday 4:45 p.m. – 5:15 p.m.

Saturday 9:30 a.m. – 10:00 a.m.

3/WATER STAMINA– In stage 3, students learn to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Day/time: Monday 5:00 p.m. – 5:30 p.m.

Wednesday 5:30 p.m. – 6:00 p.m.

Saturday 10:00 a.m. – 10:30 a.m.

SWIM STROKES

(School Age) – Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4/STROKE INTRODUCTION– Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Day/time: Saturday 11:00 a.m. – 11:45 a.m.

5/STROKE DEVELOPMENT– Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water.

Day/time: Saturday 11:45 a.m. – 12:30 p.m.

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

Day/time: Saturday 12:30 p.m. – 1:15 p.m.

Group Lesson Fees: Full member \$80 Program Member \$100

Please note: Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Instructors may vary from session to session. There will be NO refunds issued.



PRIVATE SWIM LESSONS

(Ages: 4+) 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.

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.

8 Class Bundle

Full Member: \$170

Program Member: \$190

Please contact our Aquatics Director, Ashley Jordan at (860) 229-3787 or send an email to ajordan@nbbyymca.org to be placed on the waiting list.

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.

AMERICAN RED CROSS CLASSES

LIFEGUARD CERTIFICATION COURSE

This 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. This course is a blended learning format of online and in person instruction. Online portion must be completed before taking the in person portion of the course. Must be fifteen years old and older to participate and all participants must pass the Pre-Test.

Pre-Test: 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 10 pound object). Must be fifteen years old or older to participate. There is a maximum of ten participants.

Fee: \$350

In person location: New Britain YMCA, 50 High Street, New Britain

Contact: Ashley Jordan at 860.229.3787 or ajordan@nbbyymca.org

LIFEGUARD RECERTIFICATION COURSE

This abbreviated lifeguarding course briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate. Students who successfully complete this course will receive a certification for Lifeguarding/First Aid/CPR/AED which is valid for two years.

Fee: \$175

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

AMERICAN RED CROSS BABYSITTING CLASS

(For ages 11 - 15 years old) 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.

Choose your class. Date/Times/Location:

October 15	9:00 a.m. – 2:00 p.m.	Meriden YMCA
November 19	9:00 a.m. – 2:00 p.m.	New Britain YMCA
December 10	9:00 a.m. – 2:00 p.m.	Meriden YMCA

Full Member \$39, **Program or Non-Member** \$69

Register online or call the New Britain YMCA at (860) 229-3787 or the Meriden YMCA at (203) 235-6386.

YOUTH SPORTS LESSONS AND LEAGUE

SOCCER

This program is designed for children ages 4-9 years old 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!

Dates: Sundays, September 18-October 30, 2022

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.

Full Member Fee: \$55 **Program Member Fee:** \$85



NFL FLAG FOOTBALL LEAGUE AT THE Y

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.

Day/Dates: Mondays & Wednesdays Sept. 19–Nov. 7, 2022

Times: Ages 5–7 5:30 p.m. – 6:30 p.m.
Ages 8–10 6:30 p.m. – 7:30 p.m.
Ages 11–13 7:30 p.m. – 8:30 p.m.

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

Full Members \$70 Program Members \$100
Volunteer coaches needed! Contact Kyle Cookson at 203.440.1901 or kcookson@meridenymca.org.

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

DISC GOLF

CT Lions Club Pathfinders Disc Golf Course

PARK AND PLAY

MNBBY members and nonmembers can enjoy the nine hole course tucked away at the YMCA Outdoor Center on the Meriden Middlefield border free of charge. This course is designed with beginners in mind, traversing through the woods and open fields. You can bring your own discs, or check out a putter for play at the pool house during our seasonal hours (Memorial Day until Labor Day). You must leave a license or credit card to check out putters, and will be charged \$10 per putter if lost.

PAY AND PLAY (FOR NONMEMBERS)

Nonmembers can enjoy the nine hole course, and the pool and outdoor center grounds, tucked away at the Meriden YMCA Outdoor Center on the Meriden Middlefield border for a \$15 guest fee during our seasonal hours (Memorial Day until Labor Day). This course is designed with beginners in mind, traversing through the woods and open fields. You can bring your own discs, or check out a putter for play at the pool house during our seasonal hours. You must leave a license or credit card to check out putters, and will be charged \$10 per putter if lost.

Hours:

Monday – Friday (when summer camp is open)
3:00 p.m. – 8:00 p.m.

Saturday & Sunday (starting Memorial Day Weekend)
11:00 a.m. – 8:00 p.m.

Memorial Day, Independence Day & Labor Day
12:00 p.m. – 8:00 p.m.

Off season hours to be determined. Please check our website for more information.

BEGINNERS DISC GOLF PROGRAM

(ages 8–14)

This is a beginner's disc golf program for ages 8–14. The program will teach kids what disc golf is, different throwing techniques, how the game is played properly, and scoring. The goal of the program is to learn a new sport that they can continue to play at Mountain Mist and other courses in surrounding areas. This program will also hopefully get some participants for the tournament being held in November.

Ages: 8 – 14

Dates: September 7 – October 19, 2022

Day/Time: Wednesdays 5:30–7:00 p.m. (subject to change)

Location: YMCA Mountain Mist Outdoor Center

Fee: \$50

Nonmembers are welcome. Call (203) 235-6386 to register.

About the CT Lions Pathfinders Disc Golf Course

The CT Lions Pathfinders Disc Golf Course was made possible by the generous donation from the Connecticut Lions Club and is dedicated to the children of the Meriden YMCA Mountain Mist Day Camp Pathfinders program. This program, one of the many Lions Club Diabetes Camp programs worldwide, is designed to help enhance the quality of life for young people living with diabetes. This program fosters relationships that will help participants expand their diabetes management skills and increase knowledge of the disease. At the Pathfinders camp, youth gather and form a supportive network of peers and improve their diabetes management through educational and physical activities at a site away from home or school.



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.

2022 SESSION 5

Days/Dates: Tuesday, August 30–October 11
 Thursday, September 1 – October 13
 Saturday, August 27 –October 8

Full Member: \$70

Program Member: \$99

2022 SESSION 6

Days/Dates: Tuesday, October 25– December 6,2022
 Thursday, October 27– December 15,2022
 (Thanksgiving Makeup)
 Saturday, October 22– December 3,2022

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.

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.

Session 5: Thursday September 1 - October 13, 2022

Session 6: October 27 - December 15, 2022

Ages: 18+

Day/Time: Thursday 7:15-8:45 p.m.

Full Member Fee: \$80

Program Member Fee: \$110

INDOOR ROCK CLIMBING

YOUTH ROCK CLIMBING PROGRAM

(Ages: 6+)

Great way to train your problem solving skills, strengthen your muscles, improve flexibility and coordination all while having lots of fun!

Instructor: Luis Diaz

Luis has been a certified climbing instructor with the YMCA for many years, working as a Camp Counselor, training our youth on our ropes course and facilitating many team building activities.

Dates: September 10 - October 8, 2022

Day/Time: Saturdays 12:00 - 2:00 p.m.

Member: \$45

Program Member: \$65

(minimum 4 climbers required)

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.

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)

GROUP EXERCISE CLASSES**NEW BRITAIN-BERLIN YMCA PICKLEBALL**

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong.

Full Members:\$30 (1 day per week / session)

Full Members:\$50 (2 days per week / session)

Program Members:\$65 (1 day per week / session)

Program Members:\$105 (2 days per week / session)

Non Member:\$20 drop-in per day

Days Offered:

Wednesdays 9:30 am- 10:30 am (Time slot 1)

Wednesdays 10:30 am-11:30 am (Time slot 2)

Fridays 9:30 am-10:30 am (Time slot 3)

Fridays 10:30 am-11:30am (Time slot 4)

Session 1 (September 7th-October 26th)

Session 2 (November 2nd-December 21st)

Location: West Gymnasium

Participant set-up and take down from home or school.

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: Tuesday, September 13- Thursday, October 27

Tuesday, November 8- Thursday, December 22

Tuesday and Thursday afternoons 4:15pm-5:15pm

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** \$65
 2. **Five one-hour sessions** \$170
 3. **Ten one hour sessions** \$280
 4. **Personal Training for Two:** 10 sessions for \$330.
- Some restrictions may apply.
Call Ashley at (860) 229-3787 for more information

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



A BETTER US STARTS WITH YOU!

Are you looking for a job you love where you can make a difference in the community every day?

Did you know that when you work at the Y benefits include a membership and discounts on programs?

Visit the jobs section of our website to check out opportunities in Meriden, Berlin and New Britain.

- * Child Care
- * Member Service
- * Fitness
- * Aquatics

INVESTING IN YOU

EMPLOYEE BENEFITS

FULL TIME

- Free Child Care
- Free Traditional Camp
- Free Individual and Family Membership
- Free programs (except private lessons or personal training) for employees and dependents
- Free life insurance up to \$100,000 or one year's worth of annual salary
- 8% contribution to your retirement plan at no cost to you (Y contributes amount equal to 8% of your annual salary)
- 11 paid holidays
- Paid Time Off
- Medical, Dental, Vision Insurance
- Discount on Specialty Camps
- Discount on CrossFit membership

PART TIME

Over 20 Hours

- Free Individual Membership
- 8% contribution to your retirement plan at no cost to you
- 75% discount off Family Membership
- 50% off Child Care
- 75% discount off Traditional Camp
- Discount on Specialty Camps
- 50% off programs (except private lessons or personal training)
- Discount on CrossFit membership

PART TIME

Under 20 Hours

- Free Individual Membership
- 8% contribution to your retirement plan at no cost to you
- 75% off Family Membership
- 50% off Child Care
- 75% discount off Traditional Camp
- Discount on Specialty Camps
- Discount on CrossFit membership

SEASONAL

(During employment)

- Free Individual Membership
- 50% off Family Membership, Child Care and Traditional Camp
- Discount on CrossFit membership

EDUCATION BENEFITS FOR ALL STAFF

- Meriden-New Britain-Berlin YMCA Daniel Tomassetti Education Awards scholarship opportunities
- Tuition discounts at Post University, Springfield College, Strayer University, and Capella University

Visit the Jobs section of our website to view open positions and apply online today.



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.

Here is how your contribution makes an impact in our community:

-
- \$90** Gives a child the chance to participate in youth sports where life lessons of teamwork, respect and fair play are developed;
-
- \$100** Provides 10 community members with a Thanksgiving or Christmas dinner to brighten their holidays;
-
- \$300** Gives a child a safe place after school to complete homework and play for one month;
-
- \$450** Offers an adult on a fixed income an opportunity to improve their health and connect with friends;
-
- \$500** Allows 6 children to learn the life-saving skill and life-long healthy activity of swimming;
-
- \$600** Provides a foster family a place to be active and spend quality time together;
-
- \$750** Offers a child one month of preschool to prepare for success in school;
-
- \$1,000** Gives a child 5 weeks of summer camp adventures where they meet new friends and make lifetime memories.

SAVE THE DATE

MERIDEN-NEW BRITAIN-BERLIN YMCA ENDLESS SUMMER

Friday, October 28 | 6:30 – 11:00 p.m.
The Tunxis Country Club in Farmington

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 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.

Together, we can provide safe fun summer camp, high quality nurturing childcare, STEM and arts programs to nurture creative minds and spirits, opportunities for kids and adults to stay active, housing for those who are homeless, and holiday meals for our neighbors in need.

Please contact Carmen Chaparro at 203.440.0260 or Desiree Rivera at 860.229.3787 for more information.

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.