



# 2023 SPRING II & SUMMER PROGRAM GUIDE

NEW BRITAIN AND BERLIN YMCAs

**NEW BRITAIN YMCA**  
**(860) 229 – 3787**

**BERLIN YMCA**  
**(860) 357-2717**

[nbbymca.org](http://nbbymca.org)  
[facebook.com/nbbymca](https://facebook.com/nbbymca)  
[facebook.com/BerlinYMCA](https://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:

- 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)
- Acme Monaco

## HOW TO REGISTER FOR PROGRAMS

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

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. There are no refunds for swim lessons or American Red Cross classes.

## 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 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 household and one adult household, 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
- Free Friday night playtime at Exploration Station in Meriden (For household and one adult household memberships. Children must be part of the 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.

### NEW BRITAIN YMCA INFANT, TODDLER, PRESCHOOL

#### **New Britain YMCA Child Care Academy**

111 Hart St., New Britain, CT 06052  
Infant & Toddler • Call 860-505-0870 or email LaRisa Figueroa at lfigueroa@nbbyymca.org.

#### **New Britain YMCA Child Care Center**

50 High St., New Britain, CT 06051 • Infant and Toddler Care and School Readiness Preschool • Call Allyson at (475) 255-9029

#### **New Britain YMCA Little Scholars**

2150 Corbin Avenue, New Britain • Infant, Toddler and Preschool • Call Rosie Hazel at 203-800-7925 or rhazel@nbbyymca.org.  
Our programs include a free food program including formula for our infants, breakfast, lunch and snack for our students. We accept Care4Kids.

### BERLIN YMCA INFANT, TODDLER, 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

For more information contact Cindy Craig at (203) 379-8574 or ccraig@meridenymca.org or Tina Valentin 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 nbbyymca.org or contact Stephanie Fusco at sfusco@nbbyymca.org or (203) 514-9755.

- **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 nbbyymca.org or contact Stephanie Fusco at sfusco@nbbyymca.org or (203) 514-9755.

### 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 nbbyymca.org or contact Stephanie Fusco at sfusco@nbbyymca.org or (203) 514-9755 for New Britain and Berlin programs.



4

## MY Y STORY

by Mariia (mom), Viktoriia and Ihor Malashenko

We are from Ukraine. Last summer my children went to Camp Thundermoon. It was a good opportunity for my children to have fun and adapt in a new country. They talked a lot about the water days and different competitions. All of the teachers were very nice. Thank you for helping my children have a good time.



ARTS

## ARTS

### PERFORMING ARTS

#### TINY TOES DANCE

Calling all little movers to dance with Ms. Kayleigh!

**Dates:** Saturday, April 1st- April 29th (5 weeks)

**Day:** Saturday

**Ballet:** 12:30 - 1:00 p.m. (Ages 4-6)

1:45 - 2:30 p.m. (Ages 7-9)

**Tap:** 1:00 - 1:30 p.m. (Ages 4-6)

2:30 - 3:15 p.m. (Ages 7-9)

**Fees:** Full Member \$50.00, Program Member \$60.00

#### 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! This is not a beginner level class.

**Dates:** April 24th - June 3rd

**Day:** Monday

**Location:** Aerobics Studio

**Day:** Monday evenings

**Time:** 7:00 - 8:00 p.m. Salsa

8:00 - 9:00 p.m. Bachata

**Fee:** Individual Member \$45 • Individual Non-Member \$55

Member Couple \$75 • Non-Member Couple \$85

Individual Combo \$65 • Couple Combo \$95

### VISUAL ARTS

#### MIXED MEDIA ART

Students have fun working with clay, paint and other art forms to create their own unique works of art.

**Location:** Y Arts Building

**Spring:** April 29 - June 10, 2023

**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:** \$119 **Program Member:** \$139





## STEM EDUCATION

### COTTON BALL CATAPULTS

Participants will build and conduct multiple trials as they launch cotton balls from their own catapults. Participants will keep their creations.

**Day/Date:** Friday, April 21, 2023

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

**Cost:** \$7

**Maximum Participants:** 10

**Ages:** 8 - 12

**Location:** New Britain YMCA, 50 High Street, New Britain

### SNAP CIRCUITS

Participants will engage in the creation of fun inventions using electric circuits.

**Day/Date:** Friday, April 28, 2023

**Time:** 6:15 p.m. - 7:15 p.m.

**Cost:** \$7

**Maximum Participants:** 10

**Ages:** 8 - 12

**Location:** New Britain YMCA

### ROLLER COASTERS

Participants will design and create a paper roller coaster testing out their ideas on a rubber track roller coaster.

**Day/Date:** Friday, May 5, 2023

**Time:** 6:15 to 7:15 pm

**Cost:** \$7

**Maximum Participants:** 10

**Ages:** 8 - 12

**Location:** New Britain YMCA

### OZOBOTS

Participants will engage in computer science through the exploration of ozobots and color coding.

**Day/Date:** Friday, May 12, 2023

**Time:** 6:15 - 7:15 p.m.

**Cost:** \$7

**Maximum Participants:** 10

**Ages:** 8 - 12

**Location:** New Britain YMCA

### NASA STEM CHALLENGES

Developed with NASA based activities, this camp explores what it really means to be an astronaut and an aerospace engineer 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. The emphasis is on students understanding that engineers must imagine and plan before they begin to create and test. This program will include some basic rocketry as well.

**Day/Dates:** Saturdays, April 22, April 29, May 6, 2023

**Time:** 9:30 a.m. - 10:30 a.m. (Ages 7, 8, 9)

10:45 a.m. - 11:45 a.m. (Ages 10, 11, 12)

**Cost:** \$21

**Maximum Participants:** 10

**Location:** New Britain YMCA

### BASKETBALL HOOP CHALLENGE

Participants will create a basketball hoop made of cardboard and other recycled materials.

**Day:** Saturday, May 13, 2023

**Time:** 9:30 a.m. - 10:45 a.m.

**Ages:** 7 to 12

**Cost:** \$7

**Maximum Participants:** 10

**Location:** New Britain YMCA

## SWIMMING

SWIM LESSONS AT THE NEW BRITAIN YMCA POOL

### GROUP SWIM LESSONS

**Session IV:** Monday, April 10th - Saturday, May 27

**Session V:** Monday, May 29th - Saturday, July 15

**Full Member:** \$85

**Program Member:** \$105

**DEEP:** Free swim lessons are available from the DEEP swim lesson grant program to New Britain residents who qualify. Please visit [nbbymca.org](http://nbbymca.org) or call (860) 229-3787 for more information.

**Please note:** Our Group Lessons are on a first-come, first-serve basis depending on availability at the time of registration. Classes meet once a week for either 30 or 45 minutes depending on the level. Instructors may vary from session to session. There will be no refunds issued.

### 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 5:15 p.m. - 5:45 p.m.

Wednesday 5:00 p.m. - 5:30 p.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:** 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:** Tuesday 4:15 p.m. - 4:45 p.m.  
 Wednesday 4:30 p.m. - 5:00 p.m.  
 Saturday 10:30 a.m. - 11:00 a.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:** Tuesday 4:45 p.m. - 5:15 p.m.  
 Saturday 9:00 a.m. - 9:30 a.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 4:45 p.m. - 5:15 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.

**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.)

**Date/Times/Location:**

March 25th 9:00 a.m. - 2:00 p.m. New Britain YMCA  
 Maximum of 10 participants

**Full Member** \$39

**Program or Non-Member** \$69

Register online or call (860) 229-3787.

**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. Lifeguard Certification Courses will run in March, April, May, June, July, & August.

**Date / Time:** To be announced

**Fee:** \$350

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

**Contact:** Ashley Jordan (860) 229-3787 or  
 ajordan@nbymca.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

### T-BALL

The Meriden YMCA is offering T-Ball for ages 3-6 years old. Children will have fun learning the fundamentals by participating in weekly drills and games. Please bring a glove for your child.

**Dates:** April 29 - May 27, 2023

**Day/Time:** Saturdays 10:00 a.m. - 11:00 a.m.

**Ages:** 3-6

**Full Member Fee:** \$45

**Program Member Fee:** \$65

**Location:** Meriden YMCA Gymnasium

### 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!

**Day/Dates:** Sundays April 30 - June 11, 2023

**Ages 4-6:** 10:00 - 11:00 a.m.

**Ages 7-9:** 11:00 - 12:00 a.m.

**Location:** Mountain Mist Day Camp, Meriden CT

**Full Member Fee:** \$60

**Program Member Fee:** \$85

**Contact:** Kyle Cookson at (203) 440-1901

### 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. Children will have fun wearing NFL team jerseys and participating in weekly games. Volunteer coaches are needed! Please call Kyle Cookson at (203) 440.1901 for more information.

**Day/Dates:** Sundays May 1 - June 5, 2023

**Ages 5-7:** 5:30p.m. - 6:30 p.m.

**Ages 8-10:** 6:30p.m. - 7:30 p.m.

**Ages 11-13:** 7:30p.m. - 8:30 p.m.

**Location:** Lincoln Middle School, Meriden CT

**Fee:** Full Members \$70, Program Members \$100



### 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

### YOUTH BASKETBALL TRAINING

Players will have fun learning basketball skills and drills and practicing a different basic fundamental of the game each week.

**Ages:** 4-6

**Date:** April 22 - May 20, 2023

**Days:** Saturdays

**Time:** 10:00 a.m. - 11:00 a.m.

**Location:** New Britain YMCA

**Full Member Fee:** \$40

**Program Member Fee:** \$60

### YOUTH BASKETBALL LEAGUE

Children will have fun participating in organized basketball games each week. Each team will follow a rotating schedule and enjoy learning the rules of the game.

**Ages:** 7-8

**Date:** April 22 - June 3, 2023

**Days:** Saturdays

**Times:** 11:30 a.m. - 12:30 p.m.

12:30 p.m. - 1:30 p.m.

1:30 p.m. - 2:30 p.m.

(Rotating Game Schedule)

**Location:** New Britain YMCA

**Full Member Fee:** \$70

**Program Member Fee:** \$90



# 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.

## Session 3

**Days/Dates:** Saturdays: April 29 - June 10, 2023  
 Tuesdays: May 2 - June 13, 2023  
 Thursdays: May 4 - June 15, 2023

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

## Session 4

**Days/Dates:** Saturdays: June 24 - August 5, 2023  
 Tuesdays: June 27 - August 15, 2023  
 (no class July 4)  
 Thursdays: June 29 - August 10, 2023

**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.  
 Tuesdays 5:00 - 5:45 p.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.  
 Tuesdays 5:00 - 5:45 p.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.  
 Saturdays 10:00 - 10:45 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:** 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 p.m. - 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:** May 4 - June 15, 2023

**Session 6:** June 29 - August 10, 2023

**Ages:** 18+

**Day/Time:** Thursday 6:30 - 8:00 p.m.

**Full Member Fee:** \$80

**Program Member Fee:** \$110

# 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 7:00 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 canceling 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 7-10** 9:30-10:15 a.m.

**Ages 11-16** 10:15-11:00 a.m.

**Full Member:** \$35

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

## 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:** April 11 - May 18

May 23 - June 29

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

**Full Member Fee:** \$45

**Program Member Fee:** \$55

## MY Y STORY

### ABDIRASHEED ISMAIL

I have been a member of the New Britain YMCA since I was sixteen years old. I enjoy playing basketball, working out with weights and swimming. My friends and I have played in the basketball leagues since we were in high school. My whole family comes to the Y including my parents, brothers and sisters. The most important thing I take away from my Y experience is the staff who help you thrive, succeed and become better people. The staff here is phenomenal. They are so welcoming and make you feel comfortable here.

Curtis and Marci are great mentors and give helpful advice. I look forward to coming here and seeing them, talking with Mark and everyone here at the Y.

I have seen the Y staff show youth a positive environment and better path for life. It really made a difference in how the lives of those individuals turned out. There are many places I could go to workout but I choose the New Britain YMCA. I look forward to coming here. I enjoy seeing friends and neighbors, and catching up with people I went to school with. The Y feels like a home away from home, it's a community. I feel like a new man after I get my hour workout in and always leave feeling better.

Everyone should come and experience the Y.



Scan the QR code and hear why Abdirasheed loves the Y.

## 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 the Meriden-New Britain-Berlin 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







## PICKLEBALL

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Join us at the New Britain YMCA to play pickleball!

### Day/Time

Tuesdays 10:00 - 11:00 a.m. March 7 - April 11, 2023  
Thursdays 10:00 - 11:00 a.m. March 9 - April 13, 2023  
Thursdays 4:00 - 5:00 p.m. March 9 - April 13, 2023

**Location:** New Britain YMCA Gymnasium

**Full Members:** This class is included with your full membership.

**Program Members:** \$65 (1 day per week/session)  
\$105 (2 days per week/session)

Non-Member: \$20 drop-in per day

### How To Register for Programs:

1. If you already have an up-to-date membership, you can register online, 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.



PICKLEBALL



## 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:

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

## SAVE THE DATE

Endless Summer • October 20, 2023

### April 1, 2023

Camp Thundermoon registration opens

### May 2, 2023

Y and Rotary Golf Tournament

### June 16, 2023

Night of Stars

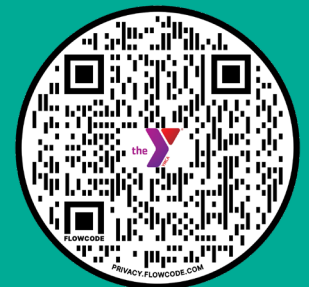
### October 20, 2023

Endless Summer

## 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?

Follow the link to view open positions or visit the Jobs section of our website to learn about openings at the Meriden-New Britain-Berlin YMCA and apply online today.



### 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.